



# PITT COUNTY Council on Aging

MAY 2024  
NEWSLETTER



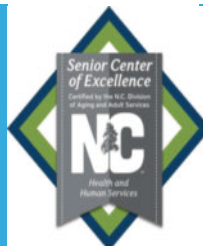
## OLDER AMERICANS MONTH



POWERED BY CONNECTION: MAY 2024



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

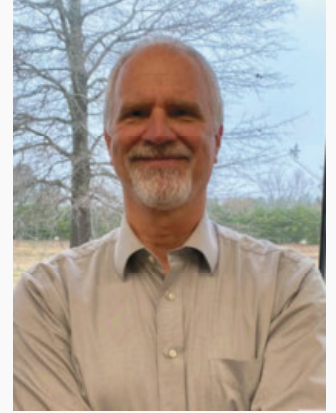


Council on Aging  
4551 County Home Road, Greenville, NC 27858  
Phone: 252-752-1717  
Fax: 252-752-9365  
[www.pittcoa.com](http://www.pittcoa.com)



May 2024

## **Rich Thoughts from the Executive Director**



Greetings family and friends,

Take a moment and step into the COA time machine and let's go back to 1965. In the year 1965, \$1.00 could buy any of the following: a movie ticket, three gallons of gas, 20 first-class stamps, a gallon of milk, a package of 10 Gillette razor blades, a bottle of 100 Bufferin tablets, 20 one-ounce Hershey bars, or a double-decker hamburger with french fries, salad, and ice cream for dessert. Good times!

Also, in 1965 Congress passed the Older Americans Act (OAA) in response to concern by policymakers about a lack of community social services for older persons. What happened to those concerned policymakers? Funding has not kept up with the growing needs as monies continue to be reallocated elsewhere and not actually getting to providers like us on the frontlines.

The Older Americans Act was created for, you guessed it, older Americans. However, over the years it has become another program of special interests that drain funding for basic human needs like food and shelter. We all need to continue to advocate for older Americans and the importance of increased funding for what is important to their health and wellness. Contact your U.S. Representatives and let them know that OAA funding is crucial and must be increased.

Have a great day.

Blessings,

*Rich*

Rich Zeck  
Executive Director



## 'Hello Game': A Simple Game to Start an Important Conversation



The key to a good Advance Care Plan is a great conversation, but where do you start? 'Hello' is a conversation game that is an easy, non-threatening way to start a conversation with your family and friends about what matters most to you. It guides you through all of the topics you'll need to cover when you're thinking about an advance care plan.

Register today to secure your spot! Call 252-752-1717.

**May 15, 2024**

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

**Council on Aging 4551 County Home Rd  
Greenville, NC**

*“Spread your Wings and Do Something Different”*

# Lay Leaders Needed

**For Evidence Based Classes:**

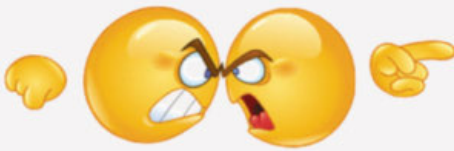
Matter of Balance, Living Healthy with Chronic Conditions, and Walk with Ease

*For More Details call the Council on Aging at:*

*252-752-1717 Ext. 213*

**Managing Difficult Relationships**

With Dr. Kimberly Delgado



**Tuesday, May 14**  
**2:00-3:00pm**  
**Call 752-1717, x201**  
**to register.**

**Beginner Genealogy**



**Thursdays,**  
**May 9, 16, 23, 30**  
**10am-12pm | Cost: \$20**  
**Call 752-1717, x201**  
**to register.**

**Wills with Legal Aid**



**Monday, May 6**  
**1:00-2:30pm**  
**Call 752-1717, x201**  
**to register.**



**Beginner Wood Carving**



**May 30-June 27**  
**1:00-3:00pm**  
**Cost: \$40**



**Call 752-1717, 201 to register.**



**Tech Classes:**

**Wednesday, May 15**

**Beginner Iphone**  
**10:00-11:30am**

**Beginner Android**  
**12:00-1:30pm**

**Computer Basics & Internet Safety**  
**2-4pm**

**Call 752-1717, x201 to register.**  
**(One on One Tutoring by appointment)**

**Sewing:**

**English Paper Pieced Pentagon Bowl**



**Friday, May 17**  
**10:00am-2:00pm**  
**Cost: \$7**  
**Call 752-1717, x201 to register.**

# BRAINIAC BOOT CAMP



The BEST CAMP  
in the UNIVERSE!  
Designed just for YOU!!

### TOPICS COVERED INCLUDE

- Diet & Nutritional Supplements
- Relationships
- Sleep
- Mental Health
- Driving Safety
- Exercise
- And MORE!

### CAMP DATES

THURSDAYS  
JUNE 6-27

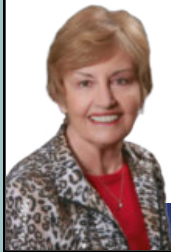
1:00-4:00PM



**\$20** PER PERSON  
INCLUDES  
TSHIRT

Registration Deadline May24

COUNCIL ON AGING 4551 COUNTY HOME RD  
GREENVILLE, NC  
FOR MORE INFORMATION OR TO REGISTER: 752-1717, X201



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E-mail: liz@lizfreeman.com



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



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**Michael Lovelace**  
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o 252-355-3129 x 588  
c 252-367-3818

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mikelovelacerealestate.com

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**Rich Fernbach**

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## **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, April 5– May 24 | 11:00am-12:00pm

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**



## **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, Thursdays, & 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: \$5 per month**  
**\$2 per class for drop ins**

### 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**  
**(Payable 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**  
**Every Tuesday (Beginner)**  
**2:15-3:15**

**\$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 Tuesdays, May 7 & 21 at 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**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>
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
<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
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	



## May Meal Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Tangy BBQ Meat Cajun Potatoes Creamy Coleslaw Roll Cinnamon Applesauce 2% Milk	Ham & Black-Eyed Peas Greens Sweet Cornbread Warmed Glazed Apples 2% Milk	Creamed Chicken Macaroni & Parsley Beets Bread Warmed Spiced Peaches 2% Milk
6	7	8	9	10
Meatballs Italian Tomato Sauce Rotini w/Parsley Greens Carrots Roll 100% Apple Juice 2% Milk	Turkey ala King Mashed Potatoes Corn Cabbage Roll 2% Milk	BBQ Pork Chop Parsley Potatoes Green Beans w/Onions Roll Powdered Sugar Dusted Spice Cake 2% Milk	Herbed Baked Boneless Chicken Thigh Mashed Sweet Potatoes Beets Cauliflower Citrus Fruit Bread 2% Milk	Peppered Fajita Filling w/ Chicken Rice & Pinto Beans Flour Tortilla Shredded Cheddar Cheese Warm Spiced Peaches 2% Milk
13	14	15	16	17
Herbed Baked Boneless Chicken Breast Brown Rice w/Gravy Okra w/Tomatoes Bread Mixed Fruit 2% Milk	Beef Patty Mashed Potatoes w/Gravy Green Beans Warm Spiced Peaches Bread 2% Milk	Smoked Sausage Sauteed Peppers & Onions Brown Rice Cabbage Bread Marble Cake 2% Milk	Scrambled Eggs w/Sausage Cheesy Corn Grits English Muffin 100% Orange Juice Cinnamon Apples 2% Milk	Turkey Tetrazzini Peas Carrots Roll Streusel Coffeecake 2% Milk
20	21	22	23	24
Franks & Pinto Beans Cabbage Bread Banana Cake 2% Milk	Farmhouse Stew Lima Beans Roll Citrus Fruit Warm Glazed Apples 2% Milk	Beef & Broccoli Stir Fry Brown Rice Irish Blend Vegetables Bread Pumpkin Spice Cake 2% Milk	Country Patty Mashed Potatoes w/Gravy Okra w/Tomatoes Carrots Bread 100% Apple Juice 2% Milk	Pork Ham Sweet Potato Souffle Cauliflower Beets Bread 2% Milk
27	28	29	30	31
 No Meal Delivery	Herbed Pork Chop Brown Rice w/Gravy Grilled Zucchini Squash Roll Streusel Coffeecake 2% Milk	Tangy BBQ Meat Cajun Potatoes Creamy Coleslaw Roll Cinnamon Applesauce 2% Milk	Ham & Black-Eyed Peas Greens Sweet Cornbread Warmed Glazed Apples 2% Milk	Creamed Chicken Macaroni w/Parsley Beets Bread Warm Spiced Peaches 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
		1 9:00-11:00am Chess 10:00-11:00am \$5/ mo Chair Fitness 11:15am-12:15pm \$4 Cardio Dance 12:30-5:00pm Quilting Group 1:00-4:00pm R American Mahjong
6 9:00am-12:00pm Rummikub 9:00am-12:00pm \$20 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 1:00-2:30pm R Wills w/Legal Aid 7:00-8:00pm \$6 Line Dancing	7 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 2:15-3:15pm \$4 R Beginner Soul Line Dancing	8 9:00-11:00am Chess 9:30-11:00am Kiwanas 10:00-10:45am R NC Tarheel Legislator 10:00-11:00am \$5/ mo Chair Fitness 11:15am-12:15pm \$4 Cardio Dance 12:30-5:00pm Quilting Group 1:00-4:00pm R American Mahjong
13 9:00am-12:00pm Rummikub 9:00am-12:00pm \$20 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 7:00-8:00pm \$6 Line Dancing	14 9:00am-12:00pm Threads of Love 10:00am-12:00pm Blood Pressure 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** 2:00-3:00pm R Singles 2:00-5:00pm Card Games 2:15-3:15pm \$4 R Beginner Soul Line Dancing	15 9:00-11:00am Chess 10:00-11:00am \$5/ mo Chair Fitness 10:00-11:30am R Beginner Iphone 11:15am-12:15pm \$4 Cardio Dance 12:00-1:30pm R Beginner Android 12:30-5:00pm Quilting Group 1:00-4:00pm R American Mahjong 2:00-3:00pm R Hello Game 2:00-4:00pm R Computer Basics
20 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 2:00-3:00pm R Managing Difficult People 2:00-3:00 R2R: R Veterans Benefits 7:00-8:00pm \$6 Line Dancing	21 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** 2:00-3:00 R Single & Ready to Mingle 2:15-3:15pm \$4 R Beginner Soul Line Dancing	22 9:00-11:00am Chess 9:30-11:00am Kiwanas 10:00am-12:00pm Game On! 10:00-11:00am \$5/mos Chair Fitness 10:00am-12:00pm Mental Health Screening 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 Jewelry Class
27  <p><b>COA Closed</b>                      No Meal Delivery</p>	28 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** 2:15-3:15pm \$4 R Beginner Soul Line Dancing 6:00-7:30pm Alzheimers Support Group	29 9:00-11:00am Beginner's Chess 10:00-11:00am \$5/mos Chair Fitness 11:15am-12:15pm \$4 Cardio Dance 12:30-5:00pm Quilting Group 1:00-4:00pm R American Mahjong

<p><b>ADT-Monitored Home Security</b> Get 24-Hour Protection From a Name You Can Trust</p> <ul style="list-style-type: none"> <li>Burglary</li> <li>Fire Safety</li> <li>Flood Detection</li> <li>Carbon Monoxide</li> </ul> <p>ADT Authorized Provider   SafeStreets</p>		<ul style="list-style-type: none"> <li>Personal Care</li> <li>Post Hospitalization Care</li> <li>Light Housekeeping</li> <li>Transportation</li> </ul> <p><b>SILVERcare</b> "Mature America's Best Friend" Serving Our Clients Since 1993 252-355-5677 • <a href="http://www.silvercareweb.com">www.silvercareweb.com</a></p>  <p>Home Care Services Providing Independence in the Comfort of Your Home</p>
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<h1 style="margin: 0;">May 2024</h1>		
Thursday	Friday	Saturday
<b>2</b>	<b>3</b>	<b>4</b>
<p>10:00am-12:00pm Acrylic Painting            11:00am- 3:00pm Rosie's Cards            11:30am-12:30pm \$ Yoga            12:00-1:00pm Older Relative Caregiver            12:00-4:30pm Canasta or Hand &amp; Foot            1:00-2:00pm R \$1 Senior Fitness**            1:00-3:00pm R \$40 Beginner Wood Carving            2:00-3:00pm R \$20 Food is Medicine            5:30-7:00pm TOPS Weight Management</p>	<p>11:00am-12:00pm R \$ tai chi Easy</p>	<p>10:30-11:30am \$ Zumba Gold            11:30am-12:30pm \$ Yoga</p>
<b>9</b>	<b>10</b>	<b>11</b>
<p>10:00am-12:00pm R \$20 Beginner Genealogy            11:30am-12:30pm \$ Yoga            12:00-4:30pm Canasta or Hand &amp; Foot            1:00-2:00pm R \$1 Senior Fitness**            1:00-3:00pm R \$40 Beginner Wood Carving            2:00-3:00pm R \$20 Food is Medicine            5:30-7:00pm TOPS Weight Management</p>	<p>10:45-11:15am Bookmobile            11:00am-12:00pm R \$ tai chi Easy            7:00-9:00pm R \$10/\$18 Social Dance Party</p>	<p>10:30-11:30am \$ Zumba Gold            11:30am-12:30pm \$ Yoga</p>
<b>16</b>	<b>17</b>	<b>18</b>
<p>10:00am-12:00pm R \$20 Beginner Genealogy            11:00am-12:00pm Physical Therapy Screening            11:00am- 3:00pm Rosie's Cards            11:30am-12:30pm \$ Yoga            12:00-4:30pm Canasta or Hand &amp; Foot            1:00-2:00pm R \$1 Senior Fitness**            2:00-3:00pm R \$20 Food is Medicine            5:30-7:00pm TOPS Weight Management</p>	<p>9:00-11:00am R Advance Care Planning            10:00am-2:00pm R \$7 English Paper Piecing            11:00am-12:00pm R \$ tai chi Easy</p>	<p>10:30-11:30am \$ Zumba Gold            11:30am-12:30pm \$ Yoga            12:30-2:00pm R \$15 East Coast Swing Workshop</p>
<b>23</b>	<b>24</b>	<b>25</b>
<p>10:00am-12:00pm R \$20 Beginner Genealogy            11:00am- 3:00pm Rosie's Cards            11:30am-12:30pm \$ Yoga            12:00-4:30pm Canasta or Hand &amp; Foot            1:00-2:00pm R \$1 Senior Fitness**            5:30-7:00pm TOPS Weight Management</p>	<p>11:00am-12:00pm R \$ tai chi Easy            2:00-3:00pm R \$20 Food is Medicine            7:30-10:00pm \$6 Line Dance Social</p>	<p>10:30-11:30am \$ Zumba Gold            10:30-4:00pm Quilting            11:30am-12:30pm \$ Yoga</p>
<b>30</b>	<b>31</b>	<b>31</b>
<p>10:00am-12:00pm R \$20 Beginner Genealogy            10:00am-12:00pm Occupational Therapy Screening            11:00am- 3:00pm Rosie's Cards            11:30am-12:30pm \$ Yoga            12:00-4:30pm Canasta or Hand &amp; 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>11:00am-12:00pm R \$ tai chi Easy</p>	<p><b>Key:</b> \$ = Fee    R = Registration Required  <b>**Available Virtually by registering at 752-1717, x201</b>  <i>Drop in any day for Arts &amp; Crafts, Billiards, Cards, Mahjong, or to use the Media Center.</i>  <b>++Call Amanda Biggs 252.414.3230</b>  <b>COA Open 8:00am-5:00pm M-F</b>  <b>Additional hours per class schedule</b></p>

# 2025 TRIPS ARE HERE!



**London, England and Countryside:** 8 day/6 night package includes roundtrip airfare, 6 night hotel accommodations, guided tour of London, visit to Windsor Castle, the Tower of London, a sightseeing cruise on the Thames River, a visit to Kensington Palace, tour of Canterbury, Stonehenge and so much more!

**April 8-15, 2025 \$4399 Per Person/Double Occupancy**



**Ark Encounter, Lexington & Louisville:** 4 day/3 night package includes 3 nights hotel accommodations, the Ark Encounter, admission to the Creation Museum, the Kentucky Derby Museum, Churchill Downs, admission to the Louisville Slugger Museum & Factory, and a guided tour of Louisville!

**April 27-30, 2025 \$809 Per Person/Double Occupancy**



**Cape Cod, Boston & Martha's Vineyard:** 6 day/5 night package includes 5 nights hotel accommodations, a scenic ferry ride to and tour of Martha's Vineyard, guided tour of Boston, explore Faneuil Hall and Quincy Market, tour Hyannis, including the John F. Kennedy Memorial, the Korean War Memorial, Hyannis Port and much more!

**June 1-5, 2025 \$1309 Per Person/Double Occupancy**



**Explore the Mediterranean:** 10 day/9 night package includes roundtrip airfare, 8 day/7 night cruise onboard Allure of the Seas, 3 expert guided tours, 1 night hotel in Barcelona, stateroom accommodations, shipboard meals, with stops in Spain, France, and Italy.

**September 12-21, 2025**

Starting at **\$4399 Per Person/Double Occupancy**



**Fall in Hudson River Valley with The Great Jack-O-Lantern Blaze:** 4 day/3 night package includes 3 nights hotel accommodations, admission to The Great Jack-O-Lantern Blaze, a visit to Sleepy Hollow, Hudson River Sightseeing Cruise, and a guided tour of West Point Military Academy.

**October 6-9, 2025 \$809 Per Person/Double Occupancy**

## 2025 Trips (pg.2)



**New Orleans:** 6 day/5 night package includes 5 nights hotel accommodations, dinner at the New Orleans School of Cooking, a steamboat cruise on the Mississippi River, guided tour of New Orleans, visit to the French Quarter, visit to the Mardi Gras Museum of Costumes and Culture, & Harrah's Casino!

**November 9-14, 2025 \$1309 Per Person/Double Occupancy**



**Christmas in Historic Savannah:** 3 day/2 night package includes dinner at Paula Deen's Lady & Son's Restaurant, guided tour of historic Savannah, "A Christmas Tradition" performance at Savannah Historic Theater, shopping on Famous River Street, a visit to Byrd's Famous Cookie Company.

**December 3-5, 2025 \$529 Per Person/Double Occupancy**

**For more information go to: <https://www.pittcoa.com/trips>**

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**[4lpi.com/adcreator](https://4lpi.com/adcreator)**



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



**Fountain Senior Wellness Center**  
673 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)**

**N.C. Senior  
Tarheel Legislature**

Please join us  
**Wednesday, May 8  
10:00-10:45am**  
to hear Alice Keene,  
NC Tarheel Legislator,  
give an update on matters  
being considered by the  
General Assembly that affect  
North Carolina seniors.

Register by calling  
752-1717, x201



**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. The educational presentation will provide information about the advance care planning process and the importance of making your medical choices known. Certified Respecting Choices© facilitators and notaries will be available during the clinic to assist in the preparation of living wills & healthcare power of attorney documents.

**Picture identification required to complete documents.**

**Friday, May 17**

**9am Education 10am Clinic**

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

**Advance Care Planning**



**Road to Resources**

**A Guide to Services for Older Adults**

**Veterans Benefits**



**Monday, May 20**

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

**Call 752-1717, x201**

**to register**

**Food is Medicine**

**Cooking and Nutrition Series**



**Thursdays, May 2-16**

**& Friday, May 24 | 2:00-3:00pm**

Featuring: Cooking Demos;  
Budgeting Workshop; Oral Care Tips; Walk  
& Talk; Food Samples!

FREE bag of groceries at each class.

Taught by ECU Med Students

Cost: \$20

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

**Hoarding:**  
**How Do I Make It Stop?**

With Kim Delgado

Tuesday, June 25

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](mailto:joechrobak@suddenlink.net)

252-375-0588

# Drug costs hard to swallow?

If you're on Medicare, call  
**855-408-1212.**



NC DEPARTMENT OF  
**INSURANCE**  
SENIORS' HEALTH INSURANCE  
INFORMATION PROGRAM



[WWW.NCSHIIP.COM](http://WWW.NCSHIIP.COM)

**Pitt County residents may also call the Council on Aging at (252) 752-1717. Ask for a Medicare counselor and mention "Extra Help" and this article.**

*\*\*Medicare Counseling in Pitt County is made possible with grant funds from the ECU Health Foundation and SHIIP.*



**Single and Ready to Mingle!**

Tuesday  
May 21  
2:00-3:00pm



Come on out for a  
Great Time!  
Call 752-1717, x201  
to register

**Nutrition for the Pre-Diabetic**

It's estimated that over 33% of adults over 60 have diabetes. Learn what you can do to prevent a diabetes diagnosis.



Tuesday, June 18  
2:00-3:00pm  
Call 752-1717, x201 to register.

Presented by Sharon Lewis-Hackler,  
**Registered Dietician Nutritionist &  
Certified Diabetes Care & Educational Specialist**

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**Community!**



# Let's Dance! May Schedule

With Dance Instructor: Sandra Casado



**East Coast Swing Workshop**  
**Saturday, May 18**  
**12:30-2:00pm**

**Argentine Tango Workshop**  
**Saturday, June 8**  
**1:00-2:30pm**

~~~~~  
**\$15/per person**

~~~~~  
**\$15/per person**

## 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**



### **Mental Health Screening**

Wednesday, May 22 | 10am-12pm

### **Blood Pressure Screening**

Tuesday, May 14 | 10am-12pm

### **Physical Therapy Screening**

Thursday, May 16 | 10am-12pm

### **Occupational Therapy**

Thursday, May 30 | 10am-11:45am

### Jewelry Class

Wednesday, May 22  
2:00-4:00pm | Cost: \$5



Call 752-1717, x201

### Bookmobile

**Friday**

**May 3**

**10:45-11:15am**



**Domestic Violence in the  
Senior Community**

With Katharine Barkley,  
Center for Family Violence Prevention



Tuesday, June 4  
2:00-3:00pm  
Call 752-1717, x201 to register.

**Looking for a challenging  
game of chess? Look no further!  
We'd love to have you join us!**



**Wednesdays 9:00-11:00am  
In the Council on Aging library  
All skill levels welcome!**

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VISIT [WWW.MYCOMMUNITYONLINE.COM](http://WWW.MYCOMMUNITYONLINE.COM)

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COA Donors!**

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Doris Morgan	Selene Gwaltney
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Open Door Church	Stella Williams
Oakmont Baptist Church	
Ken & Helen Pearson	



**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.

**Memorial Day** May 27

**Independence Day** July 4

**Labor Day** September 2

**Veterans Day** November 11



**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.

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**Facebook.com/pittcountyseniorcenter**



**Instagram.com/pittcountyseniorcenter**



**Find us at Pitt County Senior Center**

**Visit our Website:  
[www.pittcoa.com](http://www.pittcoa.com)**



*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.*

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