



PITT COUNTY
Council on Aging

**September
2026**



4551 COUNTY HOME ROAD GREENVILLE, NC 27858 | 252-752-1717 | WWW.PITTCOA.COM

September 2026

Rich Thoughts from the Executive Director

Greetings Family and Friends,



Happier Birthdays Happen Here 🎂 Happy National Senior Center Month! The 2026 theme, “Happier Birthdays Happen Here,” celebrates the important role senior centers play in fostering creativity, connection, purpose, and resilience in later life.

But I have an idea. Every birthday, we get birthday wishes. We get pajamas, socks, ties, gift cards, and everything in between. What if this birthday, we gave? The next time someone asks, “What do you want for your birthday?” tell them: “Whatever you were going to spend on me, donate it to the Council on Aging in my name.” Now that’s a happier birthday.

It has been a tough summer for many of our seniors. The heat has been excessive. Isolation has increased. Demand for services is near record highs. And funding from some sources has been limited or discontinued. But through all of that, you stepped up.

I recently celebrated 11 years here at the Council on Aging, and I have seen a lot—both good and bad. This summer, however, I witnessed something special: our community rallied around our seniors.

You donated incontinence supplies. You donated fans. And most importantly, you provided financial support for our Home Delivered Meals program when other funding sources stopped.

You helped make sure that our homebound, hungry seniors were not forgotten. Personally, it is incredibly moving to see people rise to the occasion and support those who have too often been overlooked or devalued by society. So this National Senior Center Month, I have one birthday wish: When your birthday comes around, give your birthday to someone who needs it more. Give your birthday. Give a meal. Give hope. Give dignity.

From all of us at the Pitt County Council on Aging, thank you—and happy birthday! Because happier birthdays really do happen here. ❤️

Rich

FALLS PREVENTION WORKSHOP

LEARN HOME SAFETY
FOR YOU AND YOUR
LOVED ONES!

Wednesday, September 23 2:00-3:30pm



THEATRE WORKS

TAUGHT BY ZETA GODBOALT

This will be a fun class that incorporates writing and performance. There are no prerequisites for this class except a willingness to learn and follow directions. Students will have the opportunity to perform and/or see their very own works on stage.

WEDNESDAYS, OCTOBER 7-NOVEMBER 18
10AM-12PM

1



Wednesday, September 9, 2026
10:00 - 11:00am

FEATURED CLASSES/ Programs

Call 752-1717, x201 to register

03



Eating to Lower Blood Pressure

Tuesday, September 1
2:00-3:00pm

Learn how simple it is to let what you eat help control your blood pressure!



Planning Your Fall Garden

Wednesday, September 9
2:00-3:00pm

It's time to start thinking about cooler weather and what and how to plant your fall garden! Join us for this hands on class!



Crafting With the Grands

Monday, September 14
4:00-5:00pm Cost: \$5/Child

The Pitt Community College Occupational Therapy Assistant students will be leading this fun class for grandparents and their grandchildren!



Honoring Your Parents/Honoring Your Kids

Tuesday, September 15
2:00-3:30pm

Executive Director Rich Zeck will be teaching this class on helping navigate the challenges that come as family roles change.



Advance Care Planning

Thursday, September 17
1:00-3:00pm

Learn about preparing for future decisions for your medical care.

1:00-2:00 Education

2:00-3:00 Workshop

*ID required to complete paperwork.



Sewing: Foundation Paper Piecing

Friday, September 18

10:00am-4:00pm Cost: \$15

Make this adorable pumpkin for fall AND learn the art of foundation paper piecing.



Technology: ChatGPT Part 2: Everyday AI

Monday, September 21

2:00-3:00pm

Did you attend the first AI class and want to take it another step, or just want to learn more about ChatGPT and AI? Call today to register!



Water Color Studio Class

EVERY WEDNESDAY (ONGOING)

9:30-12:00AM \$60 FOR FOUR SESSIONS

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

14-1560



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: \$4**

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.



Exploring QiGong

Mondays 1:30-2:30pm

Cost: Donation

This ongoing qigong class features rotating movement routines that promote relaxation, balance, flexibility, and healthy energy flow.



Country Line Dancing with Marcy

Wednesdays 12:45-1:45pm

Starting October 7

Cost: \$4/Class

Learn to dance to your favorite country tunes!

Fitness classes do not currently require registration, but it is recommended that you arrive early to assure space availability. Classes will be closed when the attendance meets space limitations.

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Sausage Gravy w/Sausage Crumbles Mashed Potatoes Corn Bread Cinnamon Applesauce 2% Milk	2 BBQ Pork Rib Patty Au Gratin Potatoes Coleslaw Vinaigrette Roll Streusel Coffeecake 2% Milk	3 Peppered Turkey Breast Bread Dressing w/Cream Gravy Glazed Carrots Broccoli Fudge Brownie 2% Milk	4 Stuffed Green Pepper Corn Bread Warm Glazed Apples 2% Milk
7  COA Closed No Meal Delivery	8 Beef Stew Mashed Potatoes Green Beans Bread Glazed Apples 2% Milk	9 Sweet & Sour Chicken Rice Irish Blend Vegetables Vanilla Pudding 2% Milk	10 Chili con Carne w/Beans Roll Baked Potato Wedges Corn Cinnamon Applesauce 2% Milk	11 Chicken Salad Bread Pasta Salad Peaches 100% Apple Juice 2% Milk
14 Meatballs Rice w/Mushroom Gravy Carrots Corn 2% Milk	15 Oven Fried Chicken Breast Mashed Potatoes w/Gravy Grilled Zucchini Squash Bread Spiced Peach Cobbles 2% Milk	16 Italian Meat Sauce Macaroni w/Parsley Cauliflower Peas Roll 100% Apple Juice 2% Milk	17 Creamed Chicken Pastry Beets Bread Cinnamon Applesauce 2% Milk	18 Italian Crusted Fish Filet Mac & Cheese Coleslaw Vinaigrette Corn Bread 2% Milk
21 Mashed Potatoes w/ Creamed Turkey Glazed Carrots Beets Roll 100% Orange Juice 2% Milk	22 Herbed Pork Chop Mashed sweet Potatoes w/Gravy Green Beans w/Onions Corn O'Brien Bread Oatmeal Cookie 2% Milk	23 BBQ Pulled Chicken Pinto Beans Broccoli Hamburger Bun 100% Apple Juice 2% Milk	24 French Toast Bake w/Syrup Breakfast Sausage Hash Browns w/Peppers & Onion Warm Glazed Apples 2% Milk	25 Cajan Jambalaya w/Rice Pea Peach Oak Crisp 2% Milk
28 Chicken Parmesan w/Mariana Sauce Macaroni w/Parsley Peas Carrots Roll Yellow Cake 2% Milk	29 Sausage Gravy w/ Sausage Crumbles Mashed Potatoes Corn Bread Cinnamon Applesauce 2% Milk	30 BBQ Pulled Pork Rib Patty Au Gratin Potatoes Coleslaw Vinaigrette Roll Streusel Coffeecake 2% Milk		

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TO SCHEDULE AN APPOINTMENT****September 2022**

	1 9:00-11:30am \$75 R Stained Glass 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 Eating to Lower Blood Pressure 2:15-3:15pm \$4 Beg Soul Line Dancing	2 9:00-11:00am Chess 9:30-12:00am 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
7 ★★★★★ LABOR DAY ★★★★★ COA Closed No Meal Delivery	8 9:00-11:30am \$75 R Stained Glass 9:00am-12:00pm Threads of Love 10:30-11:30am \$ Zumba Gold 10:30am-12:00pm R NC Book Club 10:00am-12:00pm Blood Pressure Screening 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 Beg Soul Line Dancing	9 9:00-11:00am Chess 9:30-12:00am R \$60/4 Water Color 10:00-11:00am Four Seasons 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 Planning Your Fall Garden
14 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 Exploring QiGong 4:00-5:00pm R \$5 Crafting with the Grands 7:00-8:00pm \$6 Line Dancing	15 9:00-11:30am \$75 R Stained Glass 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 2:00-3:30pm R Honoring Parents/Children 2:15-3:15pm \$4 Beg Soul Line Dancing 5:00-6:00pm R \$40 Ladies Self Defense	16 9:00-11:00am Chess 9:30-12:00am 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
21 9:00am-12:00pm R Hearing Screening 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 Exploring QiGong 2:00-3:00pm R Chat GPT Part 2 7:00-8:00pm \$6 Line Dancing	22 9:00-11:30 \$75 Stain Glass 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 Beg Soul Line Dancing 5:00-6:00pm R \$40 Ladies Self Defense 6:00-7:30pm R Memory Cafe	23 9:00-11:00am Chess 9:30-12:00am 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 2:00-3:30pm R Falls Prevention Workshop
28 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 Exploring QiGong 2:00-4:00pm R \$40 Fall Wreath 7:00-8:00pm \$6 Line Dancing	29 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 Beg Soul Line Dancing	30 9:00-11:00am Chess 9:30-12:00am 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

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3

9:00-11:30am Ping Pong
10:00am-12:00pm Acrylic Painting
11:00am- 3:00pm Rosie's Cards
12:00-4:30pm Canasta or Hand & Foot
1:00-2:00pm \$10/month Senior Fitness
2:15-3:00 pm \$4 Mat Pilates
4:00-5:00pm \$ Zumba Gold
5:30-7:00pm TOPS
5:30 R Ireland Interest Meeting

4

12:00-1:00pm R \$ Tai Chi - Canceled
1:30-4:30pm Ping Pong

5

10:30-11:30am \$ Zumba Gold
11:30am-12:30pm \$ Yoga

10

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 \$4 Mat Pilates
4:00-5:00pm \$ Zumba Gold
5:30-7:00pm TOPS

11

10:00-11:30am R Caregivers Coffee
12:00-1:00pm R \$ Tai Chi
1:30-4:30pm Ping Pong

12

10:30-11:30am \$ Zumba Gold
11:30am-12:30pm \$ Yoga

17

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
1:00-3:00pm R Advance Care Planning
2:15-3:00 pm \$ Mat Pilates
4:00-5:00pm \$ Zumba Gold
5:30-7:00pm TOPS

18

10:00am-4:00pm R \$15 Foundation Paper Piecing
11:30am-12:15pm Bookmobile
12:00-1:00pm R \$ Tai Chi
1:30-4:30pm Ping Pong

19

10:30-11:30am \$ Zumba Gold
11:30am-12:30pm \$ Yoga

24

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
2:15-3:00 pm \$4 Mat Pilates
4:00-5:00pm \$ Zumba Gold
5:30-7:00pm TOPS

25

9:30am-12:00pm R \$45 Print Making
12:00-1:00pm R \$ Tai Chi-Canceled
1:30-4:30pm Ping Pong
7:30-10:00pm \$6 Line Dance Social

26

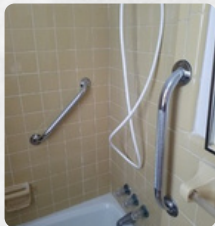
10:30-11:30am \$ Zumba Gold
11:30am-12:30pm \$ Yoga

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 hand rails 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, x212.



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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: September 1 & 15, 10am.

Call 752-1717 for more information.

FALLFEST

SATURDAY
OCTOBER 17, 2026
10:00AM-2:00PM

FOR VENDOR INFO EMAIL:
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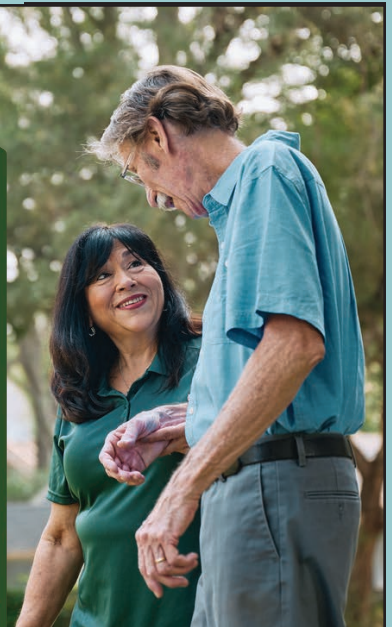
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TRIPS

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, 2027. 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

Full

Complete Trip Flyers Available at:

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

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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, a tour of Phoenix & Sedona, and a visit to Red Rocks State Park!

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), exploring Pena Palace in Sintra, visiting 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, 2027 Price: \$799 per person/double occupancy

Ireland Interest Meeting

We will be hosting an Ireland interest meeting on Thursday Sept 3 at 5:30pm. Come out and find out more information about this wonderful trip!
Call 752-1717, x201 to register.





Day TRIPPIN'

CALL 752-1717 X201 FOR INFORMATION



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: Wednesday, September 23, 2026, \$165 per person (Deposit: \$83; Balance [\$82] Due: 8/14/26) 2nd Bus Final Due 9/4/26



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)

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

Theater Works Drama Workshop

Wednesdays, October 7-
November 18
10:00am-12:00pm

Glass Blowing Demonstration

Tuesday, October 13
10:00-11:00am

Sewing: Self-Binding Placemats

Friday, October 16
10:00am-2:00pm \$15

**Dealing With Loss
with Kim Williams**

Thursday, October 22
2:00-3:00pm

**Tech Class:
Cloud Storage Made Simple**

Monday, October 19
2:00-3:00pm

Holiday Wreath

Wednesday, October 28
2:00-4:00pm \$40

Barn Quilt Painting

Friday, October 30
8:30am-5:00pm
Cost: Varies

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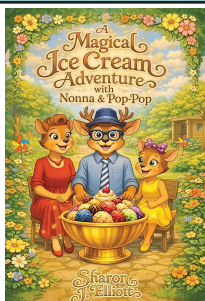
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Caregivers Coffee

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

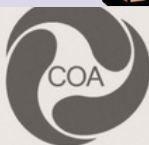
Join us for a comprehensive approach to caregiving. Bring your loved one with you. We have activities for them as well.

4th Tuesday of every month

6:00-6:30pm 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, September 11

11:30am-12:15pm

MUSIC BINGO



Music Bingo & Soul Line Dance Party



FRIDAY, SEPT 11

6:30 PM - 9:30 PM

**4551 COUNTY HOME ROAD
GREENVILLE, NC**

PLAY BINGO. DANCE. HAVE FUN!

**Bring your boots, grab a card,
and hit the dance floor**

**\$10 AT THE DOOR
(REGISTER 1ST)**

**CALL 252-752-1717,
EXT 201 TO
REGISTER**



Blood Pressure Screening
Tuesday, September 8
10:00am-12:00pm
.....



Foot Screening
Wednesday, September 9
10:00am-12:00pm
.....



Hearing Screening
Monday, September 21
9:00am-12:00pm
.....

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- Make a tax deductible donation online at www.pittcoa.com
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- Set up monthly recurring donations.
- Consider the COA as a planned giving recipient.
- Contact the Executive Director at rzeck@pittcoa.com for special requests.

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