



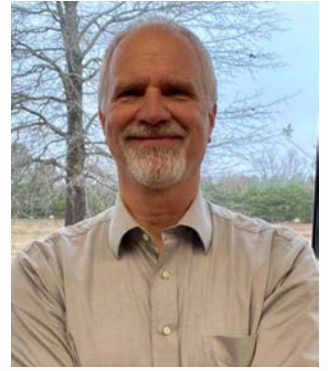
PITT COUNTY
Council on Aging

**August
2026**



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

August 2026



Rich Thoughts from the Executive Director

Greetings Family and Friends,

How's your summer going so far? What's that? It's hot. You are kidding me! Have you noticed it's been hot enough outside to fry an egg on the sidewalk? Well, I've got some good news. It's nice and cool at the Council on Aging—and I'm not just talking about the air conditioning. The people are cool, the activities are cool, and you'll leave feeling cooler than when you came in.

When the summer heat has you looking for somewhere to escape, we've got you covered. Grab a good book, write your own bestseller, or finally figure out what all the fuss is about with social media. While you're online, be sure to visit our Facebook, Instagram, and X pages, and don't forget to check out the latest episodes of the wild, wacky, and sometimes slightly questionable "What's Up Rich?" videos. I can't promise they'll win any awards, but I can promise they'll make you smile.

If you're more into friendly competition, rack up a game of pool, challenge someone to ping pong, shuffle the cards, or see if you've still got what it takes to win at chess. Prefer something a little more creative? Pull up a chair with our talented group of ladies who knit, crochet, sew, and quilt. You might even pick up a new hobby—and a few new friends.

And for those who like a little adventure, we still have a few seats available on some incredible trips, including our exciting adventure to Ireland. I'll even be serving as your super-special chaperone. I can't guarantee I'll speak with an Irish accent the whole trip... but I can't rule it out either!

The dog days of summer don't have to be spent sitting at home watching the thermometer climb. Come spend the day with us on County Home Road. Whether you're looking to laugh, learn, play, travel, or simply enjoy great company in a cool place, there's always something happening at the Council on Aging.

I'll see you soon—and remember, the coolest place in town isn't just where the temperature is lower. It's where the people make you feel right at home.

Stay chill. Have a great day.

Blessings,

Rich

Rich Zeck
Executive Director

Stained Glass Class

Tuesdays, August 25-September 22

9:00-11:30am Cost: \$75

Taught by: Holly's Stained Glass Creations

Equipment and Materials provided to make suncatchers, garden stakes and small window hangings. Learn the basics of cutting, grinding, copper foiling, soldering and framing stained glass. All levels from newbies to expert welcome. Bring a pattern that you want to create or choose from provided patterns.

LADIES SELF DEFENSE

Tuesdays

August 18-September 22

5:00-6:00pm

COST: \$40

**SPOTS ARE LIMITED
CALL TODAY TO REGISTER!**



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

FEATURED CLASSES/ Programs

Call 752-1717, x201 to register

03



Friends & Family CPR

Wednesday, August 5
4:00-5:00pm

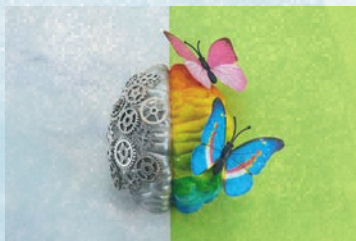
Learn this lifesaving skill in a friendly stress free environment!

Managing Chronic Diseases

for Brain Health

Tuesday, August 18
2:00-3:00pm

What is good for your heart is good for your brain. Treating conditions like hypertension, diabetes, and high cholesterol early and effectively lowers dementia and cognitive decline risk.



Beginner Wood Carving

Thursday, August 13-September 17
12:30-3:00pm Cost: \$40

Our Wood Carving classes provide a chance to use your creative skills, learn a new hobby, and make friends!

Legislative Update

Thursday, August 20
9:30-10:30am

Alice Keene, NC Senior Tarheel Legislator Representative will be speaking on legislation affecting older adults.



Fall Wreath

Monday, August 24
2:00-4:00pm
Cost: \$40

Fall is just around the corner! Make sure your door is ready!



Art: Print Making

Friday, August 28 9:30am-12:00pm

Cost: \$45

Begin learning the fun and creative art of print making! Supplies included.



Technology: Passwords &

Password Management

Monday, August 17

2:00-3:00PM

Learn how to create and manage passwords safely!



Water Color Studio Class

EVERY WEDNESDAY (ONGOING)

9:00-11:30AM \$60 FOR FOUR SESSIONS

Open to ALL Levels (including beginners!)

CALL 752-1717, X201 TO REGISTER.

CALL 752-1717, X201 TO REGISTER

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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 FORDROP INS.\$14/MO FOR BOTH

Getfitand stayactive with fun,chair exercise routines. Improve your strength, flexibility, and endurance while engaging in strength training and cardiovacular activites.

SOUL LINE DANCING

INTERMEDIATE: MONDAYS11:15AM-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 andbalance 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

Joinus forafun, 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**

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 **SPECIAL: ONE FREE TRIAL CLASS IN
JUNE, JULY, OR AUGUST!**

Move & groove to up beat 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 **SPECIAL: ONE FREE TRIAL CLASS IN JUNE,
JULY, OR AUGUST!**

MatPilatesisalow-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.



POP-UP CHAIR FITNESS CLASS JUNE-AUGUST ONLY!

FRIDAYS 10:00-11:00AM

\$7/MO, \$3 FOR DROP INS.

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

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

AUGUST MEAL CALENDAR

9

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Parmesan w/Mariana Sauce Macaroni w/Parsley Peas Carrots Roll Yellow Cake 2% Milk	4 Mashed Potatoes w/Sausage Gravy & Sausage Crumbles Corn Bread Cinnamon Applesauce 2% Milk	5 BBQ Pork Rib Patty Au Gratin Potatoes Coleslaw Vinaigrette Roll Streusel Coffeecake 2% Milk	6 Peppered Turkey Breast Bread Dressing w/Creamed Gravy Glazed Carrots Broccoli Fudge Brownie 2% Milk	7 Stuffed Green Pepper Corn Bread Warm Glazed Apples 2% Milk
10 Rotini w/Italian Tomato Sauce w/Turkey Glazed Carrots Bread 100% Apple Juice 2% Milk	11 Beef Stew Mashed Potatoes Green Beans Bread Warm Glazed Apples 2% Milk	12 Sweet & Sour Chicken w/Rice Irish Blend Vegetables Vanilla Pudding 2% Milk	13 Chili con Carne w/Beans Roll Baked Potato Wedges Corn Cinnamon Applesauce 2% Milk	14 Chicken Salad Bread Pasta Salad Peaches 100% Apple Juice 2% Milk
17 Meatballs Rice w/Mushroom Gravy Carrots Corn 2% Milk	18 Oven Fried Chicken Breast Mashed Potatoes w/Gravy Grilled Zucchini Squash Bread Spiced Peach Cobbles 2% Milk	19 Italian Meat Sauce Macaroni w/Parsley Cauliflower Peas Roll 100% Apple Juice 2% Milk	20 Creamed Chicken Pastry Beets Bread Cinnamon Applesauce 2% Milk	21 Italian Crusted Fish Filet Mac & Cheese Coleslaw Vinaigrette Corn Bread 2% Milk
24 Mashed Potatoes w/ Creamed Turkey Glazed Carrots Beets Roll 100% Orange Juice 2% Milk	25 Herbed Pork Chop Mashed sweet Potatoes w/Gravy Green Beans w/Onions Corn O'Brien Bread Oatmeal Cookie 2% Milk	26 BBQ Pulled Chicken Pinto Beans Broccoli Hamburger Bun 100% Apple Juice 2% Milk	27 French Toast Bake w/Syrup Breakfast Sausage Hash Browns w/Peppers & Onion Warm Glazed Apples 2% Milk	28 Cajan Jambalaya w/Rice Pea Peach Oak Crisp 2% Milk
31 Chicken Parmesan w/Mariana Sauce Macaroni w/Parsley Peas Carrots Roll Yellow Cake 2% Milk				



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TO SCHEDULE AN APPOINTMENT**

August 2026

Monday

3
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
7:00-8:00pm \$6 Line Dancing

10
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
7:00-8:00pm \$6 Line Dancing

17
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 Password Management
7:00-8:00pm \$6 Line Dancing

24
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
2:00-3:00pm R Computer Tech: Passwords
2:00-4:00pm R \$40 Fall Wreath
7:00-8:00pm \$6 Line Dancing

31
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
7:00-8:00pm \$6 Line Dancing

Tuesday

4
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 Beg Soul Line Dancing

11
9:00am-12:00pm Threads of Love
10:00-11:00am R Volunteer Training
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

18
10:00-11:00am R Volunteer Training
10:30-11:30am \$ Zumba Gold
11:30am-12:30pm \$ Yoga
1:00-3:00pm Knit & Crochet Group
1:00-2:00pm \$10/month Senior Fitness
2:00-3:00pm R Brain Health
2:00-5:00pm Card Games
2:15-3:15pm \$4 Beg Soul Line Dancing
5:00-6:00pm R \$40 Ladies Self Defense

25
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

Wednesday

5
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
4:00-5:00pm R Friends & Family CPR

12
9:00-11:00am Chess
9:30-12:00am R \$60/4 Water Color Studio
10:00am-12:00pm Foot Screening
10:00-11:00am \$7/mo Chair Fitness
11:15am-12:15pm \$4 Cardio Dance
12:30-5:00pm Quilting Group
1:00-4:00pm R American Mahjong

19
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

26
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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Thursday

Friday

Saturday

6

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
1:00-3:30pm R Living Healthy/Chronic Pain
2:15-3:00 pm \$4 Mat Pilates
4:00-5:00pm \$ Zumba Gold
5:30-7:00pm TOPS

7

10:00-11:00am \$7/mo Chair Fitness
12:00-1:00pm R \$ Tai Chi
1:30-4:30pm Ping Pong

8

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

13

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
1:00-3:30pm R Living Healthy/Chronic Pain
2:15-3:00 pm \$4 Mat Pilates
4:00-5:00pm \$ Zumba Gold
5:30-7:00pm TOPS

14

10:00-11:00am \$7/mo Chair Fitness
12:00-1:00pm R \$ Tai Chi
1:30-4:30pm Ping Pong

15

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

20

9:00-11:30am Ping Pong
9:30- 10:30am R Legislative Update
10:00am-12:00pm Physical Therapy Screening
11:00am- 3:00pm Rosie's Cards
12:00-4:30pm Canasta or Hand & Foot
1:00-2:00pm \$10/month Senior Fitness
12:30-3:00pm R \$40 Beginner Wood Carving
2:15-3:00 pm \$ Mat Pilates
4:00-5:00pm \$ Zumba Gold
5:30-7:00pm TOPS

21

10:00-11:00am \$7/mo Chair Fitness
10:00-11:30am R Caregivers Coffee
11:30am-12:15pm Bookmobile
12:00-1:00pm R \$ Tai Chi
1:30-4:30pm Ping Pong

22

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

27

9:00-11:30am Ping Pong
11:00am- 3:00pm Rosie's Cards
12:00-4:30pm Canasta or Hand & Foot
1:00-2:00pm \$10/month Senior Fitness
12:30-3:00pm R \$40 Beginner Wood Carving
2:15-3:00 pm \$4 Mat Pilates
4:00-5:00pm \$ Zumba Gold
5:30-7:00pm TOPS

28

9:30am-12:00pm R \$45 Print Making
10:00-11:00am \$7/mo Chair Fitness
12:00-1:00pm R \$ Tai Chi
1:30-4:30pm Ping Pong
7:30-10:00pm \$6 Line Dance Social

29

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

30

9:00-11:30am Ping Pong
11:00am- 3:00pm Rosie's Cards
12:00-4:30pm Canasta or Hand & Foot
1:00-2:00pm \$10/month Senior Fitness
12:30-3:00pm R \$40 Beginner Wood Carving
2:15-3:00 pm \$4 Mat Pilates
4:00-5:00pm \$ Zumba Gold
5:30-7:00pm TOPS

31

10:00-11:00am \$7/mo Chair Fitness
12:00-1:00pm R \$ Tai Chi
1:30-4:30pm Ping Pong

August 2026

Project Fan

Heat Relief Program



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

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




Are you Worried About Falling?

- Are you afraid to stand up to take a shower?
- Do you need grab bars for your bathroom?
- Are you struggling to afford durable medical equipment?
- Do you need handrails at your front or back steps?

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



WE NEED VOLUNTEERS!

- Landscaping
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Email shimer@pittcoa.com for more information.



MEALS ON WHEELS TRAINING

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

Training: August 4 & 18 at 10am.

Call 752-1717 for more information.

FALLFEST

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

FOR VENDOR INFO EMAIL:
CSHIMER@PITTCOA.COM

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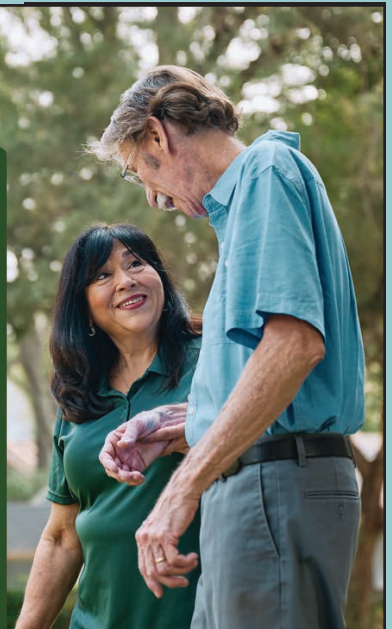
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- Chronic Condition Support
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- Companion Care
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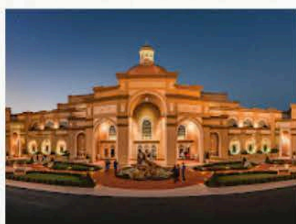
TRIPS

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

Complete Trip Flyers Available at:

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

2

TRIPS 2027



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

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



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

Complete Trip Fliers Available at
<https://www.pittcoa.com/trips> or in the COA Lobby.

Complete Trip Flyers Available at:
<https://www.pittcoa.com/trips> or in the lobby of the COA



Day TRIPPIN'

CALL 752-1717 X201 FOR INFORMATION



Polynesian Fire Luau, Myrtle Beach

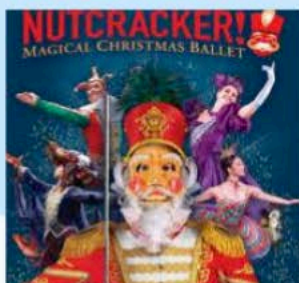
Witness an authentic Polynesian dinner show (food included). The performers will captivate you with live Polynesian music, ethnic dances, and Samoan fire knife performances. The show includes a buffet style luau.

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



Lexington Barbeque Festival, Lexington NC

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



Nutcracker! Magical Christmas Ballet, Durham

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

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

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

Managing Blood Pressure With Diet

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

Planning Your Fall Garden

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

Crafting with Grandparents

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

Honoring Our Parents:
Honoring Our Children

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

Advance Care Planning

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

Sewing: Foundation Paper Piecing

Friday, September 18
1:00-3:00pm \$15

Tech Class: Social Media Safety

Monday, September 21
2:00-3:00pm

Animal Print Painting

Friday, September 25
2:00-3:00pm \$45

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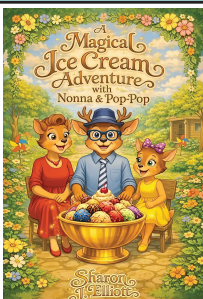
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**No act of
kindness is
ever wasted**



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

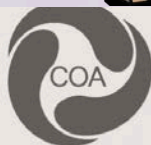
Join us for a comprehensive approach to caregiving. Bring your loved one with you. We have activities for them as well.

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, August 21
11:30am-12:15pm**



COA Pool

Tournament Champs!

L.to R. Mike Richardson-Runner Up,
Edmund Guthrie-First Place,
Hal Gibbs-Event Organizer,
Kenny NG-Third Place.

**All Proceeds from the tournament were donated to support Meals on Wheels!
Thank you!**



**FRIDAY,
SEPTEMBER 11
6:30-9:30PM
LIGHT REFRESHMENTS**

LINE DANCE & MUSIC BINGO



**CALL
752-1717, X201
TO REGISTER
COST: \$10**




Blood Pressure Screening
Tuesday, August 11
10:00am-12:00pm

Foot Screening
Wednesday, August 12
10:00am-12:00pm

**Health
Screenings**

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Thank You to all the COA Donors!

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COA Pool Players
Gail Bosch
Garland Waters "Buddy"
Harold and Zeta Godboalt
Jean Michalek
Judy and Jimmie Smith
Ken and Helen Pearson
Kim Daniels
Leo Trujillo

Marjorie Barnhill
Melissa Smith
Nell Garner
Opendoor Church
Pamela Vater
Selene Gwaltney
Tom and Nancy Vitt
Wells Chapel
Where Should We Go Travel

St. James United Methodist
Walter Pories & Mary Ann Rose
Hope Charitable Gift Fund
Hodges Family Fund
John & Nancy Bray Charitable Fund
Ray and Judy Franks
Community Foundation of East
Founder's Fund



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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Instagram.com/pittcountyseniorcenter



YouTube Find us at Pitt County Senior Center

Visit our website: www.pittcoa.com