



PITT COUNTY
Council on Aging

June
2026

NORTH CAROLINA
GOVERNOR'S VOLUNTEER SERVICE AWARD



2026

June 2026



Greetings Family and Friends,

First, to all the dads out there, Happy Father's Day! Like moms, fathers play a vital role in shaping the fabric of our community. We celebrate and appreciate both moms and dads—not just today, but all year long.

June also marks the end of our fiscal year, and despite all the uncertainty in the world, the Council on Aging is closing out the year in a much stronger position than we were just one year ago. That's something worth recognizing. However, as a nonprofit, July 1 means we start fresh—right back at zero. If you're able to help us kickstart the new year, we would be truly grateful for your support.

For those of you who are regulars, you already know—the COA doesn't slow down in the summer. In fact, things stay just as active as ever. Hopefully you're subscribed to our (unofficial but undefeated) “#1 best seller,” The COA Newsletter, to stay up to date on everything happening. From activities and programs to special events, there's always something going on. If you're looking for something fun to do—or just a cool place to escape the heat—stop by and see us.

Catch my weekly Facebook video to see what's on my mind—and stay connected to what's happening at the Council on Aging. Have a great day... and try to enjoy the heat.

Blessings,
Rich

Rich Zeck
Executive Director

The top half of the poster has a purple background. At the top corners are two yellow lightbulbs with radiating lines. On either side of the central text are two large, pink, cartoonish brains with black outlines. The text 'brain health' is centered, with 'brain' in white and 'health' in yellow, both with blue drop shadows.

brain health

Wednesday, June 10
2:00-4:30pm

7 Steps for Brain Health
Mental health & Self Care
Sleep & Brain Health

Four small, pink, cartoon brains are shown at the bottom of the purple section. From left to right: one is holding a bouquet of colorful flowers; one is wearing headphones and has musical notes around it; one is lifting two dumbbells; and one is performing a yoga-like pose with a spiral around its head.

Call 752-1717, x201
to register

The bottom half of the poster features a satellite image of a hurricane with a clear eye, set against a blue and white background of clouds and ocean.

Hurricane Preparedness

Thursday, June 25
2:00-3:00

with Meteorologist, Christopher Tyndall

Call 752-1717, x201 to register.



Lady Bug Wreath

Wednesday, June 3

2:00-4:00pm

Cost: \$40

We're making this adorable ladybug wreath for summer!



TECHNOLOGY: ANTIVIRUS & CYBERSECURITY BASICS

Monday, June 15

2:00-3:00pm

Learn the basics of keeping you and your computer safe from viruses and other technology threats!



Rules of the Road

Investing in the Later Years

Wednesday, June 17

2:00-3:30pm

Planning for the future that's quickly upon us!

Presented by:

Jeff Wakefield, Financial Advisor with Edward Jones



SEWING: BITTY BAG

Friday, June 19

10:00am-4:00pm

Cost: \$20

Have fun making this cute and useful drawstring bitty bag!



BEGINNER WOOD CARVING

THURSDAYS STARTING JUNE 25 - JULY 30

12:30-3:00PM \$40

Time to start a new hobby!

CALL 752-1717, X201 TO JROEUGIRSN



4TH FRIDAYS IN THE ART STUDIO JUNE: DRAWING WITH PASTELS

\$45
FRIDAY, JUNE 26
9:00AM-12:00PM



GARDENING: GROWING TOGETHER

June 3, 9, 16 9:00-10:00am
June 5, 19 1:00-2:00pm

A garden-based FREE nutrition class hosted by students from the Brody School of Medicine. Join this hands on gardening class! Bags of produce will be distributed as available.



WATER COLOR STUDIO CLASS

EVERY WEDNESDAYS (ONGOING)
9:00-11:30AM \$60 FOR FOUR SESSIONS
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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 FOR DROP INS. \$14/MO FOR BOTH

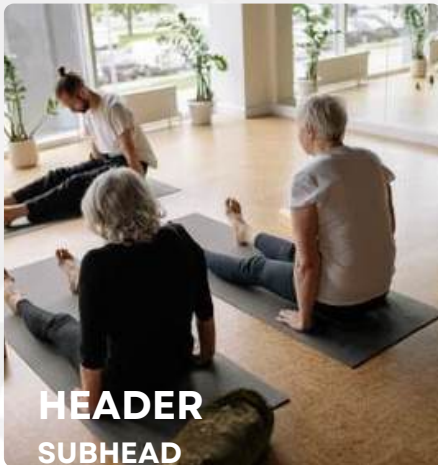
Get fit and stay active with fun, chair exercise routines. Improve your strength, flexibility, and endurance while engaging in strength training and cardiovascular activities.



SOUL LINE DANCING

INTERMEDIATE: MONDAYS 11:15AM-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.



HEADER
SUBHEAD

STRETCH & BALANCE

MONDAYS 12:30-1:15PM
\$4/SESSION PAID MONTHLY

Increase flexibility and balance 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

Join us for a fun, 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

A 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 upbeat 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!

Mat Pilates is a low-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

An ongoing Qigong class featuring rotating movement routines that promote relaxation, balance, flexibility, and healthy energy flow and is excellent for the immune system. Appropriate for all levels.

FINANCIAL HEALTH SEMINAR

REGISTER NOW!
Call 752-1717, x201



Week 1: The basics of budgeting and debt management

Week 2: Understanding my personal budget & creating emergency savings

Week 3: Why I need an Estate Plan and what exactly is an RMD?

Week 4: Fraud, scams, and ID theft - Senior Fraud Bingo

Wednesdays, July 1-29 2:00-3:00pm



JUNE MEAL CALENDAR

	Monday	Tuesday	Wednesday	Thursday	Friday
	1 Italian Tomato Sauce w/Meatballs Parslied Rotini Corn Carrots Roll 100% Apple Juice 2% Milk	2 Turkey a La King Mashed Potatoes Peas Greens Bread Marble Cake 2% Milk	3 BBQ Pork Chop Parsley Potatoes Cabbage Roll Warm Glazed Apples 2% Milk	4 Boneless Herbed Chicken Thigh Rice w/Gravy Beets Broccoli Bread 100% Apple Juice 2% Milk	5 Ground Beef Crumbles Mashed Potatoes w/Gravy Green Beans Bread Banana Cake 2% Milk
	8 Herb Baked Boneless Chicken Breast Mashed Potatoes w/Gravy Peas Green Beans Bread Streusel Coffeecake 2% Milk	9 Smoked Turkey Sausage Sauteed Peppers & Onions Rice Cabbage Bread Warm Spiced Peaches 2% Milk	10 Tetrazzini w/Turkey Carrots Greens Roll Fudge Brownie 2% Milk	9 Scrambled eggs w/sausage Cheesy Corn Grits English Muffin Margerine & Jelly 100% Orange Juice Cinnamon Apples 2% Milk	12 Peppered Fajita Filling w/Chicken Rice & Pinto Beans Tortilla Shredded Cheddar Cheese Hot Spiced Pears 2% Milk
	15 Franks & Pinto Beans Cabbage Bread w/Margerine Fudge Brownie 2% Milk	16 Farmhouse Stew w/Turkey Lima Beans Corn Roll 100% Apple Juice 2% Milk	17 Beef Teriyaki Rice Green Beans Bread w/Margerine Banana Cake 2% Milk	18 Boneless Herbed Chicken Thigh Sweet Potato Souffle Cauliflower Beets Bread Marble Cake 2% Milk	19 Country Patty Mashed Potatoes w/Gravy Okra w/Tomatoes Carrots Bread Chocolate Cake 2% Milk
	22 Oven Fried Chicken Breast Mac & Cheese Broccoli Beets Roll Fudge Brownie 2% Milk	23 Herbed Pork Chop Rice w/Gravy Carrots Green Beams Bread Streusel Coffeecake 2% Milk	24 Tangy BBQ Chicken Hamburger Bun Cajun Potatoes Cream Coleslaw Cinnamon Applesauce 2% Milk	25 Ham & Black-Eyes Peas Sweet Cornbread Warm glazed Apples 2% Milk	26 Creamed Chicken Parsley Rice Green Beans Bread Warm Spiced Peaches 2% Milk
	29 Italian Tomato Sauce w/Meatballs Parslied Rotini Corn Carrots Roll 100% Apple Juice 2% Milk	30 Turkey a La King Mashed Potatoes Peas Greens Bread Marble Cake 2% Milk			





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TO SCHEDULE AN APPOINTMENT**

JUNE 2026

	Monday	Tuesday	Wednesday
1	<p>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</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 \$10/month Senior Fitness 2:00-5:00pm Card Games 2:15-3:15pm \$4 Beg Soul Line Dancing</p>	<p>3</p> <p>9:00-11:00am Chess 9:00-11:30am 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 2:00-4:00pm R \$40 Lady Bug Wreath</p>
8	<p>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</p>	<p>9</p> <p>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 Beg Soul Line Dancing</p>	<p>10</p> <p>9:00-11:00am Chess 9:00-11:30am R \$60/4 Water Color Studio 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 2:00-4:30pm R Brain Health Seminar</p>
15	<p>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 Tech Class: Anti-Virus & Cybersecurity 7:00-8:00pm \$6 Line Dancing</p>	<p>16</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 \$10/month Senior Fitness 2:00-5:00pm Card Games 2:15-3:15pm \$4 Beg Soul Line Dancing</p>	<p>17</p> <p>9:00-11:00am Chess 9:00-11:30am 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 2:00-3:30pm R Investing</p>
22	<p>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</p>	<p>23</p> <p>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 6:00-7:30pm R Memory Cafe</p>	<p>24</p> <p>9:00-11:00am Chess 9:00-11:30am 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</p>
29	<p>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</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 \$10/month Senior Fitness 2:00-5:00pm Card Games 2:15-3:15pm \$4 Beginner Soul Line Dancing</p>	

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Thursday	Friday	Saturday	JUNE 2026
4 10:00am-12:00pm Acrylic Painting 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 2:15-3:00 pm \$4 Mat Pilates 4:00-5:00pm \$ Zumba Gold 5:30-7:00pm TOPS	5 12:00-1:00pm R \$ Tai Chi 1:30-4:30pm Ping Pong	6 10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga	
11 9:00-11:30am Ping Pong 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 Beg Wood Carving 2:15-3:00 pm \$4 Mat Pilates 4:00-5:00pm \$ Zumba Gold 5:30-7:00pm TOPS	12 10:00-11:30am R Caregiver's Coffee 12:00-1:00pm R \$ Tai Chi 1:30-4:30pm Ping Pong 6:30-9:30pm R \$10 Line Dance & Music Bingo	13 10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga	
18 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	19 10:00am-4:00pm \$20 R Sewing: Bitty Bag 11:30am-12:15pm Bookmobile 12:00-1:00pm R \$ Tai Chi 1:30-4:30pm Ping Pong	20 10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga	
25 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 2:00-3:00pm R Hurricane Preparedness 2:15-3:00 pm \$4 Mat Pilates 4:00-5:00pm \$ Zumba Gold 5:30-7:00pm TOPS	26 9:00am-12:00pm R \$45 Drawing with Pastels 12:00-1:00pm R \$ Tai Chi 1:30-4:30pm Ping Pong 7:30-10:00pm Mr. D's Line Dance Social	27 10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga	



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.



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Email cshimer@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: June 2 & 16 at 10am.

Call 752-1717 for more information.

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

For detailed calendars for each of our senior wellness centers,
go to <https://www.pittcoa.com/senior-wellness-centers>

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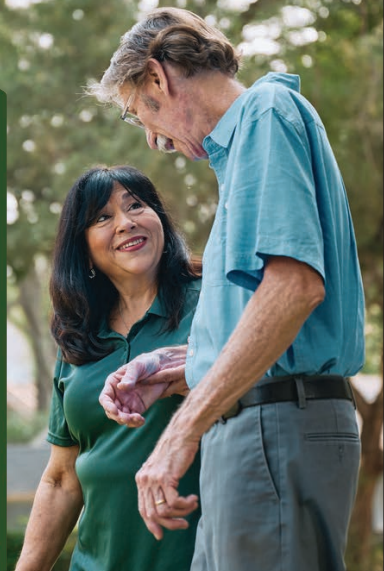
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- Chronic Condition Support
- End-of-Life Care
- Companion Care
- 24-hour care



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

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



Let's party!

**Friday
June 12
6:30-9:30PM
Cost: \$10**

LINE DANCE & Music BINGO

Prizes & Refreshmen

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

DAY TRIPPIN'

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)

UPCOMING CLASSES

Estate Planning

Thursday, July 16
3:00-4:30pm

Advance Care Planning

Wednesday, July 15
1:00-3:00pm

Sewing: Dish Drying Mat
Cost: \$12

Friday, July 17
10:00am-2:00pm

Technology: Iphone Basics

Monday, July 20
2:00-3:00pm

Texting to 911 for
Hard of Hearing

Monday, July 20
2:00-3:00pm

Art Studio
Mixed Media Collage
Cost \$45

Friday, July 10
2:00-3:00pm

Options for
Long Term Care

Tuesday, July 21
2:00-3:00pm

Call 752-1717, x 201
to register



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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.

4 Tuesday of Every Month 6:00-7:30pm

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, June 19

11:30am-12:15pm



NORTH CAROLINA AUTHORS BOOK CLUB

**2ND TUESDAY OF EVERY MONTH
10:30AM-12:00PM**

**CALL 752-1717, X201 FOR MORE
INFORMATION.**

Health Screenings

HEALTH SCREENINGS



Blood Pressure Screening

Tuesday, June 9
10:00am-12:00pm

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Foot Screening

Wednesday, June 10
10:00am-12:00pm

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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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