



PITT COUNTY
Council on Aging

APRIL 2024
NEWSLETTER

Springfest

Vendor Fair

Over 50 vendors!
Food Trucks, Music, and More!

Saturday, April 13, 2024
10am - 2pm

Council on Aging
4551 County Home Rd.
Greenville, NC 27858

Rich Zeck—Executive Director
Lee Adams —Chair
Sylvia Wheless—Vice Chair
Ray Franks—Treasurer
Sue Tidd—Secretary

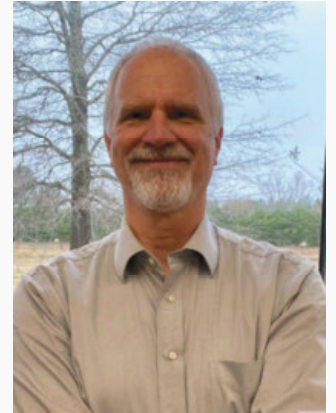


Council on Aging
4551 County Home Road, Greenville, NC 27858
Phone: 252-752-1717
Fax: 252-752-9365
www.pittcoa.com



April 2024

Rich Thoughts from the Executive Director



Greetings family and friends,

Did you get any time away for Easter or spring break to be with family and friends? I hope you did and found it to be peaceful. The older we get, the more important connecting and making sure all is well with family becomes in our lives.

You know what else is important? Your health. It is probably the biggest thing that can keep you from your family. April is national Move More Month, and we are not talking Ex-Lax but rather EXERCISE. For some, me included, that word alone exhausts me. Seriously, exercise is vital and critical to all of us as we age. It is NEVER too late to start.

We have 8 different exercise and fitness classes for you to choose from that can help you improve your health. I know what you are thinking...I would love to, but this or but that. We have people in our exercise classes who are in wheelchairs or use walkers or canes and still find a way to enjoy the camaraderie and feeling of doing something for themselves. What's holding you back? Call today and get registered.

Now that March showers are over, enjoy the April flowers. See you soon.

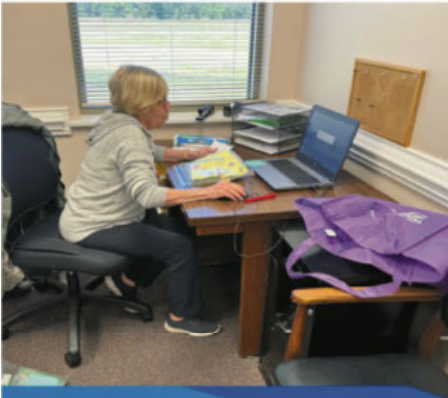
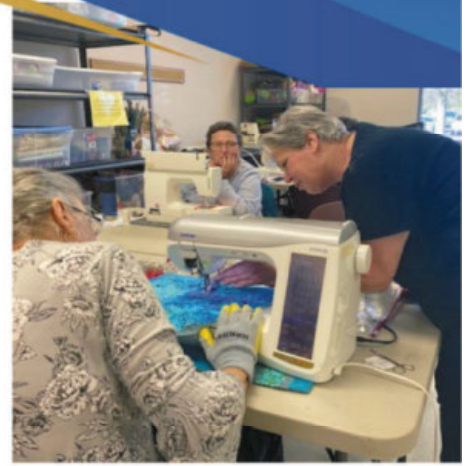
Have a great day.

Blessings,

Rich

Rich Zeck
Executive Director





Sewing: Bucket Hats

Friday, April 19 | 10:00am-4:00pm



Cost: \$15

Call 752-1717 x201 to register.



Spring Paint Parties!

(Back by Popular Demand!)

Wednesday, April 10

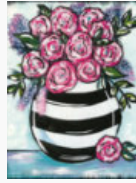
1:00-3:00pm

Or

Friday April 12

1:00-3:00pm

**Classes are \$35 each
payable at registration**



Call 752-1717, x201 for registration info.



Especially for the Ladies!

Self Defense Class

Wednesday April 17 OR April 24

2:00-4:00pm

Call 752-1717, x201 to register | Cost \$10



Food is Medicine Cooking and Nutrition Series



Thursdays, April 4-25 | 2:00-3:00pm

Featuring: Cooking Demos;
Budgeting Workshop; Oral Care Tips; Walk
& Talk; Food Samples!

FREE bag of groceries at each class.

Taught by ECU Med Students

Cost: \$20

Call 752-1717, x201 to register.

Introduction to Computers



Wednesday, April 3 & Friday April 5

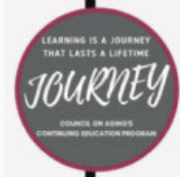
2:00-3:30pm

Call 752-1717, x201 to register.

****You must bring your
laptop/tablet with you.**

Intro to Iphone

Tuesday, April 2
10:00-11:30am



Intro to Android Phone

Tuesday, April 9
10:00-11:30am

Call 752-1717, x201 to register.

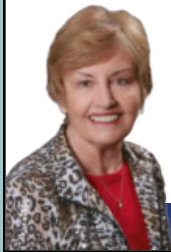
Beginner Wood Carving

Taught by Master Wood Carver,
Leo Trujillo



April 4-May 9
1:00-3:00pm
Cost: \$40

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



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Michael Lovelace
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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, April 5 – May 24 | 11:00am-12:00pm
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
(Check calendar for April's schedule)**



Shape Up & Get Fit!

An intense fitness workout that incorporates strength training and cardiovascular exercise.

This class will challenge your mind and body as you alternate between high and low-intensity exercises focusing on the upper and lower body as well as the core. Free weights, resistance bands, and an exercise mat are necessary to participate.

(Check calendar for April's schedule)

Mondays, 10:00-10:50am | \$4/Class

Call 752-1717, x201 to register.



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**

(Check calendar for April's schedule)



It's Time To Get Fit!



Yoga for Every Body

Yoga for Every Body is a one hour 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**

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.

Wednesdays | 10:00-11:00am
(Check calendar for April's schedule)
**Cost: \$5 per month
\$2 per class for drop ins**

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)
Registration Required.
752-1717, x201
(Check calendar for April's Schedule)**

Zumba Gold®



****Returning April 9th!!**

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 10:30-11:30am
Saturdays 10:30-11:30am
Cost: Donation**

Soul Line Dancing

**Every Monday | 11am-12pm
Every Tuesday | 2:15-3:15**

**\$4 per class/Paid monthly
Call 752-1717, x201
to register**

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.

(Check calendar for April's schedule)



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

Training is Tuesdays, April 2 & 16, 10am
Join our team for 2024!

Call 752-1717



Clerical: Filing, data entry, reception

Instructors: Do you have a talent or skill you would like to share?

Landscaping

Gardening

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, x212

Room Rentals



Birthday Parties
Family Reunions
Anniversaries
Meetings

Three room sizes available to accommodate most groups.

Book Now!

Call 752-1717, x205

Greenville Center Regular Activities

Monday	Tuesday	Wednesday
9:00-9:30am Coffee & Conversation 9:30-10:30am Reflections 11:30am-12:00pm Lunch	9:00-9:30am Coffee & Conversation 10:15-11:15am Bingocize/Fun and Fit 11:30am -12:00pm Lunch	9:00-9:30am Coffee & Conversation 10:30-11:30am Music 11:30am -12:00pm Lunch
Thursday	Friday	Saturday
9:00-9:30am Coffee & Conversation 10:15-11:00am Fun & Fit Exercise 11:30am -12:00pm Lunch	9:00-9:30am Coffee & Conversation 10:00-11:00am Bingo \$1.25 per card 11:30am -12:00pm Lunch	

April Meal Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Breast Baked Mac & Cheese Broccoli Carrots Roll Fudge Brownie 2% Milk	2 Herbed Pork Chop Brown Rice w/Gravy Grilled Zucchini Squash Roll Streusel Coffeecake 2% Milk	3 Tangy BBQ Meat Cajun Potatoes Creamy Coleslaw Roll Cinnamon Applesauce 2% Milk	4 Ham & Black-Eyed Peas Greens Sweet Cornbread Warm Glazed Apples 2% Milk	5 Creamed Chicken Macaroni w/Parsley Beets Bread Warm Spiced Peaches 2% Milk
8 Meatballs Italian Tomato Sauce Rotini w/Parsley Greens Carrots Roll 100% Apple Juice 2% Milk	9 Turkey ala King Mashed Potatoes Corn Cabbage Roll 2% Milk	10 BBQ Pork Chop Parsley Potatoes Green Beans w/Onions Roll Powdered Sugar Dusted Spice Cake 2% Milk	11 Herb Baked Boneless Chicken Thigh Mashed Sweet Potatoes Beets Cauliflower Citrus Fruit Bread 2% Milk	12 Peppered Fajita Filling with Chicken Rice & Pinto Beans Flour Tortilla Shredded Cheddar Cheese Warm Spiced Peaches 2% Milk
15 Herbed Baked Boneless Chicken Breast Brown Rice w/Gravy Okra w/Tomatoes Bread Mixed Fruit 2% Milk	16 Beef Patty Mashed Potatoes w/Gravy Green Beans Warm Spiced Peaches Bread 2% Milk	17 Smoked Sausage Sautéed Peppers & Onions Brown Rice Cabbage Bread Marble Cake 2% Milk	18 Scrambled Eggs w/Sausage Cheesy Corn Grits English Muffin 100% Orange Juice Cinnamon Apples 2% Milk	19 Turkey Tetrazzini Peas Carrots Roll Streusel Coffeecake 2% Milk
22 Franks & Pinto Beans Cabbage Bread Banana Cake 2% Milk	23 Farmhouse Stew Lima Beans Roll Citrus Fruit Warm Glazed Apples 2% Milk	24 Beef & Broccoli Stir-Fry Brown Rice Irish Blend Vegetables Bread Pumpkin Spice Cake 2% Milk	25 Country Patty Mashed Potatoes w/Gravy Okra w/Tomatoes Carrots Bread 100% Apple Juice 2% Milk	26 Pork Ham Sweet Potato Souffle Cauliflower Beets Bread 2% Milk
29 Chicken Breast Baked Mac & Cheese Broccoli Carrots Roll Fudge Brownie 2% Milk	30 Herbed Pork Chop Brown Rice w/Gravy Grilled Zucchini Squash Roll Streusel Coffeecake 2% Milk			 <p>MENU SUBJECT TO CHANGE</p>

Honoring the Life and Memory of Your Loved One



605 Country Club Drive | Greenville, NC
 252.752.2121
 www.SmithFCS.com



Community Calendar

Monday	Tuesday	Wednesday
1 9:00am-12:00pm Rummikub 10:00-10:50am R \$4 Shape Up 11:00am-12:00pm R \$4 Soul Line Dancing 12:00-2:00pm Scrabble 12:00-4:00pm Scrapbooking 12:30-1:15pm R \$4 Stretch and Balance 7:00-8:00pm \$6 Line Dancing	2 9:00am-12:00pm Beginners Bridge 10:00-11:00am R Volunteer Training 10:00-11:30am R Intro to Iphone 11:30am-12:30pm \$ Yoga 1:00-3:00pm Knit & Crochet Group 1:00-2:00pm R \$1 Senior Fitness** 2:00-5:00pm Card Games 2:15-3:15pm \$4 R Soul Line Dancing 3:30-4:14pm \$40 R Waltz	3 9:00:-11:00am Beginner's 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 2:00-3:30pm R Intro to Computers 7:00pm R \$40 Salsa
8 9:00am-12:00pm Rummikub 10:00am-12:00pm Mental Health Screening 12:00-2:00pm Scrabble 12:00-4:00pm Scrapbooking 7:00-8:00pm \$6 Line Dancing	9 9:00am-12:00pm Threads of Love 10:00-11:00am R Volunteer Training 10:00-11:30am R Intro to Android 10:00am-12:00pm Blood Pressure Screening 10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga 1:00-3:00pm Knit & Crochet Group 2:00-5:00pm Card Games 2:15-3:15pm \$4 R Soul Line Dancing 3:30-4:14pm \$40 R Waltz	10 9:00-11:00am Beginner's Chess 9:30-11:00am Kiwanas 10:00-11:00am \$5/ mo Chair Fitness 11:15am-12:15pm \$4 Cardio Dance 12:30-5:00pm Quilting Group 1:00-3:00pm R \$35 Paint Party: Floral 1:00-4:00pm R American Mahjong 6:15-7:00pm R \$40 Salsa
15 9:00am-12:00pm Rummikub 12:00-2:00pm Scrabble 12:00-4:00pm Scrapbooking 2:00-3:00 R R2R:Sleep 7:00-8:00pm \$6 Line Dancing	16 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 2:00-3:00 R Singles 2:00-5:00pm Card Games 2:15-3:15pm \$4 R Soul Line Dancing 3:30-4:14pm \$40 R Waltz	17 9:00-11:00am Beginner's Chess 12:30-5:00pm Quilting Group 1:00-4:00pm R American Mahjong 2:00-3:00pm R Laughter Yoga 2:00-4:00pm R \$10 Self Defense 6:15-7:00pm R \$40 Salsa
22 9:00am-12:00pm Rummikub 10:00-10:50am R \$4 Shape Up 11:00am-12:00pm R \$4 Soul Line Dancing 12:00-2:00pm Scrabble 12:00-4:00pm Scrapbooking 12:30-1:15pm R \$4 Stretch and Balance 7:00-8:00pm \$6 Line Dancing	23 10:00am-12:00pm Nutrition Screening 10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga 1:00-3:00pm Knit & Crochet Group 1:00-2:00pm R \$1 Senior Fitness** 2:15-3:15pm \$4 R Soul Line Dancing 3:30-4:14pm \$40 R Waltz 6:00-7:30pm Alzheimers Support Group	24 9:00-11:00am Beginner's Chess 9:30-11:00am Kiwanas 10:00am-12:00pm Game On! 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 2:00-3:00pm R Chamber Music Lecture 2:00-4:00pm R \$10 Self Defense 2:00-4:00pm R \$5 Jewelry Class 6:15-7:00pm R \$40 Salsa
29 9:00am-12:00pm Rummikub 10:00-10:50am R \$4 Shape Up 11:00am-12:00pm R \$4 Soul Line Dancing 12:00-2:00pm Scrabble 12:30-1:15pm R \$4 Stretch and Balance 7:00-8:00pm \$6 Line Dancing	30 10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga 1:00-3:00pm Knit & Crochet Group 1:00-2:00pm R \$1 Senior Fitness** 2:15-3:15pm \$4 R Soul Line Dancing	

<p>ADT-Monitored Home Security Get 24-Hour Protection From a Name You Can Trust</p> <ul style="list-style-type: none"> • Burglary • Fire Safety • Flood Detection • Carbon Monoxide <p>ADT Authorized Provider SafeStreets</p>		<ul style="list-style-type: none"> • Personal Care • Post Hospitalization Care • Light Housekeeping • Transportation <p>SILVERcare "Mature America's Best Friend" Serving Our Clients Since 1993 252-355-5677 • www.silvercareweb.com</p>  <p>Home Care Services Providing Independence in the Comfort of Your Home</p>
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April 2024

Thursday	Friday	Saturday
4	5	6
<p>10:00am-12:00pm Acrylic Painting 11:00am- 3:00pm Rosie's Cards 12:00-1:00pm Older Relative Caregiver 12:00-4:30pm Canasta or Hand & Foot 1:00-2:00pm R \$1 Senior Fitness** 1:00-3:00pm R \$40 Beginner Wood Carving 2:00-3:00pm R \$20 Food is Medicine 5:30-7:00pm TOPS Weight Management</p>	<p>11:00am-12:00pm R \$ tai chi Easy 2:00-3:30pm R Intro to Computers</p>	<p>11:30am-12:30pm \$ Yoga</p>
11	12	13
<p>11:00am- 3:00pm Rosie's Cards 2:00-4:30pm Canasta or Hand & Foot 1:00-3:00pm R \$40 Beginner Wood Carving 2:00-3:00pm R \$20 Food is Medicine 5:30-7:00pm TOPS Weight Management</p>	<p>11:00am-12:00pm R \$ tai chi Easy 1:00-3:00pm R \$35 Paint Party: Hummingbird 10:45-11:15am Bookmobile 7:00-9:00pm R \$10/\$18 Social Dance Party</p>	<p>SpringFest 10a-2pm 10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga</p>
18	19	20
<p>11:00am-12:00pm Physical Therapy Screening 12:00-4:30pm Canasta or Hand & Foot 1:00-3:00pm R \$40 Beginner Wood Carving 2:00-3:00pm R \$20 Food is Medicine 5:30-7:00pm TOPS Weight Management</p>	<p>10:00am-1:00pm Shred Event 11:30-am-1:00pm Med Drop 10:00am-4:00pm R \$15 Sewing:Bucket Hats 11:00am-12:00pm R \$ tai chi Easy</p>	<p>10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga</p>
25	26	27
<p>11:00am-12:00pm Physical Therapy Screening 11:00am- 3:00pm Rosie's Cards 12:00-4:30pm Canasta or Hand & Foot 1:00-2:00pm R \$1 Senior Fitness** 1:00-3:00pm R \$40 Beginner Wood Carving 2:00-3:00pm R \$20 Food is Medicine 5:30-7:00pm TOPS Weight Management</p>	<p>11:00am-12:00pm R \$ tai chi Easy 7:30-10:00pm \$6 Line Dance Social</p>	<p>10:30-4:00pm Quilting 10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga</p>
		<p>Key: \$ = Fee R = Registration Required **Available Virtually by registering at 752-1717, x201 <i>Drop in any day for Arts & Crafts, Billiards, Cards, Mahjong, or to use the Media Center.</i> ++Call Amanda Biggs 252.414.3230 COA Open 8:00am-5:00pm M-F Additional hours per class schedule</p>

2024 COA Trips

Didn't get registered in time?

Call 752-1717, x201 to add your name to our waiting lists!



Niagara Falls: 6 day/5 nights includes dinner at the World Famous Skylon Tower, the scenic Niagara Parkway, IMAX Presentation "Niagara: Miracles, Myths, & Magic," Hornblower Niagara Cruise, visit Niagara-on-the-Lake, Wine Tasting, Clifton Hill, evening view of the Falls Illuminated in the Colors of the Rainbow, and free time at Fallsview or Seneca Casino.

June 9-15, 2024 \$999 per person/double occupancy.



Mt. Rushmore: 5 day/4 night package includes a Chuckwagon dinner and show, a guided tour of Rapid City, a visit to Mt. Rushmore, visit Custer State Park, visit the Amazing Crazy Horse Memorial, Bear County (a drive thru wildlife park), admission to Sanford Lab Homestake Visitor Center, tour historic Deadwood, Stav Kirke Norwegian Chapel in the Hills, guided tour of Badlands National Park, and more!

September 9-13, 2024 \$2099 per person/double occupancy.



New Hampshire: 6 day/5 night includes a scenic railroad dinner along the shores of Lake Winnepesaukee, ride the aerial tramway to the top of Cannon Mountain, boat cruise on Lake Winnepesaukee, White Mountain Tour of the Notches and North, tour the Castle in the Clouds Mansion, and explore Wolfeboro and Weirs Beach.

October 6-11, 2024 \$1099 per person/double occupancy.



Christmas in Charleston: 3 day/ 2 night includes dinner at the Charleston Crab House, holiday dinner cruise aboard The Spirit of Carolina, James Island Holiday Festival of Lights, Tea Tour and Trolley at the Charleston Tea Plantation, a visit to the Historic City Market, and MORE!

December 2-4, 2024 \$499 per person/double occupancy.

**For Additional Trip Information:
<https://www.pittcoa.com/trips>**

Trip #2 October 20-25

NIAGARA FALLS



6 Day/5 Night Package

Price: 999.00 Per Person, Double Occupancy

Includes: Hotel Accommodations, 3 Dinners (one at the World-Famous Skylon Tower), Imax Presentation: Niagara Myths & Magic, Hornblower Niagara Cruise, Niagara-On-the-Lake, Wine Tasting and Tour at a local winery, and much more!

Place Your Ad Here and Support our Parish!

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4lpi.com/adcreator



**Did You Know the COA Has
6 Senior Wellness Centers in Pitt County!**



**Ayden
Senior Wellness Center
4354 Lee St. Ayden
9am-1pm**



**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**

**Games, Exercise, Music, Crafts, Special Speakers, & Lunch!
For more information call 752-1717.
(Assessment required for lunch)**



Laughter Yoga

At the session you will learn about Laughter Yoga, perform Laughter Yoga exercises that involve energetic chanting, clapping and body movement and engage in a Grounding Dance and Healing Imagery session.

Council on Aging

4551 County Home Rd. Greenville NC 27858

April 17th, 2024

2:00pm-3:00pm

To register or for more information call 252-752-1717 ext. 201



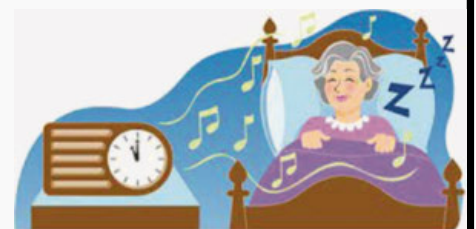
Road to Resources

A Guide to Services for Older Adults

Sleep Disorders in Older Adults

Monday, April 15 | 2:00-3:00pm

Call 752-1717, x201 to register.



It's time for
Spring Cleaning!



Community Shred Event
AND
Medicine Drop!

Friday April 19
Shred: 10:00am-1:00pm
Medicine Drop: 11:30-1:00pm

Shred: Limit of 3 boxes/bags
Med Drop: Bring your expired, or otherwise unwanted
meds for safe disposal. No liquids, syringes or needles
of any kind will be accepted.



Kiwaniis Club's mission is to
improve the lives of children.
Would you like to help with this
very rewarding endeavor?

Come join us!

2nd and 4th Wednesday
9:30am at the COA.

For more info:

joechrobak@suddenlink.net
252-375-0588

Thank You Medicare Counselors!

Teresa Ball, Ben Blanton, Christal Curran, Mary Hall, Cheryl Hallock,
Robin Harrington, Kelly Kurz, Taylor Lewis, Monique Lewter (admin vol)
Maureen Malina, Terrani Moore, Marie Paulemond, Sharon Schlichting,
Tameya Strayhorn, Mike Tucker, and Elizabeth Whitley

You Make Such a Difference

"This service made a difficult & stressful process so much easier."

"The information provided was priceless."

"There are so many choices I never could have done it on my
own! You provide a great service to seniors in Pitt County."

"The enrollment process went very smoothly thanks to your support and research.
You saved me endless hours of hunting and frustration. To say that I appreciate your
help doesn't seem like enough—but I am so appreciative. We are forever grateful."

Chamber Music
Festival Lecture Series

Taught by Four Seasons
Managing Director, Henry Michaels

Join us for an informative and engaging
look at works featured in the concerts
throughout the season.

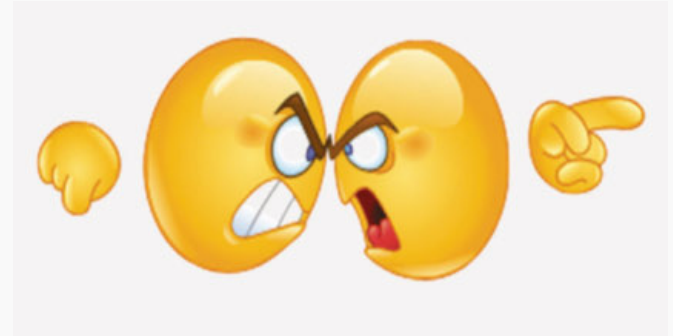
Lecture attendees will have special access to
discounted tickets for the concerts at
ECU's Fletcher Hall.



Wednesday, April 24 | 2:00-3:00pm
Call 752-1717, x201 to register.

Managing Difficult Relationships

With Dr. Kimberly Delgado



Tuesday, May 14

2:00-3:00pm

Call 752-1717, x201 to register.



**SUPPORT THE
ADVERTISERS**
**that Support our
Community!**



Let's Dance! April Schedule

With Dance Instructor: Sandra Casado



Tuesdays 4/2, 9, 16, 23
3:30pm - 4:15 Waltz

Wednesdays 4/3, 10, 17, 24
6:15-7:00pm Foxtrot
7:00-7:45pm Salsa

Cost: \$40 for the series

2nd Friday Night Social Dance Party!

Join Sandra Casado on the 2nd Friday of each month for a 30 minute Dance Lesson followed by Open Dancing (Practice Party) that is Super Fun, Beginner Friendly & Interactive! (Dance Games)

All genres of music! | \$10 per person or \$18 per couple

No partner, No experience, NO WORRIES! Day: 2nd Friday, Time: 7-9:00pm



Mental Health Screening

Monday, April 8 | 10am-12pm

Blood Pressure Screening

Tuesday, April 9 | 10am-12pm

Physical Therapy Screening

Thursday, April 18 | 10am-12pm

Nutrition Screening

Thursday, April 23 | 10am-12pm

Jewelry Class

Wednesday, April 24
2:00-4:00pm | Cost: \$5



Call 752-1717, x201

Bookmobile

Friday

April 12

10:45-11:15am



3rd Annual
Brainiac Boot Camp
Coming Thursdays in June!



The Best Summer Camp in the Universe
Designed for you!

Experts in diet, nutritional supplements, exercise, sleep, mental health, relationships and more!
Cost: \$20 | Call 752-1717, x201 to register.

Single and Ready to Mingle!

Tuesday
April 16
2:00-3:00pm



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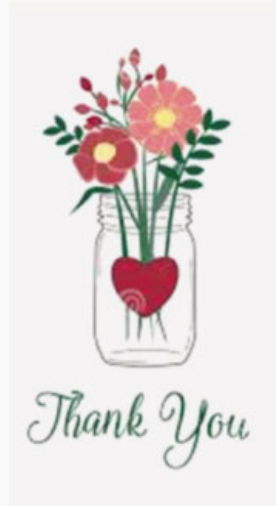
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In Honor of Robin Harrington



**2024 Council on Aging  
Holidays and Closings**

Please note that on these days **ALL** Senior Centers will be closed & Meals on Wheels will NOT be delivered.

**Memorial Day** May 27

**Independence Day** July 4

**Labor Day** September 2

**Veterans Day** November 11



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*Our mission is to enhance the quality of life for adults by providing access to a continuum of services, programs & resources that promote healthy living and independence.*

*The COA does not support or endorse any advertiser in the newsletter.*