



PITT COUNTY

Council on Aging

DECEMBER 2025
NEWSLETTER



Merry Christmas
&
Happy Holidays
FROM THE COA CREW

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



December 2025

Rich Thoughts from the Executive Director

Greetings Family and Friends,

Reflections on the Holiday Season

As the year draws to a close, the excitement and busyness of the season is upon us. There is so much to do and so little time—Christmas festivities, holiday celebrations, shopping, time with family and friends, and year-end giving. This period also invites us to reflect on the past year and look ahead to the future.

Recognizing Joy and Challenge

It is natural to get swept up in the fun and spirit of this time of year, and we should embrace it. Yet, it is important to remember that not everyone experiences this season with the same joy. Some have lost loved ones during the year and find themselves struggling through the holidays without them. For others, what is typically a season of love and hope may feel quite different.

Sharing Love and Hope Boldly

This season calls for boldness in our community—bold people willing to share hope and love not just with those they know, but also with strangers. This can take many forms. Perhaps it means doing something you have never done before or doing more of what you have already done. It might be making a donation, or spending time with seniors and offering a heartfelt hug to someone who needs it. There is always room to do more, to share the love we have. Love is meant to be given freely, not hoarded, and it is time to share it generously.

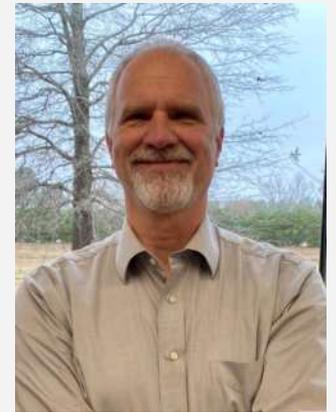
An Invitation to Act

Will you be bold this season and extend your love to those who long to feel connected, valued, and reminded that they are loved? Now is the time for us to demonstrate boldly what this season truly represents. Let us show others the meaning of the holidays through our actions and care. Merry Christmas, happy holidays, and may all the goodness of the season be multiplied for you and your family.

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.

Date Change
for December!

Memory Cafe

Join us for a comprehensive approach to
caregiving. Bring your loved one with you.
We have activities for them as well.
Tuesday, December 16

Tuesday, December 16

6:00-7:30pm

For More Details:
Amanda Biggs, Project Care Consultant: 252-414-3230

6:00-6:30pm

Dinner

6:30-7:30pm

Support Group
with Caregivers

6:30-7:30pm

Activities with
Loved Ones



**Sewing: Charming
Pocket Angels**



Cost: \$5

Friday, December 5

10:00am-2:00pm

Call 752-1717, x201 to register.

Meditation Workshop

Join us for a 3 week exploration of meditation and mindfulness! Each week's session will focus on different types of meditation, all accompanied by calming, peaceful music. Attend one or all three!



Mondays, December 1, 8, 15

1:30-2:30pm

Call 752-1717, x201 to register.

**Computers:
Device Health**

How & Why to Perform Updates on Your Devices



Monday, December 15

2:00-3:00pm

Call 752-1717, x 201 to register.



Winter Wreath

Wednesday, December 3

2:00-4:00pm | \$50



Call 752-1717, x201 to register.



Coming in January!

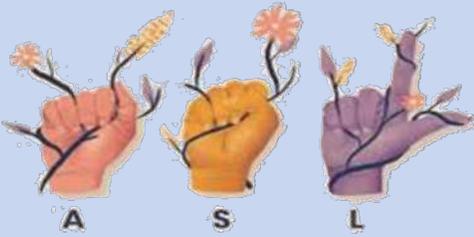
Beginner Sign Language

Wednesday, January 7-February 25

1:00-2:00pm

Cost: \$10

Cost 752-1717, x201 to register.



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



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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, 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
\$5/month, \$2 for drop ins



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
\$1/class
(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, December 2 & 16
10am

Join our team for 2026!

Call 752-1717 for more information



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**

Does Your Loved One Need Grab Bars?

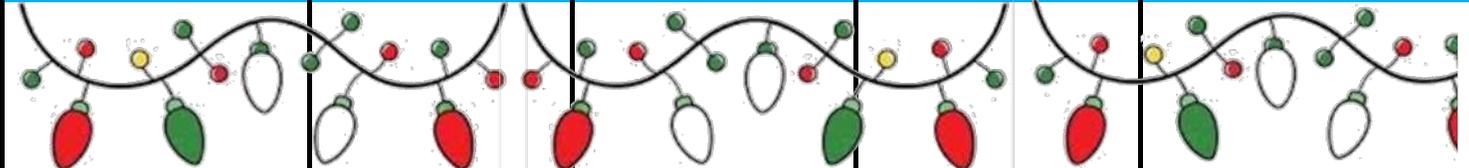


We can have one of our experts conduct a home safety falls risk assessment. Call the COA for more details. 752-1717, x212

Greenville Center Regular Activities

Monday	Tuesday	Wednesday
<p>9:00-9:30am Coffee & Conversation 9:30-10:30am Reflections 11:30am-12:00pm Lunch</p>	<p>9:00-9:30am Coffee & Conversation 10:15-11:15am Fun and Fit 11:30am -12:00pm Lunch</p>	<p>9:00-9:30am Coffee & Conversation 10:30-11:30am Music 11:30am -12:00pm Lunch</p>
Thursday	Friday	Saturday
<p>9:00-9:30am Coffee & Conversation 10:15-11:00am Fun & Fit Exercise 11:30am -12:00pm Lunch</p>	<p>9:00-9:30am Coffee & Conversation 10:00-11:00am Bingo \$1.25 per card 11:30am -12:00pm Lunch</p>	

December Meal Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1 BBQ Pork Chop Cottage Fries Peas Bread Fruit or Juice 2% Milk	2 Roasted Herbed Turkey Breast Bread Dressing w/ Gravy Beets Mashed Sweet Potatoes 100% Orange Juice 2% Milk	3 Beef Stew Cabbage Bread Glazed Apples Sugar Cookie 2% Milk	4 Oven Fried Chicken Breast Sweet Potato Souffle w/ Gravy Corn Brussel Sprouts Bread 2% Milk	5 Country Patty Mashed Potatoes w/Gravy Broccoli Zucchini w/Tomatoes Bread Fudge Brownie 2% Milk
8 Beef Baked Ziti w/Cheese Peas Roll 100% Orange Juice Cinnamon Applesauce 2% Milk	9 Cajun Chicken Thighs Mashed Potatoes w/ Gravy, Beets Green Beans w/Onions Bread Spice Cake 2% Milk	10 Pulled Pork Mac & Cheese Creamy Coleslaw Corn Hamburger Bun 2% Milk	11 Chili con Carne Kidney Beans w/Rice Carrots Corn Chips Strawberry Banana Yogurt 2% Milk	12 Creamed Chicken Macaroni w/Parsley Beets Bread Fruit 2% Milk
15 Creamed Turkey Rice Broccoli Zucchini w/Tomatoes Roll 100% Apple Juice 2% Milk	16 Italian Meat Sauce Macaroni w/Parsley Peas Cauliflower Roll Fruit 2% Milk	17 Peppered Fajita Filling w/Chicken Sautéed Peppers w/ Onions Tortilla Black Beans & Rice Salsa Applesauce 2% Milk	18 Asian Fried Rice w/ Chicken Cauliflower Broccoli Bread Vanilla Pudding 2% Milk	19 Herbed Pork Chop Mashed Potatoes w/Gravy Green Beans w/Onions Carrots Roll Chocolate Cake 2% Milk
22	23	24	25	26
 <div style="background-color: green; color: white; padding: 5px; text-align: center; font-weight: bold;">December 22-January 2, COA is closed. No Meal Delivery</div>				
29	30	31		
				



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 TO SCHEDULE AN APPOINTMENT

December 2025 Community Calendar

Monday	Tuesday	Wednesday
1 9:00am-12:00pm Rummikub 10:00-11:00am \$5 /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 \$ Meditation Workshop 7:00-8:00pm \$6 Line Dancing	2 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 \$1 Senior Fitness 2:00-5:00pm Card Games 2:15-3:15pm \$4 Beginner Soul Line Dancing	3 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 2:00-4:00pm R \$50 Winter Wreath
8 9:00am-12:00pm Rummikub 10:00-11:00am \$5 /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 \$ Meditation Workshop 7:00-8:00pm \$6 Line Dancing	9 10:00am-12:00pm Blood Pressure Screening 10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga 10:00-11:30am R Book Club 1:00-3:00pm Knit & Crochet Group 1:00-2:00pm \$1 Senior Fitness 2:00-5:00pm Card Games 2:15-3:15pm \$4 Beginner Soul Line Dancing	10 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
15 9:00am-12:00pm Rummikub 10:00-11:00am \$5 /mo 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 \$ Meditation Workshop 2:00-3:00pm R Computer Class: Device Health 7:00-8:00pm \$6 Line Dancing	16 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 \$1 Senior Fitness 2:00-5:00pm Card Games 2:15-3:15pm \$4 Beginner Soul Line Dancing 6:00-7:30pm Memory Café	17 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
22	23	24
<p>December 22-January 5, COA is closed. No Meal Delivery</p>		
28	29	30



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Home Care Services Providing Independence in the Comfort of Your Home

December 2025

Thursday	Friday	Saturday
4 11:00am- 3:00pm Rosie's Cards 12:00-4:30pm Canasta or Hand & Foot 1:00-2:00pm \$1 Senior Fitness 2:15-3:00 pm \$4 Mat Pilates 4:00-5:00pm \$ Zumba Gold 5:30-7:00pm TOPS Weight Management	5 10:00-11:30am R \$40 Stained Glass Class 10:00am-2:00pm \$5 R Pocket Angels 12:00-1:00pm R \$ Tai Chi	6 10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga
11 11:00am- 3:00pm Rosie's Cards 12:00-4:30pm Canasta or Hand & Foot 1:00-2:00pm \$1 Senior Fitness 2:15-3:00 pm \$4 Mat Pilates 4:00-5:00pm \$ Zumba Gold 5:30-7:00pm TOPS Weight Management	12 10:00-11:30am R Caregiver's Coffee 10:00-11:00am-11:15 Bookmobile 10:00-11:30am R \$40 Stained Glass Class 12:00-1:00pm R \$ Tai Chi	13 10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga
18 10:00am-12:00pm Physical Therapy Screening 12:00-4:30pm Canasta or Hand & Foot 1:00-2:00pm \$1 Senior Fitness 1:00-3:00pm R \$40 Beginner Wood Carving 2:15-3:00 pm \$4 Mat Pilates 4:00-5:00pm \$ Zumba Gold 5:30-7:00pm TOPS Weight Management	19 10:00-11:30am R \$40 Stained Glass Class 12:00-1:00pm R \$ Tai Chi	20 10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga
25	26	27



December 22-January 2, COA is closed. No Meal Delivery

31 	<i>Drop in any day for Arts & Crafts, Billiards, Cards, Mahjong, or to use the Media Center.</i> ++Call Amanda Biggs 252.414.3230	COA Open 8:00am-5:00pm M-F Additional hours per class schedule Key: \$ = Fee R = Registration Required at 752-1717, x201
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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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SUPPORT OUR ADVERTISERS!

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.



Do Drop In Monday-Friday



Billiards Room

Open 8am-5pm



**Library/
Computers**

Open 8am-5pm

Suggestion Box

Have a suggestion for a class or activity you'd like to see at the COA?

Drop it off in our suggestion box and let's see if we can make it happen!



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

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.



NC Authors Book Club

Tuesday, December 9

10:30am-12:00pm

Call: 752-1717, x201 for information

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)

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.
\$87/Person
Deposit \$45
Balance \$42 due January 20

Thursday
February 19

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.

March 2026

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.

April 2026

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.

June 2026

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

Call 752-1717, x201 for registration and payment information.

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"



Excellence in Aging Services, Programs & Resources



Tuesday, January 27
2:00-3:00pm

Call 752-1717, x201 to register.

**BEGINNER
WOOD
CARVING**

THURSDAYS
JANUARY 8-FEBRUARY 12
1:30-3:00PM
COST: \$40



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- OUTDOOR PROJECTS VOLUNTEERS



health
SCREENINGS

Blood Pressure Screening
Tuesday December 9 | 10am-12pm

Physical Therapy Screening
Thursday December 18 | 10am-12pm

Bookmobile
Friday
December 12
10:45-11:15am



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Council on Aging

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Nancy Bunch
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Leah Rodriguez
John Minges

Patricia Campbell
Alfred Gaston Hathaway III
Lisa Brunette
Bonnie Mincey
Leah Rodriguez
Sylvia Neil
Edith Skaggs
Doris and RM Robinson
Kemp Lee
Harold and Zeta Godboalt



The COA will
be closed
Monday, December 22-
Friday, January 2.

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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Find us at Pitt County Senior Center

Visit our Website:
www.pittcoa.com



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