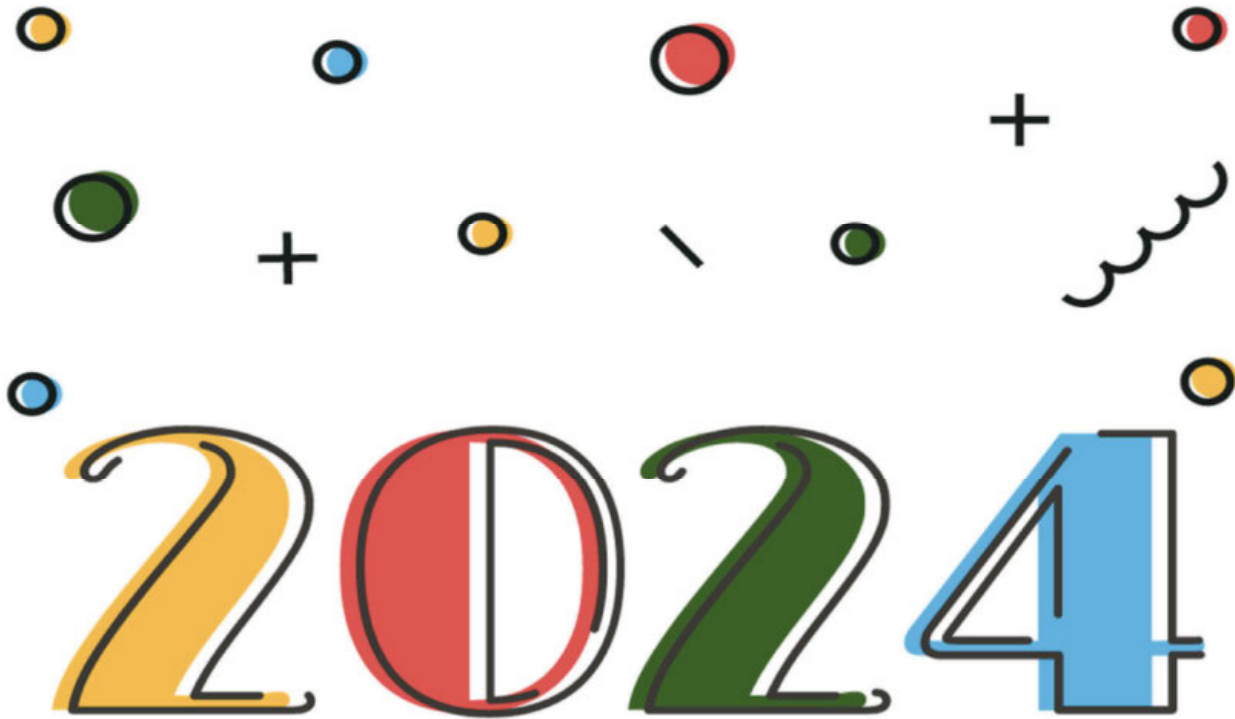




PITT COUNTY
Council on Aging

JANUARY 2024
NEWSLETTER



HAPPY NEW YEAR!



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



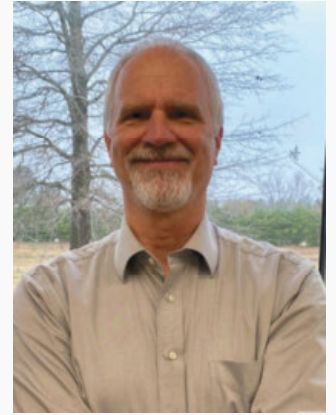
Council on Aging
4551 County Home Road, Greenville, NC 27858
Phone: 252-752-1717
Fax: 252-752-9365
www.pittcoa.com



January 2024

Rich Thoughts from the Executive Director

Greetings family and friends,



Yahoo! Happy New Year to us all! New year, new programs and new adventures. I thought last year was our best year ever, so topping it is going to be quite the challenge. You know what? We have the staff who look challenges in the eye and say, “BRING IT!”

On a serious note, as we begin this new year, let’s all remember why we do what we do. In one way or the other we are all blessed beyond measure. One only has to take a look around the state, our country and world to see, it could be so much worse.

We have a beautiful facility, compassionate staff, and volunteers that are rockstars. We are here to serve ALL people. Our mission is simple “enhance the quality of life for older adults.” It is not about numbers, though they are important, but rather about human beings, our friends, family, and people we call brothers and sisters.

This year let us be more mindful of one another. Let us greet more people and wish them well. Let’s come closer together to make our portion of the world a better place. The one place we can and will do this is here at the Council on Aging. Thank you for who you are and what you do, what you say, and what you do in those quiet moments.

Have a great day.

Blessings,

Rich

Rich Zeck
Executive Director





FOUR SEASONS CHAMBER MUSIC FESTIVAL CONCERT

Wednesday
January 31
10:00am

Call 752-1717, x201 to register

NEW YEAR'S *Resolutions* FOR CAREGIVERS

- ✦ Unwind after the holidays with Self-Care
- ✦ Take a walk
- ✦ Take more pictures
- ✦ Try something new
- ✦ Enjoy the little things
- ✦ Sign-up for Caregiver's classes at the Council on Aging!

Healthful Home Cooking For One (or Two)

With Jill Jennings, MS, RDN, LDN



Wednesday, January 17
2:30-3:45pm

Call 752-1717, x201 to register

Wood Carving

With Master Wood Carver, Leo Trujillo



Thursdays, February 15-March 28
1:00-3:00pm
\$40

Call 752-1717, x201 to register.

Home Organization: Conquering Clutter and Chaos!

Professional Organizer, Nicole Messina



Wednesday, January 10
2:00-4:00pm

Call 752-1717, x201 to register.



Wills and Trusts Wills and Trusts

With Charlotte-Anne Alexander



Wednesday, January 17
3:00-4:30pm

Call 752- 1717, x201 to register.

Virtual Dementia Tour



Tuesday, January 23

2:00-4:00pm

Call 752-1717, x201 to register

Tours are approximately 20 minutes long.



Sewing: Strippy Pillow



Monday, January 8

9:00am-12:00pm

Cost: \$15

Call 752-1717, x201 to register

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Single and Ready to Mingle

Tuesday, January 16 | 2:00-3:00pm

Call 752-1717, x201 to register.



SpringFest 2024

Saturday, April 13 | 10:00am-2:00pm

Vendor Spots Available

Email: cshimer@pittcoa.com



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



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.

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**



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

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

Cost: \$1

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

(paid monthly)

Registration Required.

752-1717, x201

Zumba Gold®



Zumba Gold® is a low impact, high-fun dance workout. Join us to sweat and jam with Latin rhythms! Go at your pace, build confidence, and see great results in cardio fitness, strength, balance, and agility.

Tuesdays 10:30-11:30am

Saturdays 10:30-11:30am

Cost: Donation

Soul Line Dancing

Every Monday | 11am-12pm

\$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.



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

Training is

**Tuesday January 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	

January Meal Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
 <p>COA Closed No Meal Delivery</p>	Beef Stew Carrots Bread Stewed or Glazed Apples Sugar Cookie 2% Milk	Asian Fried Rice Cauliflower Broccoli Bread Vanilla pudding 2% Milk	100% Beef Patty Cottage Fries Cabbage Bread Fruit or Juice 2% Milk	Oven Fried Chicken Breast Gravy Sweet Potato Souffle Collard Greens Brussel Sprouts Bread 2% Milk
8	9	10	11	12
Pulled Pork Mac & Cheese Creamy Coleslaw Corn Hamburger Bun 2% Milk	Cajun Chicken Thighs Mashed Potatoes w/Gravy Brussel Sprouts Green Beans w/Onions Bread Powered Sugar Dusted Spice Cake 2% Milk	Beef Baked Zita w/Cheese Peas Roll 100% Orange Juice Cinnamon Applesauce 2% Milk	Creamed Chicken Macaroni w/Parsley Beets Bread Fruit 2% Milk	Chili con carne w/Beans Carrots Brown Rice Corn Chips Strawberry Banana Yogurt Fruit 2% Milk
15	16	17	18	19
 <p>COA Closed No Meal Delivery</p>	Italian Meat Sauce Macaroni w/ Parsley Peas Cauliflower Roll 100% Apple Juice 2% Milk	Herbed Pork Chop Mashed Potatoes w/Gravy Green Beans w/Onions Carrots Roll Fresh Baked Oatmeal Cookie 2% Milk	Peppered Fajita Meat Sauteed Peppers w Onions Flour Tortilla Rice & Pinto Benas Salsa Bread Pudding 2% Milk	Ham & Blacked Eyed Peas Greens Sweet Cornbread Warmed Glazed Apples 2% Milk
22	23	24	25	26
Roasted Herbed Turkey Breast Bread Dressing w Gravy Beets Mashed Sweet Potatoes 100% Orange Juice 2% Milk	Chicken Breast Parmesan Macaroni w/Parsley Peas Carrots Roll Vanilla Pudding 2% Milk	Stuffed Green Pepper Half Corn Sweet Cornbread Fruit 2% Milk	BBQ Chicken Mac & Cheese Green Beans Apple Blueberry Oat Crisp 100% Orange Juice 2% Milk	Country Patty Mashed Potatoes w/Gravy Broccoli Bread Fudge brownie 2% Milk
29	30	31		
Beef Baked Ziti w/Cheese Peas Roll 100% Orange Juice Powered Sugar Dusted Spice Cake 2% Milk	Beef Stew Carrots Bread Stewed or Glazed Apples Sugar Cookie 2% Milk	Asian Fried Rice w/Chicken Cauliflower Broccoli Bread Vanilla Pudding 2% Milk		

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
<p>1</p> <p>HAPPY★NEW★YEAR</p> <p>COA Closed No Meal Delivery</p>	<p>2</p> <p>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 R \$1 Senior Fitness** 2:00-5:00pm Card Games</p>	<p>3</p> <p>9:00-11:00am Beginner's Chess 10:00-11:00am \$1 Chair Fitness 11:15am-12:15pm \$4 Cardio Dance 12:30-5:00pm Quilting Group 1:00-4:00pm R American Mahjong</p>
<p>8</p> <p>9:00am-12:00pm Rummikub 9:00am-12:00pm \$15 Sewing 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</p>	<p>9</p> <p>10:00am-12:00pm Blood Pressure Screening 9:00am-12:00pm Threads of Love 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** 2:00-5:00pm Card Games 6:00-6:45pm \$10 R Ballroom Combo 6:45-7:30pm \$10 R East Coast Swing</p>	<p>10</p> <p>9:00-11:00am Beginner's Chess 9:30-11:00am Kiwanas 10:00-11:00am \$1 Chair Fitness 11:15am-12:15pm \$4 Cardio Dance 12:30-5:00pm Quilting Group 1:00-4:00pm R American Mahjong 2:00-4:00pm R Home Organization</p>
<p>15</p> <p>MILK DAY</p> <p>COA Closed No Meal Delivery</p>	<p>16</p> <p>9:00am-12:00pm Beginners Bridge 10:00-11:00am R Volunteer Training 10:00am-12:00pm Auditory 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** 2:00-3:00 R Singles 2:00-5:00pm Card Games</p>	<p>17</p> <p>9:00-11:00am Beginner's Chess 10:00-11:00am \$1 Chair Fitness 11:15am-12:15pm \$4 Cardio Dance 12:30-5:00pm Quilting Group 1:00-4:00pm R American Mahjong 2:30-3:45pm R Healthful Cooking 3:00-4:30pm R Wills and Trusts</p>
<p>22</p> <p>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</p>	<p>23</p> <p>9:00am-12:00pm Beginners Bridge 10:00am-12:00pm Mental Health 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** 2:00-4:00pm R Virtual Dementia Tour 2:00-5:00pm Card Games & Billiards 6:00-7:30pm Alzheimers Support Group</p>	<p>24</p> <p>9:00-11:00am Beginner's Chess 9:30-11:00am Kiwanas 10:00-11:00am \$1 Chair Fitness 10:00am-12:00pm Game On! 11:15am-12:15pm \$4 Cardio Dance 12:30-5:00pm Quilting Group 1:00-4:00pm R American Mahjong 2:00-4:00pm R \$5 Jewelry Class</p>
<p>29</p> <p>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</p>	<p>30</p> <p>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** 2:00-5:00pm Card Games & Billiards</p>	<p>31</p> <p>9:00-11:00am Beginner's Chess 10:00-11:00am R Four Seasons Orchestra Concert 10:00-11:00am \$1 Chair Fitness 11:15am-12:15pm \$4 Cardio Dance 12:30-5:00pm Quilting Group 1:00-4:00pm R American Mahjong</p>

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Home Care Services Providing Independence in the Comfort of Your Home

January 2024

Thursday	Friday	Saturday
<p>4</p> <p>10:00am-12:00pm Acrylic Painting 10:00am-12:00pm Pain Mgmt Screening 11:00am-3:00pm 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 5:30-7:00pm TOPS Weight Management</p>	<p>5</p>	<p>6</p> <p>8:00-12:00pm Farmers Market 10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga</p>
<p>11</p> <p>11:00am-3:00pm 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 5:30-7:00pm TOPS Weight Management</p>	<p>12</p>	<p>13</p> <p>8:00-12:00pm Farmers Market 10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga</p>
<p>18</p> <p>10:00am-12:00pm Physical Therapy Screening 12:00-4:30pm Canasta or Hand & Foot 1:00-3:00pm R \$40 Beginner Wood Carving 1:00-2:00pm R \$1 Senior Fitness** 5:30-7:00pm TOPS Weight Management</p>	<p>19</p> <p>10:45-11:15am Bookmobile</p>	<p>20</p> <p>8:00-12:00pm Farmers Market 10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga</p>
<p>25</p> <p>11:00am-3:00pm Rosie's Cards 12:00-4:30pm Canasta or Hand & Foot 1:00-3:00pm R \$40 Beginner Wood Carving 1:00-2:00pm R \$1 Senior Fitness** 5:30-7:00pm TOPS Weight Management</p>	<p>26</p> <p>10:45-11:15am Bookmobile 7:30-10:00pm \$6 Line Dance Social</p>	<p>27</p> <p>8:00-12:00pm Farmers Market 10:30-11:30am \$ Zumba Gold 10:30-4:00pm Quilting 11:30am-12:30pm \$ Yoga</p>
	<p>Key: \$ = Fee R = Registration Required **Available Virtually by registering at 752-1717, x201</p>	<p>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</p>

COA 2024 Trips



African American History Tour: 3 day/2 night includes lunch at the Sweet Home Cafe, dinner at Famous Ben's Chili Bowl, the National Museum of African American History and Culture, a guided African American History Tour, visit the Martin Luther King Memorial, and a guided tour of Washington.

February 21-23, 2024 \$499 per person/double occupancy.



Lancaster, PA: 3 day/2 night includes a dinner at Shady Maple Smorgasbord, visit Shady Maples Farmers Market, Sight & Sound Theater Production, guided tour of Smith Farmlands, visit Kitchen Kettle Village, explore an Amish Farmers Market, and much more!

April 16-18, 2024 \$499 per person/double occupancy.



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.

FARMERS *market*

IS COMING TO THE COA!
Saturdays, January 6-February 24
8am-12pm
the Farmers Market
is temporarily relocating to
Room #107 of the Council on Aging!
Come shop with us!



For more information call Patricia: 570-460-7388

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**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 N. 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)**

Day Trippin' with the COA in 2024



Ain't Too Proud to Beg: The Life and Times of the

Temptations (Musical)

Don't miss your opportunity to witness this spectacular musical at the Durham Performing Arts Center (DPAC) in Durham, NC. This Tony award winning play follows the Temptations extraordinary journey from the streets of Detroit to the Rock & Roll Hall of Fame. In addition to seeing the musical, we'll have dinner (not included) at a nearby restaurant before proceeding to the theater.

Thursday, Feb 8, 2024, \$107 per person (Deposit: \$53; Final due: 1/19/24).



Wine Tasting & Dinner at Gregory Vineyards

Escape the ordinary and dine at a 140 acre farm and vineyard in Angier, NC. Enjoy a glass of wine grown with local North Carolina grapes while learning more about the history of the farm. Pick some grapes, walk along the vineyard, and enjoy the waterfront view. We'll also enjoy a delicious dinner (not included) on-site at Lane's Seafood and Steakhouse.

Thursday, April 25, 2024, \$60 per person (Deposit: \$30; Final due: 4/1/24).



World Famous Crab Festival

Located at the historic Little River Waterfront in Little River, SC, the 41st annual World Famous Crab Festival is one of the largest festivals in the Southeast. Enjoy fresh, local seafood as well as scenic views and live music. Shop for unique arts and crafts, souvenirs, and gifts from local vendors. Indulge in a variety of seafood and non-seafood options, as well as other typical festival fare.

Saturday, May 18, 2024, \$81 per person (Deposit: \$40; Final due: 4/29/24).



Norfolk Bingo Cruise

(Back by Popular Demand). Take-in scenic views of the US Navy's Atlantic fleet and the city skyline during this two-hour bingo cruise in Norfolk. Enjoy live entertainment, an all-you-can-eat buffet, 3 games of bingo, and prizes for winners. You'll have the time of your life as you enjoy good music, great fun, and a delicious buffet while cruising along the Elizabeth River.

Wednesday, June 19, 2024, \$112 per person (Deposit: \$56; Final due: 5/31/24).

FOR INFORMATION ON HOW TO BE PART OF THE FUN, CALL 752-1717, X201.

****No Refunds After Final Payment.****

Four Seasons 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, February 7

Wednesday, March 13

Wednesday, April 24

2:00-3:00pm

Call 752-1717, x201 to register.



Kiwanis 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

Medicare Advantage Open Enrollment Period

If you're in a Medicare Advantage Plan you can
make changes between January 1st and March 31st.

Your Options:

- Switch to a different Medicare Advantage Plan with or without drug coverage
- Go back to [Original Medicare](#) and, if needed, also join a [Medicare Prescription Drug Plan](#)

For more information:

Medicare at 1-800-633-4227 or the NC Seniors' Health Insurance Information
Program (SHIIP) at 1-855-408-1212 or 252-752-1717 (Pitt County)

Source: www.medicare.gov

The Medicare Counseling Program in Pitt County is funded in part by the ECU Health Foundation and SHIIP.



Sewing:

Piece Keeper Project Bag

Mondays, February 5 & 12



9:00am-12:00pm

Call 752-1717, x201 to register

Cost: \$20, includes supplies

Personal Safety

At Home and Out

Presented by the Greenville Police Dept



Thursday, February 21

2:00-3:00

Call 752-1717, x201 to register.

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



Let's Dance! February Schedule

With Dance Instructor: Sandra Casado



Tuesday's 2/6, 13, 20, 27
6:00-6:45pm American Tango
6:45-7:30pm Salsa

Wednesdays 2/7, 14, 21, 28
2:00-2:45pm Latin Dance Exercise
2:45-3:30pm Country 2 Step
6:30-7:15pm "Latin Combo"
Bachata & Rumba
7:15-8:00p West Coast Swing

~~~~~  
Cost for each class: \$10 per person or  
\$18 per couple

## 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



### **Blood Pressure Screening**

Tuesday, Jan. 9 | 10am-12pm

### **Auditory Screening**

Tuesday, Jan. 16 | 10am-12pm

### **Physical Therapy Screening**

Thursday, Jan. 18 | 10am-12pm

### **Mental Health Screening**

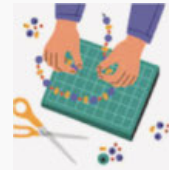
Tuesday, Jan. 23 | 10am-12pm

### **Nutritional Screening**

Monday, January 22 | 10am-12pm

### Jewelry Class

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



Call 752-1717, x201

### Bookmobile

Friday

January 19

10:45-11:15am



## Sleep: Let's Get Some!

Presented by Fran Smith



**Wednesday February 7**

**2:00-3:00pm**

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

## Reverse Mortgage

With Geri Wenstrom,  
Reverse Mortgage Consultant



**Tuesday, February 20**

**2:00-3:00pm**

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

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In Honor of Mike and Mary Hall
In Honor of Judith Schultz

**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.

New Years Day January 1

Martin Luther King Day January 15

Good Friday March 29

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.

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