



PITT COUNTY Council on Aging

MAY 2025
NEWSLETTER

May is
Older Americans Month!
Let's celebrate!

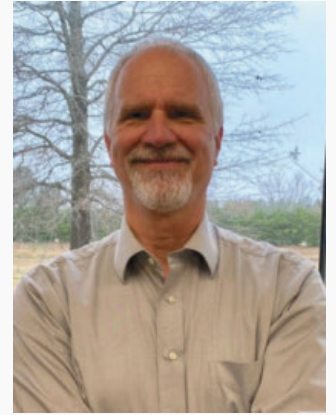


Rich Zeck—Executive Director
Ray Franks—Chair
Sylvia Wheless—Vice Chair
Bill Newill—Treasurer
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Council on Aging
4551 County Home Road
Greenville, NC 27858
Phone: 252-752-1717
Fax: 252-752-9365
www.pittcoa.com





May 2025

Rich Thoughts from the Executive Director

The party has begun at the COA. We celebrate Older Americans Month and the 50th Anniversary of the COA.

Every May, the Administration for Community Living (ACL) leads the nation’s observance of Older Americans Month (OAM), a time to recognize older Americans' contributions, highlight aging trends, and reaffirm our commitment to serving older adults.

The 2025 theme, **Flip the Script on Aging**, focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions. This year, join us in honoring older adults’ contributions, exploring the many opportunities for staying active and engaged as we age, and highlighting the opportunities for purpose, exploration, and connection that come with aging.

Now let’s party. Come to our Open House on Wednesday, May 7th, from 9:00am-4:00pm for a chance to win a HUGE GRAND PRIZE and other GREAT prizes. Besides the drawing, we’ll have informational tables and demonstrations throughout the day. Watch Facebook for details as we get closer to the day.

I want to remind everyone that through the chaos and confusion that loves to creep around us, you can feel safe and secure here at the COA. We’ve got your back!
Now, go enjoy the beauty of the day. Have a fantastic day!

Blessings,

Rich

Rich Zeck



YOU'RE INVITED TO OUR
50TH
ANNIVERSARY
OPEN HOUSE

MAY | 07 | 2025

9:00 AM - 4:00 PM

Demonstrations, Displays,
Light Refreshments, Food Truck, Raffle to include
a Grand Prize \$1000 2026 Trip Voucher!

4551 County Home Road
Greenville, NC



**National Speech-Language-Hearing
Month Celebration!**

*Hearing Screenings, Cognitive Screenings,
Tons of Information, Giveaways!*



Presented by ECU Communications
Sciences and Disorders Department

Friday, May 23

9:00-11:00am

Call 752-1717, x201 to register.

Shattered Art



Tuesday, May 20

9:00am-12:00pm

Cost: \$20

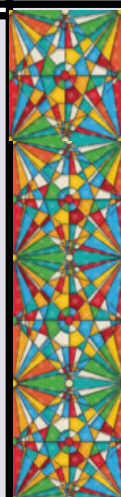
Call 752-1717, x201 to register.

**Cooking With ECU's Farm2Clinic:
Savor the Flavor & Your Health**

Participants will rotate through stations
to learn about optimizing health. They will
engage in hands on activities, interacting
with a variety of health & food models.

Friday, May 30 | 2:00-4:00pm

Call 752-1717, x201 to register.



Beginner Stained Glass

Fridays, May 2-June 6

10:00am-12:00pm

Cost: \$40

Call 752-1717, x201 to register.

LifeStyle Health

Presented by Dr. Billy Smith,
Eastern Physical and Lifestyle Medicine

**Learn how simple changes in lifestyle
can make a big health difference!**

Tuesday, May 27

2:00-3:00pm

Call 752-1717, x201 to register.



Sign Language



Wednesdays, May 7-June 11

Beginner 1:00-2:00pm

Intermediate 2:00-3:00pm

Cost: \$6

Call 752-1717, x201 to register.

Patriotic Garden Flag



May 16 | 10am-4pm | Call 752-1717, x201 to register

Cost \$15 (includes kit and pattern)





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.

**Wednesday, May 7
1pm Education 2pm Clinic**

Glass Blowing Demonstration

Tuesday, May 6
10:00-11:00am

Come and see a fabulous glass blowing demonstration in the courtyard of the COA!
Call 752-1717, x201 to register.



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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, 10:45am-11:45am

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)**

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-12:00pm
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, May 6 & 20
10am

Join our team for 2025!

Call 752-1717 for more information



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

Monday	Tuesday	Wednesday
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
Thursday	Friday	Saturday
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
			Creamed Chicken Macaroni w/Parsley Beets Bread Warm Spiced Peaches 2% Milk	Scalloped Potatoes w/Ham Greens Broccoli Bread Cinnamon Applesauce 2% Milk
5	6	7	8	9
Rotini w/Italian Tomato Sauce Meatballs Peas Corn Roll 100% Apple Juice 2% Milk	Turkey a La King Mashed Potatoes Carrots Cabbage Roll Devil's Food Cake 2% Milk	BBQ Pulled Pork Parsley Potatoes Greens Roll Warm Glazed Apples 2% Milk	Boneless Herbed Chicken Thigh Rice w/Gravy Beets Cauliflower Bread 100% Apple Juice 2% Milk	Beef Patty Mashed Potatoes w/Gravy Green Beans Bread Marble Cake 2% Milk
12	13	14	15	16
Herbed Baked Boneless Chicken Breast Mashed Sweet Potatoes w/ Gravy Peas Bread Streusel Coffeecake 2% Milk	Smoked Sausage Rice w/Sauteed Peppers & Onions Cabbage Bread Warm Spiced Peaches 2% Milk	Tetrizzini w/Turkey Carrots Greens Roll Fudge Brownie 2% Milk	Scrambled Eggs w/Sausage Cheese Corn Grits English Muffin w/Margarine & Jelly 100% Orange Juice Cinnamon Apples 2% Milk	Peppered Fajita Filling Rice & Pinto Beans Tortilla Shredded Cheddar Cheese Hot Spiced Pears 2% Milk
19	20	21	22	23
Franks & Pinto Beans Cabbage Bread w/Margarine Banana Cake 2% Milk	Farmhouse stew w/Diced Turkey Lima Beans Corn Roll 100% Apple Juice 2% Milk	Beef Teriyaki w/Rice Green Beans Bread w/Margarine Fudge Brownie 2% Milk	Boneless Herbed Chicken Thighs Sweet Potato Souffle Cauliflower Beets Bread Devil's Food Cake 2% Milk	Country Patty Mashed Potatoes w/Gravy Okra w/Tomatoes Corn Bread Marble Cake 2% Milk
26	27	28	29	30
 <p>COA Closed. No Meal Delivery</p>	Herbed Pork Chop Rice w/Gravy Carrots Roll Streusel Coffeecake 2% Milk	Tangy BBQ Meat (Ground Chicken) Hamburger Bun Cajun Potatoes Creamy Coleslaw Cinnamon Applesauce 2% Milk	Ham & Black-Eyed Peas Greens Cornbread Warm Glazed Apples 2% Milk	Creamed Chicken w/Parsley Rice Green Beans Bread w/Margarine Warm Spiced Peaches 2% Milk

SUPPORT OUR ADVERTISERS!

May 2025 Community Calendar

Monday	Tuesday	Wednesday
<p><i>Drop in any day for Arts & Crafts, Billiards, Cards, Mahjong, or to use the Media Center.</i></p> <p>++Call Amanda Biggs 252.414.3230</p>	<p>Key: \$ = Fee R = Registration Required</p> <p>**Available Virtually by registering at 752-1717, x201</p>	<p>COA Open 8:00am-5:00pm M-F</p> <p>Additional hours per class schedule</p>
5	6	7
<p>9:00am-12:00pm Rummikub</p> <p>10:00-11:00am \$5 /mos Chair Fitness</p> <p>11:15am-12:00pm \$4 Int Soul Line Dancing</p> <p>12:00-4:00pm Scrapbooking</p> <p>12:30-1:15pm \$4 Stretch and Balance</p> <p>1:30-2:30pm R \$ Tai Chi Workshop</p> <p>7:00-8:00pm \$6 Line Dancing</p>	<p>9:00am-12:00pm Beginners Bridge</p> <p>10:00-11:00am R Volunteer Training</p> <p>10:00am-11:00am R Glass Blowing Demo</p> <p>10:30-11:30am \$ Zumba Gold</p> <p>11:30am-12:30pm \$ Yoga</p> <p>1:00-3:00pm Knit & Crochet Group</p> <p>1:00-2:00pm \$1 Senior Fitness</p> <p>2:00-5:00pm Card Games</p> <p>2:15-3:15pm \$4 Beginner Soul Line Dancing</p>	<p>9:00am-4:00pm COA Open House</p> <p>9:00-11:00am Chess</p> <p>10:00-11:00am \$5/ mo Chair Fitness</p> <p>11:15am-12:15pm \$4 Cardio Dance</p> <p>12:30-5:00pm Quilting Group</p> <p>1:00-2:00pm R \$6 Beginner Sign Language</p> <p>1:00-3:00pm R Advance Care Planning</p> <p>1:00-4:00pm R American Mahjong</p>
12	13	14
<p>9:00am-12:00pm Rummikub</p> <p>10:00-11:00am \$5 /mos Chair Fitness</p> <p>11:15am-12:00pm \$4 Int Soul Line Dancing</p> <p>12:00-4:00pm Scrapbooking</p> <p>12:30-1:15pm \$4 Stretch and Balance</p> <p>1:30-2:30pm R \$ Tai Chi Workshop</p> <p>7:00-8:00pm \$6 Line Dancing</p>	<p>9:00am-11:00pm Threads of Love</p> <p>10:00-11:30am Caregivers Coffee</p> <p>10:00am-12:00pm Blood Pressure Screening</p> <p>10:30-11:30am \$ Zumba Gold</p> <p>10:30am-12:00pm R Book Club</p> <p>11:30am-12:30pm \$ Yoga</p> <p>1:00-3:00pm Knit & Crochet Group</p> <p>1:00-2:00pm \$1 Senior Fitness</p> <p>2:00-5:00pm Card Games</p> <p>2:15-3:15pm \$4 Beginner Soul Line Dancing</p>	<p>9:00-11:00am Chess</p> <p>10:00-11:00am \$5/mo Chair Fitness</p> <p>11:15am-12:15pm \$4 Cardio Dance</p> <p>12:30-5:00pm Quilting Group</p> <p>1:00-2:00pm R \$6 Beginner Sign Language</p> <p>1:00-4:00pm R American Mahjong</p>
19	20	21
<p>9:00am-12:00pm Rummikub</p> <p>10:00-11:00am \$5 /mos Chair Fitness</p> <p>11:15am-12:00pm \$4 Int Soul Line Dancing</p> <p>12:00-4:00pm Scrapbooking</p> <p>12:30-1:15pm \$4 Stretch and Balance</p> <p>1:30-2:30pm R \$ Tai Chi Workshop</p> <p>2:00-3:00pm R Road to Resources: Sleep</p> <p>7:00-8:00pm \$6 Line Dancing</p>	<p>9:00am-12:00pm R \$20 Shattered Art</p> <p>9:00am-12:00pm Beginners Bridge</p> <p>10:00-11:00am R Volunteer Training</p> <p>10:30-11:30am \$ Zumba Gold</p> <p>11:30am-12:30pm \$ Yoga</p> <p>1:00-3:00pm Knit & Crochet Group</p> <p>1:00-2:00pm \$1 Senior Fitness**</p> <p>2:15-3:15pm \$4 Beginner Soul Line Dancing</p>	<p>9:00-11:00am Chess</p> <p>10:00-11:00am \$5/mos Chair Fitness</p> <p>11:15am-12:15pm \$4 Cardio Dance</p> <p>12:30-5:00pm Quilting Group</p> <p>1:00-2:00pm R \$6 Beginner Sign Language</p> <p>1:00-4:00pm R American Mahjong</p> <p>2:00-4:00pm R \$5 Jewelry Class</p>
26	27	28
 <p>COA Closed. No Meal Delivery</p>	<p>10:30-11:30am \$ Zumba Gold</p> <p>11:30am-12:30pm \$ Yoga</p> <p>1:00-3:00pm Knit & Crochet Group</p> <p>1:00-2:00pm \$1 Senior Fitness**</p> <p>2:00-5:00pm Card Games</p> <p>2:00-3:00pm R Lifestyle Health</p> <p>2:15-3:15pm \$4 Beginner Soul Line Dancing</p> <p>6:00-7:30pm Alzheimers Support Group</p>	<p>9:00-11:00am Chess</p> <p>10:00-11:00am \$5/mos Chair Fitness</p> <p>11:15am-12:15pm \$4 Cardio Dance</p> <p>12:30-5:00pm Quilting Group</p> <p>1:00-2:00pm R \$6 Beginner Sign Language</p> <p>1:00-4:00pm R American Mahjong</p>



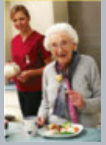
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Home Care Services Providing Independence in the Comfort of Your Home

May 2025

Thursday	Friday	Saturday
1	2	3
<p>10:00am-12:00pm Acrylic Painting 11:00am- 3:00pm Rosie's Cards 12:00-4:30pm Canasta or Hand & Foot 12:00-1:00pm Older Relative Caregiver Support 1:00-2:00pm \$1 Senior Fitness** 1:00-3:00pm R \$40 Beginner Wood Carving 4:00-5:00pm \$ Zumba Gold 5:30-7:00pm TOPS Weight Management</p>	<p>10:00-11:30am R \$40 Stained Glass Class 10:45-11:45am R \$ Tai Chi 6:30-9:30pm R \$10 Spring Fling</p>	<p>10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga</p>
8	9	10
<p>11:00am- 3:00pm Rosie's Cards 12:00-4:30pm Canasta or Hand & Foot 1:00-2:00pm \$1 Senior Fitness** 4:00-5:00pm \$ Zumba Gold 5:30-7:00pm TOPS Weight Management</p>	<p>10:00-11:00am R Caregiver's Coffee 10:00-11:30am R \$40 Stained Glass Class 10:45-11:45am R \$ Tai Chi</p>	<p>10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga</p>
15	16	17
<p>10:00am-12:00pm Physical Therapy Screening 12:00-4:30pm Canasta or Hand & Foot 1:00-2:00pm \$1 Senior Fitness** 4:00-5:00pm \$ Zumba Gold 5:30-7:00pm TOPS Weight Management</p>	<p>10:00am-4:00pm R \$15 Patriotic Garden Flag 10:45-11:15 Bookmobile 10:00-11:30am R \$40 Stained Glass Class 10:45-11:45am R \$ Tai Chi</p>	<p>10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga</p>
22	23	24
<p>11:00am- 3:00pm Rosie's Cards 12:00-4:30pm Canasta or Hand & Foot 1:00-2:00pm \$1 Senior Fitness** 4:00-5:00pm \$ Zumba Gold 5:30-7:00pm TOPS Weight Management</p>	<p>9:00-11:00am R National Hearing Month Event 10:00-11:30am R \$40 Stained Glass Class 10:45-11:45am R \$ Tai Chi</p>	<p>10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga</p>
29	30	31
<p>12:00-4:30pm Canasta or Hand & Foot 1:00-2:00pm \$1 Senior Fitness** 4:00-5:00pm \$ Zumba Gold 5:30-7:00pm TOPS Weight Management</p>	<p>10:00-11:30am R \$40 Stained Glass Class 10:45-11:45am R \$ Tai Chi 2:00-4:00pm R \$5 Farm 2 Clinic Cooking Class</p>	

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



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



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



West Virginia Train Adventure: 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, stunning views of the Blackwater State Park Overlook.

August 19-21, 2026 \$769 Per Person/Double Occupancy



Iceland: 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, tour the awe-inspiring grand Golden Circle, a lunch at Frioheimar Farms, tour of Reykjavik, visit Snaefellsnes Peninsula, and a special overnight in Glacier Lagoon!

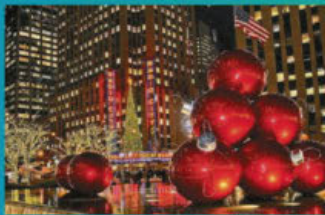
October 5-October 12, 2026 \$3999 Per Person/Double Occupancy

2026 Trips Continued



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



New York City Christmas: 4 day/3 night package includes dinner at a NYC Restaurant, Orchestra seating for the Radio City Music Hall Christmas Spectacular, guided tour of NYC, shopping in NYC, a visit to the 9/11 Memorial, and more!

December 7-10, 2026 \$979 Per Person/Double Occupancy

Stay safe at home with



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 Involvement in community activities is essential for well-being. Our newsletter provides valuable information and resources to help you stay engaged and supported.

SECTION HEADINGS
 Stay informed about the latest news and events in your community. Our newsletter covers a wide range of topics, from local news to national trends.

PREVENT TYPE 2 DIABETES AND HEART DISEASE. FREE PROGRAM. SCIENCE-BASED HEALTHY AGING.

"Lowered blood sugar (HbA1c) from 6.7 to 6.2%. I am now off cholesterol and blood pressure medication. I have lost 6 inches off my waist and 25 pounds. Very pleased with the results!"
 Joann R., 68 y.o.



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www.monitormyhealth.org





Community Shred Event AND Medicine Drop



Friday, May 9, 2025

10:00am-1:00pm
(or until truck is filled)

Farmville Community Center
3886 S. Main Street, Farmville, NC

Shred: 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.
Enter to win one of two home office shredders.



NC Authors Book Club

Tuesday, May 13
10:30am-12:00pm

Call 752-1717, x201



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

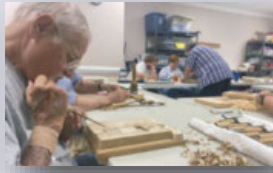
Greenville Senior Wellness Center

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

West Greenville Senior Wellness Center

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

Beginner Wood Carving



June 5-July 10
1:00-3:00pm
Cost: \$40
Call 752-1717, x201 to register.

Patriotic Wreath



Wednesday, June 4
2:00-4:00pm \$40
(includes supplies)
Call 752-1717, x201
to register.



Positive Approach to Care

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

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

Sewing: Pop-Up Basket

Friday, June 20 | 10:00am-4:00pm
Cost: \$15



Call 752-1717, x201
To register.

**SAVE
THE DATE!**

Living Healthy With Diabetes
A Diabetes Self-Management Program

- **Explore Healthy Eating**
- **Stress Management**
- **Action Planning-Setting Weekly Goals You Can Achieve!**



Thursdays, July 10-August 14 | 9:30am-12:00pm
(Pre-registration required by July 7)
Call 752-1717, x201 to register.

Jewelry Making



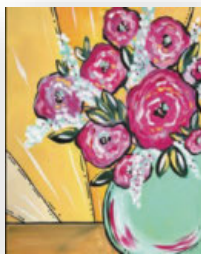
Wednesday, May 21
2:00-4:00pm | Cost: \$5
Call 752-1717, x201 to register.

Painting with Gilda

Tuesday, June 17
9:00am-12:00pm
Cost: \$35



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”



Caregiver's Coffee

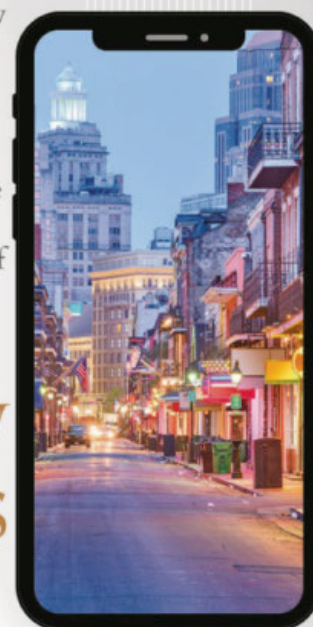
2nd Tuesday of Each Month
10:00am-11:30am

Resources, Stress-free environment,
Fellowship, and Refreshments

Call 252-752-1717 Ext. 213 for more details

What Awaits You:
6 day/5 night package
includes dinner at the New
Orleans School of
Cooking, a steamboat
cruise on the Mississippi
River, a guided tour of
New Orleans, a visit to the
French quarter, a visit to
the Mardi Gras Museum of
Costumes & Culture, &
Harrah's Casino!

New Orleans



November 2-7, 2025
\$1309 per person/double occupancy

2025 Day Trippin'



Norfolk Bingo Cruise: Back by popular demand! View scenic views of the US Navy's Atlantic Fleet and the city skyline during this 2 hour bingo cruise. Enjoy live entertainment, lunch buffet, and bingo! Wednesday, June 18. \$115 per person Deposit: \$60; Balance \$55 Due: May 30.



The Wiz: This Tony Award winning Best Musical is returning to DPAC. We will stop for dinner at a nearby restaurant (not included) and proceed to the Durham Performing Arts Center for the show. Wednesday, August 6 \$115 per person Deposit: \$60 Balance \$55 Due: July 1.



Beauty & the Beast: Disney's 30th Anniversary Production of the breathtaking musical filled with the romance and grandeur audiences know and love. Dinner prior to show (not included) Wednesday, September 3. \$128 per person (Deposit: \$64 Balance \$64 Due: August 1, 2025)



Wright Brothers, Elizabethan Gardens & Outer Banks Seafood Festival: We'll travel to Kill Devil Hills, the birthplace of powered flight, the Elizabethan Gardens in Manteo, and then conclude at the Outer Banks Seafood Festival in Nags Head. Saturday, October 18 \$120 per person Deposit: \$60 Balance: \$60 Due: September 2, 2025



NC Chinese Lantern Festival: View the region's most stunning holiday tradition! More than 40 all new larger than life displays composed of hundred of parts, and thousands of lights! Food vendors onsite (not included in cost) November 2025 Details Pending



Myrtle Beach & Motown Christmas: We'll explore the various sites at Broadway at the Beach, including the Festival of the Trees, dine at a local seafood restaurant (not included), and enjoy an evening of soulful entertainment watching the Original Motown Christmas Tribute Show. Wednesday, December 10. \$152 per person Deposit: \$76 Balance: \$76 Due: November 3, 2025

**For information on how to be part of the fun call
752-1717, x201**

Spring Fling

Friday, May 2

6:30-9:30pm

Cost \$10

Join us for a Spring Dance & Social!

Enjoy games, dancing & making new friends.

Call 752-1717, x201 to register.



health
SCREENINGS

Blood Pressure Screening

Tuesday, May 13 | 10am-12pm

Physical Therapy Screening

Thursday, May 15 10am-12pm

Hearing Screening

Friday, May 23 9-11am

Bookmobile

Friday

May 16

10:45-11:15am



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**The Council on Aging
will be closed on
Monday, May 26**



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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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.

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