



# PITT COUNTY

Council on Aging

APRIL 2025  
NEWSLETTER



**Rich Zeck**—Executive Director  
**Ray Franks**—Chair  
**Sylvia Wheless**—Vice Chair  
**Bill Newill**—Treasurer  
**Melissa Briley**—Secretary



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



April 2025

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

Greetings Family and Friends,

What a wonderful time of year—Easter, spring break, our annual craft fair, warmer weather... life is good!

This year marks a huge milestone for the Council on Aging—our **50th anniversary!** Hard to believe we've been serving this community for half a century. While our primary focus is older adults, we know that aging affects everyone—families, friends, and caregivers alike. We're here to support them all.

Being a nonprofit comes with challenges, especially in times of economic strain. But one thing never changes—**our community's incredible support.** I get a front-row seat to witness the generosity of those who give their time, resources, and talents to COA. It's truly inspiring. To celebrate **50 amazing years,** we're throwing a **HUGE open house party on Wednesday, May 7th!** Stay tuned for details, but trust me, you won't want to miss it. This is our chance to introduce ourselves to those who may not know us and to celebrate with those who do.

Here's how you can help:

- ✓ Spread the word. Tell your friends.
- ✓ Share our social media posts.
- ✓ Channel your inner Paul Revere—okay, maybe don't gallop through town shouting, but you get the idea!

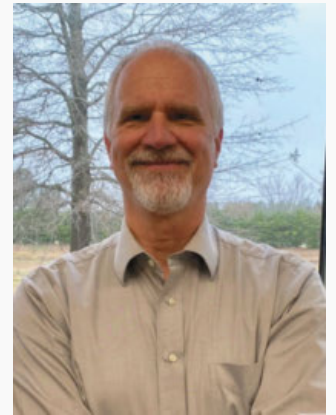
Most importantly, **mark your calendar for May 7th** and join us as we celebrate **you**—our incredible supporters—and everything we've accomplished together.

Now, go enjoy the beauty of spring. Have a fantastic day!

Blessings,

*Rich*

Rich Zeck



A vibrant poster for the COA Springfest event. The background is a light gray square with a thick yellow border. The square is framed by a decorative border of colorful, stylized flowers in shades of pink, red, yellow, and blue, with green leaves. The text is centered and uses a mix of bold, colorful fonts. The main title 'COA SPRINGFEST' is the largest, with 'COA' in blue and 'SPRINGFEST' in a multi-colored font. Below it, 'CRAFT & VENDOR FAIR' is in pink, and 'April 5 | 10am-2 p.m.' is in orange. The next section, 'OVER 50 VENDORS, FOOD TRUCKS, SOMETHING FOR EVERYONE!', is in blue and pink. The final section, 'Council on Aging 4551 County Home Road Greenville, NC', is in orange.

# COA SPRINGFEST

**CRAFT & VENDOR FAIR**  
**April 5 | 10am-2 p.m.**

**OVER 50 VENDORS,  
FOOD TRUCKS,  
SOMETHING FOR  
EVERYONE!**

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



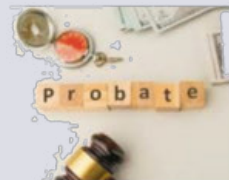
**Tai Chi Workshop**  
**Eight Pieces of Brocade**



Mondays, April 7-May 19  
1:30-2:30pm | Cost: Donation

**Estate Administration/Probate**

With Charlotte Ann Alexander



Friday, April 11  
3:00-4:30pm  
Call 752-1717, x201 to register.

**Cooking With ECU's**

**Farm2Clinic:**



**Eat the Rainbow**  
**with Fruits and Vegetables**

Friday, April 25 | 2:00-4:00pm

Learn the health benefits of “eating the rainbow” by eating a variety of colorful fruits and vegetables, and participate in hands-on cooking to prepare tasty vegetable focused snacks and side dishes.

**Cost: \$20 | Call 752-1717 x201 to register.**

**Beginner Wood Carving**



Thurs- days,

April 3-May 8

1:00-3:00PM

Cost: \$45 (includes supplies)

**Hello Spring Wood**  
**Door Hanger**



Tuesday, April 22 | 10am-12pm

Cost: \$40

Call 752-1717, x201 to register.

**Virtual Dementia Tour**



Wednesday, April 2 | 2:00-4:00pm

Call to schedule

20 minute appointment.

752-1717, x201



# Fraud Education/ Bingo

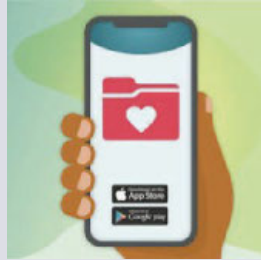
Presented by  
Southern Bank

Fraud BINGO				
F	R	A	U	D
8 <small>Other persons are most likely to use lengths of a scam.</small>	29 <small>The 800 and 1-800 toll-free numbers are free.</small>	39 <small>Don't give a second chance to a scammer.</small>	56 <small>Red flag: "Too good to be true."</small>	65 <small>Educate family and friends on how to identify and avoid digital fraudsters.</small>
1 <small>Never give your personal info to someone you don't know.</small>	26 <small>Use Caller ID.</small>	37 <small>Research phone numbers before calling.</small>	49 <small>If you are told the opportunity cannot be kept a secret, walk away.</small>	64 <small>Many scams are just variations on older schemes.</small>
15 <small>If you are offered a number of awards for the subscription cost.</small>	20 <small>Free Fraud Info: Call the Department of Banking and Finance at 1-877-424-3243.</small>	FREE <small>2018 Fraud Info: Call the Department of Banking and Finance at 1-877-424-3243.</small>	51 <small>If you are told the opportunity cannot be kept a secret, walk away.</small>	67 <small>If you are offered a number of awards for the subscription cost.</small>
3 <small>Check for missing letters or checkers on bank statements.</small>	23 <small>Read the fine print before you sign up.</small>	35 <small>Do not give your personal info to anyone you don't know.</small>	57 <small>Red flag: "Too good to be true."</small>	74 <small>Be aware: "Remember your gut instinct."</small>
10 <small>A change regularly will not give you access to transfer money.</small>	28 <small>Home improvement contractors should be registered with the Building Trades.</small>	32 <small>Do not give your personal info to anyone you don't know.</small>	46 <small>If the scam person offers you a "guaranteed" return, walk away.</small>	68 <small>Never give a scammer your personal info.</small>

Wednesday, April 23  
2:00-3:00pm  
Call 752-1717, x201  
to register.

# MyChart

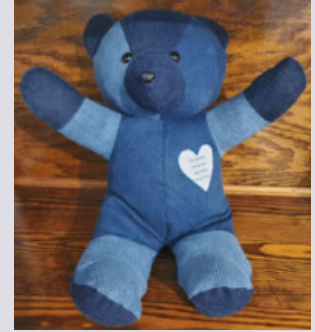
Monday, April 28  
2:00-3:00pm



Learn how to access  
your medical records  
and billing!  
Call 752-1717, x201  
To register.

# Sewing:Memory Bears

Friday, April 11  
10:00am-4:00pm



Call 752-1717, x201  
to register and get a  
supplies list.



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**Rich Fernbach**

[rfernbach@lpicommunities.com](mailto:rfernbach@lpicommunities.com)  
**(800) 477-4574 x3675**

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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, April 5 & 15  
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
<b>9:00-9:30am</b> Coffee & Conversation <b>9:30-10:30am</b> Reflections <b>11:30am-12:00pm</b> Lunch	<b>9:00-9:30am</b> Coffee & Conversation <b>10:15-11:15am</b> Bingocize/Fun and Fit <b>11:30am -12:00pm</b> Lunch	<b>9:00-9:30am</b> Coffee & Conversation <b>10:30-11:30am</b> Music <b>11:30am -12:00pm</b> Lunch
Thursday	Friday	Saturday
<b>9:00-9:30am</b> Coffee & Conversation <b>10:15-11:00am</b> Fun & Fit Exercise <b>11:30am -12:00pm</b> Lunch	<b>9:00-9:30am</b> Coffee & Conversation <b>10:00-11:00am</b> Bingo \$1.25 per card <b>11:30am -12:00pm</b> Lunch	



## April Meal Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	BBQ Chicken Mac & Cheese Lima Beans Okra w/Tomatoes Bread 100% Orange Juice 2% Milk	Herbed Pork Chop Brown Rice w/Gravy Carrots Roll Warm Glazed Apples 2% Milk	Creamed Chicken Macaroni w/Parsley Beets Bread Warm Spiced Peaches 2% Milk	Scalloped Potatoes w/Ham Greens Broccoli Bread Cinnamon Applesauce 2% Milk
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
Turkey a la King Mashed Potatoes Corn O'Brien Cabbage Bread 2% Milk	BBQ Pork Chop Potatoes w/Onions Bussels Sprouts Cauliflower Bread 100% Apple Juice 2% Milk	Italian Tomato Sauce w/ Turkey Rotini w/Parsley Broccoli Carrots Roll Marble Cake 2% Milk	Taco Filling w/Turkey Black Beans & Corn Salsa Tortilla Shredded Cheddar Cheese Rice Warm Spiced Peaches 2% Milk	Creamy Chicken Rice Soup Green Beans Peas Roll Saltine Crackers Fudge Brownie 2% Milk
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Herbed Baked Boneless Chicken Breast Brown Rice w/Gravy Okra w/Tomatoes Bread Cinnamon Applesauce 2% Milk	Turkey Alfredo Peas Irish Blend Vegetables Bread Fudge Brownie 2% Milk	Franks & Pinto Beans Cabbage Carrots Bread Marble Cake 2% Milk	Scrambled Eggs w/ Sausage Cheesy Corn Grits Bread w/Margerine & Jelly 100% Orange Juice Warm Glazed Apples 2% Milk	<b>GOOD FRIDAY</b>  <b>COUNCIL On AGING</b> <b>CLOSED</b> <b>No Meal Delivery</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Pork Ham Sweet Potato Souffle Cauliflower Brussel Sprouts Bread 2% Milk	Chicken Teriyaki Brown Rice Isish Blend Vegetables Roll Orange 2% Milk	Stuffed Green Pepper w/ Beef Corn Cabbage Bread Banana Cake 2% Milk	BBQ Pulled Chicken Succotash Green Beans Bread Warm Glazed Apples 2% Milk	Beef & Cheese Rotini Peas Carrots Bread 100% Apple Juice 2% Milk
<b>28</b>	<b>29</b>	<b>30</b>		
Roast Beef Mashed Potatoes w/Gravy Green Beans Corn Bread Fudge Brownie 2% Milk	BBQ Chicken Mac & Cheese Lima Beans Okra w/Tomatoes Bread 100% Orange Juice 2% Milk	Herbed Pork Chop Brown Rice w/Gravy Carrots Roll Warm Glazed Apples 2% Milk		



# SUPPORT OUR ADVERTISERS!

## April 2025 Community Calendar

Monday	Tuesday	Wednesday
	1	2
	<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 &amp; Crochet Group            1:00-2:00pm \$1 Senior Fitness            2:00-5:00pm Card Games            2:15-3:15pm \$4 Beginner Soul Line Dancing</p>	<p>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            1:00-2:00pm R \$6 Sign Language            1:00-4:00pm R American Mahjong            2:00-4:00pm R Virtual Dementia Tour</p>
7	8	9
<p>9:00am-12:00pm Rummikub            10:00-11:00am \$5 /mos Chair Fitness            11:15am-12:00pm \$4 Int Soul Line Dancing            12:00-4:00pm Scrapbooking            12:30-1:15pm \$4 Stretch and Balance            1:30-2:30pm R \$ Tai Chi Workshop            7:00-8:00pm \$6 Line Dancing</p>	<p>9:00am-11:00pm Threads of Love            10:00am-12:00pm Blood Pressure Screening            10:30-11:30am \$ Zumba Gold            10:30am-12:00pm R Book Club            11:30am-12:30pm \$ Yoga            1:00-3:00pm Knit &amp; Crochet Group            1:00-2:00pm \$1 Senior Fitness            2:00-5:00pm Card Games            2:15-3:15pm \$4 Beginner Soul Line Dancing</p>	<p>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            1:00-2:00pm R \$6 Sign Language            1:00-4:00pm R American Mahjong</p>
14	15	16
<p>9:00am-12:00pm Rummikub            10:00-11:00am \$5 /mos Chair Fitness            11:15am-12:00pm \$4 Int Soul Line Dancing            12:00-4:00pm Scrapbooking            12:30-1:15pm \$4 Stretch and Balance            1:30-2:30pm R \$ Tai Chi Workshop            7:00-8:00pm \$6 Line Dancing</p>	<p>9:00am-12:00pm Beginners Bridge            10:00-11:00am R Volunteer Training            10:30-11:30am \$ Zumba Gold            10:30am-12:00pm R Book Club            11:30am-12:30pm \$ Yoga            1:00-3:00pm Knit &amp; Crochet Group            1:00-2:00pm \$1 Senior Fitness**            2:15-3:15pm \$4 Beginner Soul Line Dancing</p>	<p>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            1:00-2:00pm R \$6 Sign Language            1:00-4:00pm R American Mahjong</p>
21	22	23
<p>9:00am-12:00pm Rummikub            10:00-11:00am \$5 /mos Chair Fitness            11:15am-12:00pm \$4 Int Soul Line Dancing            12:00-4:00pm Scrapbooking            12:30-1:15pm \$4 Stretch and Balance            1:30-2:30pm R \$ Tai Chi Workshop            2:00-3:00pm R Road to Resources: Sleep            7:00-8:00pm \$6 Line Dancing</p>	<p>10:00am-12:00pm R \$40 Door Hanger            10:30-11:30am \$ Zumba Gold            11:30am-12:30pm \$ Yoga            1:00-3:00pm Knit &amp; Crochet Group            1:00-2:00pm \$1 Senior Fitness**            2:15-3:15pm \$4 Beginner Soul Line Dancing            6:00-7:30pm Alzheimers Support Group</p>	<p>9:00-11:00am Chess            10:00-11:00am \$5/mos Chair Fitness            11:15am-12:15pm \$4 Cardio Dance            12:30-5:00pm Quilting Group            1:00-2:00pm R \$6 Sign Language            1:00-4:00pm R American Mahjong            2:00-3:00pm R Fraud Educ./Bingo            2:00-4:00pm R \$5 Jewelry Class</p>
28	29	30
<p>9:00am-12:00pm Rummikub            10:00-11:00am \$5 /mos Chair Fitness            11:15am-12:00pm R \$4 Int Soul Line Dancing            12:00-4:00pm Scrapbooking            12:30-1:15pm \$4 Stretch and Balance            1:30-2:30pm R \$ Tai Chi Workshop            2:00-3:00pm R My Chart            7:00-8:00pm \$6 Line Dancing</p>	<p>10:30-11:30am \$ Zumba Gold            11:30am-12:30pm \$ Yoga            1:00-3:00pm Knit &amp; Crochet Group            1:00-2:00pm \$1 Senior Fitness**            2:00-5:00pm Card Games            2:15-3:15pm \$4 Beginner Soul Line Dancing</p>	<p>9:00-11:00am Chess            10:00-11:00am \$5/mos Chair Fitness            11:15am-12:15pm \$4 Cardio Dance            12:30-5:00pm Quilting Group            1:00-2:00pm R \$6 Sign Language            1:00-4:00pm R American Mahjong</p>



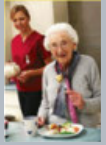
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## April 2025

Thursday	Friday	Saturday
<b>3</b> 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	<b>4</b> 10:00-11:30am R \$40 Stained Glass Class 10:45-11:15 Bookmobile 10:45-11:45am R \$ Tai Chi	<b>5</b> <p style="text-align: center;"><b>SpringFest</b> 10a-2p</p>
<b>10</b> 11:00am- 3:00pm Rosie's Cards 12:00-4:30pm Canasta or Hand & Foot 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	<b>11</b> 10:00-11:00am R Caregiver's Coffee 10:00-11:30am R \$40 Stained Glass Class 10:00am—4:00pm R Memory Bears 10:45-11:45am R \$ Tai Chi 3:00-4:30pm R Estate Administration	<b>12</b> 10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga
<b>17</b> 12:00-4:30pm Canasta or Hand & Foot 1:00-2:00pm \$1 Senior Fitness** 1:30-3:00pm R \$40 Beginner Wood Carving 4:00-5:00pm \$ Zumba Gold 5:30-7:00pm TOPS Weight Management	<b>18</b> <div style="text-align: center;">             COA Closed. No Meal Delivery.         </div>	<b>19</b> 10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga
<b>24</b> 10:00-11:00am R Non Surgical Pain Relief 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 \$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	<b>25</b> 10:45-11:15 Bookmobile 10:45-11:45am R \$ Tai Chi 2:00-4:00pm R \$20 Farm 2 Clinic Cooking Class	<b>26</b> 10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga
Drop in any day for Arts & Crafts, Billiards, Cards, Mahjong, or to use the Media Center. ++Call Amanda Biggs 252.414.3230	Key: \$ = Fee R = Registration Required **Available Virtually by registering at 752-1717, x201	COA Open 8:00am-5:00pm M-F Additional hours per class schedule

## **We've Added A New Orleans Trip!!**



**New Orleans #2: : 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 2-7, 2025 \$1309 Per Person/Double Occupancy**

## **The following trips have filled, but you may be added to the waiting list.**

**Cape Cod, Boston & Martha's Vineyard:**

**June 15-20, 2025 \$1309 Per Person/Double Occupancy**

**Explore the Mediterranean:**

**September 12-21, 2025**

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

**Fall In The Hudson River Valley**

**October 6-9, 2025**

**\$809 Per Person/Double Occupancy**

**New Orleans #1:**

**November 9-14, 2025**

**\$1309 Per Person/Double Occupancy**

**Lancaster, PA:**

**July 15-17, 2025 \$539 Per Person/Double Occupancy**

**Christmas in Historic Savannah:**

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

# 2025 DayTrippin'



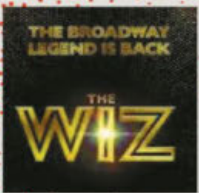
**NC Azalea Festival:** Wilmington's annual community celebration. Enjoy the parade with beautiful floats, giant balloons, and marching bands. The street fair provides shopping, food options, and entertainment.  
Saturday, April 5 \$68/person Deposit: \$34; Balance \$34  
Due: March 14.



**Kitty Hawk, NC:** Visit the location of the Wright Brothers first flight! We'll be visiting the Visitor's Center, Monument and other historic sites at Kill Devil Hills. After exploring the area, we'll stop for dinner at a local seafood restaurant. Details TBA



**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.

Stay safe at home with



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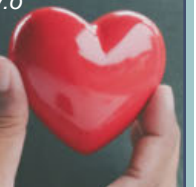
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"Lowered blood sugar (HbA1c) from 6.7 to 6.2%. I am now off cholesterol and blood pressure medication. I have lost 6 inches off my waist and 25 pounds. Very pleased with the results!"  
Joann R., 68 y.o



**(800) 899-4374**  
[www.monitormyhealth.org](http://www.monitormyhealth.org)

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



### NC Authors Book Club

Tuesday, April 8  
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

# SAVE THE DATE



07 MAY 2025



## Community Shred Event

Friday, May 9  
10:00am-1:00pm  
Farmville Community Center  
3886 S. Main Street  
Farmville, NC



Limit of 3 boxes/bags. No binders or binder clips.

Enter to win one of two home office shredders.



### Jewelry Making



Wednesday, April 23  
2:00-4:00pm | Cost: \$5  
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.

### 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”



## 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

**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.*



ROAD TO RESOURCES

A Guide to Services for Older Adults

## Sleep Disorders in Older Adults

Do you or a loved one find it difficult falling asleep or staying asleep? Attend this informative presentation by Dr. Frances Li Smith who specializes in sleep medicine and neurology.



Monday, April 21, 2025 2:00pm - 3:00pm  
4551 County Home Road, Greenville  
Call 252-752-1717 ext 201 to register



## Non-Surgical Pain

### Relief Therapy

With QC Kinetix



**Thursday, April 24**

**10:00am-11:00am**

Feeling the pain but wishing for a nonsurgical alternative?

Learn about:  
regenerative cellular therapy.

Call 752-1717, x201

To register.

## Glass Blowing Demo

Tuesday,

May 6

2:00-3:00pm



Come and see a fabulous  
glass blowing

demonstration in the  
courtyard of the COA!

Call 752-1717, x201 to  
register.



## Caregiver's Coffee

April 11, 2024

10:00am-11:30am

- Resources
- Fellowship w/ other Caregivers
- A stress-free environment
- Coffee and light refreshments

**3HC will be presenting**

Call 252-752-1717 Ext. 201 to register



*Spring Fling*

*Join us for a Spring Dance & Social!  
Enjoy games, dancing, & making new friends!  
Light Refreshments Provided.  
Friday, May 2, 6:30-9:30pm / Cost \$10  
Call 752-1717, x201 to register.*



**Blood Pressure Screening**

Tuesday, April 8 | 10am-12pm

**Physical Therapy Screening**

Thursday, April 17 | 10am-12pm

**Bookmobile**

**Friday**

**April 4 & 25**

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



# QC Kinētix<sup>®</sup>

NON-SURGICAL REGENERATION



The Nation's Leader in Non-Surgical  
Regeneration for Joint Pain Relief  
**No Surgery - No Drugs - No Downtime**



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

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

QC Kinetix - 1103B Corporate Dr - Greenville - 27858



## Council on Aging

### Thank you to all the COA Donors!

Alfred Gaston Hathaway III  
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Terri Charles  
Nalalia Burns  
Sharon Ballard  
Amy Carr-Richardson  
Brian Davis  
Tijani Mohammed



The COA will be  
**closed**  
**Friday, April 18 in**  
**observance of**  
**Good Friday.**



### 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 [rzech@pittcoa.com](mailto:rzech@pittcoa.com) for special requests.



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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 wide range of services, programs & resources that promote healthy living and independence.*

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