**Additional Events & Information**

**Ensure Distribution**

(Ensure, Ensure Plus, & Glucerna)

\*Monday (8:30am until 7:30pm)

\*Wednesdays (8:30am until 4:30pm)

* **Applications and Prescriptions are required.**
* **We accept cash or checks made payable to Caregiver Program**

**Caregiver Support Academy**

Classes will resume in August 2024

**Services for the Blind Support Group**

Contact Annette Mickens (910) 912-2508

**Senior Center Replacement Key Card** – (Cost is $1.00)

**Happy Birthday**

to all of our seniors celebrating birthdays in April!!!

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***April is Financial Literacy Month!***

***National Financial Literacy month is recognized each year in April to raise public awareness of the importance of financial literacy and maintaining smart money management habits.***

***Inform, Inspire, Ignite***

***Financial Empowerment begins with Learning!***

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**APRIL NEWSLETTER**

WILSON COUNTY SENIOR ACTIVITY CENTER

1808 Goldsboro Street Wilson, NC 27893

(252) 206-4059 – office phone

(252) 206-1987 – office fax

[senioractivitycenter@wilsoncountync.gov](mailto:senioractivitycenter@wilsoncountync.gov) - email

Connect with us: website ([www.wilsoncountync.gov](http://www.wilsoncountync.gov))

Facebook [www.facebook.com](http://www.facebook.com) search Wilson County Senior Activity Center

**STATEMENT OF PURPOSE**

THE WILSON COUNTY SENIOR ACTIVITY CENTER SEEKS TO PROVIDE EDUCATIONAL, RECREATIONAL, AND OUTREACH ACTIVITIES FOR SENIORS OF ALL AGES TO ENHANCE THEIR LEISURE LIFESTYLE AND PROVIDE AN ENVIRONMENT WHERE SOCIALIZATION IS MET.

**OUR HOURS**

Monday (8:00am – 7:45pm) Tuesday (8:00am – 5:30pm)

Wednesday (8:00am – 5:00pm) Thursday (8:00am – 7:45pm)

Friday (8:00am – 5:00pm)

**Senior Center Staff**

Director – Dr. Kesha A. Howell (252) 265-5775 [katkinson@wilsoncountync.gov](mailto:katkinson@wilsoncountync.gov)

Aging Services Specialist – Jill Tarleton (252) 299-5823 [jrtarleton@wilsoncountync.gov](mailto:jrtarleton@wilsoncountync.gov)

Program Associate – Tiffany Lucas (252) 299-5824 [tmlucas@wilsoncountync.gov](mailto:tmlucas@wilsoncountync.gov)

Program Assoc. (PT) – Michelle Parrish (252) 206-4059 [mparrish@wilsoncountync.gov](mailto:mparrish@wilsoncountync.gov)

Program Assoc. (PT) – Kathy Batts (252) 206-4059 [kdbatts@wilsoncountync.gov](mailto:kdbatts@wilsoncountync.gov)

Program Assoc. (PT) – Elizabeth Driver (252) 206-4059 [edriver@wilsoncountync.gov](mailto:edriver@wilsoncountync.gov)

Title V Program – Ruby Ford

Title V Program – David Gorham

**Other Services & Important Contact Numbers**

Services for the Blind – VACANT (Contact Annette Mickens) (910) 912-2508

Foot Care Appointments – Jennifer Slate (252) 373-2396

GROUP SCHEDULES

MONDAYS

Exercise Class w/Emmy @ 10:00am

Arts & Crafts (11:00am – 1:00pm)

Shag – (6:00pm – 7:45pm)

TUESDAYS

Exercise Class – 10:00am

Tai-Chi – 11:00am

Bridge (12:30pm – 4:00pm)

Dance Fitness (Zumba) – 4:30pm ($3.00 per class)

T.O.P.S. – 5:00pm

Shag – 6:00pm ($35.00 for 5-week session)

WEDNESDAYS

Yoga – 9:00am

Ukulele Band Practice – 10:00am

Arts & Crafts (1:00pm – 3:00pm)

Quilting w/Friends – 1:00pm

THURSDAYS

Exercise Class – 10:00am

Tai-Chi – 11:00am

MDPP (Diabètes Prevention) – TBA

Line Dance – 6:00pm ($5.00 per class)

FRIDAYS

Exercise Class – 10:00am

Music w/Friends – 12:00 - 3:00 (1st Fridays only 04/05)

Bingo – 1:00pm (04/12 & 04/26)

**What’s New This Month**

* 1st Fridays Music Jam (Friday 04/05/2024) from 12:00pm until 3:00pm
* April is “Financial Literacy Month!” Join us for a “Scams Awareness” information presentation session on Monday April 22nd at 1:30pm – 2:30pm with Mr. Mike Jablonski (retired/35+ years in the banking and mortgage industry.
* Bingo will be held on Friday April 12th and 26th from 1:00pm until 2:30pm
* Ensure will be available for pickup daily for the month of April from 8:30am-5:00pm
* Yoga Class will only be held on **Wednesdays at 9:00am for the month of April**!
* SHIIP Day (Senior Health Insurance Information Program) – Thursday April 11th at the Senior Center. Please call the center at (252) 206-4059 to register. **Registration Is Required for appointments**.
* New Art & Craft Classes! Join us for the following crafts: Beaded key holders, CD sun catchers, Deco flowerpots, Garden spoon markers, Painted rock photo holders, and Watermelon coasters. All classes are free! You don’t want to miss out on these great activities!!!
* Overnight Trips are Back! Deposits for the Lancaster Show Trip & the Dutch Country leaving on Monday August 12th and returning on Friday August 16th are now being accepted. **We will only be able to accept cash for payments. Final payments are due on 06/05/2024**.
* Day Trip! On Tuesday April 2nd join us for a trip to Yoder’s Dutch Pantry. Vans will leave the center at 8:30am to enjoy their delicious breakfast menu. Breakfast will be on your own and the cost for this trip will be $5.00. After the meal, you’ll have a chance to browse and shop on your own.
* Day Trip! On Friday April 26th join us for a trip to Farmville, NC for the Dogwood Festival. The cost is $5.00 for transportation. Vans will leave the center at 11:00am and lunch will be available at the festival on your own.
* Notary Services are available for members of the Senior Center. The fee is $5.00. Please call the center for an appointment.
* The senior activity center’s wellness pavilion will be opening soon! Stay connected for updates about our grand opening!
* Our annual “Age My Way” celebration will be held on Friday May 31st from 10:30am until 2:30pm at the Greater Rotary Park. More information is coming in next month’s newsletter!

**COMING SOON!!!!!**

*\*A Matter of Balance\* \*Chronic Pain Classes\* \*Grief Support\**

*\*Age My Way Celebration\* \*Caregiver Academy\* \*New Exercise/Fitness Classes \*Computer Classes\* \*Health Eating/Cooking\* \*New Day Trips\**

***Additional Information***

*Check out our Facebook page and county webpage (wilsoncountync.gov/departments/senior center) for links to our monthly newsletter.*