



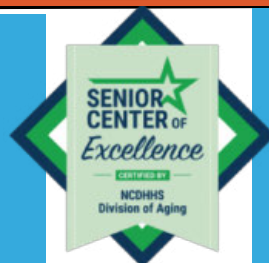
# PITT COUNTY

## Council on Aging

SEPTEMBER 2025  
NEWSLETTER



**Rich Zeck**—Executive Director  
**Ray Franks**—Chair  
**Sylvia Wheless**—Vice Chair  
**Bill Newill**—Treasurer  
**Melissa Briley**—Secretary



**Council on Aging**  
4551 County Home Road  
Greenville, NC 27858  
Phone: 252-752-1717  
Fax: 252-752-9365  
[www.pittcoa.com](http://www.pittcoa.com)

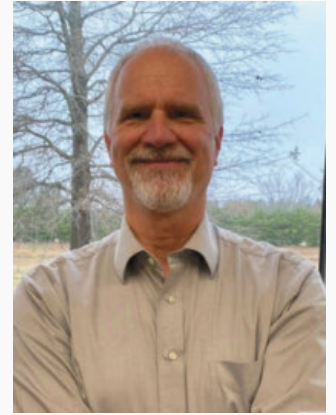


**September 2025**

**Rich Thoughts from the Executive Director**

Greetings Family and Friends,

September 2025



Rich Thoughts from the Executive Director

Greetings Family and Friends,

The ringing of school bells signals both the return of our children and grandchildren to school and the onset of a new season. This period marks the transition to fall, also known as autumn or the season before winter.

September is designated as National Senior Center Month, and the theme for this year is "Powering Possibilities: Flip the Script." The focus is on addressing perceptions of aging and senior centers by emphasizing their role in supporting creativity, connection, purpose, and resilience among older adults.

There have been notable changes in how later adulthood is experienced, with more older adults now remaining active and engaged than ever before. Senior centers, like ours, aim to provide a variety of programs, activities, and services to support individuals' interests and needs. Age may be regarded as just a number, but what matters is the age of your spirit. Who wants to "act" their age? You are encouraged to come to the COA and connect with others, participate in activities, or enjoy yourself as you choose. We are a no judgment zone. This season offers an opportunity to take part in various programs and to find enjoyment in daily life.

Hope to see you here soon hopefully not acting your age.

Blessings,

*Rich*

Rich Zeck

Executive Director

## Advance Care Planning

Join us for a FREE Advance Care Planning & Education Clinic to aid you & your family in planning for your future medical care. The educational presentation will provide information about the advance care planning process and the importance of making your medical choices known. Certified Respecting Choices© facilitators and notaries will be available during the clinic to assist in the preparation of living wills & healthcare power of attorney documents.

**Picture identification required to complete documents.**

**Thursday, September 25 | 9:00 Education 10:00 Clinic**



**Call 752-1717, x201 to register.**



# Memory Cafe

6:00-6:30pm Dinner

6:30-7:30pm Support Group with  
the Caregivers

6:30-7:30pm Activities with Loved One

For More Details call  
Amanda Biggs, Project Care Consultant:  
752-414-3230

Join us for a comprehensive approach to  
caregiving. Bring your loved one with you.  
We have activities for them as well.  
Every 4<sup>th</sup> Tuesday of the month





## Intro to Your Computer



Monday, September 15

2:00-3:00pm

Call 752-1717, x201 to register.

You must bring your laptop/tablet with you.

**Tech Talk with**



## Four Seasons Chamber Music Festival



Featuring the works of Beethoven, Dvorak,  
Schumann, Mendelssohn and more!

Thursday, September 4 | 10:00-11:00am

Call 752-1717, x201 to register.

## Family Stories

Do you enjoy writing and would like to share  
the joy with your peers?

Join the Family Stories Writing Group!



Mondays | 1:00-3:00pm

Starting September 8 | Cost: \$10

Call 752-1717, x201 to register.

## Sewing: Stuffed Pumpkins



Friday, September 19

10:00am-2:00pm

Cost: \$10

**Call 752-1717, x 201  
to register.**



## Beginner Wood Carving

Thursdays, September 4-October 9

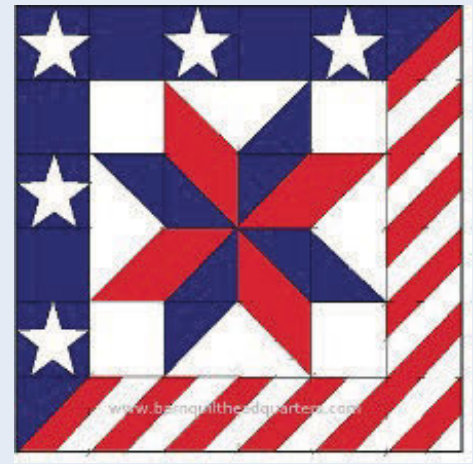
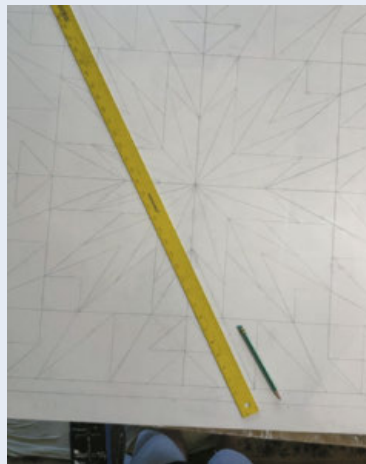
1:30-3:00pm | Cost: \$40

Call 752-1717, x201 to register.



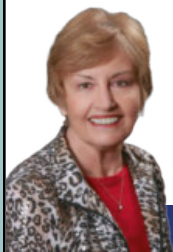
## Barn Quilt Class with Deanna

**Monday, October 27 | 8:30am-5:00pm**



All designs are created on aluminum composite and painted with outdoor paint.  
**Cost: 2'x2' \$100; 3'x3' \$175; 4'x4' \$250 (Includes supplies, lunch, and refreshments)**  
**Space is limited. Call 752-1717, x201 for information and registration.**

**Registration Deadline: Friday, September 26**



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## **tai chi *EASY***     *With Jan Kendrick*

A mind-body-spirit form of movement that enhances peace of mind and well being. It includes vitality movements, self massage, Tai Chi moves, and meditation. For beginners and experienced practitioners. Loose clothing & a mat are suggested.

**Fridays, 12:00pm-1:00pm**

**Cost: Donation | Call 752-1717, x201 to register.**

## **Stretch & Balance Class**



Increase flexibility and balance through a series of exercises and movements. Must be able to stand for periods of time with no assistance.  
Exercise mat recommended, but not required.



**Mondays | 12:30-1:15pm**  
**Cost \$4/session paid monthly**

## **Chair Fitness Class**



Get fit and stay active with fun, chair exercise routines. Improve your strength, flexibility, and endurance while engaging in strength training and cardiovascular activities.

**Mondays & Wednesdays**  
**10:00-11:00am**  
**\$5/month, \$2 for drop ins**



## **Cardio Dance!**

**Wednesdays**

**11:15am-12:15pm**

Move and groove to upbeat tunes during this fun, low-impact aerobic workout. Enjoy energizing full body exercise and movement while improving your endurance and coordination. Expect to sweat while burning calories and having a good time. No dance experience needed. **Cost:\$4**





## It's Time To Get Fit!

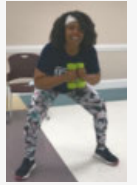


### Yoga for Every Body

Yoga for Every Body is a 45 minute class designed to improve balance, strength, and flexibility. Bring a mat, towel, and water, or simply use a chair if you can't reach the floor comfortably.

**Tuesdays & Saturdays  
11:30am-12:30pm  
Cost: Donation**

### Senior Fitness



Join us for a fun, interactive strength training and cardio workout. Move and groove to great music while burning calories and improving your health. So, grab your water bottle and get ready to sweat!

**Every Tuesday & Thursday  
1-2pm  
\$1/class  
(Payable Monthly)**

**PILATES**  
**STARTING THURSDAYS**  
**>>> SEPTEMBER 11**  
**2:15-3:15PM**  
**COST: \$4/CLASS**



### Zumba Gold®

Zumba Gold® is a low impact, high-fun dance workout.

Join us to sweat and jam with Latin rhythms! Go at your pace, build confidence, and see great results in cardio fitness, strength, balance, and agility.

**Tuesdays & Saturdays  
10:30-11:30am | Cost: Donation  
Thursdays 4:00-5:00pm**

### Soul Line Dancing

**Every Monday (Intermediate)  
11:15am-12:15pm  
Every Tuesday (Beginner)  
2:15-3:15pm**

**\$4 per class/Paid monthly**

Get ready to move and groove to some fun line dances. Dance to soul and R & B music while working up a sweat and burning calories. Learn some of the most popular line dances.



## Council on Aging

We need **YOU** to help deliver meals to homebound adults in our community!

Training is

Tuesdays, September 2 & 16

10am

Join our team for 2025!

**Call 752-1717 for more information**



## *Caregiver's Coffee*

2nd Friday of Each Month

10:00am-11:30am

Resources, Stress-free  
environment, Fellowship, and  
Refreshments

Call 252-752-1717 Ext. 213 for more details

## Does Your Loved One Need Grab Bars?



We can have one of our experts conduct a home safety falls risk assessment. Call the COA for more details.  
752-1717

## Room Rentals



Birthday Parties,  
Family Reunions, Anniversaries,  
Baby/Wedding Showers, Meetings

Three room sizes available to  
accommodate most groups.

**Book Now!**

Call 752-1717, x205

## Greenville Center Regular Activities

Monday	Tuesday	Wednesday
<b>8:30-9:00am</b> Coffee & Question of the Week <b>9:00-10:00am</b> Reflections <b>11:30am-12:00pm</b> Lunch	<b>8:30-9:00am</b> Coffee & Question of the Week <b>9:00-10:00am</b> Memory Lane: Journal Activities <b>10:15-11:15am</b> Bingo and Exercise <b>11:30am-12:00pm</b> Lunch	<b>8:30-9:00am</b> Coffee & Question of the Week <b>9:00-10:00am</b> Games <b>10:15-11:15</b> Music Therapy <b>11:30am -12:00pm</b> Lunch
Thursday	Friday	Saturday
<b>8:30-9:00am</b> Coffee & Conversation <b>9:00-10:00am</b> Line Dancing <b>10:15-11:15am</b> Exercise & Bowling <b>11:30am-12:00pm</b> Lunch	<b>8:30-9:00am</b> Coffee & Conversation <b>9:00-10:00am</b> Brain Games & Word Play <b>10:00-11:00am</b> Bingo \$1.50 per card <b>11:30am -12:00pm</b> Lunch	



## September Meal Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>  <b>LABOR DAY</b> <b>COUNCIL ON AGING</b> <b>CLOSED</b> <b>NO MEALS ON WHEELS</b> <b>DELIVERY</b>	<b>2</b> Beef Patty Mashed Potatoes w/ Green Pepper & Onion Gravy Cabbage Bread Cinnamon Applesauce 2% milk	<b>3</b> BBQ Pork Rib Patty Au Gratin Potatoes Peas & Corn Roll Streusel Coffeecake 2% milk	<b>4</b> Stuffed Green Pepper (Beef) Corn Bread Fudge Brownie 2% milk	<b>5</b> Peppered Turkey Breast Bread Dressing w/Gravy Beets Broccoli 100% Apple Juice 2% milk
<b>8</b> Italian Tomato Sauce w/ Turkey Rotonini Peas Bread 100% Apple Juice 2% milk	<b>9</b> Beef Stew Mashed Potatoes Carrots Bread Glazed Apples 2% milk	<b>10</b> Sweet & Sour Chicken Brown Rice Irish Blend Vegetables Vanilla Pudding 2% milk	<b>11</b> Sloppy Joe w/Ground Turkey Hamburger Bun Baked Potato Wedges Corn Fudge Brownie 2% milk	<b>12</b> Chicken Salad Bread Pasta Salad Applesauce 100% Apple Juice 2% milk
<b>15</b> Meatballs Rice w/Mushroom Gravy Carrots Corn 2% milk	<b>16</b> Oven Fried Chicken Breast Mashed Potatoes w/ Gravy Grilled Zucchini Squash Bread Yellow Cake 2% milk	<b>17</b> Italian Meat Sauce Macaroni w/Parsley Cauliflower Peas Roll 100% Apple Juice 2% milk	<b>18</b> Creamed Chicken Macaroni w/Parsley Beets Bread Cinnamon Applesauce 2% milk	<b>19</b> Italian Crusted Fish Filet Baked Mac & Cheese Coleslaw Vinaigrette Corn Bread 2% milk
<b>22</b> Creamed Turkey Mashed Potatoes Greens Cabbage Roll Fudge Brownie 2% milk	<b>23</b> BBQ Pulled Chicken Pinto Beans Broccoli Hamburger Bun 100% Apple Juice 2% milk	<b>24</b> Herbed Pork Chop Mashed Sweet Potatoes w/ Gravy Green Beans w/Onions Corn O'Brien Bread Oatmeal Cookie 2% milk	<b>25</b> French Toast Bake w/Syrup Breakfast Sausage Hash Brown w/Peppers & Onions Warm Glazed Apples 2% milk	<b>26</b> Cajun Jambalaya w/Rice & Turkey Sausage Peas Peach Oat Crisp 2% milk
<b>29</b> Chicken Parmesan w/Marinara Macaroni w/Parsley Peas Carrots Roll Yellow Cake 2% milk	<b>30</b> Beef Patty Mashed Potatoes w/ Green Pepper & Onion Gravy Cabbage Bread Cinnamon Applesauce 2% milk			



**GREENVILLE:** 1909 E FIRE TOWER RD SUITE F  
**NEW BERN:** 2117 S GLENBURNIE RD. UNIT 6

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TO SCHEDULE AN APPOINTMENT

### September 2025 Community Calendar

Monday	Tuesday	Wednesday
<b>1</b> 	<b>2</b> :00am-12:00pm Beginners Bridge 10:00-11:00am R Volunteer Training 10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga 1:00-3:00pm Knit & Crochet Group 1:00-2:00pm \$1 Senior Fitness 2:00-5:00pm Card Games 2:15-3:15pm \$4 Beginner Soul Line Dancing	<b>3</b> 9:00-11:00am Chess 10:00-11:00am \$5/ mo Chair Fitness 11:15am-12:15pm \$4 Cardio Dance 12:30-5:00pm Quilting Group 1:00-4:00pm R American Mahjong
<b>8</b> 9:00am-12:00pm Rummikub 10:00-11:00am \$5 /mos Chair Fitness 11:15am-12:15pm \$4 Int Soul Line Dancing 12:00-4:00pm Scrapbooking 12:30-1:15pm \$4 Stretch and Balance 1:00-3:00pm \$10 R Family Stories 7:00-8:00pm \$6 Line Dancing	<b>9</b> 9:00am-11:00pm Threads of Love 10:30am-12:00pm R Book Club 10:00am-12:00pm Blood Pressure Screening 10:00-11:00am R Volunteer Training 10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga 1:00-3:00pm Knit & Crochet Group 1:00-2:00pm \$1 Senior Fitness 2:00-5:00pm Card Games 2:15-3:15pm \$4 Beginner Soul Line Dancing	<b>10</b> 9:00-11:00am Chess 10:00-11:00am \$5/ mo Chair Fitness 11:15am-12:15pm \$4 Cardio Dance 12:30-5:00pm Quilting Group 1:00-4:00pm R American Mahjong
<b>15</b> 9:00am-12:00pm Rummikub 10:00-11:00am \$5 /mo Chair Fitness 11:15am-12:15pm \$4 Int Soul Line Dancing 12:00-4:00pm Scrapbooking 12:30-1:15pm \$4 Stretch and Balance 1:00-3:00pm \$10 R Family Stories 2:00-3:00pm R Intro to Computing 7:00-8:00pm \$6 Line Dancing	<b>16</b> 9:00am-12:00pm Beginners Bridge 10:00-11:00am R Volunteer Training 10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga 1:00-3:00pm Knit & Crochet Group 1:00-2:00pm \$1 Senior Fitness 2:00-5:00pm Card Games 2:15-3:15pm \$4 Beginner Soul Line Dancing	<b>17</b> 9:00-11:00am Chess 10:00-11:00am \$5/mo Chair Fitness 11:15am-12:15pm \$4 Cardio Dance 12:30-5:00pm Quilting Group 1:00-4:00pm R American Mahjong
<b>22</b> 9:00am-12:00pm Rummikub 10:00-11:00am \$5 /mo Chair Fitness 11:15am-12:15pm \$4 Int Soul Line Dancing 12:00-4:00pm Scrapbooking 12:30-1:15pm \$4 Stretch and Balance 1:00-3:00pm \$10 R Family Stories 7:00-8:00pm \$6 Line Dancing	<b>23</b> 10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga 1:00-3:00pm Knit & Crochet Group 1:00-2:00pm \$1 Senior Fitness 2:15-3:15pm \$4 Beginner Soul Line Dancing 6:00-7:30pm Memory Café	<b>24</b> 9:00-11:00am Chess 10:00-11:00am \$5/mos Chair Fitness 11:15am-12:15pm \$4 Cardio Dance 12:30-5:00pm Quilting Group 1:00-4:00pm R American Mahjong
<b>29</b> 9:00am-12:00pm Rummikub 10:00-11:00am \$5 /mos Chair Fitness 11:15am-12:15pm \$4 Int Soul Line Dancing 12:00-4:00pm Scrapbooking 12:30-1:15pm \$4 Stretch and Balance 1:00-3:00pm \$10 R Family Stories 7:00-8:00pm \$6 Line Dancing	<b>30</b> 10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga 1:00-3:00pm Knit & Crochet Group 1:00-2:00pm \$1 Senior Fitness 2:15-3:15pm \$4 Beginner Soul Line Dancing	



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## September 2025

Thursday	Friday	Saturday
<b>4</b>	<b>5</b>	<b>6</b>
10:00am-12:00pm Acrylic Painting 10:00-11:00am R Four Seasons Concert 11:00am- 3:00pm Rosie's Cards 12:00-4:30pm Canasta or Hand & Foot 1:00-2:00pm \$1 Senior Fitness 1:00-3:00pm R \$40 Beginner Wood Carving 4:00-5:00pm \$ Zumba Gold 5:30-7:00pm TOPS Weight Management	10:00-11:30am R \$40 Stained Glass Class 12:00-1:00pm R \$ Tai Chi 1:30-3:00pm R Iphone Class 6:30-9:30pm R \$10 Line Dance & Music Bingo	10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga
<b>11</b>	<b>12</b>	<b>13</b>
11:00am- 3:00pm Rosie's Cards 12:00-1:00pm Older Relative Caregiver Support 12:00-4:30pm Canasta or Hand & Foot 1:00-2:00pm \$1 Senior Fitness 1:00-3:00pm R \$40 Beginner Wood Carving 2:15-3:15pm R \$4 Pilates 4:00-5:00pm \$ Zumba Gold 5:30-7:00pm TOPS Weight Management	10:00-11:30am R Caregiver's Coffee 1:30am R \$40 Stained Glass Class 12:00-1:00pm R \$ Tai Chi 1:30-3:00pm R Android Phone Class	10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga
<b>18</b>	<b>19</b>	<b>20</b>
10:00am-12:00pm Physical Therapy Screening 12:00-4:30pm Canasta or Hand & Foot 1:00-2:00pm \$1 Senior Fitness 1:00-3:00pm R \$40 Beginner Wood Carving 2:15-3:15pm R \$4 Pilates 4:00-5:00pm \$ Zumba Gold 5:30-7:00pm TOPS Weight Management	10:45-11:15 Bookmobile 10:00-11:30am R \$40 Stained Glass Class 10:00am-2:00pm \$10 R Stuffed Pumpkins 12:00-1:00pm R \$ Tai Chi	10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga
<b>25</b>	<b>26</b>	<b>27</b>
9:00-11:00am R Advance Care Planning 11:00am- 3:00pm Rosie's Cards 12:00-4:30pm Canasta or Hand & Foot 1:00-2:00pm \$1 Senior Fitness 1:00-3:00pm R \$40 Beginner Wood Carving 2:15-3:15pm R \$4 Pilates 4:00-5:00pm \$ Zumba Gold 5:30-7:00pm TOPS Weight Management	10:00-11:30am R \$40 Stained Glass Class 12:00-1:00pm R \$ Tai Chi (Canceled)	10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga
	Drop in any day for Arts & Crafts, Billiards, Cards, Mahjong, or to use the Media Center. ++Call Amanda Biggs 252.414.3230	COA Open 8:00am-5:00pm M-F Additional hours per class schedule  Key: \$ = Fee R = Registration Required at 752-1717, x201



## 2026 Trips Are Coming For You!



**Springtime in Charleston:** 3 day/2 night package includes 2 breakfasts, dinner at the Charleston Crab House, dinner at California Dreaming, a guided tour of historic Charleston, admission to the Magnolia Plantation and Gardens, a visit to the Historic City Market, and more!

**March 23-25, 2026 \$559 Per Person/Double Occupancy**



**Nashville, TN:** 5 day/4 night package includes 4 hotel breakfasts, a dinner show at the Nashville Nightlife Theater, a lunch cruise on the General Jackson Showboat, an evening at the Grand Ole Opry, a guided tour of Nashville and visit to the Opryland Resort and more!

**April 26-30, 2026 \$999 Per Person/Double Occupancy**



**Italy & the Greek Isles:** 10 day/9 night package includes roundtrip airfare, 8 day 7 night cruise on Royal Caribbean's Explorer of the Seas, included tours of Venice/Ravenna, Italy, Santorini and Athens, Greece, with stops in Mykonos and Croatia.

**May 14-23, 2026 Starts at \$4399 Per Person/Double Occupancy**



**Mackinac Island, Michigan :** 7 day/6 night package includes 6 hotel breakfasts, 3 dinners, including 1 dinner at the Bavarian Inn, 1 buffet lunch at the Grand Hotel, a carriage tour of Mackinac Island, a Soo Locks Boat Tour, Jack Pine Lumberjack Show, a tour of Frankenmuth, and a visit to Bronner's Christmas Wonderland!

**May 31- June 5, 2026 \$1499 Per Person/Double Occupancy**



**West Virginia Train Adventure #2:** 3 day/2 night package includes 2 breakfasts, 1 lunch onboard the train, 2 fabulous dinner shows, a scenic railway journey aboard the New Tygart Flyer, and stunning views of the Blackwater State Park Overlook.

**August 26-28, 2026 \$769 Per Person/Double Occupancy**



**Washington, DC:** 3 day/2 night package includes 2 breakfasts, 1 wonderful dinner, 1 lunch aboard the Odyssey cruise on the Potomac River, a guided tour of Washington, a visit to the Smithsonian Institute, and a tour of Arlington Cemetery.

**September 15-17, 2026 \$739 Per Person/Double Occupancy**



## 2026 Trips Continued



**Iceland:** 8 day/6 night package includes roundtrip airfare, a traditional Viking Dinner, a 'hunt' for the Northern Lights, an afternoon at the iconic Blue Lagoon, a tour of the awe-inspiring grand Golden Circle, a lunch at Frioheimar Farms, a tour of Reykjavik, a visit Snæfellsnes Peninsula, and a special overnight in Glacier Lagoon!  
**October 5-October 12, 2026 \$3999 Per Person/Double Occupancy**



**Pigeon Forge & Dollywood Holly Dolly Christmas:** 2 night package includes breakfasts at the hotel, 2 dinners, including one at Applewood Farmhouse, Smith Morning Variety Show, Country Tonite-Christmas Show, Dollywood Smoky Mountain Christmas & Dinner Voucher, and more!  
**November 10-12, 2026 \$699 Per Person/Double Occupancy**

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# SUPPORT OUR ADVERTISERS!





A promotional poster for a 'LINE DANCE & MUSIC BINGO' event. The background is a vibrant blue with several black musical notes scattered around. The title 'LINE DANCE & MUSIC BINGO' is written in large, bold, black serif font in the center. To the left, there's a vertical strip containing a photo of people line dancing, a cartoon of two dancing figures, and the event details: 'FRIDAY, SEPTEMBER 5 6:30-9:30PM LIGHT REFRESHMENTS'. To the right, another vertical strip features a photo of people playing bingo, a colorful bingo card with numbers, and the contact information: 'CALL 752-1717, X201 TO REGISTER COST: \$10'.

**LINE DANCE & MUSIC BINGO**

FRIDAY, SEPTEMBER 5  
6:30-9:30PM  
LIGHT REFRESHMENTS

CALL 752-1717, X201  
TO REGISTER  
COST: \$10

**NC Authors Book Club**

Tuesday, September 9  
10:30am-12:00pm

Call 752-1717, x201  
for more information



**Did You Know We have 6 Senior Wellness Centers?**

Ayden Senior Wellness Center

4354 Lee St. Ayden  
8:30am-12:30pm

Bethel Senior Wellness Center

7406 Main St. Bethel  
9am-1pm

Farmville Senior Wellness Center

3886 S. Main St. Farmville  
9am-1pm

Fountain Senior Wellness Center

6743 E. Wilson St. Fountain  
9am-1pm

Greenville Senior Wellness Center

4551 County Home Rd. Greenville  
8:30am-12:30pm

West Greenville Senior Wellness Center

1118 W. Fifth St. Greenville  
9am-1pm



## Medicare Plan Finder Workshop

Wednesday, October 8

### **9:00 AM to 11:00 AM—Education**

Learn how you can use the Medicare Plan Finder to explore and compare Medicare Part D and Medicare Advantage plans.

**Requirements:** Must already be enrolled in Medicare.

\*\*\*

### **1:00 PM to 3:00 PM—Hands-on Learning**

Bring your medications and use the plan finder with help from certified Medicare counselors. Set up your Medicare.gov account, enter your prescriptions, and review comparison results.

**Requirements:** Must attend the morning session, have basic computer skills, and bring your own laptop or tablet.

Seating is limited.

Registration is required. Call 752-1717 ext. 201

## **EXPLORE NEW ORLEANS**

11/2/25 - 11/7/25

What Awaits You:

6 day/5 night package includes dinner at the New Orleans School of Cooking, a steamboat cruise on the Mississippi River, a guided tour of New Orleans, a visit to the French quarter, a visit to the Mardi Gras Museum of Costumes & Culture, & Harrah's Casino!

\$1309 per person/double occupancy

More info at

[www.pittcoa.com/trips](http://www.pittcoa.com/trips)



## Mobile Phone Classes

### Iphone Class

Friday, September 5

1:30-3:00pm



### Android Phone Class

Friday, September 12

1:30-3:00pm

Seating is limited.

Call 752-1717, x201 to register.



### Need Help Beating the Heat?

**Maybe the PROJECT FAN  
Heat Relief Program  
Can Help!**

- \*Must be 60 or over
- \*Have no air conditioning or unable to afford utilities.
- \*Have not received a fan in past 2 years.
- \*Picture ID required



### **Are you Worried About Falling?**

- Are you afraid to stand up and take a shower?
- Do you need grab bars for your bathroom?
- Are you struggling to afford durable medical equipment?
- Do you need handrails at your front or back steps?

Call the Council on Aging at:  
252-752-1717 Ext. 213

**"Please call BEFORE you fall"**





# 2025 Day Trippin'



**Beauty & the Beast:** Disney's 30<sup>th</sup> Anniversary Production of the breathtaking musical filled with the romance and grandeur audiences know and love.  
Dinner prior to show (not included)  
Wednesday, September 10. \$128 per person (Deposit: \$64 Balance \$64)  
Due: August 1, 2025



**Wright Brothers, Elizabethan Gardens & Outer Banks Seafood Festival:** We'll travel to Kill Devil Hills, the birthplace of powered flight, the Elizabethan Gardens in Manteo, and then conclude at the Outer Banks Seafood Festival in Nags Head.  
Saturday, October 18 \$120 per person (Deposit: \$60 Balance: \$60)  
Due: September 2, 2025



**NC Chinese Lantern Festival:** View the region's most stunning holiday tradition! More than 40 all new larger than life displays composed of hundred of parts, and thousands of lights! Food vendors onsite (not included in cost) November 18, 2025 \$95 per person. (Deposit \$50 Balance: \$45) Due: October 1, 2025



**Myrtle Beach & Motown Christmas #2:** We'll explore the various sites at Broadway at the Beach, including the Festival of the Trees, dine at a local seafood restaurant (not included), and enjoy an evening of soulful entertainment watching the Original Motown Christmas Tribute Show.  
Wednesday, December 10. \$152 per person (Deposit: \$76 Balance: \$76)  
Due: November 3, 2025

**For information on how to be part of the fun  
Call 752-1717, x201**



## Wills & Trusts



With Charlotte-Anne Alexander

**Friday, October 3**

**3:00-4:30pm**

**Call 752-1717, x201**

**to register**

## Sewing: Magic Pillowcase



**Friday, October 17**

**10:00am-2:00pm | \$10**

**Call 752-1717, x201 to register**

## Rummikub



**Every Monday**

**9:00-11:00am**

**Join us!**



# WE ARE LOOKING FOR VOLUNTEERS



**"EVERYBODY CAN BE GREAT BECAUSE EVERYBODY CAN SERVE." – MARTIN LUTHER KING, JR.**

## **CURRENT NEEDS:**

- **VOLUNTEERS FOR MEAL DELIVERY**
- **TECH SAVVY QUALITY ASSURANCE VOLUNTEER**
- **FRONT DESK VOLUNTEERS**
- **PEOPLE LOVING SENIOR WELLNESS CENTER VOLUNTEERS**
- **OUTDOOR PROJECTS VOLUNTEERS**



**Blood Pressure Screening**  
**Tuesday, September 9 | 10am-12pm**

**Physical Therapy Screening**  
**Thursday, September 18 | 10am-12pm**

**Bookmobile**  
**Friday, September 19**  
**10:45-11:15am**



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## *Council on Aging*

### **Thank you to all the COA Donors!**

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Where Should We Go Travel  
Stella Williams  
Cutting Edge Products  
Donnie Wayne Higson

The Council on Aging  
will be closed on  
**Monday, September 1st**  
in observance of  
**Labor Day.**



### **Ways to Donate**

- Make a tax deductible donation online at [www.pittcoa.com](http://www.pittcoa.com).
- Make a check payable to the Council on Aging.
- Set up monthly recurring donations.
- Consider the COA as a planned giving recipient.
- Contact the Executive Director at [rzech@pittcoa.com](mailto:rzech@pittcoa.com) for special requests.



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