



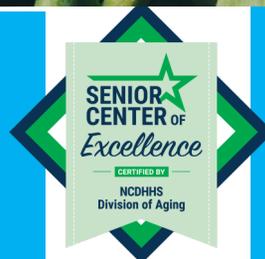
PITT COUNTY

Council on Aging

MARCH 2026
NEWSLETTER



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

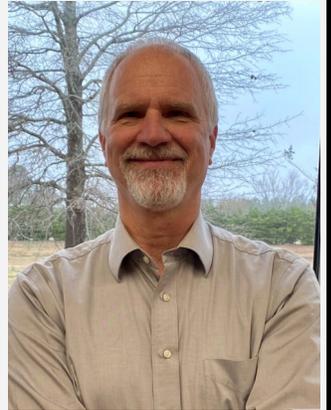


Council on Aging
4551 County Home Road
Greenville, NC 27858
Phone: 252-752-1717
Fax: 252-752-9365
www.pittcoa.com



March 2026

Rich Thoughts from the Executive Director



Greetings Family and Friends,

March 1st is spring. I don't care what the calendar says. The energy shifts, the light hangs around a little longer, and suddenly everything feels possible again. That's why I love calling Pitt County home. And let's be honest—who doesn't love spring? Yes, there's pollen. Yes, your car turns yellow. We move on. It's worth it.

Birds, buds, and the COA.

Things are blooming around here (yes, that was intentional). This newsletter is packed with programs and events you won't want to miss. Gardening. Writing. Budgeting. If you're not growing tomatoes, you're growing your mind—or at least your savings account.

And the main event? The one people wait for like the swallows returning to San Juan Capistrano. The Grand Shred is back. Bring your documents. Bring your neighbors. Just don't bring a pickup truck stacked to the sky with paper. Read the rules. We love enthusiasm. We do not love traffic jams.

March is also MARCH FOR MEALS month. Here's the deal: we're challenging—no, double dog daring—civic leaders, business owners, and community influencers to give one hour in March to deliver meals to our homebound seniors. One hour. Out of roughly 180 in a month. You can do hard things.

If you're not chicken, call Susan Haas and sign up to deliver just once. One hour. One route. One real impact. You'll understand exactly why we do what we do.

And as Porky Pig would say, that's all folks.

Catch my weekly Facebook video to see what's on my mind. Have a great day—and enjoy the start of spring.

Blessings,

Rich

Rich Zeck
Executive Director





Community Shred Event

&

Medicine Drop

Friday, March 13

10am to 1pm

(or until truck is filled)

Council on Aging

4551 County Home Road

Greenville, NC



Enter to win one of two home office shredders!

Limit of 3 boxes/bags. No binders or binder clips.

Med Drop: Bring your expired or unwanted meds for safe disposal. No liquids, syringes, or needles will be accepted.



*Pitt County Council on
Aging Presents:*

Caregiver's Coffee

**Resources, Stress-Free
Environment,
Fellowship, and
Refreshments**

**2nd Friday of Each Month
10:00am-11:30am**



Call 252-752-1717 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

For More Details: Amanda Biggs, Project Care Consultant: 252-414-3230

6:00-6:30pm

Dinner

6:30-7:30pm

Support Group
with Caregivers

6:30-7:30pm

Activities with
Loved Ones



SPRING GARDENING

Wednesday
March 18
2:00-3:00pm

Call 752-1717, x201 to register.



Easter Wreath

Friday, March 13
2:00-4:00pm
Cost: \$40

Call 752-1717, x201 to register.



A Day In My Life Writing Class

Mondays, March 9-23
9:00-10:30am

Cost: \$10

Call 752-1717, x201 to register.



Sewing: Easter Tiny Treat Baskets



Friday
March 20
10:00am-4:00pm

Cost: \$10

Call 752-1717, x201 to register.



Nutrition for the Diabetic

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

Tuesday, March 3
2:00-3:00pm



Call 752-1717, x201 to register

How to Manage My Photos

Do you love taking pictures, but need help organizing them? Join this class and learn how to get a handle on all those pictures!

Monday, March 16
2:00-3:00pm

Call 752-1717, x201 to register.



Excellence in Aging Services, Programs & Resources



VIRTUAL DEMENTIA TOUR

take a peek into the world of dementia with this interactive 'tour.'

Wednesday, March 4

2:00-4:00pm

Call 752-1717 x201 for your 20 minute tour.



BUDGETING 101

Wednesday, March 25 2:00-3:00pm

Call 752-1717, x201 to register.



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

14-1560



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

\$7/month, \$3 for drop ins

Or \$14/month for both classes



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
\$10/Month
(Payable Monthly)**

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

COST: DONATION



**TUESDAYS & SATURDAYS
10:30-11:30
THURSDAYS 4:00-5:00**



**COST: DONATION
RECOMMENDED \$5,
BUT ANY DONATION
AMOUNT IS
APPRECIATED.**

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, March 3 & 17

10am

Join our team for 2026!

Call 752-1717 for more information



Room Rentals

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



Book Now! Call 752-1717, x205

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

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”



Greenville Center Regular Activities

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

March Meal Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Roast Beef Mashed Potatoes w/Gravy Green Beans Corn Bread Fudge Brownie 2% Milk	BBQ Chicken Breast Mac & Cheese Lima Beans Okra w/Tomatoes Bread 100% Orange Juice 2% Milk	Herbed Pork Chop Rice w/Gravy Greens Roll Cinnamon Applesauce 2% Milk	Creamed Chicken Macaroni w/Parsley Beets Bread Warm spiced Peaches 2% Milk	Scalloped Potatoes w/Ham Carrots Broccoli Bread Warm Glazed Apples 2% Milk
9	10	11	12	13
Turkey a La King Mashed Potatoes Corn O'Brien Cabbage Bread 2% Milk	BBQ Pork Chop Boiled Potatoes w/Onions Green Beans Cauliflower Bread 100% Apple Juice 2% Milk	Rotini w/Parsley Italian Tomato sauce w/ Turkey Broccoli Carrots Roll Fudge Brownie 2% Milk	Creamy Chicken Rice Soup Carrots Peas Roll Saltine Crackers Marble Cake 2% Milk	Taco Filling w/Turkey Black Bean & Corn Salsa Tortilla Shredded Cheddar Cheese Rice Warm spiced Peaches 2% Milk
16	17	18	19	20
Baked Boneless Chicken Breast Rice w/Gravy Okra w/Tomatoes Bread Cinnamon Applesauce 2% Milk	Franks & Pinto Beans Cabbage Greens Bread Pumpkin Spice Cake 2% Milk	Turkey Tetrazzini Peas Irish Blend Vegetables Bread Fudge Brownie 2% Milk	Scrambled Eggs w/Sausage Cheesy Corn Grits Bread Margarine & Jelly Packets 100% Orange Juice Warm Glazed Apples 2% Milk	Savory Stroganoff w/Chicken Rotini w/Parsley Carrots Green Beans Bread Marble cake 2% Milk
23	24	25	26	27
Pork Ham Sweet Potato Souffle Cauliflower Brussel Sprouts Bread 2% Milk	Chicken Teriyaki Rice Irish Blend Vegetables Roll Orange 2% Milk	Stuffed Green Pepper w/ Beef Corn Cabbage Bread Banana Cake 2% Milk	BBQ Pulled Chicken Succotash Green Beans Bread Yellow Cake 2% Milk	Beef Rotini w/Cheese Peas Carrots Bread 100% Apple Juice 2% Milk
30	31			
Roast Beef Mashed Potatoes w/Gravy Green Beans Corn Bread Fudge Brownie 2% Milk	BBQ Chicken Breast Mac & Cheese Lima Beans Okra w/Tomatoes Bread 100% Orange Juice 2% Milk			 <p>MENU SUBJECT TO CHANGE</p>



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

March 2026 Community Calendar

Monday	Tuesday	Wednesday
2	3	4
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 7:00-8:00pm \$6 Line Dancing	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 Nutrition: Diabetic 2:15-3:15pm \$4 Beginner Soul Line Dancing	9:00-11:00am Chess 9:00-11:00am R Matter of Balance 10:00-11:00am \$7/mo Chair Fitness 11:15am-12:15pm \$4 Cardio Dance 12:30-5:00pm Quilting Group 1:00-2:00pm \$10 R Beginner Sign Language 1:00-4:00pm R American Mahjong 2:00-4:00pm R Virtual Dementia Tour
9	10	11
9:00am-12:00pm Rummikub 9:00-10:30am R Writing Class 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 7:00-8:00pm \$6 Line Dancing	10:00am-12:00pm Blood Pressure Screening 10:30-11:30am \$ Zumba Gold 10:30am-12:00pm R NC Book Club 11:30am-12:30pm \$ Yoga 1:00-3:00pm Knit & Crochet Group 1:00-2:00pm \$10/month Senior Fitness 2:00-5:00pm Card Games 2:15-3:15pm \$4 Beginner Soul Line Dancing	9:00-11:00am Chess 9:00-11:00am R Matter of Balance 10:00-11:00am \$7/mo Chair Fitness 10:00am-12:00pm Foot Screening 11:15am-12:15pm \$4 Cardio Dance 12:30-5:00pm Quilting Group 1:00-4:00pm R American Mahjong
16	17	18
9:00am-12:00pm Rummikub 9:00am-12:00pm R Hearing Screening 9:00-10:30am R Writing Class 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 2:00-3:00pm R Tech: Managing Photos 7:00-8:00pm \$6 Line Dancing	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 2:15-3:15pm \$4 Beginner Soul Line Dancing	9:00-11:00am Chess 9:00-11:00am R Matter of Balance 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 Spring Gardening
23	24	25
9:00am-12:00pm Rummikub 9:00-10:30am R Writing Class 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 7:00-8:00pm \$6 Line Dancing	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 Café	9:00-11:00am Chess 9:00-11:00am R Matter of Balance 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 Budgeting 101
30	31	
9:00am-12:00pm Rummikub 9:00-10:30am R Writing Class 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 7:00-8:00pm \$6 Line Dancing		



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Home Care Services Providing Independence in the Comfort of Your Home

March 2026

Thursday	Friday	Saturday
5	6	7
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 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 Weight Management	12:00-1:00pm R \$ Tai Chi	10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga
12	13	14
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 Weight Management	10:00-11:30am R Caregiver's Coffee 10:00am-1:00pm Community Shred & Medicine Drop 2:00-4:00pm R \$40 Easter Wreath 12:00-1:00pm R \$ Tai Chi	10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga
19	20	21
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 2:15-3:00 pm \$ Mat Pilates 4:00-5:00pm \$ Zumba Gold 5:30-7:00pm TOPS Weight Management	10:00am-4:00pm R \$10 Sewing: Treat Baskets 12:00-1:00pm R \$ Tai Chi	10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga
26	27	28
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 \$ Mat Pilates 4:00-5:00pm \$ Zumba Gold 5:30-7:00pm TOPS Weight Management	10:45-11:15 BookMobile 12:00-1:00pm R \$ Tai Chi 7:30-10:00pm \$6 Line Dance Social	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 Cemetary.

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

2026 Trips Continued



Iceland #2: 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 Snaefellsnes Peninsula, and a special overnight in Glacier Lagoon!
September 27-October 4, 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



Is your dream trip full? Ask to be added to our waiting list to be called for cancellations.



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



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Friday, April 17

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30 DESIGNS TO CHOOSE FROM!

2x2 \$100

3x3 \$175

4x4 \$250



ALL DESIGNS ARE CREATED
ON ALUMINUM COMPOSITE
AND PAINTED WITH
OUTDOOR PAINT

Cost includes: supplies,
lunch & refreshments

Call 752-1717, x201 for more
information and to register



NC Authors Book Club

Tuesday, March 10

10:30am-12:00pm

Call: 752-1717, x201 for 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



A vibrant, colorful poster for a Springfest event. The background is a bright blue sky with white clouds, a large yellow sun, and a string of colorful triangular bunting flags. On the left, there is a large pink flower and a colorful food truck. In the center, a large green circle contains the event details. To the right, there are musical notes and a small illustration of a vendor booth with a tent and various items on display.

Springfest

Over 50 Vendors, Live Music, Food Trucks

Craft & Vendor Fair

Saturday, April 11
10AM-2PM

NOW ACCEPTING VENDOR APPLICATIONS
EMAIL CSHIMER@PITTCOA.COM FOR INFORMATION

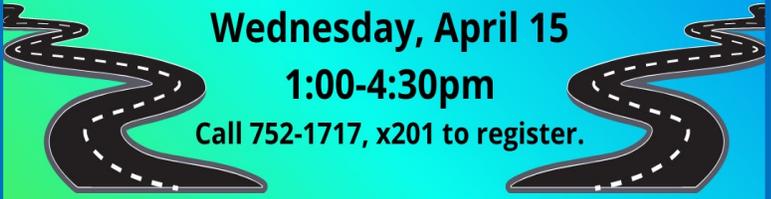
**Smart Estate Planning:
Wills, Trusts and Other Planning Techniques
to Honor Your Wishes and
Save Time and Money.**

with Charlotte Anne Alexander

**Thursday, April 23
3:00-4:30pm
Call 752-1717, x201 to register.**



**Driving Toward Independence:
Safety and Mobility Solutions
for Older Adults**



Wednesday, April 15
1:00-4:30pm
Call 752-1717, x201 to register.

A graphic of a winding road with a dashed white center line, curving from the left towards the right, framing the text.

Join us for a round table discussion lunch and a full afternoon of information about safe driving and other transportation options!



2026 Day Trippin'



Tuesday, April 21

Hinnant Family Vineyards

Enjoy a tasting of award winning wines and take a tour of their family vineyard in Pine Level. After exploring the vineyard, we'll visit Carolina Premium Outlets and stop at a local restaurant.
\$95/Person. Deposit \$48 . Balance \$47 Due March 16



Tuesday, May 5

NC State Farmers Market & Restaurant

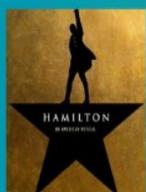
Join us as we visit North Carolina's 30,000 square foot market for fresh and locally grown products. Shop for everything from produce to plants, arts & crafts, and more. We'll start out with breakfast at the Farmers Market Restaurant (not included) and then head to the Farmers Market to shop.
\$78/Person. Deposit \$39. Balance \$39 Due April 1



Wednesday, June 10

Hamilton (DPAC)

HAMILTON is the epic saga that follows the rise of Founding Father Alexander Hamilton as he fights for honor, love, and a legacy that would shape the course of a nation. In addition to its 11 Tony Awards, it has won a Grammy, Olivier Awards, and the Pulitzer Prize for Drama.
\$148/Person. Deposit \$74. Balance \$74 Due March 15



Advance Care Planning

Wednesday, April 29
1pm Education 2pm Clinic
Call 752-1717, x201 to register.

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.**

Gardening Workshop:

Growing Tomatoes

Wednesday, April 15
2:00-3:00pm

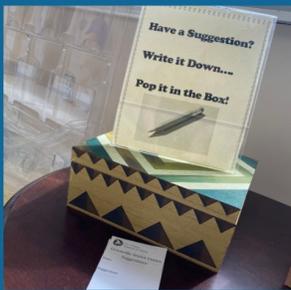
Call 752-1717 x 201 to register.



Suggestion Box

We want to hear
from you!

Suggestion for a class or
program? Something
you'd like to see new or
different at the COA?
Write it down and leave it
in our suggestion box.



EIGHT PIECES OF BROCADE

April 6-May 18
1:30-2:30pm



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

Sewing: Retreat Bag

Friday, April 17
9:00am-4:00pm



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

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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



HEALTH SCREENINGS

Foot Screenings

Tuesday, March 11 | 10am-12pm

Blood Pressure Screening

Tuesday, March 10 | 10am-12pm

Hearing Screenings

Monday, March 16 | 9am-12pm

(please call 752-1717, x201 for appointment)

Physical Therapy Screening

Thursday March 19 | 10am-12pm



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, x206

WEEKLY VLOG

NEW VIDEO EVERY THURSDAY!



LIBRARY CARD

Title **Let's Read A Good Book!**

Author **By My Favorite Author**

Date Borrower's Name Sign

Bookmobile

Friday

March 27

10:45-11:15am

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

14-1560

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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 rzeck@pittcoa.com for special requests.



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www.pittcoa.com



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

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