



PITT COUNTY
Council on Aging

May
2026



**OLDER
AMERICANS
MONTH**



**CHAMPION
YOUR
HEALTH**



May 2026



Greetings Family and Friends,

Happy Older Americans Month!

Each year, we take time to recognize and celebrate the incredible impact older adults have on our community. Truth is—we shouldn't need a month to do it. The wisdom, resilience, and contributions you bring deserve recognition every single day.

May also gives us Mother's Day—and if there's ever been a title that deserves daily appreciation, it's "Mom." Mothers shape who we are, steady us when life wobbles, and leave a legacy that carries on far beyond themselves. And even if you're not a mother, you were raised, guided, or influenced by one. That legacy lives through you. To all mothers—past and present—thank you for making the world stronger, kinder, and more compassionate.

And then there's Memorial Day—a time to honor the brave men and women who gave everything for the freedoms we enjoy. There are no perfect words for that kind of sacrifice—but there is gratitude. Deep, lasting gratitude. We also hold close the families who carry that sacrifice every day.

So yes—May gives us a lot to reflect on. Older adults. Mothers. Veterans. Three groups that have shaped our lives in ways we can never fully repay.

Let's not limit our appreciation to a date on the calendar. Carry it forward—every day, all year long.

And if you want to hear more about what's on my mind, catch my weekly Facebook video.

Enjoy the season—and take a moment to appreciate someone who made a difference in your life.

Blessings,

Rich

Rich Zeck
Executive Director

Home Energy Workshop

Learn how to maximize energy efficiency in the heat of the summer.

Presented by Greenville Utilities Commission

Wednesday, May 13

2:00pm-3:00pm

Call 752-1717, x201 to register.

Food is Medicine

Presented by Students at the Brody School of Medicine

Fridays May 1-22

2:00-3:00pm

Cost: \$20



Anti-Inflammatory Diet

**Tuesday, May 5
2:00-3:00pm**

Learn what foods to indulge and what to avoid to keep pesky inflammation away!

Presented by:

Sharon Lewis-Hackler, MS, RDN, LDN, CDCES



Reverse Mortgage

**Tuesday, May 12
2:00-3:00pm**

Find out if a Reverse Mortgage is right for you!

Presented by:

with Helen Green, Home Equity Retirement Administrator



SEWING: BUCKET HATS

**Friday, May 15
10:00am-3:00pm
Cost: \$10**

These reversible hats are great for summer! And this class is always popular, so register before it fills up!



SILK SCARF DYEING

**Monday, May 4
9:00am-12:00pm
Cost: \$45**

Learn the art of silk dyeing, creating your own beautiful scarf!



**Container Gardening
with the Master Gardeners**

**Wednesday, May 20
2:00-3:00pm**

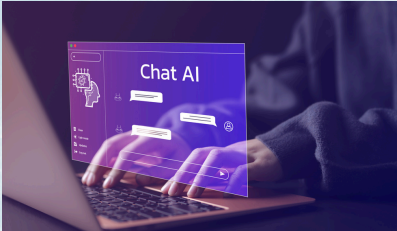
Small spaces? No problem! Container gardening is a great solution!



RESIN FLOWER ART

Friday, May 15
10:00am-12:00pm
Cost: \$35

See example in the COA Lobby!



COMPUTER TECH: AI

MONDAY, MAY 18
2:00-3:00PM

Time to start a new hobby!
CALL 752-1717, X201 TO REGISTER.



WATER COLOR STUDIO CLASS

EVERY WEDNESDAYS (ONGOING)
9:00-11:30AM \$60 FOR FOUR SESSIONS
Open to ALL Levels (including beginners!)
CALL 752-1717, X201 TO REGISTER.

CALL 752-1717, X201 TO REGISTER



Liz Freeman, REALTOR®
Broker, ABR, CRS, ePro, GRI, SRES

RE/MAX Preferred Realty
644 E. Arlington Blvd
Greenville, NC 27858

Cell: 252.717.5206
E-mail: liz@lizfreeman.com

www.LizFreeman.com







At Amivie, our name means a friend for life—and that's exactly what we aim to be. For over 20 years, we've delivered trusted, compassionate homecare that helps seniors and veterans live safely and independently at home.

- Quality in-home aides available
- 24/7 Personal Care, Companion Care, Respite & Private Duty

Best Health. Fullest Lives.

800-700-0008
amivie.com or scan code




We're Hiring! Visit us at careers.amivie.com, or text "amiviejobs" to 97211



Advertise in Our Newsletter!

Contact Rich Fernbach
rfernbach@4LPi.com
(800) 950-9952 x3675



Gray Hill Apartments
Professionally Managed by Community Management Corporation

Section 8 Assistance Available • One & Two Bedroom Apartments for Seniors
Full Appliance Package • On-Site Laundry Facility
24-Hour Maintenance • Walking Distance to Grocery Store
Handicap Accessible Units Available

RENT BASED ON INCOME
6722 Gray Hill Circle, Grifton, NC
Phone: 252-524-3112 • TDD: 1-800-735-2962







CHAIR FITNESS

MONDAYS & WEDNESDAYS 10:00-11:00AM
\$7/MO, \$3 FOR DROP INS. \$14/MO FOR BOTH

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



SOUL LINE DANCING

INTERMEDIATE: MONDAYS 11:15AM-12:15PM
BEGINNER: TUESDAYS 2:15-3:15PM
\$4/CLASS PAID MONTHLY

Get ready to move & groove to some fun line dances! Dance to soul and r&b music while working up a sweat and burning calories.



STRETCH & BALANCE

MONDAYS 12:30-1:15PM
\$4/SESSION PAID MONTHLY

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



YOGA FOR EVERYBODY

TUESDAYS & SATURDAYS 11:30AM-12:30PM
COST: DONATION. RECOMMENDED \$5 BUT ANY AMOUNT IS APPRECIATED.

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



SENIOR FITNESS

**TUESDAYS & THURSDAYS 1:00-2:00PM
COST: \$10/MONTH PAYABLE MONTHLY**

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



ZUMBA GOLD

**TUESDAYS & SATURDAYS 10:30-11:30AM
AND THURSDAYS 4:00-5:00PM
COST: DONATION. RECOMMENDED \$5**

A low-impact version of Zumba, specifically designed for active older adults. With easy to follow Latin inspired dance moves, we focus on improving heart health, strength, and flexibility.



CARDIO DANCE

**WEDNESDAYS 11:15AM-12:15PM
COST: \$4**

Move & groove to upbeat tunes during the fun low-impact aerobic workout. Enjoy energizing full body exercise and movement while improving your endurance and coordination. No dance experience needed.



MAT PILATES

**THURSDAYS 2:15-3:00PM (MAT REQUIRED)
COST: DONATION**

Mat Pilates is a low-impact, foundational fitness method performed on a mat, focusing on core strength, flexibility, and controlled, flowing movements using only body weight.



TAI CHI EASY

FRIDAYS 12:00-1:00PM

COST: DONATION

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.



MR. D'S LINE DANCE

MONDAYS | 7:00 - 8:00PM

COST: \$6

Mr. D, a Pitt County legend in the line dance world teaches each Monday night at the Council on Aging.



EIGHT PIECES OF BROCADE (TAI CHI)

MONDAYS, APRIL 6-MAY 25 1:30-2:30PM

COST: DONATION

The Eight Pieces of Brocade is a traditional Chinese qigong practice that consists of eight simple yet powerful exercises/positions. It is designed to improve health, energy flow, and flexibility and is excellent for the immune system.

GREENVILLE SENIOR WELLNESS CENTER
WEEKLY CALENDAR

Monday

8:30am Coffee & Connection
8:50am Reflections
9am Bible Study
11:30am Lunch Service

Tuesday

8:30am Coffee & Connection
9:00am Reflections
10:00am Chair Exercise
10:45am Bingo Free
11:30am Lunch Service

Wednesday

8:30am Coffee & Connection
9:00am Reflections
10:15am Music Therapy
11:30am Lunch Service



Thursday

8:30am Coffee & Connection
9:00am Reflections
10:45am Bowling
11:30am Lunch Service

Friday

8:30am Coffee & Connection
9:00am Reflections
10:15am Bingo
(\$1.50/card, limit of 2 cards)
11:30am Lunch Service

MAY MEAL CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Creamed Chicken Parsley Rice Green Beans Bread Warm Spiced Peaches 2% Milk
4 Italian Tomato Sauce w/Meatballs Parslied Rotini Corn Carrots Roll 100% Apple Juice 2% Milk	5 Turkey a La King Mashed Potatoes Peas Greens Bread Marble Cake 2% Milk	6 BBQ Pork Chop Pasley Potatoes Cabbage Roll Warm Glazed Apples 2% Milk	7 Boneless Herbed Chicken Thigh Rice w/Gravy Beets Broccoli Bread 100% Apple Juice 2% Milk	8 Ground Beef Crumbles Mashed Potatoes w/Gravy Green Beans Bread Banana Cake 2% Milk
11 Herbed Baked Boneless Chicken Breast Mashed Potatoes w/Gravy Peas Green Beans Bread Streusel Coffeecake 2% Milk	12 Smoked Sausage Sauteed Peppers & Onions Rice Cabbage Bread Warm Spiced Peaches 2% Milk	13 Turkey Tetrazzini Carrots Greens Roll Fudge Brownie 2% Milk	14 Scrambled Eggs w/Sausage Cheesy Corn Grits English Muffin Margarine & Jelly Packets 100% Orange Juice Cinnamon Apples 2% Milk	15 Peppered Chicken Fajita Filling Rice & Pinto Beans Tortilla Shredded Cheddar Cheese Hot Spiced Pears 2% Milk
18 Franks & Pinto Beans Cabbage Bread w/Margerine Fudge Brownie 2% Milk	19 Farmhouse Stew w/Turkey Lima Beans Corn Roll 100% Apple Juice 2% Milk	20 Beef Teriyaki Rice Green Beans Bread w/Margerine Banana Cake 2% Milk	21 Boneless Herbed Chicken Thighs Sweet Potato Souffle Cauliflower Beets Bread Marble Cake 2% Milk	22 Country Patty Mashed Potatoes w/Gravy Okra w/Tomatoes Carrots Bread Chocolate Cake 2% Milk
25  Memorial Day COA will be closed. No Meal Delivery	26 Herbed Pork Chop Rice w/Gravy Carrots Green Beans Bread Streusel Coffeecake 2% Milk	27 Tangy BBQ Chicken Hamburger Bun Cajun Potatoes Creamy Coleslaw Cinnamon Applesauce 2% Milk	28 Ham & Black-Eyed Peas Peas Sweet Cornbread Warm Glazed Apples 2% Milk	29 Creamed Chicken Parsley Rice Green Beans Bread WarmSpiced Peaches 2% Milk



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

SENIOR TECH SUPPORT MADE EASY BY TECHNICIANS WHO CARE!

CAN'T COME TO US? WE CAN COME TO YOU! CALL US AT 252-558-1280
TO SCHEDULE AN APPOINTMENT

MAY 2026

Monday	Tuesday	Wednesday
<p>4 9:00am-12:00pm R \$45 Silk Scarf Dyeing 9:00am-12:00pm Rummikub 10:00-11:00am \$7 /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 1:30-2:30pm \$ R Eight Pieces of Brocade 7:00-8:00pm \$6 Line Dancing</p>	<p>5 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 \$10/month Senior Fitness 2:00-3:00pm R Anti Inflammatory Diet 2:00-5:00pm Card Games 2:15-3:15pm \$4 Beg Soul Line Dancing</p>	<p>6 9:00-11:00am Chess 9:00-11:30am R \$60/4 Water Color Studio 10:00-11:00am \$7/mo Chair Fitness 11:15am-12:15pm \$4 Cardio Dance 12:30-5:00pm Quilting Group 1:00-4:00pm R American Mahjong</p>
<p>11 9:00am-12:00pm Rummikub 10:00-11:00am \$7 /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 1:30-2:30pm \$ R Eight Pieces of Brocade 7:00-8:00pm \$6 Line Dancing</p>	<p>12 10:00am-12:00pm Blood Pressure Screening 10:30-11:30am \$ Zumba Gold 10:30am-12:00pm NC Book Club 11:30am-12:30pm \$ Yoga 1:00-3:00pm Knit & Crochet Group 1:00-2:00pm \$10/month Senior Fitness 2:00-3:00pm R Reverse Mortgage 2:00-5:00pm Card Games 2:15-3:15pm \$4 Beg Soul Line Dancing</p>	<p>13 9:00-11:00am Chess 9:00-11:30am R \$60/4 Water Color Studio 10:00am-12:00pm Foot Screening 10:00-11:00am \$7/mo Chair Fitness 11:15am-12:15pm \$4 Cardio Dance 12:30-5:00pm Quilting Group 1:00-4:00pm R American Mahjong 2:00-3:00pm R Home Energy Workshop</p>
<p>18 9:00am-12:00pm Rummikub 10:00-11:00am \$7 /mos Chair Fitness 9:00am-12:00pm R Hearing Screening 11:15am-12:15pm \$4 Int Soul Line Dancing 12:00-4:00pm Scrapbooking 12:30-1:15pm \$4 Stretch and Balance 1:30-2:30pm \$ R Eight Pieces of Brocade 2:00-3:00pm R Computer Tech: AI 7:00-8:00pm \$6 Line Dancing</p>	<p>19 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 \$10/month Senior Fitness 2:00-5:00pm Card Games 2:00-3:00pm R Reverse Mortgage 2:15-3:15pm \$4 Beg Soul Line Dancing</p>	<p>20 9:00-11:00am Chess 9:00-11:30am R \$60/4 Water Color Studio 10:00-11:00am \$7/mo Chair Fitness 11:15am-12:15pm \$4 Cardio Dance 12:30-5:00pm Quilting Group 1:00-4:00pm R American Mahjong 2:00-3:00pm R Container Gardening</p>
<p>25  COA Closed No Meal Delivery</p>	<p>26 10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga 1:00-3:00pm Knit & Crochet Group 1:00-2:00pm \$10/month Senior Fitness 2:00-5:00pm Card Games 2:15-3:15pm \$4 Beginner Soul Line Dancing 6:00-7:30pm R Memory Cafe</p>	<p>27 9:00-11:00am Chess 9:00-11:30am R \$60/4 Water Color Studio 10:00-11:00am \$7/mo Chair Fitness 11:15am-12:15pm \$4 Cardio Dance 12:30-5:00pm Quilting Group 1:00-4:00pm R American Mahjong</p>



- Personal Care
- Post Hospitalization Care
- Light Housekeeping
- Transportation

SILVERcare

"Mature America's Best Friend"

Serving Our Clients Since 1993

252-355-5677 • www.silvercareweb.com



Home Care Services Providing Independence in the Comfort of Your Home

Thursday	Friday	Saturday	MAY 2026
	<p>1 12:00-1:00pm R \$ Tai Chi 1:30-4:30pm Ping Pong 2:00-3:00pm R \$20 Food is Medicine</p>	<p>2 10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga</p>	
<p>7 9:00-11:30am Ping Pong 11:00am- 3:00pm Rosie's Cards 12:00-4:30pm Canasta or Hand & Foot 1:00-2:00pm \$10/month Senior Fitness 12:30-3:00pm R \$40 Beg Wood Carving 2:15-3:00 pm \$ Mat Pilates 4:00-5:00pm \$ Zumba Gold 5:30-7:00pm TOPS</p>	<p>8 10:00-11:30am R Caregiver's Coffee 12:00-1:00pm R \$ Tai Chi 1:30-4:30pm Ping Pong 2:00-3:00pm R \$20 Food is Medicine</p>	<p>9 10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga</p>	
<p>14 9:00-11:30am Ping Pong 10:00am-12:00pm Physical Therapy Screening 11:00am- 3:00pm Rosie's Cards 12:00-4:30pm Canasta or Hand & Foot 1:00-2:00pm \$10/month Senior Fitness 12:30-3:00pm R \$40 Beginner Wood Carving 2:15-3:00 pm \$ Mat Pilates 4:00-5:00pm \$ Zumba Gold 5:30-7:00pm TOPS</p>	<p>15 10:00am-12:00pm R \$35 Resin Flower Art 10:00am-3:00pm \$10 R Sewing: Bucket Hats 11:30am-12:15pm Bookmobile 12:00-1:00pm R \$ Tai Chi 1:30-4:30pm Ping Pong 2:00-3:00pm R \$20 Food is Medicine</p>	<p>16 10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga</p>	
<p>21 9:00-11:30am Ping Pong 11:00am- 3:00pm Rosie's Cards 12:00-4:30pm Canasta or Hand & Foot 1:00-2:00pm \$10/month Senior Fitness 12:30-3:00pm R \$40 Beginner Wood Carving 2:15-3:00 pm \$ Mat Pilates 3:00-4:30pm R Estate Planning 4:00-5:00pm \$ Zumba Gold 5:30-7:00pm TOPS</p>	<p>22 12:00-1:00pm R \$ Tai Chi 1:30-4:30pm Ping Pong 2:00-3:00pm R \$20 Food is Medicine</p>	<p>23 10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga</p>	
<p>28 9:00-11:30am Ping Pong 11:00am- 3:00pm Rosie's Cards 12:00-4:30pm Canasta or Hand & Foot 1:00-2:00pm \$10/month Senior Fitness 12:30-3:00pm R \$40 Beginner Wood Carving 2:15-3:00 pm \$ Mat Pilates 4:00-5:00pm \$ Zumba Gold 5:30-7:00pm TOPS</p>	<p>29 12:00-1:00pm R \$ Tai Chi--Canceled 1:30-4:30pm Ping Pong 2:00-3:00pm R \$20 Food is Medicine 7:30-10:00pm Line Dance Social</p>	<p>30 10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga</p>	



Project Fan

Heat Relief Program

- Must be 60 or over
- Have no air conditioning or are unable to afford utilities
- Have not received a fan from us in the last two years
- Picture ID required

For more information, please call Council on Aging (252) 752-1717




Are you Worried About Falling?

- Are you afraid to stand up to 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?

We can have one of our experts conduct a home safety/falls risk assessment. Call the COA for more details. Call 752-1717, x206.



WE NEED VOLUNTEERS!

- Landscaping
- Clerical
- Instructor
- Special Events

Email cshimer@pittcoa.com for more information.



MEALS ON WHEELS TRAINING

You can make a difference in only one hour, one day a week! We need YOU to help deliver meals to homebound adults in our community!

Training: May 5 & 19 at 10am.

Call 752-1717 for more information.

Did You Know We have 6 Senior Wellness Centers?

Ayden Senior Wellness Center

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

Farmville Senior Wellness Center

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

Greenville Senior Wellness Center

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

Bethel Senior Wellness Center

7406 Main St. Bethel
9am-1pm

Fountain Senior Wellness Center

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

West Greenville Senior Wellness Center

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

Stay safe at
home with

AMADA
SENIOR CARE

- ♥ CARE PROVIDERS
- ♥ SENIOR HOUSING OPTIONS
- ♥ FINANCIAL CARE COORDINATION
- ♥ REMOTE CARE TECHNOLOGY

AmadaEasternNorthCarolina.com

252.231.2861



The care you need in
the home you love.

Our personalized in-home care services
empower your family to live life with
peace of mind.

HOME CARE SERVICES

- Personal Care
- Hospital-to-Home Care
- Respite Care
- Alzheimer's and Dementia support
- Chronic Condition Support
- End-of-Life Care
- Companion Care
- 24-hour care



(252) 320-7876



Little
space.
Big
impact.

Advertise here

Call 800-950-9952

Support Our Advertisers!



For ad info. call 1-800-950-9952 • www.4lpi.com

Pitt County Council on Aging and Greenville Senior Center, Greenville, NC

14-1560



TRIPS 2027



Journey to the Heart of Ireland: This 8 day trip includes airfare, all accommodations including a 2 night stay in authentic 18th century castle, sightseeing in Dublin and Galway City, tours of Connemara, the Dingle Peninsula, visits to the Majestic Cliffs of Moher, visits to the Celtic Crystal Factory and the Guinness Store House and so much more!
March 13-20, 2027. Price: \$4499 per person/double occupancy



Lancaster, PA: This 3 day 2 night package includes a fabulous Sight & Sound Theater Production, Jacob's Choice Production at the Amish Experience Theater, a tour of an Amish Country Homestead & one room schoolhouse, a guided tour of Amish farmlands, a visit to Hershey's Chocolate World, and the Kitchen Kettle Village!
April 13-15, 2027. Price \$599 per person/double occupancy



Georgia's Golden Isles Jekyll Island, St Simon, & Savannah: This 3 day/2 night package includes a guided tour of Jekyll Island with entry into two restored cottages, a St Simon Island Tour with a stop at the lighthouse, a guided tour of Historic Savannah, and a visit to Famous River Street!
May 4-6, 2027. Price \$579 per person/double occupancy



Alaska Plus Interior Express Cruise-Tour Aboard Royal Caribbean's "Anthem of the Seas": 4 Day/3 Night land tour, including Wilderness Express Train ride to Denali, Denali National History Tour, & tour of Gold Dredge 8. 7 Day Cruise with stops in Juneau, Skagway, Ice Strait Point, and Ketchikan. This is a can't miss trip!
May 18-May 28, 2026. Price starts at \$4999 per person/Double Occupancy



Rails & Sails Maine: This 6 day/5 night package includes a Downeast Lobsterbake with Entertainment Welcome Reception, a guided tour of Kennebunkport, exploring Boothbay Harbor on a narrated boat cruise, a ride on a Vintage Steam Train at the BoothBay Railway Village, a visit to Nubble Light in Cape Neddick, lobster harvesting on a Lobster Boat Tour, and outlet shopping in Freeport, home of LL Bean.
June 6-11, 2027. Price \$1599 per person/double occupancy

2

TRIPS 2027



The Natural Beauty of Vermont: This 6 day/5 night package includes a dinner cruise with entertainment on Scenic Lake Champlain, dinner at the Von Trapp Family Inn, a Von Trapp Family History Tour, admission to the New England Maple Museum, a tour of the Vermont Teddy Bear Factory, a visit to Ben & Jerry's Ice Cream Factory, a visit to the Cold Hollow Cider Mill and the Vermont Country Store.

September 12-17, 2027 Price \$1399 per person/double occupancy



The Albuquerque International Balloon Fiesta Featuring the Majestic Grand Canyon: This package includes round trip airfare, 2 dinners at Black Bart's Steakhouse and Musical Revue, daily guide service, exclusive VIP Experience for "Ascension of the Balloons," a train ride to the Grand Canyon, a tour of White Sands National Park, tour Phoenix & Sedona, and visit the Red Rocks!

October 2-9, 2027. Price: \$3399 per person/double occupancy



Portugal's Coastal Crowns: Lisbon & Porto: This 8 day/6 night package includes roundtrip airfare, 3 nights in Lisbon & 3 nights in Porto with guided tours, a scenic river cruise on the Douro Valley (including lunch), explore Pena Palace in Sintra, a traditional Portugese Vineyard and wine tasting, and a visit to Jeronimos Monastery.

November 9-16, 2027 Price: TBA



St. Augustine: this 4 day/3 night package includes the Magic of Old Town Trolley's Nights of Lights Tour, a guided tour of historic St. Augustine, a "Candlelight" tour of The Villa Zorayda Museum, a visit to the San Sebastian Winery, Flagler University, the Governor's Cultural Center & Museum, and a self guided tour of the St. Augustine Distillery and a "Hop On & Hop Off" Ticket on the Old Town Trolley!

November 29-December 2, 2027. Price \$899 per person/double occupancy



Biltmore Estate in Asheville: this 3 day/2 night package includes a holiday dinner at the Biltmore Estate, a holiday dinner at the Omni Grove Park Inn, a candlelight tour of the Biltmore House, viewing of the entries to the National Gingerbread House Competition, a guided tour of Asheville, admission to the Biltmore Estate and Grounds Garden Conservatory, a wine tasting at the Biltmore Estate Winery, and much more!

December 6-8, 2026 Price: \$799 per person/double occupancy

Complete Trip Flyers Available at:

<https://www.pittcoa.com/trips> or in the lobby of the COA



Let's party!

**Friday
June 12 6:30-9:30PM
Cost: \$10
Call 752-1717, x201
to register.**



LINE DANCE & Music BINGO



Day TRIPPIN'

CALL 752-1717 X201 FOR INFORMATION

WRIGHT BROTHERS AND DUCK, NC

We'll visit the location of the Wright Brothers first flight, exploring the Visitors Center, Wright Brothers Monument and more. We'll stop for lunch at a local restaurant before traveling to Duck, NC to explore the waterfront and nearby shops.

DATE: Tuesday, June 23, 2026

\$135 Per Person. Deposit \$68. Balance \$67 Due May 20



Polynesian Fire Luau, Myrtle Beach

Witness an authentic Polynesian dinner show (food included). The performers will captivate you with live Polynesian music, ethnic dances, and Samoan fire knife performances. The show includes a buffet style luau.

DATE: Thursday, September 24, 2026, \$165 per person (Deposit: \$83; Balance [\$82] Due: 8/14/26)



Lexington Barbeque Festival, Lexington NC

Experience the best in Lexington style barbecue at popular barbecue festival as well as other delicious festival food (not included). Celebrating its 42nd year, the festival will host more than 250+ vendors, 6 entertainment stages, street performers, bands, car shows, stunt shows, and more. Participants should be prepared to do some walking during this fun day trip. **Date: Saturday, October 24, 2026, \$110 per person (Deposit: \$55; Balance [\$55] Due: 9/11/26)**



Nutcracker! Magical Christmas Ballet, Durham

Experience the largest Nutcracker production in North America – a breathtaking holiday spectacle featuring world-class international dancers, gravity-defying acrobatics, magnificent costumes, and towering puppets. Set to Tchaikovsky's iconic score, this grand production transforms the stage at DPAC into an unforgettable celebration of the season. First, we'll have dinner (not included) at a nearby restaurant before proceeding to the Durham Performing Arts Center (DPAC) in Durham, NC to see the show.

DATE: Thursday, November 19, 2026, \$145 per person (Deposit: \$73; Balance [\$72] Due: 10/1/26)



UPCOMING CLASSES



**Hurricane Preparedness
with Chris Tyndall**

Thursday, June 25
2:00pm-3:00pm



Brain Health A-Z!

Wednesday, June 10
2:00-4:30pm



**Rules of the Road
Investing in the Later Years**

Wednesday, June 17
2:00-3:30pm



**Sewing: Bitty Bag
Cost: \$20**

Friday, June 19
10:00am-4:00pm



**Beginner Wood Carving
Cost: \$40**

Thursdays,
May 14 - June 18
June 25-July 30
12:30-3:00pm

Made
you look.

Advertise here to reach
your local audience.

Visit lpicommunities.com/advertising-solutions

Scan to get
started!

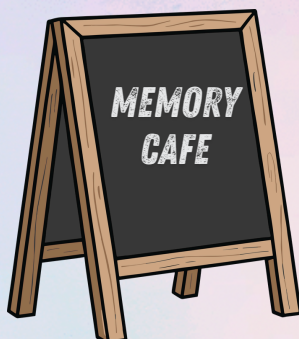




Caregivers Coffee

Join fellow caregivers in a stress-free environment. Learn about resources and caregiver strategies while gathered around morning coffee and pastries.

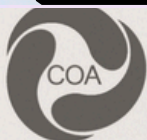
2nd Friday of each month 10:00-11:30am
Call 752-1717, x201 to register.



Memory Cafe

Join us for a comprehensive approach to caregiving. Bring your loved one with you. We have activities for them as well.

4th Tuesday of Every Month 6:00-7:30pm
6:00-6:30pm Dinner
6:30-7:30pm Support Group with Caregivers
6:30-7:30pm Activities with Loved Ones



Pitt County
 Council on Aging

**DO YOU NEED
 HELP WITH
 TRANSPORTATION?**

If you know someone struggling to pay for transportation for ongoing medical procedures (like dialysis), we may be able to help.

Must be 60 and over and not on Medicaid. Other qualifications may apply. Contact our Aging Services Specialist for more information:
 (252) 752-1717, x204



Bookmobile

Friday, April 17
11:30am-12:15pm

Drug costs hard to swallow?

**If you're on Medicare, call
 855-408-1212.**



NC DEPARTMENT OF
INSURANCE
 SENIORS' HEALTH INSURANCE
 INFORMATION PROGRAM

WWW.NCSHIIP.COM



Blood Pressure Screening

Tuesday, May 12

10:00am-12:00pm

.....



Foot Screening

Wednesday, May 13

10:00am-12:00pm

.....



Physical Therapy Screening

Returning in June

.....



Hearing Screening

Monday, May 18

Reach Our Digital Subscribers

This publication is online and emailed to our community. Drive more traffic to your website with a digital ad on MyCommunityOnline.com

Get started today! Visit www.lpicommunities.com/advertising-solutions



Thank You to all the COA Donors!

Selene Gwaltney
Alfred Gaston Hathaway III
Vivian Fields
Susan Kenny
Jeffrey Camp
Sharon Schlichting
Robin Buck
Oakmont Baptist Church
Leo Trujillo
Donna Todd

Anderson Chapel AME Church
Opendoor Church
Cutting Edge Products
Sylvia Wheless & Selene Gwaltney
Dorothy Muller
Harold and Zeta Godboalt
Kiwanis Club of Golden K Greenville
Robert Driscoll
Jean Michalek



Ways to Donate



- Make a tax deductible donation online at 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 for special requests.

Find us. Follow us. Like us.



x.com/pittcoa



[Facebook.com/pittcountyseniorcenter](https://facebook.com/pittcountyseniorcenter)



[Instagram.com/pittcountyseniorcenter](https://instagram.com/pittcountyseniorcenter)



YouTube Find us at Pitt County Senior Center

Visit our website: www.pittcoa.com