



PITT COUNTY
Council on Aging

MARCH 2024
NEWSLETTER



Rich Zeck—Executive Director
Lee Adams —Chair
Sylvia Wheless—Vice Chair
Ray Franks—Treasurer
Sue Tidd—Secretary



Council on Aging
4551 County Home Road, Greenville, NC 27858
Phone: 252-752-1717
Fax: 252-752-9365
www.pittcoa.com



March 2024

Rich Thoughts from the Executive Director



Greetings family and friends,

It is great to be back! Thank you for all the prayers and well wishes. It's time to SPRING things into high gear and get this train rolling.

You probably did not know but March is National Nutrition Month. We take nutrition very seriously here at the COA because if you could see the deplorable state our senior's nutrition is in, you would drop what you are doing and ask, "what can I do?" It is downright disgraceful that in our land of plenty we do not prioritize meeting our seniors' needs.

For the calendar year 2023 we served over 95,000 hot home delivered meals to 360 people. There are still over 60 people on the waiting list. Hunger never ends. You know what inflation is doing to all of us and to our food and basic needs costs? Imagine what it is doing to someone living on less than \$13,000 a year!

We are doing the best we can. It is not always about money. We need help- people/volunteer help to expand our routes and get hot meals on to the tables of our vulnerable seniors. This is nothing new, we are asking for 1 hour, 1 day, 1 time a month to be a sunshine ambassador and deliver hope to a homebound senior. Nutrition is everything and when they get these meals, we know they are at least getting one healthy meal a day.

Thank you for sharing and caring! May you have the luck of the Irish these upcoming warm spring days.

Have a great day.

Blessings,

Rich

Rich Zeck
Executive Director



**When You Weren't Looking
We Were Building A New Website!**
Go check it out: <https://www.pittcoa.com/>



Spring Into Caregiving!

(5 Tips for Spring)

- Take you and your loved on a walk to breathe in the fresh air and look at the beauty of nature.
- Bring the outside in, pick some flowers and place them in your home.
- Plant you and your loved ones favorite flowers.
- Take time for yourself and take a breather, even if its brief.
- Consider Respite Care so that you can get a break. The Council on Aging can possibly help with this. Call 252-752-1717 Ext. 213 for more information and a list of resources.

Caregiving can be hard and stressful at times but don't forget how beautiful it can be as well!

Sewing: Easy Does It Bag

Mondays, March 4 & 11
9:00am-12:00pm



Cost: \$20 (includes kit)
Call 752-1717 x201 to register.



**Spring Gardening/
Assistive Gardening Devices**

With Courtney and Gloria!



Wednesday, March 13

3:00-4:00pm

Call 752-1717, x201 to register.



Coming in April! Especially for the Ladies!

Self Defense Class

Wednesday April 17 OR April 24

2:00-4:00pm

Call 752-1717, x201 to register | Cost \$10



**Mosaic Garden
Stepping Stones**



Tuesday & Thursday, March 19, 21
9:00am-12:00pm

Cost: \$25

Call 752-1717, x201 to register.

Introduction to Computers



Wednesdays, March 6 & 13

2:00-3:30pm

Call 752-1717, x201 to register.

****You must bring your**

laptop/tablet with you.

Intro to Iphone

Tuesday, March 5
10:00-11:30am



Intro to Android Phone

Thursday March 14
10:00-11:30am

Call 752-1717, x201 to register.



**Four Seasons
Chamber Music**



Festival Lecture Series

Taught by Four Seasons
Managing Director, Henry Michaels

Join us for an informative and engaging
look at works featured in the concerts
throughout the season.

Lecture attendees will have special access
to discounted tickets for the concerts at
ECU's Fletcher Hall.

Wednesday, March 13

2:00-3:00pm

Call 752-1717, x201 to register.



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Single and Ready to Mingle!

Tuesday
March 19
2:00-3:00PM



**Come on out for
a Great Time!**
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 | 12:30-1:15
Cost \$4/session paid monthly



Shape Up & Get Fit!

An intense fitness workout that incorporates strength training and cardiovascular exercise. This class will challenge your mind and body as you alternate between high and low-intensity exercises focusing on the upper and lower body as well as the core. Free weights, resistance bands, and an exercise mat are necessary to participate.

Mondays, 10:00-10:50am | \$4/Class
Call 752-1717, x201 to register.



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**

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.

**Wednesdays | 10:00-11:00am
Cost: \$5 per month
\$2 per class for drop ins**

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)
Registration Required.
752-1717, x201**

Zumba Gold®



***Canceled for March ***

Look for our return in April!

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 10:30-11:30am

Saturdays 10:30-11:30am

Soul Line Dancing

**Every Monday | 11am-12pm
Every Tuesday | 2:15-3:15**

**\$4 per class/Paid monthly
Call 752-1717, x201
to register**

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.



We need **YOU** to help deliver meals to homebound adults in our community!

Training is
Tuesdays, March 5 & 19
Join our team for 2024!

Call 752-1717



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

March Meal Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Oven Fried Chicken Breast Gravy Sweet Potato Souffle Collard Greens Brussel Sprouts Bread 2% Milk
4	5	6	7	8
Pulled Pork Mac & Cheese Creamy Coleslaw Corn Hamburger Bun 2% Milk	Cajun Chicken Thighs Mashed Potatoes w/Gravy Brussel Sprouts Green Beans w/Onions Bread Powdered Sugar Dusted Spice Cake 2% Milk	Beef Baked Ziti w/Cheese Peas Roll 100% Orange Juice Cinnamon Applesauce 2% Milk	Creamed Chicken Macaroni w/Parsley Beets Bread Fruit 2% Milk	Chili con carne w/Beans Carrots Brown Rice Corn Chips Strawberry Banana Yogurt Fruit 2% Milk
11	12	13	14	15
Creamed Turkey Brown Rice Corn O'Brien Cabbage Roll Cinnamon Applesauce 2% Milk	Italian Meat Sauce Macaroni w/ Parsley Peas Cauliflower Roll 100% Apple Juice 2% Milk	Herbed Pork Chop Mashed Potatoes w/Gravy Green Beans w/Onions Carrots Roll Fresh Baked Oatmeal Cookie 2% Milk	Peppered Fajita Meat Sauteed Peppers w/ Onions Flour Tortilla Rice & Pinto Beans Salsa Bread Pudding 2% Milk	Ham & Black Eyed Peas Greens Sweet Cornbread Warmed Glazed Apples 2% Milk
18	19	20	21	22
Roasted Herbed Turkey Breast Bread Dressing w/ Gravy Beets Mashed Sweet Potatoes 100% Orange Juice 2% Milk	Chicken Breast Parmesan Macaroni w/Parsley Peas Carrots Roll Vanilla Pudding 2% Milk	Stuffed Green Pepper Half Corn Sweet Cornbread Fruit 2% Milk	BBQ Chicken Mac & Cheese Green Beans Apple Blueberry Oat Crisp 100% Orange Juice 2% Milk	Country Patty Mashed Potatoes w/Gravy Broccoli Bread Fudge Brownie 2% Milk
25	26	27	28	29
Beef Baked Ziti w/Cheese Peas Roll 100% Orange Juice Powdered Sugar Dusted Spice Cake 2% Milk	Beef Stew Carrots Bread Stewed or Glazed Apples Sugar Cookie 2% Milk	Asian Fried Rice w/ Chicken Cauliflower Broccoli Bread Vanilla Pudding 2% Milk	Beef Patty Cottage Fries Cabbage Bread Fruit or Juice 2% Milk	COA Closed No Meal Delivery 

Honoring the Life and Memory of Your Loved One



605 Country Club Drive | Greenville, NC
252.752.2121
www.SmithFCS.com



Community Calendar

Monday	Tuesday	Wednesday
Key: \$ = Fee R = Registration Required **Available Virtually by registering at 752-1717, x201		
<i>Drop in any day for Arts & Crafts, Billiards, Cards, Mahjong, or to use the Media Center.</i> ++Call Amanda Biggs 252.414.3230	COA Open 8:00am-5:00pm M-F Additional hours per class schedule	
4	6	6
9:00am-12:00pm Rummikub 9:00am-12:00pm \$20 Sewing 10:00-10:50am R \$4 Shape Up 11:00am-12:00pm R \$4 Soul Line Dancing 12:00-2:00pm Scrabble 12:00-4:00pm Scrapbooking 12:30-1:15pm R \$4 Stretch and Balance 7:00-8:00pm \$6 Line Dancing	9:00am-12:00pm Beginners Bridge 10:00-11:00am R Volunteer Training 10:00-11:30am R Intro to Iphone 11:30am-12:30pm \$ Yoga 1:00-3:00pm Knit & Crochet Group 1:00-2:00pm R \$1 Senior Fitness** 2:00-5:00pm Card Games 2:15-3:15pm \$4 R SoulLine Dancing 6:00-6:45pm \$10/\$18 R Latin Combo 6:45-7:30pm \$10/\$18 R Argentine Tango	9-11:00am Beginner's 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 2:00-2:45 R \$10/\$18 Country Line Dance 2:45-3:30pm R \$10/\$18 Latin Dance 2:00-4:00pm R Advance Care Planning 2:00-3:30pm R Intro to Computers 6:30-7:15pm R \$10/\$18 East Coast Swing 7:15-8:00pm R \$10/\$18 Ballroom Combo/Foxtrot
11	12	13
9:00am-12:00pm Rummikub 9:00am-12:00pm \$20 Sewing 10:00-10:50am R \$4 Shape Up 11:00am-12:00pm R \$4 Soul Line Dancing 12:00-2:00pm Scrabble 12:00-4:00pm Scrapbooking 12:30-1:15pm R \$4 Stretch and Balance 7:00-8:00pm \$6 Line Dancing	9:00am-12:00pm Threads of Love 10:00am-12:00pm Blood Pressure Screening 11:30am-12:30pm \$ Yoga 1:00-3:00pm Knit & Crochet Group 1:00-2:00pm R \$1 Senior Fitness** 2:00-5:00pm Card Games 2:15-3:15pm \$4 R Soul Line Dancing 6:00-6:45pm \$10/\$18 R Latin Combo 6:45-7:30pm \$10/\$18 R Argentine Tango	9:00-11:00am Beginner's Chess 9:30-11:00am Kiwanas 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 2:00-2:45 R \$10/\$18 Country Line Dance 2:00-3:00pm R Chamber Music Lecture 2:00-3:30pm R Intro to Computers 2:45-3:30pm R \$10/\$18 Latin Dance 3:00-4:00pm R Gardening 6:30-7:15pm R \$10/\$18 East Coast Swing 7:15-8:00pm R \$10/\$18 Ballroom Combo/Foxtrot
18	19	20
9:00am-12:00pm Rummikub 10:00-10:50am R \$4 Shape Up 11:00am-12:00pm R \$4 Soul Line Dancing 12:00-2:00pm Scrabble 12:00-4:00pm Scrapbooking 12:30-1:15pm R \$4 Stretch and Balance 2:00-3:00 R2R: R Veterans Benefits 7:00-8:00pm \$6 Line Dancing	9:00am-12:00pm Beginners Bridge 9:00am-12:00pm \$ 25 Garden Stepping Stones 10:00-11:00am R Volunteer Training 11:30am-12:30pm \$ Yoga 1:00-3:00pm Knit & Crochet Group 1:00-2:00pmR \$1 Senior Fitness** 2:00-3:00 R Singles 2:15-3:15pm \$4 R Line Dancing 6:00-6:45pm \$10/\$18 R Latin Combo 6:45-7:30pm \$10/\$18 R Argentine Tango	9:00-11:00am Beginner's 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 2:00-2:45 R \$10/\$18 Country Line Dance 2:45-3:30pm R \$10/\$18 Latin Dance 6:30-7:15pm R \$10/\$18 East Coast Swing 7:15-8:00pm R \$10/\$18 Ballroom Combo/Foxtrot
25	26	27
9:00am-12:00pm Rummikub 10:00-10:50am R \$4 Shape Up 11:00am-12:00pm R \$4 Soul Line Dancing 12:00-2:00pm Scrabble 12:30-1:15pm R \$4 Stretch and Balance 7:00-8:00pm \$6 Line Dancing	11:30am-12:30pm \$ Yoga 1:00-3:00pm Knit & Crochet Group 1:00-2:00pm R \$1 Senior Fitness** 2:15-3:15pm\$4 R Line Dancing 6:00-7:30pm Alzheimers Support Group 6:00-6:45pm \$10/\$18 R Argentine Tango 6:45-7:30pm \$10/\$18 R Salsa	9:00-11:00am Beginner's Chess 9:30-11:00am Kiwanas 10:00-11:00am \$5/mo Chair Fitness 10:00-am-12:00pm Mental Health Screenings 11:15am-12:15pm \$4 Cardio Dance 12:30-5:00pm Quilting Group 1:00-4:00pm R American Mahjong 10:00am-12:00pm Game On! 2:00-4:00pm R \$5 Jewelry Class 7:15-8:00pm R \$10/\$18 Ballroom Combo/Foxtrot

<p>ADT-Monitored Home Security Get 24-Hour Protection From a Name You Can Trust</p> <ul style="list-style-type: none"> • Burglary • Fire Safety • Flood Detection • Carbon Monoxide <p>ADT Authorized Provider SafeStreets</p>		<ul style="list-style-type: none"> • Personal Care • Post Hospitalization Care • Light Housekeeping • Transportation <p>SILVERcare "Mature America's Best Friend" Serving Our Clients Since 1993 252-355-5677 • www.silvercareweb.com</p>  <p>Home Care Services Providing Independence in the Comfort of Your Home</p>
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March 2024		
Thursday	Friday	Saturday
	1	2
		11:30am-12:30pm \$ Yoga
7	8	9
10:00am-12:00pm Acrylic Painting 11:00am- 3:00pm Rosie's Cards 12:00-1:00pm Older Relative Caregiver 12:00-4:30pm Canasta or Hand & Foot 1:00-2:00pm R \$1 Senior Fitness** 1:00-3:00pm R \$40 Beginner Wood Carving 5:30-7:00pm TOPS Weight Management	10:45-11:15am Bookmobile	11:30am-12:30pm \$ Yoga
14	15	16
11:00am-12:00pm OccupationalTherapy Screening 11:00am- 3:00pm Rosie's Cards 12:00-4:30pm Canasta or Hand & Foot 1:00-2:00pm R \$1 Senior Fitness** 1:00-3:00pm R \$40 Beginner Wood Carving 5:30-7:00pm TOPS Weight Management	7:00-9:00pm R \$10/\$18 Social Dance Party	11:30am-12:30pm \$ Yoga
21	22	23
9:00am-12:00pm \$ 25 Garden Stepping Stones 11:00am-12:00pm Physical Therapy Screening 12:00-4:30pm Canasta or Hand & Foot 1:00-2:00pm R \$1 Senior Fitness** 1:00-3:00pm R \$40 Beginner Wood Carving 5:30-7:00pm TOPS Weight Management	7:30-10:00pm \$6 Line Dance Social	10:30-4:00pm Quilting 11:30am-12:30pm \$ Yoga
28	29	30
11:00am- 3:00pm Rosie's Cards 12:00-4:30pm Canasta or Hand & Foot 1:00-2:00pm R \$1 Senior Fitness** 1:00-3:00pm R \$40 Beginner Wood Carving 5:30-7:00pm TOPS Weight Management	COA Closed No Meal Delivery 	11:30am-12:30pm \$ Yoga

2024 COA Trips

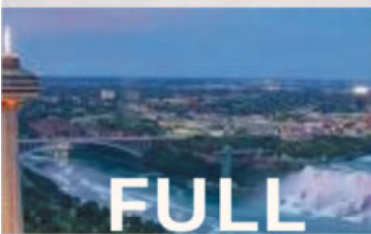
Didn't get registered in time?

Call 752-1717, x201 to add your name to our waiting lists!



Lancaster, PA: 3 day/2 night includes a dinner at Shady Maple Smorgasbord, visit Shady Maples Farmers Market, Sight & Sound Theater Production, guided tour of Smith Farmlands, visit Kitchen Kettle Village, explore an Amish Farmers Market, and much more!

April 16-18, 2024 \$499 per person/double occupancy.



Niagara Falls: 6 day/5 nights includes dinner at the World Famous Skylon Tower, the scenic Niagara Parkway, IMAX Presentation "Niagara: Miracles, Myths, & Magic," Hornblower Niagara Cruise, visit Niagara-on-the-Lake, Wine Tasting, Clifton Hill, evening view of the Falls Illuminated in the Colors of the Rainbow, and free time at Fallsview or Seneca Casino.

June 9-15, 2024 \$999 per person/double occupancy.



Mt. Rushmore: 5 day/4 night package includes a Chuckwagon dinner and show, a guided tour of Rapid City, a visit to Mt. Rushmore, visit Custer State Park, visit the Amazing Crazy Horse Memorial, Bear County (a drive thru wildlife park), admission to Sanford Lab Homestake Visitor Center, tour historic Deadwood, Stav Kirke Norwegian Chapel in the Hills, guided tour of Badlands National Park, and more!

September 9-13, 2024 \$2099 per person/double occupancy.



New Hampshire: 6 day/5 night includes a scenic railroad dinner along the shores of Lake Winnepesaukee, ride the aerial tramway to the top of Cannon Mountain, boat cruise on Lake Winnepesaukee, White Mountain Tour of the Notches and North, tour the Castle in the Clouds Mansion, and explore Wolfeboro and Weirs Beach.

October 6-11, 2024 \$1099 per person/double occupancy.



Christmas in Charleston: 3 day/ 2 night includes dinner at the Charleston Crab House, holiday dinner cruise aboard The Spirit of Carolina, James Island Holiday Festival of Lights, Tea Tour and Trolley at the Charleston Tea Plantation, a visit to the Historic City Market, and MORE!

December 2-4, 2024 \$499 per person/double occupancy.



Council on Aging
Springfest
Vendor Fair
Saturday, April 13
10am - 2pm
Vendor Spots Available
email cshimer@pittcoa.com

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**Did You Know the COA Has
6 Senior Wellness Centers in Pitt County!**



**Ayden
Senior Wellness Center
4354 Lee St. Ayden
9am-1pm**



**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**

**Games, Exercise, Music, Crafts, Special Speakers, & Lunch!
For more information call 752-1717.
(Assessment required for lunch)**

Road to Resources

A Guide to Services for Older Adults

Veterans Benefits

Monday, March 18 | 2:00-3:00pm

Call 752-1717, x201 to register.



Day Trippin' with the COA in 2024



Wine Tasting & Dinner at Gregory Vineyards. Escape the ordinary and dine at a 140 acre farm and vineyard in Angier, NC. Enjoy a glass of wine grown with local North Carolina grapes while learning more about the history of the farm. Pick some grapes, walk along the vineyard, and enjoy the waterfront view. We'll also enjoy a delicious dinner (not included) on-site at Lane's Seafood and Steakhouse.

Thursday, April 25, 2024, \$60 per person (Deposit: \$30; Final due: 4/1/24).



World Famous Crab Festival. Located at the historic Little River Waterfront in Little River, SC, the 41st annual World Famous Crab Festival is one of the largest festivals in the Southeast. Enjoy fresh, local seafood as well as scenic views and live music. Shop for unique arts and crafts, souvenirs, and gifts from local vendors. Indulge in a variety of seafood and non-seafood options, as well as other typical festival fare.

Saturday, May 18, 2024, \$81 per person (Deposit: \$40; Final due: 4/29/24).



Norfolk Bingo Cruise (Back by Popular Demand). Take-in scenic views of the US Navy's Atlantic fleet and the city skyline during this two-hour bingo cruise in Norfolk. Enjoy live entertainment, an all-you-can-eat buffet, 3 games of bingo, and prizes for winners. You'll have the time of your life as you enjoy good music, great fun, and a delicious buffet while cruising along the Elizabeth River.

Wednesday, June 19, 2024, \$112 per person (Deposit: \$56; Final due: 5/31/24).

FOR INFORMATION ON HOW TO BE PART OF THE FUN, CALL 752-1717, X201.

****No Refunds After Final Payment.****

It's time for
Spring Cleaning!



Community Shred Event
AND
Medicine Drop!

Friday April 19
Shred: 10:00am-1:00pm
Medicine Drop: 11:30-1:00pm

Shred: Limit of 3 boxes/bags
Med Drop: Bring your expired, or otherwise unwanted
meds for safe disposal. No liquids, syringes or needles
of any kind will be accepted.



Kiwanis Club's mission is to improve the lives of children. Would you like to help with this very rewarding endeavor? Come join us!
2nd and 4th Wednesday
9:30am at the COA.

For more info:
joechrobak@suddenlink.net
252-375-0588

Medicare Advantage Open Enrollment Period

If you're in a Medicare Advantage Plan you can make changes between January 1st and March 31st.

Your Options:

- Switch to a different Medicare Advantage Plan with or without drug coverage
- Go back to Original Medicare and, if needed, also join a Medicare Prescription Drug Plan

For more information:

Medicare at 1-800-633-4227 or the NC Seniors' Health Insurance Information Program (SHIIP) at 1-855-408-1212 or 252-752-1717 (Pitt County)

Source: www.medicare.gov

The Medicare Counseling Program in Pitt County is funded in part by the ECU Health Foundation and SHIIP.





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, March 6

2pm Education 3pm Clinic

Call 752-1717, x201 to register.



**SUPPORT THE
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Community!



Let's Dance! March Schedule

With Dance Instructor: Sandra Casado



Tuesdays 3/5, 12, 19, 26

6:00-6:45pm "Latin Combo" Merengue & Salsa

6:45-7:30pm Argentine Tango

Cost for each class: \$10 per person or \$18 per couple Payable Monthly.

Wednesdays 3/6, 13, 20, 27

2:00-2:45pm Country Line Dance

2:45-3:30pm Latin Dance

6:30-7:15pm East Coast Swing

7:15-8:00pm Ballroom Combo
Waltz & Foxtrot

2nd Friday Night Social Dance Party!

Join Sandra Casado on the 2nd Friday of each month for a 30 minute Dance Lesson followed by Open Dancing (Practice Party) that is Super Fun, Beginner Friendly & Interactive! (Dance Games)

All genres of music! | \$10 per person or \$18 per couple

No partner, No experience, NO WORRIES! Day: 2nd Friday, Time: 7-9:00pm



Blood Pressure Screening

Tuesday, March 12 | 10am-12pm

Physical Therapy Screening

Thursday, March 21 | 10am-12pm

Mental Health Screening

Wednesday, March 27 | 10am-12pm

Occupational Therapy Screening

Thursday, March 14 | 10am-12pm

Jewelry Class

Wednesday, March 27

2:00-4:00pm | Cost: \$5



Call 752-1717, x201

Bookmobile

Friday

March 8

10:50-11:30am





Spring Paint Parties!

(Back by Popular Demand!)

Wednesday, April 10 | 1:00-3:00



Or

Friday April 12 | 1:00-3:00



Classes are \$35 each payable at registration.

Call 752-1717, x201 for info.

Food is Medicine

Cooking and Nutrition Series



Thursdays, April 4-25

2:00-3:00pm

Featuring: Cooking Demos;
Budgeting Workshop; Oral Care
Tips; Walk & Talk; Food Samples!
FREE bag of groceries at each class.

Taught by ECU Med Students

Cost: \$20

Call 752-1717, x201 to register.

NEVER MISS OUR NEWSLETTER!

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Have our newsletter
emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM

**Thank you to all the
COA Donors!**

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Catherine Graham	Stephanie Dawson
Deborah Smith	Marie Lamm
ECU Health Neurology	Margie Gooding
Gregory Everett	Martha Smith
Gus Harrell	Open Door Church
Gwen & Greg Duncan	
Hayes Chapel Adult Mission	
James Samuelson	~~~~~
Kandra Payton	In Memory of Hayes Austin
Leatrice Freer	In Memory of Cheryl Davis
Linda Fleming	
Wells Chapel Church of God in Christ, Inc.	
Anderson Chapel AME Church	
Oakmont Baptist Church	
Alfred Gaston Hathaway III	
Trailblazers Group-ECU College of Business	

**2024 Council on Aging
Holidays and Closings**

Please note that on these days **ALL** Senior Centers will be closed & Meals on Wheels will NOT be delivered.

Good Friday March 29

Memorial Day May 27

Independence Day July 4

Labor Day September 2

Veterans Day November 11



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Find us at Pitt County Senior Center

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www.pittcoa.com**



Our mission is to enhance the quality of life for adults by providing access to a continuum of services, programs & resources that promote healthy living and independence.

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