



# PITT COUNTY

## Council on Aging

JANUARY 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

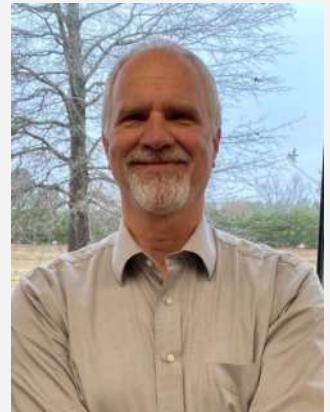
Phone: 252-752-1717

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[www.pittcoa.com](http://www.pittcoa.com)



**January 2026**



## Rich Thoughts from the Executive Director

Greetings Family and Friends,

Adios 2025 and hello 2026! You heard it here first; this will be a great and transforming year. How do I know? I know because I have claimed it and am planning for it. If we can prepare for a birth or party, why can't we plan for a great year?

While I am not a doctor, I am prescribing a regular dose of COA to supplement your daily, weekly or monthly mental, physical and emotional dietary needs. Scientific research shows (I made that up) that a regular intake of COA will improve your outlook on life and help you to lose weight (I made that up too).

It is never too late to plan for a great year. Why not now? We can help. First, make sure you subscribe to our newsletter to get the full schedule of what's happening. Second, check out Facebook or any of our social media platforms to get up to the minute notices. Not sure how to do that? We can help you do that as well. Third, this is where we need your help, make a commitment to yourself to do more for you. Too often we make excuses about why we can't do something. Maybe it is a lack of time, money or relationships. Nonsense!

This New Year, make it a great new year. Join the COA for another informative and exciting ride on this journey called life.

Blessings,

*Rich*

Rich Zeck  
Executive Director





## POSITIVE APPROACH TO CARE

SAVE  
THE DATE

WEDNESDAY,  
JANUARY 14  
2 PM TO 3 PM

CALL 752-1717, X201  
TO REGISTER

Are you struggling as you care for your loved one?

This class is designed to enhance dementia care by equipping caregivers with practical skills and knowledge.

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





## Council on Aging



### The Mind Diet

Designed to promote brain health and reduce the risk

of Alzheimer's disease and cognitive decline

With Brittany Smith, MS, RDN, LDN

Monday, January 26

2:00-3:30pm

Call 752-1717, x201 to register.



### Wine Tasting: Off the Beaten Path

With Brenda Drake,  
Firefly Wine Shop

Thursday, January 29 | 2:00-3:00pm

Cost: \$10

Call 752-1717, x201 to register.

## Water Color Painting Class

Wednesdays, January 21-February 11

**9:00-11:30am**

Discover the joy of water color in this creative friendly class!

Instructor Darlene Williams is a professional artist & educator.

\$60 - 4 Class Sessions

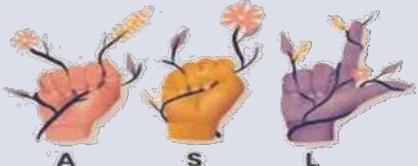
\*Price does not include supplies.

List will be provided or may be purchased from instructor for \$55

### **BEGINNER WOOD CARVING**

THURSDAYS  
JANUARY 8-FEBRUARY 12  
12:30-3:00PM  
COST: \$40

### Beginner Sign Language



Wednesdays, January 7-February 25

1:00-2:00pm | Cost: \$10

Cost 752-1717, x201 to register.

### Scammers:

#### Games They Play & How to Win

With Charlotte-Anne Alexander, Attorney & Laura Jett, Regional Ombudsman  
This is a timely class you do not want to miss!

Tuesday, January 27 | 3:00-4:30pm

Call 752-1717, x201 to register.





*Excellence in Aging Services, Programs & Resources*

# TAI CHI WORKSHOP EIGHT PIECES OF BROCADE

Qigong is a traditional Chinese practice that consists of 8 simple yet powerful exercises/positions. It is designed to improve health, energy flow, and flexibility and is excellent for the immune system.

**Mondays, January 5-February 23 (no class January 19)**

**1:30-2:30pm | Call 752-1717, x201 to register.**



## Valentine Wreath Class

Wednesday, January 21  
10:00am-12:00pm  
\$40  
Call 752-1717, x201  
to register

## Computers: Logging into Online Banking and Other E-Commerce Services

Monday, January 12  
2:00-3:00pm  
Call 752-1717, x 201  
to register.



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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**

### **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 & Saturdays**  
**10:30-11:30am | Cost: Donation**  
**Thursdays 4:00-5:00pm**

### **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, January 6 & 20  
10am

Join our team for 2026!

**Call 752-1717 for more information**



### 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, Baby/Wedding  
Showers, Meetings**

**Three room sizes available to  
accommodate most groups.  
Book Now!  
Call 752-1717, x205**

### Greenville Center Regular Activities

#### Monday

9:00-9:30am Coffee & Conversation  
9:30-10:30am Reflections  
11:30am-12:00pm Lunch

#### Tuesday

9:00-9:30am Coffee & Conversation  
10:15-11:15am Fun and Fit  
11:30am-12:00pm Lunch

#### Wednesday

9:00-9:30am Coffee & Conversation  
10:30-11:30am Music  
11:30am-12:00pm Lunch

#### Thursday

9:00-9:30am Coffee & Conversation  
10:15-11:00am Fun & Fit Exercise  
11:30am-12:00pm Lunch

#### Friday

9:00-9:30am Coffee & Conversation  
10:00-11:00am Bingo \$1.25 per card  
11:30am-12:00pm Lunch

#### Saturday

***Excellence in Aging Resources, Programs and Resources***

**January Meal Calendar**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
 <b> MENU </b> <small>SUBJECT TO CHANGE</small>			1 COUNCIL ON AGING CLOSED NO MEALS ON WHEELS DELIVERY	2 COUNCIL ON AGING CLOSED NO MEALS ON WHEELS DELIVERY
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
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 Warmed Spiced Peaches 2% Milk	Scalloped Potatoes w/Ham Carrots Broccoli Bread Warm Glazed Apples 2% Milk
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Turkey a La King Mashed Potatoes Corn O'Brien Cabbage Bread 2% Milk	BBQ Pork Chop Baked Potatoes w/Onions Green Beans Cauliflower Bread 100 Apple Juice 2% Milk	Italian Tomato Sauce w/ Turkey Rotini w/Parsley Broccoli Carrots Roll Fudge Brownie 2% Milk	Creamy Chicken Rice Soup Carrots Peas Roll Saltine Crackers Marble Cake 2% Milk	Taco Filling (Turkey) Black Bean & Corn salsa Tortilla Shredded Cheddar Cheese Rice Warm Spiced Peaches 2% Milk
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
 <b>COUNCIL ON AGING CLOSED NO MEALS ON WHEELS DELIVERY</b>	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 Cheese Corn Grits Bread w/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
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
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/ Ground Beef Corn Cabbage Bread Banana Cake 2% Milk	BBQ Pulled Chicken Succotash Green Beans Bread Yellow Cake 2% Milk	Rotini w/Beef & Cheese Peas Carrots Bread 100% Apple Juice 2% Milk

## January 2026 Community Calendar

Monday	Tuesday	Wednesday
<i>Drop in any day for Arts &amp; Crafts, Billiards, Cards, Mahjong, or to use the Media Center.  ++Call Amanda Biggs 252.414.3230</i>	<b>COA Open 8:00am-5:00pm M-F</b> <b>Additional hours per class schedule</b>  <b>Key: \$ = Fee R = Registration Required at 752-1717, x201</b>	
<b>5</b>	<b>6</b>	<b>7</b>
<b>9:00am-12:00pm</b> Rummikub <b>10:00-11:00am \$7 /mos</b> Chair Fitness <b>11:15am-12:15pm \$4</b> Int Soul Line Dancing <b>12:00-4:00pm</b> Scrapbooking <b>12:30-1:15pm \$4</b> Stretch and Balance <b>1:30-2:30 R \$</b> Eight Pieces of Brocade <b>7:00-8:00pm \$6</b> Line Dancing	<b>9:00am-12:00pm</b> Beginners Bridge <b>10:00-11:00am R</b> Volunteer Training <b>10:00am-12:00pm</b> Foot Screening <b>10:30-11:30am \$</b> Zumba Gold <b>11:30am-12:30pm \$</b> Yoga <b>1:00-3:00pm</b> Knit & Crochet Group <b>1:00-2:00pm \$10/month</b> Senior Fitness <b>2:00-5:00pm</b> Card Games <b>2:15-3:15pm \$4</b> Beginner Soul Line Dancing	<b>9:00-11:00am</b> Chess <b>10:00-11:00am \$7/mo</b> Chair Fitness <b>10:00am-12:00pm</b> Hearing Screening <b>11:15am-12:15pm \$4</b> Cardio Dance <b>12:30-5:00pm</b> Quilting Group <b>1:00-2:00pm \$10 R</b> Beginner Sign Language <b>1:00-4:00pm R</b> American Mahjong
<b>12</b>	<b>13</b>	<b>14</b>
<b>9:00am-12:00pm</b> Rummikub <b>10:00-11:00am \$7 /mo</b> Chair Fitness <b>11:15am-12:15pm \$4</b> Int Soul Line Dancing <b>12:00-4:00pm</b> Scrapbooking <b>12:30-1:15pm \$4</b> Stretch and Balance <b>1:30-2:30 R \$</b> Eight Pieces of Brocade <b>2:00-3:00pm R</b> Computer Class: Online Banking <b>7:00-8:00pm \$6</b> Line Dancing	<b>10:00am-12:00pm</b> Blood Pressure Screening <b>10:00-11:30am R</b> Book Club <b>10:30-11:30am \$</b> Zumba Gold <b>11:30am-12:30pm \$</b> Yoga <b>1:00-3:00pm</b> Knit & Crochet Group <b>1:00-2:00pm \$10/month</b> Senior Fitness <b>2:00-5:00pm</b> Card Games <b>2:15-3:15pm \$4</b> Beginner Soul Line Dancing	<b>9:00-11:00am</b> Chess <b>10:00-11:00am \$7/mo</b> Chair Fitness <b>11:15am-12:15pm \$4</b> Cardio Dance <b>12:30-5:00pm</b> Quilting Group <b>1:00-2:00pm \$10 R</b> Beginner Sign Language <b>1:00-4:00pm R</b> American Mahjong <b>2:00-3:00pm R</b> Positive Approach to Care
<b>19</b>	<b>20</b>	<b>21</b>
	<b>9:00am-12:00pm</b> Beginners Bridge <b>10:00-11:00am R</b> Volunteer Training <b>10:30-11:30am \$</b> Zumba Gold <b>11:30am-12:30pm \$</b> Yoga <b>1:00-3:00pm</b> Knit & Crochet Group <b>1:00-2:00pm \$10/month</b> Senior Fitness <b>2:00-5:00pm</b> Card Games <b>2:15-3:15pm \$4</b> Beginner Soul Line Dancing	<b>9:00-11:00am</b> Chess <b>9:00-11:30am R \$60</b> WaterColor <b>10:00-11:00am \$7/mo</b> Chair Fitness <b>10:00am-12:00pm R \$40</b> Valentine Wreath Class <b>11:15am-12:15pm \$4</b> Cardio Dance <b>12:30-5:00pm</b> Quilting Group <b>1:00-2:00pm \$10 R</b> Beginner Sign Language <b>1:00-4:00pm R</b> American Mahjong
<b>26</b>	<b>27</b>	<b>28</b>
<b>:00am-12:00pm</b> Rummikub <b>10:00-11:00am \$7 mos</b> Chair Fitness <b>11:15am-12:15pm \$4</b> Int Soul Line Dancing <b>12:00-4:00pm</b> Scrapbooking <b>12:30-1:15pm \$4</b> Stretch and Balance <b>1:30-2:30 R \$</b> Eight Pieces of Brocade <b>2:00-3:30pm R</b> Mind Diet <b>7:00-8:00pm \$6</b> Line Dancing	<b>10:30-11:30am \$</b> Zumba Gold <b>11:30am-12:30pm \$</b> Yoga <b>1:00-3:00pm</b> Knit & Crochet Group <b>1:00-2:00pm \$10/month</b> Senior Fitness <b>2:00-5:00pm</b> Card Games <b>2:15-3:15pm \$4</b> Beginner Soul Line Dancing <b>3:00-4:30pm R</b> Scammers <b>6:00-7:30pm</b> Memory Café	<b>9:00-11:00am</b> Chess <b>9:00-11:30am R \$60</b> WaterColor <b>10:00-11:00am \$7/mo</b> Chair Fitness <b>11:15am-12:15pm \$4</b> Cardio Dance <b>12:30-5:00pm</b> Quilting Group <b>1:00-2:00pm \$10 R</b> Beginner Sign Language <b>1:00-4:00pm R</b> American Mahjong

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## January 2026

Thursday	Friday	Saturday
1 COA Closed	2 	3 COA Closed
8 11:00am- 3:00pm Rosie's Cards 12:00-4:30pm Canasta or Hand & Foot 1:00-2:00pm \$10/month Senior Fitness 12:30-3:00pm R \$40 Beginner Wood Carving 1:30-3:30pm R Walking Device Fitting & Adjustment 2:15-3:00 pm \$ Mat Pilates 4:00-5:00pm \$ Zumba Gold 5:30-7:00pm TOPS Weight Management	9 10:00-11:30am R Caregiver's Coffee 10:00-11:30am R \$40 Stained Glass Class 12:00-1:00pm R \$ Tai Chi	10 10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga
15 10:00am-12:00pm Physical Therapy Screening 10:00am-12:00pm Acrylic Painting 12:00-4:30pm Canasta or Hand & Foot 12:30-3:00pm R \$40 Beginner Wood Carving 1:00-2:00pm \$10/month Senior Fitness 1:00-3:00pm 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	16 10:00-11:30am R \$40 Stained Glass Class 12:00-1:00pm R \$ Tai Chi	17 10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga
22 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	23 10:00-11:30am R \$40 Stained Glass Class 10:45-11:15 Bookmobile 12:00-1:00pm R \$ Tai Chi 7:30-10:00pm \$6 Line Dance Social	24 10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga
29 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 2:00-3:00pm R \$10 Wine Tasting	30 10:00-11:30am R \$40 Stained Glass Class 12:00-1:00pm R \$ Tai Chi	31 10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga

## 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**



**FULL**

**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**



**FULL**

**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**



**FULL**

**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 Cemetery.

**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!

**October 5-October 12, 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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- Chronic Condition Support
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- Companion Care
- 24-hour care



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With Dr. Connelly, MD, PT

Thursday, January 8 | 1:30-3:30pm



Bring your devices and any  
questions you may have.

Call 752-1717, x201 to register.

**Nutrition for the Diabetic**

Sharon Lewis-Hackler, MS, RDN, LDN, CDCES  
Could you use some help with food ideas  
that taste good AND are good for you?

Join us for this popular class!

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

Call 752-1717, x201 to register.

**Advance Care Planning**

Join us for a FREE Advance Care Planning  
& Education Clinic to aid you & your family  
in planning for your future medical care.

**Thursday, February 19**

**1:00pm Education  
2:00pm Clinic**

Call 752-1717, x201 to register.

**NC Authors Book Club**

**Tuesday, January 13  
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

**Farmville Senior Wellness Center**

3886 S. Main St. Farmville  
9am-1pm

**Greenville Senior Wellness Center**

4551 County Home Rd. Greenville  
8:30am-12:30pm

**Bethel Senior Wellness Center**

7406 Main St. Bethel  
9am-1pm

**Fountain Senior Wellness Center**

6743 E. Wilson St. Fountain  
9am-1pm

**West Greenville Senior Wellness Center**

1118 W. Fifth St. Greenville  
9am-1pm



### Learn to Use Free Tax Software

Our instructors will demonstrate how to use free tax software and how to match your documents to what is needed on a return.

Class size is limited to 18 and is designed for low to moderate income participants aged 50+. Basic computer skills are necessary.

February 24 | 9am-12pm

Call 752-1717, x201 to register.



### Acrylic Painting Class

Did you know we have a **FREE** monthly acrylic painting class?  
Normally the first Thursday morning of the month, it will return on

January 15 (due to the holiday) 10:00am-12:00pm

Just bring your supplies and join Artist, Glenn Nelson for  
art instruction, new friends, and creative fun!

Call 752-1717, x201 for more information.  
Registration not required.



# Let's GO Day Trippin'



## International Civil Rights Museum & Tanger Outlet Mall

In celebration of Black History Month, we'll explore the story of the civil rights struggle in the US at the International Civil Rights Center & Museum in Greensboro, NC. Next, we'll stop for a late lunch at a local soul food restaurant (not included). Finally, on the return, we'll stop at Tanger Outlet Mall in Mebane, NC.

## 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.

## 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.

## 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, the Pulitzer Prize for Drama, and an unprecedented special citation from the Kennedy Center Honors.

Thursday  
February 19

March 2026

April 2026

Wednesday  
June 10, 2026

## **CYBER SECURITY IN THE DAYS OF AI**

- DEEP FAKES
- AI VOICE CLONING
- SOCIAL MEDIA SAFETY

Wednesday, February 18  
2:00-3:00pm

Call 752-1717, x201 to register.

## **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"





## 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.



## 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](http://www.medicare.gov)

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

# 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



Foot Screenings  
Tuesday January 6 | 10am-12pm

Hearing Screening  
Wednesday January 7 | 10am-12pm

Blood Pressure Screening  
Tuesday January 13 | 10am-12pm

Physical Therapy Screening  
Thursday January 15 | 10am-12pm

Bookmobile  
Friday, January 23  
10:45-11:15am



# QC Kinetix®

NON-SURGICAL REGENERATION



The Nation's Leader in Non-Surgical  
Regeneration for Joint Pain Relief

**No Surgery - No Drugs - No Downtime**



Don't Let Chronic Pain Keep You  
From the Life You Deserve!

**Call to Schedule Your Free Consultation Today**  
**(252) 765 - PAIN**

QC Kinetix - 1103B Corporate Dr - Greenville - 27858

## Thank you to all the COA Donors!

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Blustar Home Services  
Kelly Kurz  
Donna Todd  
Charlotte Cox  
James and Patricia Campbell  
Alfred Gaston Hathaway III  
Frances Cain



*The COA will  
be closed  
Thursday & Friday,  
January 1,2 for  
New Years and  
Monday, January 19  
for MLK Day.*

### Ways to Donate

- Make a tax deductible donation online at [www.pittcoa.com](http://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](mailto:rzeck@pittcoa.com) for special requests.



## Find us. Follow us. Like us.



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Find us at Pitt County Senior Center

*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.*

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