**Additional Events & Information**

**COMING SOON!!!!!**

\*Mike’s Farm (Date TBA). Transportation for this trip will be motorcoach. Bus seating will average at $36 per person. Dining prices vary depending on age! The hayride is included with the dinner price. This is an intergenerational outing, so we encourage you to invite your family and friends. Flyer coming soon!

\*Creative Connections/Support for Dementia Wellness – TBA October 2024

\*Are you interested the Ladies of the Red Hat Society social club? Interest Meeting coming soon! Date and time to be announced.

\*Are you interested in learning more about Senior Games? Join participants in 54 local games that serve all 100 counties across the state of North Carolina each Spring.  Participants 50 years of age or older compete in sports and arts categories in the local games. Qualifiers will move on to participate at State Finals. An interest meeting will be held in October with additional information. Date and time to be announced.

\*Stay connected to our newsletter for more information! Check out our Facebook page and county webpage (wilsoncountync.gov/departments/senior center) for links to our monthly newsletter.

**September Newsletter**

**Happy Birthday**

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



***September Spotlight***

***September is National Senior Center Month!***

***Senior Centers are more than just a place to pass the time. They’re where friendships blossom, creativity is ignited, and self-discovery continues. Wilson County Senior Activity Center connects participants to vital community services that can help them stay healthy, empower them to keep learning, growing, and expanding the world! Stay connected to find out all that we have to offer you!***

***Welcome to our newest Team Member!***

***Stop by and say hello to***

 ***Ms. Diana Powell, Administrative Assistant***



***We are so excited to have her join our team!***

WILSON COUNTY SENIOR ACTIVITY CENTER

1808 Goldsboro Street Wilson, NC 27893

(252) 206-4059 – office phone

(252) 206-1987 – office fax

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 – 7:45pm)

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

Friday (8:00am – 4:00pm)

**Senior Center Staff**

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

Administrative Assistant – Diana Powell (252) 206-4059 dpowell@wilsoncountync.gov

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

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

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

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

Program Assoc. (PT) – vacant

Title V Program – Ruby Ford

**Other Services & Important Contact Numbers**

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

Veteran Services – Dottie Garris (252) 296-8979 dgarris@wilsoncountync.gov

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

GROUP SCHEDULES

**MONDAYS**

Stretch Class w/Emmy @ 9:00am

Exercise Class w/Emmy @ 10:00am

Arts & Crafts (11:00am – 1:00pm)

Caregiver Academy – 09/09 @ 2pm

Grief Support Meeting – 09/16 @ 2pm

Shag – (6:00pm – 7:45pm)

Line Dance – (6:00pm – 7:45pm)

**TUESDAYS**

Exercise Class – 10:00am

Tai-Chi – 11:00am

Bridge – (12pm until 4:00pm)

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

T.O.P.S. – 5:00pm

Shag – (6:00pm – 7:45pm)

**WEDNESDAYS**

Yoga – 9:00am

Computer Literacy @ 10am

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

Line Dance – 6:00pm ($5.00 per class)

**FRIDAYS**

Stretch w/Emmy – 9:00am

 Exercise Class – 10:00am

Music w/Friends – 12:00 - 3:00 (1st Fridays only 09/06)

Bingo – 1:00pm (09/13 & 09/27)

**What’s New This Month**

* Sign-up for the State Fair begins **Thursday Sept. 5th**. Your seat will be reserved when payment is made. The cost for transportation is $5.00. Senior Day at the state fair is Tues. Oct. 22nd.
* 1st Friday Music Jame (Friday 09/06/2024) from 12pm until 3:00pm.
* The widow’s bingo group will meet here on Thursday September 19th at 2pm. (This is a free event and open to all widows/widowers).
* SHIIP Days (Senior Health Insurance Information Program) – Please contact Jill Tarleton at (252) 299-5823 for appointments.
* Join us for a “Medicare 101 Information Session” Monday September 16th at 11:30am.
* Final Payment for Barn Dinner Theater will be due Friday September 6, 2024. **50's Barn Hop Show has been rescheduled for Saturday October 19, 2024**. We will leave the Center at 3pm. There will be a quick bathroom break before we arrive. Seating is scheduled at 6:30-6:45pm.
* Day Trip (September 12th to Simply Natural Creamery in Ayden NC. The cost for this trip is $5.00 for transportation and admission is on your own once we arrive for the 10am tour. Leave time will be 9am.
* Western Night Saturday Sept 21st from 4pm-8pm. **FREE EVENT** for our seniors. Come dressed to impress in your best western attire.
* September is National Senior Center Month. We will be hosting a “Spirit Week” on September 23rd – 27th. Monday (Wacky Tacky Day), Tuesday - Team Spirit Day (NFL, NBA, MLB) Wednesday- Patriotic Day (Come in your Red, White, and Blue), Thursday- Pajama Day (Cozy, Comfy, and Appropriate), and Friday - Retro Day (70's & 80's)
* Day Trip (Thursday September 26th) We'll visit Robbins Nest for lunch on your own and then head over to Carolina Premium Outlets for an afternoon of shopping. The cost for this trip is $5.00 for transportation. We will leave the center at 11:00am.
* Join us for New Arts & Crafts including wine cork candy corn, mason jar pumpkins, puzzle piece pumpkins, Halloween spoons, and sunflowers!
* Just for the Health of It! Session 2 will begin on September 11th.
* Grief Academy classes begin on September 16th at 2pm.
* Senior Day at the Wilson County fair is Wednesday (09/18) Registration ends Friday September 6th.
* Senior Technology classes are on Wednesdays at 10am. Smartphone assistance is by appt. only. Call the center to sign up or for more information.
* *Falls Prevention Awareness week is Sept. 23-27th. Mr. Tim Lancaster with ECU Health will be here for a special info session on Fall Prevention and host Fall Prevention Bingo Games on September 20th at 11:00am.*

***Additional Events & Information***

**Ensure Distribution**

(Ensure, Ensure Plus, & Glucerna)

\*Daily Distribution – (8am – 5pm)

 \*Applications and Prescriptions are required\*

\* We accept Cash or checks made payable to Caregiver Program

**Ping Pong \* Pool \* Card Games \* Puzzle Tables**

*Available daily in the recreation room*

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