



PITT COUNTY
Council on Aging

**October
2026**



FALLFEST

**SATURDAY
OCTOBER 17, 2026
10:00AM-2:00PM**

**FOR VENDOR INFO EMAIL:
CSHIMER@PITTCOA.COM**

**Over 60 Vendors, Food Trucks,
Entertainment featuring the
Tar River Community Band
and the COA Line Dancers!**

October 2026

Rich Thoughts from the Executive Director



Greetings Family and Friends,

What a summer! There was certainly no rest for us, with multiple trips, programs, activities—and, of course, a little drama along the way. Fear not! The COA is bigger, better, and stronger than ever, and we are ready for an even bigger fall—with hopefully a whole lot less drama!

🍁 Fall Fest Is Back! Our annual Fall Fest is happening, and that alone is something to celebrate!

Join us on Saturday, October 17, from 10:00 a.m. to 2:00 p.m. for what promises to be our biggest Fall Fest ever, featuring more than 60 vendors both inside and outside. Fall Fest is our way of opening our doors to the community and showcasing a wonderful variety of arts, crafts, music, food, and activities for people of all ages. Come out, bring your family and friends, and support your neighbors and local vendors. We can't wait to see you!

🚌 Let's Talk Trips! Every now and then, I like to brag a little about some of the things we do—and do really well. Our trips are definitely one of them!

My wife recently had the opportunity to chaperone a trip to West Virginia, and they had an absolute blast. But what I love most about our trips isn't necessarily where we go—it's who we go with. One of the best parts is starting a trip surrounded by people you may not know very well and ending it feeling like you've known them for years. That's the magic of fellowship. If you've never been on one of our trips—or you've been thinking about giving one a try—just do it! The friendships, laughter, experiences, and incredibly affordable destinations make it well worth it.

Stay Connected. There is always something happening at the COA, so make sure you stay connected with us through our Facebook page and other social media platforms. You'll find program updates, upcoming events, trips, activities, photos, and plenty of reasons to stay involved.

Have a great day, enjoy the fall, and we hope to see you soon!
Blessings,

Rich

Rich Zeck
Executive Director

GLASS BLOWING DEMO

TUESDAY, OCTOBER 13
10:00-11:00AM



THEATRE WORKS

TAUGHT BY ZETA GODBOALT

This will be a fun class that incorporates writing and performance. There are no prerequisites for this class except a willingness to learn and follow directions. Students will have the opportunity to perform and/or see their very own works on stage.

**WEDNESDAY, OCTOBER 7-NOVEMBER 18
10AM-12PM**

10/7 INTRODUCTIONS TO THEATRE WORKS AND
SCRIPT GUIDE
10/14 WRITING OUR STORIES
10/21 WRITING AND WORKING - STUDENT
PROJECTS DISCUSSED
10/28 BASIC ACTING
11/4 QUILTING: JOINING WRITTEN PROJECTS
TOGETHER
11/18 REHEARSAL
TBA CLASS PERFORMANCE

FEATURED CLASSES/ Programs

Call 752-1717, x201 to register

03



Dealing With Loss

Thursday, October 22

2:00-3:00pm

Loss is hard and can be overwhelming. Whether loss through a loved one's passing, or loss of a home or job or community, learning ways to cope is important.



Holiday Wreath Making

Wednesday, October 28

2:00-4:00pm \$40

The countdown has begun! Join our wreath class and get your door ready for the upcoming holiday! And how CUTE is this!

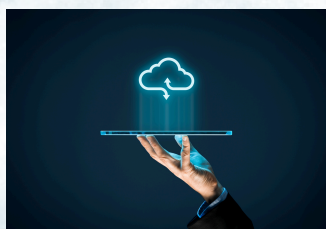


Sewing: Self Binding Placemats

Friday, October 16

10:00am-2:00pm Cost: \$15

New placemats for the holidays! Who doesn't love a fresh table setting?



Technology: Cloud Storage Made Simple

Monday, October 19

2:00-3:00pm

Learn what we mean when we say it's 'on the cloud' and how to maximize cloud storage!



Water Color Studio Class

EVERY WEDNESDAY (ONGOING)

9:30am-12:00pm \$60 FOR FOUR SESSIONS

Open to ALL Levels (including beginners!)



Cell Phone Classes:

Android: Thursday, October 8 2:00-3:30pm

Apple: Thursday, October 15 2:00-3:30pm

Call 752-1717, x201 to register.



Stained Glass

Tuesdays, October 13-November 10

9:00-11:30am Cost: \$75

Learn the basics of cutting, grinding, copper foiling, soldering and framing stained glass. All levels from newbie to expert welcome.



Barn Quilt Painting

Friday, October 30

8:30am-5:00pm Cost: Varies

Registration Deadline: September 25

All designs are created on aluminum composite and painted with outdoor paint



Beginner Bridge Class

Wednesdays

9:30-11:30am Starting October 7

Cost: FREE

Gray Hill Apartments

Professionally Managed by Community Management Corporation
 Section 8 Assistance Available • One & Two Bedroom Apartments for Seniors
 Full Appliance Package • On-Site Laundry Facility
 24-Hour Maintenance • Walking Distance to Grocery Store
 Handicap Accessible Units Available

RENT BASED ON INCOME

6722 Gray Hill Circle, Grifton, NC

Phone: 252-524-3112 • TDD: 1-800-735-2962



Equal Housing Opportunity



Advertise in Our Newsletter!

Contact Scott Messner

smessner@4LPi.com

(800) 950-9952 x6307



Amivie

At Amivie, our name means a friend for life—and that's exactly what we aim to be. For over 20 years, we've delivered trusted, compassionate homecare that helps seniors and veterans live safely and independently at home.

- Quality in-home aides available
- 24/7 Personal Care, Companion Care, Respite & Private Duty

Best Health. Fullest Lives.

800-700-0008

amivie.com or scan code



We're Hiring! Visit us at careers.amivie.com, or text "amiviejobs" to 97211



ADT-Monitored Home Security

Get 24-Hour Protection
 From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



Authorized Provider

SafeStreets

833-287-3502



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: \$4**

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.



Exploring QiGong

Mondays 1:30-2:30pm

Cost: Donation

This ongoing qigong class features rotating movement routines that promote relaxation, balance, flexibility, and healthy energy flow.



Country Line Dancing with Marcy

Wednesdays 12:45-1:45pm

Starting October 7

Cost: \$4/Class

Learn to dance to your favorite country tunes!

Fitness classes do not currently require registration, but it is recommended that you arrive early to assure space availability. Classes will be closed when the attendance meets space limitations.

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
10:45am 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

October Menu

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
			1 Peppered Turkey Breast Bread Dressing w/Creamed Gravy Glazed carrots Broccoli Fudge Brownie 2% Milk	2 Stuffed Green Pepper Corn Bread Warm Glazed Apples 2% Milk
5 BBQ Pork Chop Cottage Fries Peas Bread Fruit or Juice 2% Milk	6 Roasted Herbed Turkey Breast Bread Dressing w/Gravy Beets, Mashed Sweet Potatoes 100% Orange Juice 2% Milk	7 Beef Stew Cabbage Bread Glazed Apples Sugar Cookie 2% Milk	8 Oven Fried Chicken Breast Sweet Potato Souffle w/Gravy Corn Brussell sprouts Bread 2% Milk	9 Country Patty Mashed Potatoes w/Gravy Broccoli Zucchini w/ Tomatoes Bread Fudge Brownie 2% milk
12 Beef Baked Zita w/Cheese Peas Roll 100% Orange Juice Cinnamon Applesauce 2% Milk	13 Cajun Chicken Thighs Mashed Potatoes w/Gravy Beets, Green Beans w/Onions Bread Spice Cake 2% Milk	14 Pulled Pork Mac & Cheese Creamy Coleslaw Corn Hamburger Bun 2% milk	15 Chil con Carne Kidney Beans Rice Carrots Corn Chips Strawberry Banana Yogurt Fruit 2% Milk	16 Creamed Chicken Macaroni w/Parsley Beets Bread Fruit 2% Milk
19 Creamed Turkey Rice Broccoli Corn Roll 100% Apple Juice 2% Milk	20 Italian Meat Sauce Macaroni w/Parsley Peas Cauliflower Roll Fruit 2% Milk	21 Peppered Fajita Filling (Chicken) Sautéed Peppers & Onions, Tortilla Black Beans & Rice, Salsa Applesauce 2% Milk	22 Fried Rice w/Diced Chicken Beets Broccoli Bread Vanilla Pudding 2% Milk	23 Herbed Pork Chop Mashed Potatoes w/Gravy Green Beans w/Onions Carrots Roll Chocolate Cake 2% Milk
26 Chicken Breast Parmesan Macaroni w/Parsley Cabbage Carrots Roll Vanilla Pudding 2% Milk	27 Beef Stuffed Green Pepper Corn Bread Fruit 2% Milk	28 Ham & Black- Eyed Peas Greens Beets Sweet Cornbread Fruit 2% Milk	29 BBQ Chicken Breast Mac & Cheese Carrots Apple Blueberry Oat Crisp 100% Orange Juice 2% Milk	30 Turkey Ziti & Italian Sauce Peas Cauliflower Roll Spice Cake 2% Milk

**UNIVERSITY PC CARE**

Authorized Service Provider

Be sure to ask
about our
Senior Discount

SENIOR TECH SUPPORT MADE EASY BY TECHNICIANS WHO CARE!

GREENVILLE: 1909 E FIRE TOWER RD SUITE F
NEW BERN: 2117 S GLENBURNIE RD. UNIT 6

**CAN'T COME TO US? WE CAN COME TO YOU! CALL US AT 252-558-1280
TO SCHEDULE AN APPOINTMENT**

October 2026**Monday****Tuesday****Wednesday****5**

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 \$ Exploring QiGong
7:00-8:00pm \$6 Line Dancing

6

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

7

9:00-11:00am Chess
9:30-11:30am R Beginner Bridge
9:30-12:00am R \$60/4 Water Color
10:00am-12:00pm R Theater Works
10:00-11:00am \$7/mo Chair Fitness
11:15am-12:15pm \$4 Cardio Dance
12:30-5:00pm Quilting Group
12:45-1:45pm R \$4 Country Line Dance
1:00-4:00pm R American Mahjong

12

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 \$ Exploring QiGong
7:00-8:00pm \$6 Line Dancing

13

9:00-11:30am \$75 R Stained Glass
9:00am-12:00pm Threads of Love
10:00-11:00am R Glass Blowing Demonstration
10:00am-12:00pm Blood Pressure Screening
10:30am-12:00pm R NC Book Club
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

14

9:00-11:00am Chess
9:30-11:30am R Beginner Bridge
9:30-12:00am R \$60/4 Water Color
10:00-11:00am \$7/mo Chair Fitness
10:00am-12:00pm Food Screening
11:15am-12:15pm \$4 Cardio Dance
10:00am-12:00pm R Theater Works
12:30-5:00pm Quilting Group
12:45-1:45pm R \$4 Country Line Dance
1:00-4:00pm R American Mahjong

19

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 \$ Exploring QiGong
2:00-3:00pm R Cloud Storage Made Simple
7:00-8:00pm \$6 Line Dancing

20

9:00-11:30 \$75 Stained Glass
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

21

9:00-11:00am Chess
9:30-11:30am R Beginner Bridge
9:30-12:00am R \$60/4 Water Color
10:00-11:00am \$7/mo Chair Fitness
10:00am-12:00pm R Theater Works
11:15am-12:15pm \$4 Cardio Dance
12:30-5:00pm Quilting Group
12:45-1:45pm R \$4 Country Line Dance
1:00-4:00pm R American Mahjong

26

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 \$ Exploring QiGong
7:00-8:00pm \$6 Line Dancing

27

9:00-11:30 \$75 Stained Glass
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
6:00-7:30pm R Memory Cafe

28

9:00-11:00am Chess
9:30-11:30am R Beginner Bridge
9:30-12:00am R \$60/4 Water Color
10:00-11:00am \$7/mo Chair Fitness
10:00am-12:00pm R Theater Works
11:15am-12:15pm \$4 Cardio Dance
12:30-5:00pm Quilting Group
12:45-1:45pm R \$4 Country Line Dance
1:00-4:00pm R American Mahjong
2:00-4:00pm R \$40 Holiday Wreath

Support Our Advertisers!



- Personal Care
- Post Hospitalization Care
- Light Housekeeping
- Transportation

SILVERcare

"Mature America's Best Friend"

Serving Our Clients Since 1993

252-355-5677 • www.silvercareweb.com



Home Care Services Providing Independence in the Comfort of Your Home

Thursday	Friday	Saturday	October 2026
1 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 12:30-3:00pm R \$40 Beginner Wood Carving 1:00-2:00pm \$10/month Senior Fitness 2:15-3:00 pm \$4 Mat Pilates 4:00-5:00pm \$ Zumba Gold -Cancel 5:30-7:00pm TOPS	2 11:45am-12:15pm Bookmobile 12:00-1:00pm \$ Tai Chi 1:30-4:30pm Ping Pong	3 10:30-11:30am \$ Zumba Gold-Cancel 11:30am-12:30pm \$ Yoga-Cancel	
8 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 12:30-3:00pm R \$40 Beginner Wood Carving 1:00-2:00pm \$10/month Senior Fitness 2:00-3:30pm R Android Phone 2:15-3:00 pm \$4 Mat Pilates 4:00-5:00pm \$ Zumba Gold 5:30-7:00pm TOPS	9 9:30-11:30 R Caregivers Coffee 12:00-1:00pm \$ Tai Chi 1:30-4:30pm Ping Pong	10 10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga	
15 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 12:30-3:00pm R \$40 Beginner Wood Carving 1:00-2:00pm \$10/month Senior Fitness 2:00-3:30pm R Iphone 2:15-3:00 pm \$4 Mat Pilates 4:00-5:00pm \$ Zumba Gold - Cancel 5:30-7:00pm TOPS	16 10:00am-2:00pm \$15 Sewing: Self Binding Placemats 12:00-1:00pm \$ Tai Chi 1:30-4:30pm Ping Pong	17 10:30-11:30am \$ Zumba Gold - Cancel 11:30am-12:30pm \$ Yoga - Cancel	
22 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 12:30-3:00pm R \$40 Beginner Wood Carving 1:00-2:00pm \$10/month Senior Fitness 2:00-3:00pm R Dealing With Loss 2:15-3:00 pm \$4 Mat Pilates 4:00-5:00pm \$ Zumba Gold 5:30-7:00pm TOPS	23 11:45am-12:15pm Bookmobile 12:00-1:00pm \$ Tai Chi 1:30-4:30pm Ping Pong	24 10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga	
29 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 2:15-3:00 pm \$4 Mat Pilates 4:00-5:00pm \$ Zumba Gold 5:30-7:00pm TOPS	30 8:30am-5:00pm R \$Varies Barn Quilt Painting 12:00-1:00pm R \$ Tai Chi 1:30-4:30pm Ping Pong	31 10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga	



Project Fan

Heat Relief Program

- Must be 60 or over
- Have no air conditioning or are unable to afford utilities
- Have not received a fan from us in the last two years
- Picture ID required

For more information, please call Council on Aging (252) 752-1717




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 hand rails at your front or back steps?

Call 752-1717, x212 for more details.



WE NEED VOLUNTEERS!

- Landscaping
- Instructor
- Clerical
- 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: October 6 & 20, 10am.

Call 752-1717 for more information.

Medicare Open Enrollment

October 15th – December 7th

The appointment line at the Council on Aging is open!

Pitt County Residents: Call today for an appointment with a certified Medicare counselor to review 2027 Medicare Prescription Drug or Medicare Advantage Plans.
252-752-1717 ext. 210

Medicare counseling at the Council on Aging is made possible with grant funding from the ECU Health Foundation and SHIIP.

Never miss our publication!

Get each new issue delivered straight to your inbox.

Scan to subscribe on
[MyCommunityOnline.com](https://www.MyCommunityOnline.com)



The care you need in the home you love.

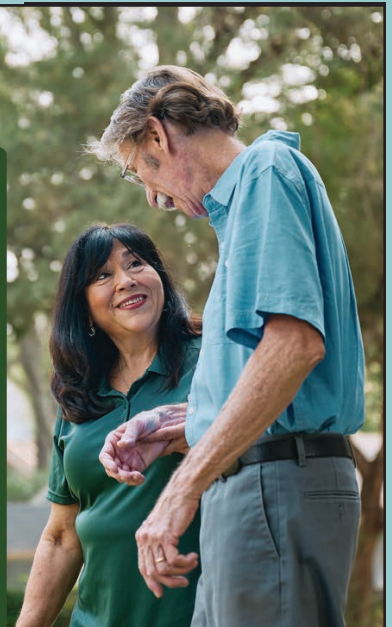
Our personalized in-home care services empower your family to live life with peace of mind.

HOME CARE SERVICES

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



(252) 320-7876



We're Hiring Ad Sales Executives

- Paid Training
- Full-time with Benefits



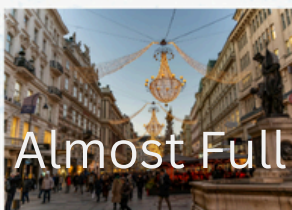
Visit www.lpicommunities.com/careers





TRIPS

2027



Almost Full

Journey to the Heart of Ireland: This 8 day trip includes airfare, all accommodations including a 2 night stay in authentic 18th century castle, sightseeing in Dublin and Galway City, tours of Connemara, the Dingle Peninsula, visits to the Majestic Cliffs of Moher, visits to the Celtic Crystal Factory and the Guinness Store House and so much more!
March 13-20, 2027. Price: \$4499 per person/double occupancy



Lancaster, PA: This 3 day 2 night package includes a fabulous Sight & Sound Theater Production, Jacob's Choice Production at the Amish Experience Theater, a tour of an Amish Country Homestead & one room schoolhouse, a guided tour of Amish farmlands, a visit to Hershey's Chocolate World, and the Kitchen Kettle Village!
April 13-15, 2027. Price \$599 per person/double occupancy



Georgia's Golden Isles Jekyll Island, St Simon, & Savannah: This 3 day/2 night package includes a guided tour of Jekyll Island with entry into two restored cottages, a St Simon Island Tour with a stop at the lighthouse, a guided tour of Historic Savannah, and a visit to Famous River Street!
May 4-6, 2027. Price \$579 per person/double occupancy



Full

Alaska Plus Interior Express Cruise-Tour Aboard Royal Caribbean's "Anthem of the Seas": 4 Day/3 Night land tour, including Wilderness Express Train ride to Denali, Denali National History Tour, & tour of Gold Dredge 8. 7 Day Cruise with stops in Juneau, Skagway, Ice Strait Point, and Ketchikan. This is a can't miss trip!
May 18-May 28, 2027. Price starts at \$4999 per person/Double Occupancy



Full

Rails & Sails Maine: This 6 day/5 night package includes a Downeast Lobsterbake with Entertainment Welcome Reception, a guided tour of Kennebunkport, exploring Boothbay Harbor on a narrated boat cruise, a ride on a Vintage Steam Train at the BoothBay Railway Village, a visit to Nubble Light in Cape Neddick, lobster harvesting on a Lobster Boat Tour, and outlet shopping in Freeport, home of LL Bean.
June 6-11, 2027. Price \$1599 per person/double occupancy

Complete Trip Flyers Available at:

<https://www.pittcoa.com/trips> or in the lobby of the COA



TRIPS 2027

2027 TRIPS & TOURS



The Natural Beauty of Vermont: This 6 day/5 night package includes a dinner cruise with entertainment on Scenic Lake Champlain, dinner at the Von Trapp Family Inn, a Von Trapp Family History Tour, admission to the New England Maple Museum, a tour of the Vermont Teddy Bear Factory, a visit to Ben & Jerry's Ice Cream Factory, a visit to the Cold Hollow Cider Mill and the Vermont Country Store.

September 12-17, 2027 Price \$1399 per person/double occupancy



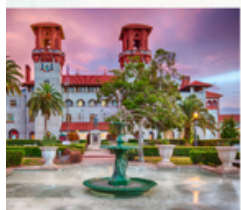
The Albuquerque International Balloon Fiesta Featuring the Majestic Grand Canyon: This package includes round trip airfare, 2 dinners at Black Bart's Steakhouse and Musical Revue, daily guide service, exclusive VIP Experience for "Ascension of the Balloons," a train ride to the Grand Canyon, a tour of White Sands National Park, a tour of Phoenix & Sedona, and a visit to Red Rocks State Park!

October 2-9, 2027. Price: \$3399 per person/double occupancy



Portugal's Coastal Crowns: Lisbon & Porto: This 8 day/6 night package includes roundtrip airfare, 3 nights in Lisbon & 3 nights in Porto with guided tours, a scenic river cruise on the Douro Valley (including lunch), exploring Pena Palace in Sintra, visiting a traditional Portugese Vineyard and wine tasting, and a visit to Jeronimos Monastery.

November 9-16, 2027 Price: TBA



St. Augustine: this 4 day/3 night package includes the Magic of Old Town Trolley's Nights of Lights Tour, a guided tour of historic St. Augustine, a "Candlelight" tour of The Villa Zorayda Museum, a visit to the San Sebastian Winery, Flagler University, the Governor's Cultural Center & Museum, and a self guided tour of the St. Augustine Distillery and a "Hop On & Hop Off" Ticket on the Old Town Trolley!

November 29-December 2, 2027. Price \$899 per person/double occupancy



Biltmore Estate in Asheville: this 3 day/2 night package includes a holiday dinner at the Biltmore Estate, a holiday dinner at the Omni Grove Park Inn, a candlelight tour of the Biltmore House, viewing of the entries to the National Gingerbread House Competition, a guided tour of Asheville, admission to the Biltmore Estate and Grounds Garden Conservatory, a wine tasting at the Biltmore Estate Winery, and much more!

December 13-15, 2027 Price: \$799 per person/double occupancy

Trip 2

**If your trip is full, don't give up!
Ask to be added to our wait list!**

NEW

CANADA & NEW ENGLAND CRUISE

Aboard Royal Caribbean's
INDEPENDENCE OF THE SEAS



YOUR CRUISE VACATION PRICE

Inside Cabin: \$2099/person Double occupancy
Ocean View Cabin: \$2399/person Double Occupancy
Ocean View Balcony Cabin: \$2899/person Double Occupancy

Day TRIPPIN'

CALL 752-1717 X201 FOR INFORMATION



Lexington Barbeque Festival, Lexington NC

Experience the best in Lexington style barbecue at popular barbecue festival as well as other delicious festival food (not included). Celebrating its 42nd year, the festival will host more than 250+ vendors, 6 entertainment stages, street performers, bands, car shows, stunt shows, and more. Participants should be prepared to do some walking during this fun day trip. **Date: Saturday, October 24, 2026, \$110 per person (Deposit: \$55; Balance [\$55] Due: 9/11/26)**



Nutcracker! Magical Christmas Ballet, Durham

Experience the largest Nutcracker production in North America – a breathtaking holiday spectacle featuring world-class international dancers, gravity-defying acrobatics, magnificent costumes, and towering puppets. Set to Tchaikovsky's iconic score, this grand production transforms the stage at DPAC into an unforgettable celebration of the season. First, we'll have dinner (not included) at a nearby restaurant before proceeding to the Durham Performing Arts Center (DPAC) in Durham, NC to see the show.

DATE: Thursday, November 19, 2026, \$145 per person (Deposit: \$73; Balance [\$72] Due: 10/1/26)

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

**Impact of Alheimers
on the Community.**

Tuesday, November 10
2:00-3:00pm

Sewing: No Sew Snowflake

Friday, November 13
10:00am-2:00pm \$5

**Tech Class:
Facebook & Social Media Safety**

Monday, November 16
2:00-3:00pm

Advance Care Planning

Tuesday, November 17
1:00-3:00pm

Holiday Eating

Wednesday, November 18
2:00-3:00pm

Wills & Trusts

Thursday, November 19
3:00-4:30pm

**Made
you look.**

Advertise here to
reach your local
audience.

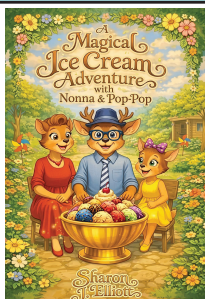
Visit lpicommunities.com/advertising-solutions

Scan to get
started!



**Does your
organization need
a newsletter?**
We'll cover the
printing costs!

Learn more at
lpicommunities.com



**A Magical Ice Cream Adventure
with Nonna & Pop-Pop**

By Sharon J. Elliott

**This heart-warming story celebrates intergenerational
relationships. Read it today with children you adore!**

Available: Amazon, BarnesandNoble.com



**No act of
kindness is
ever wasted**

NOVEMBER IS FAMILY CAREGIVER MONTH!

DON'T MISS!

Caregiver's Coffee
Friday, November 13 will be a little extra!
Come enjoy some pampering!

SELF-CARE MODE: ACTIVATED



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 9:30-11:30am

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

6:00-6:30pm Dinner

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

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



**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

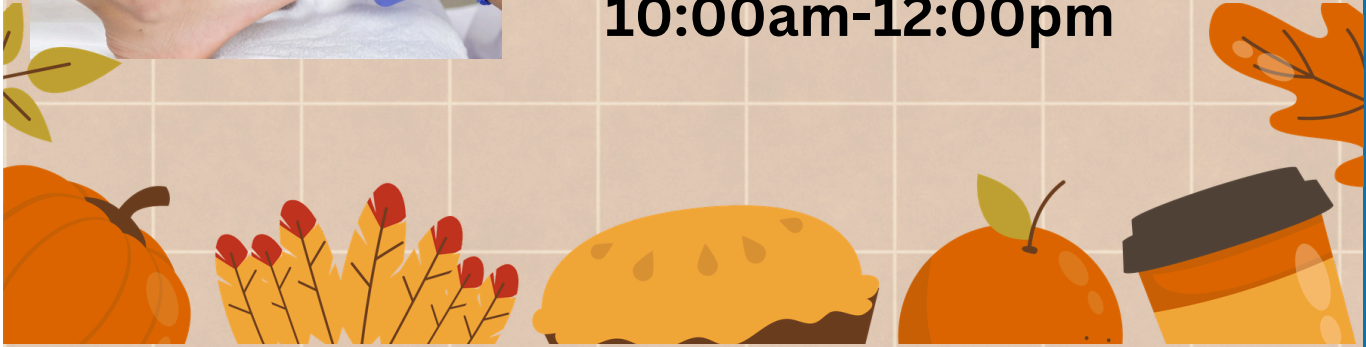
Friday, October 2 & 23
11:30am-12:15pm



Blood Pressure Screening
Tuesday, October 13
10:00am-12:00pm

.....
Foot Screening

Wednesday, October 14
10:00am-12:00pm



Reach Our Digital Subscribers

This publication is online and emailed to our community. Drive more traffic to your website with a digital ad on **MyCommunityOnline.com**

Get started today! Visit
www.lpicommunities.com/advertising-solutions



Thank You to all the COA Donors!

Ashley Hendrick

Bonnie Mincey

Carolyn Alphin

Clifton Cahoon

Cutting Edge Products

Cynthia Christian

Gary Brock

Harold and Zeta Godboalt

J. Claudette Darr

Jason Smith

Jennifer Hardee

JoEllen Gay

Kelly Smith

Kenneth Wade Jr.

Kevin Hardee

Leo Trujillo

Mac Manning

Mark Lasitter

Opendoor Church

Rendy Bertrand

Rick Lupton

Robin Harrington

Ruth Calhoun

Selene Gwaltney

Susan Davis

Sylvia James

Sylvia Wheless

Thomas Electrical Solutions

Thomas Rodney

Valerie Shiuwegar

Walter Pories and Mary Ann Rose



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.

Find us. Follow us. Like us.



x.com/pittcoa



Facebook.com/pittcountyseniorcenter



Instagram.com/pittcountyseniorcenter



YouTube Find us at Pitt County Senior Center

Visit our website: www.pittcoa.com