**Additional Events & Information**

**COMING SOON!!!!!**

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

\*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 November with additional information. Date and time to be announced.

\* Just for the Health of It! Session 3 signup begins on November 4th at 11:00am.

\*SECU (State Employees Credit Union) will be here on Wednesday November 20th at 2pm for an information session on scams awareness.

\* Are you interested in adopting a senior for Christmas? Santa4Senior Adoption begins on Monday November 4th.

\*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.

**October Newsletter**

***Additional Events & Information***

**Ensure Distribution**

*(*Ensure, Ensure Plus, & Glucerna)

\*Daily Distribution – (8am – 5pm)

\*Registration Form and Prescriptions are required\*

\* We accept Cash or checks

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October Spotlight!!!

October is Breast Cancer Awareness Month! In 2024, more than 360,000 people will be diagnosed with breast cancer. There is hope due to advancement in early detection methods. Don’t forget to ask your medical provider about a mammogram screening!

Text

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**Happy Birthday**

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



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 – 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](mailto:katkinson@wilsoncountync.gov)

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

Tech Talk (10am -12noon appointment only)

Arts & Crafts (11:00am – 1:00pm)

Caregiver Academy – 10/14 @ 2pm

Grief Support Meeting – 10/21 @ 2pm

Shag – (6:00pm – 7:45pm)

Advanced Line Dance – 6:00pm ($5.00 per class)

**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

Tech Talk (10am -12noon appointment only)

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

Beginner’s 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 10/04)

Bingo – 1:00pm (10/08 & 10/22)

**What’s New This Month**

* 1st Friday Music Jame (Friday 10/04/2024) from 12pm until 3:00pm.
* Join us for an “Estate Planning” information session on Thursday October 3rd at 1pm with attorney Jennifer Bennington and Realtor Nikki Mears to learn about all things related to protecting your assets. Free Lunch will be provided; however, you must register to attend. Call the senior activity for more information or to sign up at (252) 206-4059.
* Commissioner Mike Causey from the NC Department of Insurance will be here for a Town Hall series on insurance fraud, what it is, and how it affects you on Thursday, October 10th at 2:00pm. This a free event and everyone is welcome to join us.
* October is Breast Cancer Awareness Month! Join us on Friday October 11th at 11:30am as we host our “Think Pink! Empowering Awareness, Inspiring Hope” session with health educators and experts from our local health department. This is a free event! Refreshments will be served.
* The widow’s bingo group will meet here on Thursday October 17th 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 on the following days: 10/15, 10/24, 10/29, 11/13, 12/03. Lisa Barker (SHIIP Counselor) will also be here for appointments on 10/29, 11/04, and 11/26.
* **The Medicare Open Enrollment period is October 15th – December 7th. It’s time to evaluate your plan. Seniors’ Health Insurance Information Program volunteers can help you compare plans and make changes that may lower your cists. Call (252) 299-5823 for an appointment**.
* October 15th (Book Club will meet for “Talk Tech” from 10:30am until 12noon)
* Day trip to Barn Dinner Theater “50’s Barn Hop.” The van will leave the center at 3pm on Saturday October 19th. Seating is scheduled between 6:30-6:45.
* Day Trip to the NC State Fair! Tuesday October 22nd. Vans will leave at 9am. Seats are full but names can be submitted to the waitlist. **The senior activity center will be closed for all activities**.
* Dine Out! Thursday Oct. 24th “Saltgrass Steak House” The cost is $5.00 for transportation and lunch is on your own. Please view the menu and prices prior to sign up. Vans will leave at 11am.
* Join us for New Arts & Crafts this month: watercolor angels, breast cancer awareness bracelets, spider candy dish, mug rug, beaded pumpkins, and turkey wine bottles.
* Carolina Family Health Center & The Senior Activity will be hosting a vaccine clinic on Friday October 18th from 1pm until 4pm. Covid-19 and Flu vaccines will be available for seniors. NC SHIIP counselors will be onsite to answer questions and assist with Medicare Part D open enrollment. Registration is required. Contact the senior center to sign up or for more information.
* Schedule Change: Advanced Line Dance classes will be held on Mondays at 6pm, and Beginner’s Line Dance classes will be held on Thursdays at 6pm. Classes are $5.00 per session.
* “Talk Tech” is available from 10am-12noon by appointment only on Monday and Wednesday. Appointments can be scheduled by calling the center and will be offered in 30min increments. “Talk Tech” is a one-on-one session with Tiffany (Program Associate) to discuss any questions or concerns that you may have with your device. Reminder: Staff are not allowed to program, set up, or download any programs.
* RED HAT Interest Meeting! Are you interested in the Ladies of Red Hat Society social club? An interest meeting will be held on Wednesday October 23rd at 2pm.
* **Amelia Island, St. Augustine & Jacksonville, Florida trip meeting**. (This meeting is only for those who have paid in full for the upcoming trip leaving October 28th – Nov. 1st. Meetings will be held on Wednesday October 16th at 12:30pm and Thursday October 17th at 6:00pm. You only need to attend one of the meetings. Please call the center if you have any questions.
* **TBA**: The senior center will be coordinating with Wilson County Health Department to offer a “Family Vaccine Clinic on Saturday October 26th. More details will be coming soon.