



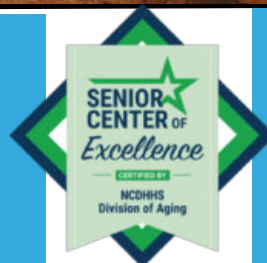
PITT COUNTY

Council on Aging

NOVEMBER 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

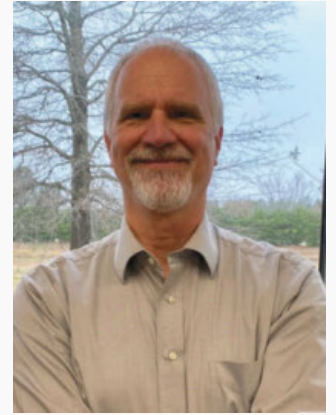


November 2025

Rich Thoughts from the Executive Director

Greetings Family and Friends,

For me, this is the best time of the year. As the year comes to a close and we transition into the winter season, it is a period filled with holidays and an opportunity for personal reassessment and reflection.



Thanksgiving is a day that truly deserves to be celebrated every day. It is a time to be grateful for the many blessings we have received. While many of us will gather with family and friends around the dinner table to enjoy a traditional turkey dinner on Thanksgiving, there are many others who will not have this opportunity. Some will find themselves alone, feeling depressed, and even hungry. It is important to remember how fortunate we are to experience these joyful moments, and also to be thankful for the ability to share our blessings with those in need right here in Pitt County.

I believe that Thanksgiving should be more than just a holiday—it should be an action word that embodies the practice of gratitude. This means appreciating things that we often overlook or take for granted, such as a hot meal, a warm house, clothing, and perhaps most importantly, someone to love and to be loved by. As you enjoy these comforts, as I will, please take a moment to think about a stranger who may be missing these essentials, and say a prayer that someone will help to meet their needs.

We strive to address the significant needs within our community, but our efforts have limits. That is why we rely on our extended “family” who are blessed to, in turn, bless others in whatever way they can. If you are unsure of how you might help, please reach out to me and we can discuss possibilities. On behalf of our COA family, I wish you a wonderful and truly joyful Thanksgiving holiday.

Blessings,

Rich

Rich Zeck
Executive Director



COUNCIL ON AGING

Open House and Rededication

Please Join us on
Wednesday, November 12

2:00-3:00PM

RSVP by calling 752-1717, x201

Memory Cafe

4th Tuesday of Every Month

6:00-6:30pm Dinner

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

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

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

Join us for a comprehensive approach to
caregiving. Bring your loved one with you.
We have activities for them as well.
Every 4th Tuesday of the month



Resin Christmas Trees

With Gilda

Tuesday, November 14 | 2:00-4:00pm

Cost: \$30



Call 752-1717, x201 to register.

Holidays & the Family

How To Deal with Holiday Stress

With Dr. Kim Delgado



November 5 | 2:00-3:00pm

Call 752-1717, x201 to register.

Sewing: Scandinavian Star



November 21

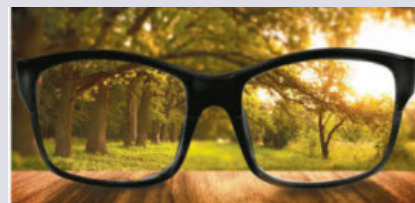
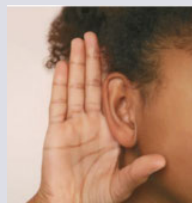
10:00-2:00pm

Cost: \$5

Call 752-1717, x201
to register

**Resource Event for Vision and
Hearing Impaired**

Don't miss this opportunity to learn what
affordable resources are available to assist
you with staying independent!



Tuesday, November 18 | 1-4:30pm

Call 752-1717, x201 to register.

Computers: Logging into Online

Banking and

Other E-Commerce Services

Monday, November 17

2:00-3:00pm

Call 752-1717, x 201 to register.



**Holiday Drum Circle
with ECU**

Music Therapy Students

Tuesday, November 25

2:00-3:00pm

Call 752-1717, x201 to register.



Beginner Wood Carving



Thursdays

November 20-December 18

1:00-3:00pm | Cost \$40

Call 752-1717, x201 to register.



Let's Talk Series

Home Health, Palliative Care, & Hospice: What's the Difference?

Presented by Sarah Taylor,
with ECU Home Health & Hospice

Monday, November 10
2:00-3:30pm



Advance Care Planning & Other End of Life Plans

**Must have Picture ID to
complete Advance Care
Paperwork

Wednesday,
November 12
1:00-3:00pm



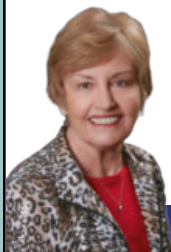
When Life Requires More Help: How to Choose Skilled Nursing or Assisted Living Care

Presented by Laura Jett
and Charlotte Anne Alexander

Thursday, November 13
2:00-3:30pm



Call 752-1717 x201 to register



Liz Freeman, REALTOR®
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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!

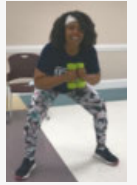


Yoga for Every Body

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)

STRETCH 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, November 4 & 18
10am

Join our team for 2025!

Call 752-1717 for more information



Caregiver's Coffee

2nd Friday of Each Month

10:00am-11:30am

Resources, Stress-free
environment, Fellowship, and
Refreshments

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

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,
Baby/Wedding Showers, 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 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	

November Meal Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3 BBQ Pork Chop Cottage Fries Peas Bread 2% Milk	4 Roasted Herbed Turkey Breast Bread Dressing w/Gravy Mashed sweet Potatoes Beets 2% Milk	5 Beef Stew Cabbage Wheat Bread Glazed Apples 2% Milk	6 Oven Fried Chicken Breast Sweet Potato Souffle w/Gravy Corn Brussell Sprouts Bread 2% Milk	7 Country Patty Mashed Potatoes w/Gravy Broccoli Zucchini w/Tomatoes Bread 2% Milk
10 Beef Baked Ziti w/Cheese Peas Roll 100% Orange Juice Cinnamon Applesauce 2% Milk	 Veterans Day COA Closed No Meal Delivery	12 Pulled Pork Mac & Cheese Coleslaw Corn Hamburger Bun 2% Milk	13 Chili con Carne w/Kidney Beans Rice Carrots Corn Chips Strawberry Banana Yogurt Fruit 2% Milk	14 Creamed Chicken Macaroni w/Parsley Beets Bread Fruit 2% Milk
17 Creamed Turnkey w/Rice Broccoli Zucchini w/Tomatoes Roll 100% Apple Juice 2% Milk	18 Italian Meat Sauce Macaroni w/Parsley Peas Cauliflower Roll Fruit 2% Milk	19 Peppered Fajita Chicken Filling Sauteed Peppers & Onions Tortilla Black Beans & Rice Salsa Applesauce 2% Milk	20 Asian Fried Rice w/Chicken Cauliflower Broccoli Bread Vanilla Pudding 2% Milk	21 Herbed Pork Chop Mashed Potatoes w/Gravy Green Beans w/Onions Carrots Roll Chocolate Cake 2% Milk
24 Chicken Breast Parmesan Macaroni w/Parsley Cabbage Carrots Roll Vanilla Pudding 2% Milk	25 Beef Stuffed Green Pepper Corn Sweet Cornbread Fruit 2% Milk	26 Ham & Black-Eyed Peas Greens Corn Sweet Cornbread Fruit 2% Milk	 COA Closed No Meal Delivery	 COA Closed No Meal Delivery
				



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TO SCHEDULE AN APPOINTMENT

November 2025 Community Calendar

Monday	Tuesday	Wednesday
3 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 7:00-8:00pm \$6 Line Dancing	4 9:00am-12:00pm Beginners Bridge 10:00-11:00am R Volunteer Training 10:30-11:30am \$ Zumba Gold 10:00am-12:00pm Toenail Screening 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	5 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 2:00-3:00pm R Holidays & the Family
10 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 2:00-3:30pm R Home, Palliative & Hospice Care 7:00-8:00pm \$6 Line Dancing	11  COA Closed	12 9:00-11:00am Chess 10:00am-12:00pm Blood Pressure Screening 10:00-11:00am \$5/ 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
17 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 2:00-3:00pm R Computers: E Commerce 7:00-8:00pm \$6 Line Dancing	18 9:00am-12:00pm Beginners Bridge 10:00-11:00am R Volunteer Training 10:00-11:30am R Book Club 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 1:00-4:30 Resources for Hearing & Vision 2:00-5:00pm Card Games 2:15-3:15pm \$4 Beginner Soul Line Dancing	19 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
24 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 7:00-8:00pm \$6 Line Dancing	25 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 2:00-3:00 R Holiday Drum Circle 2:15-3:15pm \$4 Beginner Soul Line Dancing 6:00-7:30pm Memory Café	26 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 1:00-4:00pm R American Mahjong



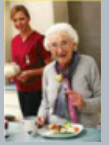
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Home Care Services Providing Independence in the Comfort of Your Home

November 2025

Thursday	Friday	Saturday
6	7	8
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 \$1 Senior Fitness 1:00-3:00pm Volunteer Event 2:15-3:00 pm \$4 Stretch Pilates 4:00-5:00pm \$ Zumba Gold 5:30-7:00pm TOPS Weight Management	10:00-11:30am R \$40 Stained Glass Class 12:00-1:00pm R \$ Tai Chi 3:00-4:30pm R Wills & Trusts	10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga
13	14	15
11:00am- 3:00pm Rosie's Cards 12:00-4:30pm Canasta or Hand & Foot 1:00-2:00pm \$1 Senior Fitness 2:00-3:30pm R Choosing Levels of Care 2:15-3:00 pm \$4 Stretch Pilates 4:00-5:00pm \$ Zumba Gold 5:30-7:00pm TOPS Weight Management	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 2:00-4:00pm R \$30 Resin Christmas Trees	10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga
20	21	22
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 Stretch Pilates 4:00-5:00pm \$ Zumba Gold 5:30-7:00pm TOPS Weight Management	10:00-11:30am R \$40 Stained Glass Class 10:00am-2:00pm R \$5 Scandinavian Star 12:00-1:00pm R \$ Tai Chi	10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga
27	28	29
		
COA Closed No Meal Delivery	COA Closed No Meal Delivery	
	Drop in any day for Arts & Crafts, Billiards, Cards, Mahjong, or to use the Media Center. ++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

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 #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: 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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HOME CARE SERVICES

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- Respite Care
- Alzheimer's and Dementia support
- Chronic Condition Support
- End-of-Life Care
- Companion Care
- 24-hour care



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Council on Aging

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.

Winter Wreath Class



Wednesday
December 3
2:00-4:00pm
Cost: \$50 (includes supplies)
Call 752-1717, x201 to register.

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

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

AARP & COA Volunteer Event

Want to give back, but don't know how?
Come to the AARP and COA Volunteer Event!

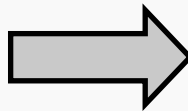


Thursday, November 6 | 1-3pm
This is a floating event.

NC Authors Book Club



Tuesday, November 18 | 10:30am-12:00pm
Call: 752-1717, x201 for more information



Compare 2026 Plans
October 15th—December 7th
Changes take effect January 1st

Medicare Open Enrollment Assistance:

Council on Aging (Pitt County)

All appointments have been filled.

Medicare

1-800-MEDICARE (1-800-633-4227) phone assistance available 24/7
or visit Medicare's website www.Medicare.gov

Some Pharmacies

Check with your local pharmacy to see if they are offering
help with open enrollment.

***Medicare Counseling in Pitt County is made possible with funding from the ECU Health Foundation and SHIP.*

Let's GO

Day Trippin'

Details Coming Soon!



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.

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

Sewing: Charming Pocket Angels



Cost: \$5

Friday, December 5 | 10:00am-2:00pm

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"





Happy **THANKS GIVING**

This year, we're
grateful for **YOU!**

Because of your support, older adults in Pitt County have access to meals, transportation, wellness programs, and friendship that make aging with dignity possible. Help us continue this mission into the New Year.

Give Today!

**Visit www.pittcoa.com or
make a check payable to the
Council on Aging**



WE ARE LOOKING FOR VOLUNTEERS



"EVERYBODY CAN BE GREAT BECAUSE EVERYBODY CAN SERVE." – MARTIN LUTHER KING, JR.

CURRENT NEEDS:

- **VOLUNTEERS FOR MEAL DELIVERY**
- **TECH SAVVY QUALITY ASSURANCE VOLUNTEER**
- **FRONT DESK VOLUNTEERS**
- **PEOPLE LOVING SENIOR WELLNESS CENTER VOLUNTEERS**
- **OUTDOOR PROJECTS VOLUNTEERS**



health
SCREENINGS

Toenail Screening with Bayada Health Care

Tuesday, November 3 | 10am-12pm

Blood Pressure Screening

Tuesday November 12 | 10am-12pm

Physical Therapy Screening

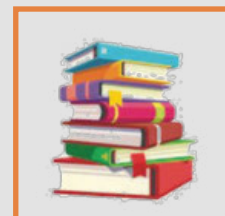
Thursday, November 20 | 10am-12pm

Bookmobile

Friday

November 21

10:45-11:15am



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