



# PITT COUNTY

## Council on Aging

FEBRUARY 2026  
NEWSLETTER



**Rich Zeck**—Executive Director

**Ray Franks**—Chair

**Sylvia Wheless**—Vice Chair

**Bill Newill**—Treasurer

**Melissa Briley**—Secretary



### Council on Aging

4551 County Home Road

Greenville, NC 27858

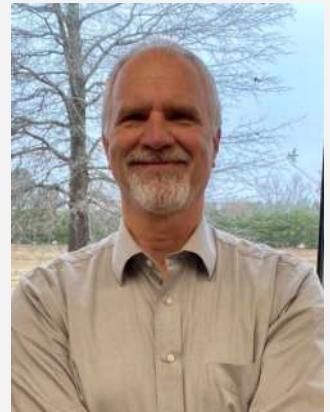
Phone: 252-752-1717

Fax: 252-752-9365

[www.pittcoa.com](http://www.pittcoa.com)



**February 2026**



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

Greetings Family and Friends,

We extend our best wishes for a successful start to the New Year and hope you are enjoying the programs offered by the Council on Aging. Our organization exists to meet significant needs within the community, and it thrives thanks to the engagement and support of individuals like yourself.

The theme for this year is SERVICE. This concept will be central to our work as we continue to deliver valuable programs, services, and events. Service entails actively assisting others, demonstrating empathy, and prioritizing the needs of those around us. It is characterized by helpful actions and meaningful contributions.

Service is often described as the donation of time, talent, and resources. Your time is invaluable and limited; your willingness to volunteer reflects this commitment. The expertise demonstrated by both our staff and volunteers is highly commendable. Furthermore, while financial contributions are appreciated, your dedication to serving the Council on Aging is itself a significant treasure.

We invite you to consider how you might contribute to SERVICE—whether by assisting a fellow senior or reaching out to someone new—in the coming year. Contributing to the well-being of others is deeply rewarding and supports the important work of our community. Thank you for your continued generosity and involvement.

Blessings,

*Rich*

Rich Zeck  
Executive Director

Pitt County Council on  
Aging Presents:

Resources, Stress-Free  
Environment,  
Fellowship, and  
Refreshments

# Caregiver's Coffee



2nd Friday of Each Month  
10:00am-11:30am

Call 252-752-1717 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

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



# A MATTER OF BALANCE

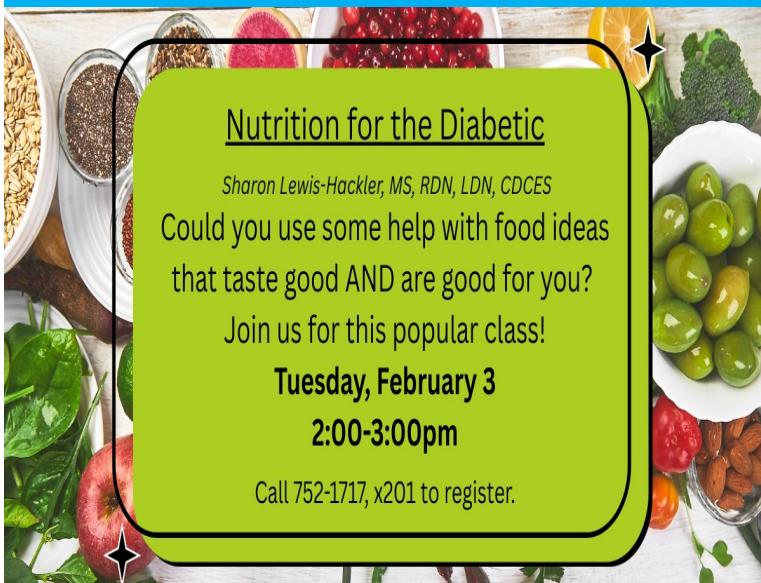
MANAGING CONCERNs ABOUT FALLS

Wednesdays,  
February 4-March 25  
9:00-11:00am  
CALL 752-1717 TO REGISTER





## Council on Aging



**Nutrition for the Diabetic**

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

Could you use some help with food ideas that taste good AND are good for you?

Join us for this popular class!

**Tuesday, February 3**

**2:00-3:00pm**

Call 752-1717, x201 to register.



### BEGINNER GENEALOGY

Thursdays, February 5-26  
9:00pm-10:30am

Have you ever been interested in your ancestry? This class will get you started in tracing your family history and provide resources for your research. Climbing your family tree can be loads of fun! Come join us!

Cost \$20

Call 752-1717, x201 to register



### Learn to Use Free Tax Software

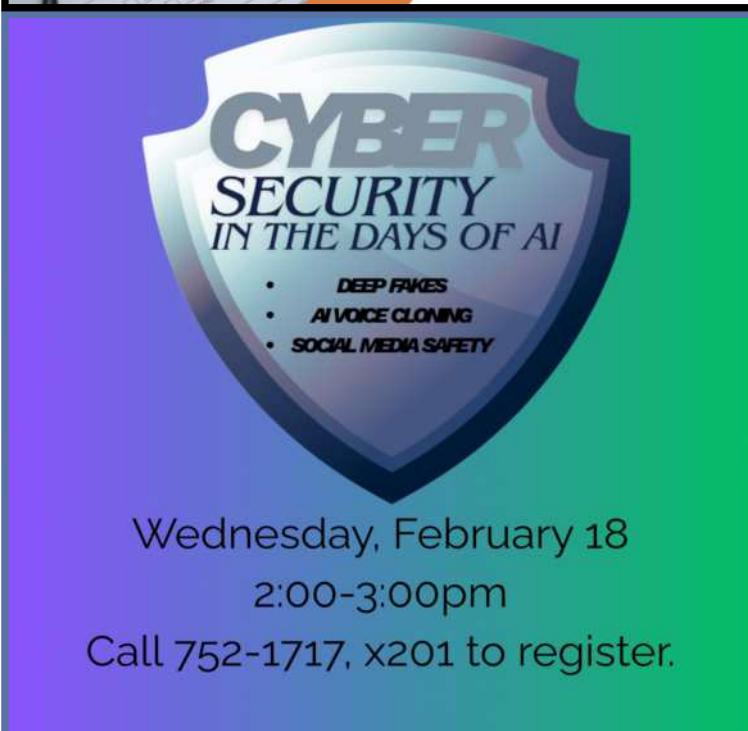
Our instructors will demonstrate how to use free tax software and how to match your documents to what is needed on a return.

Class is designed for low to moderate income participants, ages 50+.

Basic computer skills are necessary.

**February 24 | 9am-12pm**

Call 752-1717, x201 to register.



**CYBER SECURITY**  
**IN THE DAYS OF AI**

- DEEP FAKES
- AI VOICE CLONING
- SOCIAL MEDIA SAFETY

Wednesday, February 18  
2:00-3:00pm  
Call 752-1717, x201 to register.



**Native Plants**

with Master Gardener, Nell Hagwood

Learn about plants native to North Carolina, what they are and why they're important

Wednesday, February 18  
2:00-3:00pm  
Call 752-1717, x201 to register

## Excellence in Aging Services, Programs & Resources

### 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.

Thursday, February 19  
1pm Education 2pm Clinic  
Call 752-1717, x201 to register.

### Sewing Class: Petal Pouch



**Friday, February 20**  
10:00AM-4:00PM | COST: \$10  
Call 752-1717, x201 to register.

:::::::

### INTRO TO COMPUTERS

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

Call 752-1717, x201  
to register

PRESENTED BY  
UNIVERSITY PC CARE



**Liz Freeman, REALTOR®**  
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**Rich Fernbach**

[rfernbach@lpicommunities.com](mailto:rfernbach@lpicommunities.com)

**(800) 477-4574 x3675**

**Amivie**

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### 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

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Equal Housing Opportunity



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14-1560



## **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**



## **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**

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**

**\$7/month, \$3 for drop ins**

**Or \$14/month for both classes**



## 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**  
**\$10/Month**  
**(Payable Monthly)**

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



**COST: DONATION**



**ZUMBA®**  
**gold**

**TUESDAYS & SATURDAYS**  
10:30-11:30  
**THURSDAYS 4:00-5:00**



**COST: DONATION**  
RECOMMENDED \$5,  
BUT ANY DONATION  
AMOUNT IS  
APPRECIATED.

### **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, February 3 & 17  
10am

Join our team for 2026!

**Call 752-1717 for more information**



### 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

9:00-9:30am Coffee & Conversation  
9:30-10:30am Reflections  
11:30am-12:00pm Lunch

#### Tuesday

9:00-9:30am Coffee & Conversation  
10:15-11:15am Fun and Fit  
11:30am-12:00pm Lunch

#### Wednesday

9:00-9:30am Coffee & Conversation  
10:30-11:30am Music  
11:30am-12:00pm Lunch

#### Thursday

9:00-9:30am Coffee & Conversation  
10:15-11:00am Fun & Fit Exercise  
11:30am-12:00pm Lunch

#### Friday

9:00-9:30am Coffee & Conversation  
10:00-11:00am Bingo \$1.25 per card  
11:30am-12:00pm Lunch

#### Saturday

***Excellence in Aging Resources, Programs and Resources***

**February Meal Calendar**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Roast Beef Mashed Potatoes w/Gravy Green Beans Corn Bread Fudge Brownie 2% Milk	BBQ Chicken Breast Mac & Cheese Lima Beans Okra w/Tomatoes Bread 100% Orange Juice 2% Milk	Herbed Pork Chop Rice w/Gravy Greens Roll Cinnamon Applesauce 2% Milk	Creamed Chicken Macaroni w/Parsley Beets Bread Warm Spiced Peaches 2% Milk	Scalloped Potatoes w/Ham Carrots Broccoli Bread Warm Glazed Apples 2% Milk
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Turkey a la King Mashed Potatoes Corn O'Brien Cabbage Bread 2% Milk	BBQ Pork Chop Baked Potatoes w/Onions Green Beans Cauliflower Bread 100% Apple Juice 2% Milk	Italian Tomato Sauce w/ Turkey Rotini w/Parsley Broccoli Carrots Roll Fudge Brownie 2% Milk	Creamy Chicken Rice Soup Carrots Peas Roll Saltine Crackers Marble Cake 2% Milk	Taco Filling w/Turkey Black Bean & Corn Salsa Flour Tortilla Shredded Cheddar Cheese Rice Warm Spiced Peaches 2% Milk
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Herb Baked Boneless Chicken Breast Rice w/Gravy Okra w/Tomatoes Bread Cinnamon Applesauce 2% Milk	Franks & Pinto Beans Cabbage Greens Bread Fruit 2% Milk	Turkey Tetrazzini Peas Irish Blend Vegetables Bread Fruit 2% Milk	Scrambled Eggs w/Sausage Cheesy Corn Grits Bread Margarine & Jelly packets 100% Orange Juice Warm Glazed Apples 2% Milk	Savory Stroganoff w/Chicken Rotini w/Parsley Carrots Green Beans Bread Fruit 2% Milk
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Pork Ham Sweet Potato Souffle Cauliflower Brussel Sprouts Bread 2% Milk	Chicken Terriyaki Rice Irish Blend Vegetables Roll Orange 2% Milk	Stuffed Green Pepper w/ Beef Corn Cabbage Bread Banana Cake 2% Milk	BBQ Pulled Chicken Succotash Green Beans Bread Yellow Cake 2% Milk	Rotini w/Beef & Cheese Peas Carrots Bread 100% Apple Juice 2% Milk
<b>SUBJECT TO CHANGE</b>				





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

## SENIOR TECH SUPPORT MADE EASY BY TECHNICIANS WHO CARE!

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

### February 2026 Community Calendar

Monday	Tuesday	Wednesday
<b>2</b>  9:00am-12:00pm Rummikub 10:00-11:00am <b>\$7 /mos</b> Chair Fitness 11:15am-12:15pm <b>\$4</b> Int Soul Line Dancing 12:00-4:00pm Scrapbooking 12:30-1:15pm <b>\$4</b> Stretch and Balance 1:30-2:30pm R <b>\$</b> Eight Pieces of Brocade 7:00-8:00pm <b>\$6</b> Line Dancing	<b>3</b>  9:00am-12:00pm Beginners Bridge 10:00-11:00am R Volunteer Training 10:30-11:30am <b>\$</b> Zumba Gold 11:30am-12:30pm <b>\$</b> Yoga 1:00-3:00pm Knit & Crochet Group 1:00-2:00pm <b>\$10/month</b> Senior Fitness 2:00-5:00pm Card Games 2:00-3:00pm R Nutrition: Diabetic 2:15-3:15pm <b>\$4</b> Beginner Soul Line Dancing	<b>4</b>  9:00-11:00am Chess 9:00-11:00am R Matter of Balance 10:00-11:00am <b>\$7/mo</b> Chair Fitness 11:15am-12:15pm <b>\$4</b> Cardio Dance 12:30-5:00pm Quilting Group 1:00-2:00pm <b>\$10 R</b> Beginner Sign Language 1:00-4:00pm R American Mahjong
<b>9</b>  9:00am-12:00pm Rummikub 10:00-11:00am <b>\$7 /mos</b> Chair Fitness 11:15am-12:15pm <b>\$4</b> Int Soul Line Dancing 12:00-4:00pm Scrapbooking 12:30-1:15pm <b>\$4</b> Stretch and Balance 1:30-2:30pm R <b>\$</b> Eight Pieces of Brocade 7:00-8:00pm <b>\$6</b> Line Dancing	<b>10</b>  10:30-11:30am <b>\$</b> Zumba Gold 10:30am-12:00pm R NC Book Club 11:30am-12:30pm <b>\$</b> Yoga 1:00-3:00pm Knit & Crochet Group 1:00-2:00pm <b>\$10/month</b> Senior Fitness 2:00-5:00pm Card Games 2:15-3:15pm <b>\$4</b> Beginner Soul Line Dancing	<b>11</b>  9:00-11:00am Chess 9:00-11:00am R Matter of Balance 10:00-11:00am <b>\$7/mo</b> Chair Fitness 10:00am-12:00pm Foot Screening 11:15am-12:15pm <b>\$4</b> Cardio Dance 12:30-5:00pm Quilting Group 1:00-2:00pm <b>\$10 R</b> Beginner Sign Language 1:00-4:00pm R American Mahjong
<b>16</b>  9:00am-12:00pm Rummikub 9:00-10:30am R Genealogy 10:00-11:00am <b>\$7 /mos</b> Chair Fitness 11:15am-12:15pm <b>\$4</b> Int Soul Line Dancing 12:00-4:00pm Scrapbooking 12:30-1:15pm <b>\$4</b> Stretch and Balance 1:30-2:30pm R <b>\$</b> Eight Pieces of Brocade 2:00-3:00pm R Intro to Computers 7:00-8:00pm <b>\$6</b> Line Dancing	<b>17</b>  9:00am-12:00pm Beginners Bridge 10:00-11:00am R Volunteer Training 10:00am-12:00pm Blood Pressure Screening 10:30-11:30am <b>\$</b> Zumba Gold 11:30am-12:30pm <b>\$</b> Yoga 1:00-3:00pm Knit & Crochet Group 1:00-2:00pm <b>\$10/month</b> Senior Fitness 2:00-5:00pm Card Games 2:15-3:15pm <b>\$4</b> Beginner Soul Line Dancing	<b>18</b>  9:00-11:00am Chess 9:00-11:00am R Matter of Balance 10:00-11:00am <b>\$7/mo</b> Chair Fitness 11:15am-12:15pm <b>\$4</b> Cardio Dance 12:30-5:00pm Quilting Group 1:00-2:00pm <b>\$10 R</b> Beginner Sign Language 1:00-4:00pm R American Mahjong 2:00-3:00pm R Native Plants 2:00-3:00pm R CyberSecurity
<b>23</b>  9:00am-12:00pm Rummikub 9:00-10:30am R Genealogy 10:00-11:00am <b>\$7 /mos</b> Chair Fitness 11:15am-12:15pm <b>\$4</b> Int Soul Line Dancing 12:00-4:00pm Scrapbooking 12:30-1:15pm <b>\$4</b> Stretch and Balance 1:30-2:30pm R <b>\$</b> Eight Pieces of Brocade 7:00-8:00pm <b>\$6</b> Line Dancing	<b>24</b>  9:00am-12:00pm R Tax Software 10:30-11:30am <b>\$</b> Zumba Gold 11:30am-12:30pm <b>\$</b> Yoga 1:00-3:00pm Knit & Crochet Group 1:00-2:00pm <b>\$10/month</b> Senior Fitness 2:00-5:00pm Card Games 2:15-3:15pm <b>\$4</b> Beginner Soul Line Dancing 6:00-7:30pm R Memory Café	<b>25</b>  9:00-11:00am Chess 9:00-11:00am R Matter of Balance 10:00-11:00am <b>\$7/mo</b> Chair Fitness 11:15am-12:15pm <b>\$4</b> Cardio Dance 12:30-5:00pm Quilting Group 1:00-2:00pm <b>\$10 R</b> Beginner Sign Language 1:00-4:00pm R American Mahjong



## February 2026

Thursday	Friday	Saturday
<b>5</b>  9:00-10:30am R \$20 Genealogy 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 Beginner Wood Carving 2:15-3:00 pm \$ Mat Pilates 4:00-5:00pm \$ Zumba Gold 5:30-7:00pm TOPS Weight Management	<b>6</b>  12:00-1:00pm R \$ Tai Chi	<b>7</b>  10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga
<b>12</b>  9:00-10:30am R \$20 Genealogy 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 Weight Management	<b>13</b>  10:00-11:30am R Caregiver's Coffee 10:45-11:15 BookMobile 12:00-1:00pm R \$ Tai Chi 6:30-9:30 R \$10 Pre Valentine Line Dance & Music Bingo	<b>14</b>  10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga
<b>19</b>  9:00-10:30am R \$20 Genealogy 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 1:00-3:00pm R Advance Care Planning 2:15-3:00 pm \$ Mat Pilates 4:00-5:00pm \$ Zumba Gold 5:30-7:00pm TOPS Weight Management	<b>20</b>  10:00am-4:00pm R \$10 Sewing Class: Petal Pouch 12:00-1:00pm R \$ Tai Chi	<b>21</b>  10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga
<b>26</b>  9:00-10:30am R \$20 Genealogy 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 \$ Mat Pilates 4:00-5:00pm \$ Zumba Gold 5:30-7:00pm TOPS Weight Management	<b>27</b>  12:00-1:00pm R \$ Tai Chi 7:30-10:00pm \$6 Line Dance Social	<b>28</b>  10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga
	<i>Drop in any day for Arts &amp; Crafts, Billiards, Cards, Mahjong, or to use the Media Center. ++Call Amanda Biggs 252.414.3230</i>	<b>COA Open 8:00am-5:00pm M-F</b> Additional hours per class schedule  <b>Key: \$ = Fee R = Registration Required at 752-1717, x201</b>

## 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 #2:** 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!  
**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**



Is your dream trip full? Ask to be added to our  
waiting list to be called for cancellations.



*Stay safe at  
home with*

**AMADA**  
SENIOR CARE

- ♥ CARE PROVIDERS
- ♥ SENIOR HOUSING OPTIONS
- ♥ FINANCIAL CARE COORDINATION
- ♥ REMOTE CARE TECHNOLOGY

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**home instead.**

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

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



 (252) 320-7876



**THRIVE**  
LOCALLY

# **SUPPORT OUR ADVERTISERS!**

## VIRTUAL DEMENTIA TOUR

take a peek into the world of dementia with this interactive 'tour.'

**Wednesday, March 4**

**2:00-4:00pm**

**Call 752-1717 x201 for your 20 minute tour.**



## NC Authors Book Club

**Tuesday, February 10**

**10:30am-12:00pm**

**Call: 752-1717, x201 for information**

## Did You Know We have 6 Senior Wellness Centers?

### Ayden Senior Wellness Center

4354 Lee St. Ayden

8:30am-12:30pm

### Bethel Senior Wellness Center

7406 Main St. Bethel

9am-1pm

### Farmville Senior Wellness Center

3886 S. Main St. Farmville

9am-1pm

### Fountain Senior Wellness Center

6743 E. Wilson St. Fountain

9am-1pm

### Greenville Senior Wellness Center

4551 County Home Rd. Greenville

8:30am-12:30pm

### West Greenville Senior Wellness Center

1118 W. Fifth St. Greenville

9am-1pm



Friday  
February  
**13**  
Pre-Valentine  
Music Bingo and  
Line Dance Party  
Register by calling 752-1717, x201

\$10  
at the  
door

6:30  
-9:30pm

Music notes and a checkered board icon are on the left. Silhouettes of people dancing are on the right.



**SPRING  
GARDENING**  
Wednesday  
March 18  
2:00-3:00pm  
Call 752-1717, x201  
to register.

A photo of hands in gloves planting a seedling in soil.



**Sewing:  
Easter Tiny Treat Baskets**  
Friday  
March 20  
10:00am-4:00pm  
Cost: \$10  
Call 752-1717, x201 to register.

Easter eggs and flowers border the text.



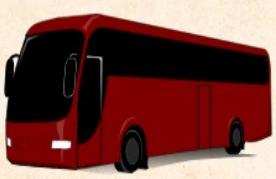
**BARN QUILT  
PAINTING**  
WITH DEANNA  
Friday, April 17  
**8:30AM - 5PM**  
**30 DESIGNS TO CHOOSE FROM!**  
2x2 \$100  
3x3 \$175  
4x4 \$250  
Call 752-1717, x201 for more  
information and to register

**ALL DESIGNS ARE CREATED  
ON ALUMINUM COMPOSITE  
AND PAINTED WITH  
OUTDOOR PAINT**

Cost includes: supplies,  
lunch & refreshments

A red barn quilt icon is in the center.

# Let's GO Day Trippin'



## 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.

**\$87/Person**

**Deposit \$45**

**Balance \$42 due January 20**

Thursday  
February 19

## 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.

**Details TBA**

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.

**\$148/Person**

**Deposit \$74**

**Balance \$74 due March 15**

June 2026

## **LIBRARY CARD**

**Title** Let's Read A Good Book!  
**Author** By My Favorite Author

**Date** **Borrower's Name** **Sign**

**Bookmobile**  
**Friday**  
**February 13**  
**10:45-11:15am**

No Library Card?  
No Problem! You can get one on the Bookmobile!

## **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"**





**Springfest**  
**Craft & Vendor Fair**

Over 50 Vendors, Live Music, Food Trucks

Saturday, April 11  
10AM-2PM

NOW ACCEPTING VENDOR APPLICATIONS  
EMAIL CSHIMER@PITTCOA.COM FOR INFORMATION

A colorful poster for the Springfest Craft & Vendor Fair. It features a large yellow sun, a pink flower, and a blue sky with clouds and a kite. A food truck is on the left, and a vendor booth is on the right. The text "Over 50 Vendors, Live Music, Food Trucks" is in a green circle. The date "Saturday, April 11" and time "10AM-2PM" are prominently displayed. A "NOW ACCEPTING VENDOR APPLICATIONS" section with an email address is at the bottom.

**NEW!**

A Day In My Life  
Writing Class

Mondays, March 9-23  
9:00-10:30am  
Cost: \$10  
Call 752-1717, x201 to register.



A hand holding a yellow pencil is shown writing on a sheet of lined paper. The paper has a yellow border and a small yellow flower in the top right corner.



**Community Shred Event & Medicine Drop**  
Friday, March 13  
10am to 1pm  
(or until truck is filled)

Council on Aging  
4551 County Home Road  
Greenville, NC

Enter to win one of two home office shredders!

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

Med Drop: Bring your expired or unwanted meds for safe disposal.  
No liquids, syringes, or needles will be accepted.

**SAFE KIDS**  
PITT COUNTY

**NORTH CAROLINA SMP**  
Empowering Seniors To Prevent Healthcare Fraud

A poster for a Community Shred Event and Medicine Drop. It features a shredder and a bottle of pills. Text includes the date (Friday, March 13), time (10am to 1pm), location (Council on Aging, 4551 County Home Road, Greenville, NC), and a chance to win a shredder. It also specifies the limit of 3 boxes/bags and the types of items accepted for the medicine drop. Logos for SAFE KIDS Pitt County and SMP are at the bottom.



Driving Toward Independence:  
Safety and Mobility Solutions  
for Older Adults

Wednesday, April 15  
1:00-4:30pm  
Call 752-1717, x201 to register.

Join us for a round table discussion lunch and a full afternoon of information about safe driving and other transportation options!

A poster for a "Driving Toward Independence" event. It features a winding road. Text includes the date (Wednesday, April 15), time (1:00-4:30pm), and a registration phone number. It also describes the event as a round table discussion lunch and a full afternoon of information about safe driving and other transportation options.

# 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

Foot Screenings  
Tuesday February 11 | 10am-12pm

Blood Pressure Screening  
Tuesday February 17 | 10am-12pm

Physical Therapy Screening  
Thursday February 19 | 10am-12pm



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, x206

# QC Kinetix®

NON-SURGICAL REGENERATION



The Nation's Leader in Non-Surgical  
Regeneration for Joint Pain Relief

**No Surgery - No Drugs - No Downtime**



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

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

QC Kinetix - 1103B Corporate Dr - Greenville - 27858

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THANK  
YOU

### Ways to Donate

- Make a tax deductible donation online at [www.pittcoa.com](http://www.pittcoa.com).
- Make a check payable to the Council on Aging.
- Set up monthly recurring donations.
- Consider the COA as a planned giving recipient.
- Contact the Executive Director at [rzeck@pittcoa.com](mailto:rzeck@pittcoa.com) for special requests.



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Find us at Pitt County Senior Center

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

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