



PITT COUNTY
Council on Aging

April
2026

Springfest

Over 50
Vendors,
Live Music,
Food
Trucks

Craft & Vendor Fair

Saturday, April 11

10AM-2PM

**NOW ACCEPTING
VENDOR APPLICATIONS**

EMAIL CSHIMER@PITTCOA.COM FOR INFORMATION

April 2026



Greetings Family and Friends,

Happy spring to everyone! April is our trifecta month—Easter, Springfest, and Volunteer Appreciation. That’s an incredible lineup of events.

If you’re new to the area—or if you’ve just been asleep for the past few years—Springfest (and Fallfest) are our premier fundraising and community engagement events of the year. These events bring people together and connect our community not only with one another, but with the important work happening here at the COA. I encourage you to come out and spend a little time—and maybe a little money—with us at the COA on Saturday, April 11.

April is also Volunteer Appreciation Month, and we can never say enough about the importance of volunteers and the impact they have on our community. Nearly 300 volunteers generously give their time helping deliver meals, assisting at our sites, and supporting our office staff.

Nonprofits run lean by design, and our volunteers provide the extra support that allows us to focus on the critical services and programs our seniors depend on. Quite simply, we could not be the agency we are without them.

Interested in volunteering? Give us a call. Trust me—it’s not complicated. You can volunteer as little as one time a month for one hour. There are 720 hours in a month... can you spare just one?

One hour can bring joy, connection, and a smile to a lonely, frail, homebound senior who may have no one else. That’s what selfless volunteers do in our community.

I’m sure you know one. When you see them, thank them for us—because we thank each and every one of them from the bottom of our hearts.

Catch my weekly Facebook video to see what’s on my mind. Have a great day—and enjoy spring.

Blessings,
Rich

Rich Zeck
Executive Director



DRIVING TOWARD INDEPENDENCE:

Safety and Mobility Solutions for Older Adults

**WEDNESDAY,
APRIL 15
1:00-4:30PM**

Join us for a round table discussion lunch and a full afternoon of information!



Including:

- Round Table Discussion with **Lunch Provided**
- Driver Safety
- Skills Testing
- New Car Technology: tips on how to use the latest tech
- Personalized CarFit Adjustment: find the proper fit in *your* vehicle
- Resource Tables: learn about available transportation options

Sponsored by:



Pitt County Council on Aging



Call 752-1717, x201 to register

**Cost includes:
supplies,
lunch &
refreshments**
2x2 \$100
3x3 \$175
4x4 \$250



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WITH DEANNA 30 DESIGNS TO CHOOSE FROM!

Friday, April 17
8:30AM-5PM



Call 752-1717, x201 for more information and to register
Deadline to register: March 27th.



**GARDENING WORKSHOP:
GROWING TOMATOES**

**WEDNESDAY, APRIL 15
2:00-3:00PM**

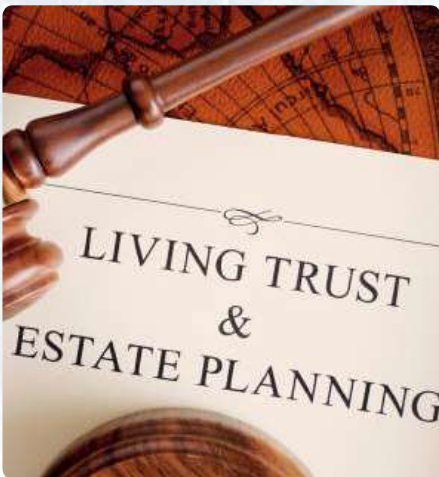
What's the secret to growing that perfect red ripe juicy tomato? Pitt County Master Gardeners will be here to teach us how to properly plant and care for tomatoes!



SPRING PAINTING WITH GILDA

**WEDNESDAY, APRIL 8
10:00AM-12:00PM
COST: \$35 CALL 752-1717, X 201 FOR
INFORMATION**

Pick one of two beautiful spring floral pictures to paint.



**SMART ESTATE PLANNING:
WILLS, TRUSTS AND OTHER PLANNING
TECHNIQUES TO HONOR YOUR WISHES
AND SAVE TIME AND MONEY**

**THURSDAY, APRIL 23
3:00-4:30PM**

Presented by Charlotte Anne Alexander, Elder Law Attorney. Don't miss this essential class for planning for your future and that of your loved ones!



ADVANCE CARE PLANNING

**WEDNESDAY, APRIL 29
1:00-3:00PM**

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.

CALL 752-1717, X201 TO REGISTER



SEWING: RETREAT BAG

FRIDAY, APRIL 17
10:00AM-4:00PM
COST: \$15

You will love this adorable retreat bag! Lined with a zipper closure and lots of room for make up and toiletries! Don't miss this fun class!

Call 752-1717, x201 to register.

BEGINNER WOOD CARVING

THURSDAYS STARTING APRIL 9 - MAY 7
12:30-3:00PM \$40

Time to start a new hobby!
CALL 752-1717, X201 TO REGISTER.

WATER COLOR STUDIO CLASS

WEDNESDAYS STARTING APRIL 1 (ONGOING)
9:00-11:30AM \$60 FOR FOUR SESSIONS

Open to ALL Levels (including beginners!)
CALL 752-1717, X201 TO REGISTER.



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Pitt County Council on Aging and Greenville Senior Center, Greenville, NC

14-1560



CHAIR FITNESS

**MONDAYS & WEDNESDAYS 10:00-11:00AM
\$7/MO, \$3 FOR DROP INS. \$14/MO FOR BOTH**

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



SOUL LINE DANCING

**INTERMEDIATE: MONDAYS 11:15AM-12:15PM
BEGINNER: TUESDAYS 2:15-3:15PM
\$4/CLASS PAID MONTHLY**

Get ready to move & groove to some fun line dances! Dance to soul and r&b music while working up a sweat and burning calories.



STRETCH & BALANCE

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

Increase flexibility and balance through a series of exercises and movements. Must be able to stand for periods of time with no assistance. Mat recommended, but not required.



YOGA FOR EVERYBODY

**TUESDAYS & SATURDAYS 11:30AM-12:30PM
COST: DONATION. RECOMMENDED \$5 BUT
ANY AMOUNT IS APPRECIATED.**

Yoga for Everybody is a 45 minute class designed to improve balance, strength, and flexibility. Bring a mat, towel, and water. You can use a chair if you can't reach the floor comfortably.



SENIOR FITNESS

**TUESDAYS & THURSDAYS 1:00-2:00PM
COST: \$10/MONTH PAYABLE MONTHLY**

Join us for a fun, interactive strength training and cardio workout. Move and groove to great music while burning calories and improving your health. Grab your water bottle and get ready to sweat!



ZUMBA GOLD

**TUESDAYS & SATURDAYS 10:30-11:30AM
AND THURSDAYS 4:00-5:00PM
COST: DONATION. RECOMMENDED \$5**

A low-impact version of Zumba, specifically designed for active older adults. With easy to follow Latin inspired dance moves, we focus on improving heart health, strength, and flexibility.



CARDIO DANCE

**WEDNESDAYS 11:15AM-12:15PM
COST: \$4**

Move & groove to upbeat tunes during the fun low-impact aerobic workout. Enjoy energizing full body exercise and movement while improving your endurance and coordination. No dance experience needed.



MAT PILATES

**THURSDAYS 2:15-3:00PM (MAT REQUIRED)
COST: DONATION**

Mat Pilates is a low-impact, foundational fitness method performed on a mat, focusing on core strength, flexibility, and controlled, flowing movements using only body weight.



TAI CHI EASY

FRIDAYS 12:00-1:00PM

COST: DONATION

A mind-body-spirit form of movement that enhances peace of mind and well being. It includes vitality movements, self massage, Tai Chi moves, and meditation.



MR. D'S LINE DANCE

MONDAYS | 7:00 - 8:00PM

COST: \$6

Mr. D, a Pitt County legend in the line dance world teaches each Monday night at the Council on Aging.



EIGHT PIECES OF BROCADE (TAI CHI)

MONDAYS, APRIL 6-MAY 25 1:30-2:30PM

COST: DONATION

The Eight Pieces of Brocade is a traditional Chinese qigong practice that consists of eight simple yet powerful exercises/positions. It is designed to improve health, energy flow, and flexibility and is excellent for the immune system.

GREENVILLE SENIOR WELLNESS CENTER
WEEKLY CALENDAR

Monday

- 8:30am Coffee & Connection
- 8:50am Reflections
- 9am Bible Study
- 11:30am Lunch Service

Tuesday

- 8:30am Coffee & Connection
- 9:00am Reflections
- 10:00am Chair Exercise
- 10:45am Bingo Free
- 11:30am Lunch Service

Wednesday

- 8:30am Coffee & Connection
- 9:00am Reflections
- 10:15am Music Therapy
- 11:30am Lunch Service

Thursday

- 8:30am Coffee & Connection
- 9:00am Reflections
- 10:15am Chair Exercise
- 10:45am Bowling
- 11:30am Lunch Service

Friday

- 8:30am Coffee & Connection
- 9:00am Reflections
- 10:15am Bingo
(\$1.50/card, limit of 2 cards)
- 11:30am Lunch Service

APRIL MEAL CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Herbed Pork Chop Rice w/Gravy Greens Roll Cinnamon Applesauce 2% Milk	2 Creamed Chicken Macaroni w/Parsley Beets Bread Warm Spiced Peaches 2% Milk	3 COA CLOSED NO MEALS DELIVERED
6 Meatballs w/Italian Tomato Sauce Parsley Rotini Peas Corn Roll 100% Apple Juice 2% Milk	7 Turkey a la King Mashed Potatoes Carrots Cabbage Roll Devil's Food Cake 2% Milk	8 BBQ Pork Chop Parsley Potatoes Greens Roll Warm Glazed Apples 2% Milk	9 Boneless Herbed Chicken Thigh Rice w/Gravy Beets Cauliflower Bread 100% Apple Juice 2% milk	10 Ground Beef Mashed Potatoes w/Gravy Green Beans Bread Marble Cake 2% Milk
13 Herbed Baked Boneless Chicken Breast Mashed Potatoes w/Gravy Peas, Bread Streusel Coffeecake 2% Milk	14 Smoked Turkey Sausage Sauteed Peppers & Onions, Rice Cabbage Bread Warm Spiced Peaches 2% Milk	15 Tetrzzini w/Turkey Carrots Greens Roll Fudge Brownie 2% Milk	16 Scrambled Eggs w/Sausage Cheesy Corn Grits English Muffin Margarine & Jelly 100% Orange Juice Cinnamon Apples 2% Milk	17 Peppered Chicken Fajita Filling Rice Pinto Beans Tortilla Shredded Cheddar Cheese Hot Spiced Pears 2% Milk
20 Franks & Pinto Beans, Cabbage Bread w/Margarine Banana Cake 2% Milk	21 Farmhouse Stew w/Turkey Lima Beans Corn Roll 100% Apple Juice 2% Milk	22 Beef Teriyaki Rice Green Beans Bread w/Margarine Fudge Brownie 2% Milk	23 Boneless Herbed Chicken Thigh Sweet Potato Souffle Cauliflower Beets, Bread Devil's Food Cake 2% Milk	24 Country Patty Mashed Potatoes w/Gravy Okra w/Tomatoes Corn Bread Marble Cake 2% Milk
27 Oven Fried Chicken Breast Mac & Cheese Broccoli Beets Roll w/Margarine Fudge Brownie 2% Milk	28 Herbed Pork Chop Rice w/Gravy Carrots Roll Streusel Coffeecake 2% Milk	29 Tangy BBQ Ground Chicken Hamburger Bun Cajan Potatoes Creamy Coleslaw Cinnamon Applesauce 2% Milk	30 Ham & Black-Eyed Peas Greens Sweet Cornbread Warm Glazed Apples 2% Milk	



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TO SCHEDULE AN APPOINTMENT

APRIL 2026

Monday	Tuesday	Wednesday
		1 9:00-11:00am Chess 9:00-11:30am R \$60/4 Water Color Studio 10:00-11:00am \$7/mo Chair Fitness 11:15am-12:15pm \$4 Cardio Dance 12:30-5:00pm Quilting Group 1:00-4:00pm R American Mahjong
6 9:00am-12:00pm Rummikub 10:00-11:00am \$7 /mos Chair Fitness 11:15am-12:15pm \$4 Int Soul Line Dancing 12:00-4:00pm Scrapbooking 12:30-1:15pm \$4 Stretch and Balance 1:30-2:30pm \$ R Eight Pieces of Brocade 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 \$10/month Senior Fitness 2:00-5:00pm Card Games 2:15-3:15pm \$4 Beg Soul Line Dancing	8 9:00-11:00am Chess 9:00-11:30am R \$60/4 Water Color Studio 10:00-11:00am \$7/mo Chair Fitness 10:00am-12:00pm Foot Screening 10:00am-12:00pm R \$35 Spring Painting 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 10:00-11:00am \$7 /mos Chair Fitness 11:15am-12:15pm \$4 Int Soul Line Dancing 12:00-4:00pm Scrapbooking 12:30-1:15pm \$4 Stretch and Balance 1:30-2:30pm \$ R Eight Pieces of Brocade 7:00-8:00pm \$6 Line Dancing	14 10:00am-12:00pm Blood Pressure Screening 10:30-11:30am \$ Zumba Gold 10:30am-12:00pm NC Book Club 11:30am-12:30pm \$ Yoga 1:00-3:00pm Knit & Crochet Group 1:00-2:00pm \$10/month Senior Fitness 2:00-5:00pm Card Games 2:15-3:15pm \$4 Beg Soul Line Dancing	15 9:00-11:00am Chess 9:00-11:30am R \$60/4 Water Color Studio 10:00-11:00am \$7/mo Chair Fitness 11:15am-12:15pm \$4 Cardio Dance 12:30-5:00pm Quilting Group 1:00-2:00pm \$10 R Beginner Sign Language 1:00-4:00pm R American Mahjong 1:00-4:30pm R Driving Safety 2:00-3:00pm R Gardening: Tomatoes
20 9:00am-12:00pm Rummikub 10:00-11:00am \$7 /mos Chair Fitness 11:15am-12:15pm \$4 Int Soul Line Dancing 12:00-4:00pm Scrapbooking 12:30-1:15pm \$4 Stretch and Balance 1:30-2:30pm \$ R Eight Pieces of Brocade 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 \$10/month Senior Fitness 2:00-5:00pm Card Games 2:15-3:15pm \$4 Beg Soul Line Dancing	22 9:00-11:00am Chess 9:00-11:30am R \$60/4 Water Color Studio 10:00-11:00am \$7/mo Chair Fitness 11:15am-12:15pm \$4 Cardio Dance 12:30-5:00pm Quilting Group 1:00-4:00pm R American Mahjong
27 9:00am-12:00pm Rummikub 10:00-11:00am \$7 /mos Chair Fitness 11:15am-12:15pm \$4 Int Soul Line Dancing 12:00-4:00pm Scrapbooking 12:30-1:15pm \$4 Stretch and Balance 1:30-2:30pm \$ R Eight Pieces of Brocade 7:00-8:00pm \$6 Line Dancing	28 10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga 1:00-3:00pm Knit & Crochet Group 1:00-2:00pm \$10/month Senior Fitness 2:00-5:00pm Card Games 2:15-3:15pm \$4 Beginner Soul Line Dancing 6:00-7:30pm R Memory Cafe	29 9:00-11:00am Chess 9:00-11:30am R \$60/4 Water Color Studio 10:00-11:00am \$7/mo Chair Fitness 11:15am-12:15pm \$4 Cardio Dance 12:30-5:00pm Quilting Group 1:00-3:00pm R Advance Care Planning 1:00-4:00pm R American Mahjong 3:00-5:00pm R Medicare 101



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Thursday	Friday	Saturday
2 9:00-11:30am Ping Pong 10:00am-12:00pm Acrylic Painting 11:00am- 3:00pm Rosie's Cards 12:00-4:30pm Canasta or Hand & Foot 1:00-2:00pm \$10/month Senior Fitness 12:30-3:00pm R \$40 Beg Wood Carving 2:15-3:00 pm \$ Mat Pilates 4:00-5:00pm \$ Zumba Gold 5:30-7:00pm TOPS	3 GOOD FRIDAY COA Closed No Meal Delivery	4 10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga
9 9:00-11:30am Ping Pong 11:00am- 3:00pm Rosie's Cards 12:00-4:30pm Canasta or Hand & Foot 1:00-2:00pm \$10/month Senior Fitness 12:30-3:00pm R \$40 Beg Wood Carving 2:15-3:00 pm \$ Mat Pilates 4:00-5:00pm \$ Zumba Gold 5:30-7:00pm TOPS	10 10:00-11:30am R Caregiver's Coffee 12:00-1:00pm R \$ Tai Chi 1:30-4:30pm Ping Pong	11 SpringFest 10:00am-2:00pm Zumba Gold and Yoga are Canceled
16 9:00-11:30am Ping Pong 10:00am-12:00pm Physical Therapy Screening 11:00am- 3:00pm Rosie's Cards 12:00-4:30pm Canasta or Hand & Foot 1:00-2:00pm \$10/month Senior Fitness 12:30-3:00pm R \$40 Beginner Wood Carving 2:15-3:00 pm \$ Mat Pilates 4:00-5:00pm \$ Zumba Gold --Canceled 5:30-7:00pm TOPS	17 10:00am-4:00pm \$15 R Sewing: Retreat Bag 8:30am-5:00pm R \$Varies Barn Quilt Painting 11:30am-12:15pm Bookmobile 12:00-1:00pm R \$ Tai Chi 1:30-4:30pm Ping Pong	18 10:30-11:30am \$ Zumba Gold - Canceled 11:30am-12:30pm \$ Yoga - Canceled
23 9:00-11:30am Ping Pong 11:00am- 3:00pm Rosie's Cards 12:00-4:30pm Canasta or Hand & Foot 1:00-2:00pm \$10/month Senior Fitness 12:30-3:00pm R \$40 Beginner Wood Carving 2:15-3:00 pm \$ Mat Pilates 3:00-4:30pm R Estate Planning 4:00-5:00pm \$ Zumba Gold 5:30-7:00pm TOPS	24 12:00-1:00pm R \$ Tai Chi 1:30-4:30pm Ping Pong	25 10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga
30 9:00-11:30am Ping Pong 11:00am- 3:00pm Rosie's Cards 12:00-4:30pm Canasta or Hand & Foot 1:00-2:00pm \$10/month Senior Fitness 12:30-3:00pm R \$40 Beginner Wood Carving 2:15-3:00 pm \$ Mat Pilates 4:00-5:00pm \$ Zumba Gold 5:30-7:00pm TOPS		

APRIL 2026



Are you Worried About Falling?

- Are you afraid to stand up to take a shower?
- Do you need grab bars for your bathroom?
- Are you struggling to afford durable medical equipment?
- Do you need handrails at your front or back steps?

We can have one of our experts conduct a home safety/falls risk assessment. Call the COA for more details.

Call 752-1717, x213.



WE NEED VOLUNTEERS!

- Landscaping
- Clerical
- Instructor
- Special Events

Email cshimer@pittcoa.com for more information.



MEALS ON WHEELS TRAINING

You can make a difference in only one hour, one day a week! We need YOU to help deliver meals to homebound adults in our community!

Training: April 7 & 21 at 10am.

Call 752-1717 for more information.

Did You Know We have 6 Senior Wellness Centers?

Ayden Senior Wellness Center

4354 Lee St. Ayden
8:30am-12:30pm

Farmville Senior Wellness Center

3886 S. Main St. Farmville
9am-1pm

Greenville Senior Wellness Center

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

Bethel Senior Wellness Center

7406 Main St. Bethel
9am-1pm

Fountain Senior Wellness Center

6743 E. Wilson St. Fountain
9am-1pm

West Greenville Senior Wellness Center

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

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Pitt County Council on Aging and Greenville Senior Center, Greenville, NC

14-1560

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



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



Iceland #2: 8 day/6 night package includes roundtrip airfare, a traditional Viking Dinner, a 'hunt' for the Northern Lights, an afternoon at the Blue Lagoon, a tour of the grand Golden Circle, a lunch at Frioheimar Farms, a tour of Reykjavik, a visit to Snaefellsnes Peninsula, and Glacier Lagoon!

September 27-October 4, 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



2027 TRIPS

WILL BE ANNOUNCED AT SPRINGFEST 2026

SATURDAY, APRIL 11 | 10AM-2PM

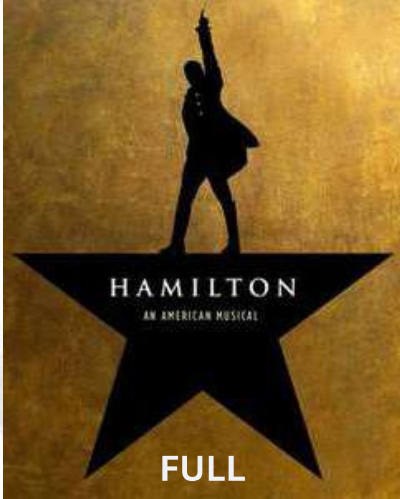


NC State Farmers Market & Restaurant



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. **DATE: Tuesday, May 5, 2026**
\$78/Person. Deposit \$39. Balance \$39 Due April 1

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, and the Pulitzer Prize for Drama. **DATE: Wednesday, June 10**
\$148/Person. Deposit \$74.
Balance \$74 Due March 15

WRIGHT BROTHERS AND DUCK, NC



We'll visit the location of the Wright Brothers first flight, exploring the Visitors Center, Wright Brothers Monument and more. We'll stop for lunch at a local restaurant before traveling to Duck, NC to explore the waterfront and nearby shops.

DATE: Tuesday, June 23, 2026
\$135 Per Person. Deposit \$68. Balance \$67 Due May 20

Ping Pong is BACK!



Thanks to a generous donation from our local community, ping pong has returned to the COA! Come on out every Thursday morning and Friday afternoon to hone your skills!

Thursday 9:00am-11:30am
Friday 1:30pm-4:30pm

Anti-Inflammatory Diet

With Sharon Lewis-Hackler,MS, RDN, LDN, CDCES

Tuesday, May 5
2:00-3:00pm



Reverse Mortgage

with Helen Green, Home Equity Retirement Administrator

Tuesday, May 12
2:00-3:00pm



Sewing: Bucket Hat

Friday, May 15
10:00am-3:00pm
Cost: \$10



Silk Scarf Dyeing

A MOTHERS DAY MAY SPECIAL! CREATE A BEAUTIFUL AND UNIQUE 100% SILK SCARF!

MONDAY, MAY 4 9:00AM-12:00PM

Cost: \$45



Resin Art Flowers

Friday, May 15
10:00am-12:00pm
Cost: \$35



Gardening:

How to Make Fresh Herb Dressing

Wednesday, May 20
2:00pm-3:00pm



Food is Medicine

Presented by Students at the Brody School of Medicine

Fridays May 1-22

2:00-3:00pm

Cost: \$20



Caregivers Coffee



Join fellow caregivers in a stress-free environment. Learn about resources and caregiver strategies while gathered around morning coffee and pastries.

2nd Friday of each month 10:00-11:30am

Call 752-1717, x201 to register.

Memory Cafe



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

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

6:00-6:30pm Dinner

6:30-7:30pm Support Group with Caregivers

6:30-7:30pm Activities with Loved Ones

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FREE MEDICARE SEMINAR

Medicare Counseling in Pitt County is funded in part by
Seniors' Health Insurance Information Program (SHIIP) and ECU Health Foundation

Medicare 101 - The Basics

The seminar is open to anyone new to Medicare or interested in learning more about Medicare.
The seminar will include a question and answer session.

Date: Wednesday, April 29, 2026

Time: 3:00pm - 5:00 pm

Location: Pitt County Council on Aging
4551 County Home Road, Greenville, NC

Registration is Required: 252-752-1717 x 201

For additional information, contact: 919-895-0351



Pitt County
Council on Aging

DO YOU NEED HELP WITH TRANSPORTATION?

If you know someone struggling to pay for transportation for ongoing medical procedures (like dialysis), we may be able to help.

Must be 60 and over and not on Medicaid. Other qualifications may apply. Contact our Aging Services Specialist for more information:
(252) 752-1717, x204



Bookmobile

Friday, April 17

11:30am-12:15pm



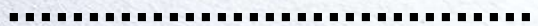
NORTH CAROLINA AUTHORS BOOK CLUB

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

CALL 752-1717, X201 FOR MORE
INFORMATION.



Foot Screening
Wednesday, April 8
10:00am-12:00pm



Blood Pressure Screening
Tuesday, April 14
10:00am-12:00pm



Physical Therapy Screening
Thursday, April 16
10:00am-12:00pm

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- 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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