



PITT COUNTY
Council on Aging

FEBRUARY 2024
NEWSLETTER



HELLO
February



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





POWERFUL TOOLS FOR CAREGIVERS



Six Week Course
2/28/2024 - 4/3/2024
3:30-5:30 pm

Caregiving can be difficult and we are here to help. Please attend this 6 week course that will help with self-care behaviors, emotion management, self-efficacy, and the use of community resources. You will be sure to walk away equipped with the tools to manage being a caregiver.



Council on Aging
4551 County Home Rd
Greenville NC



Call 252-752-1717 ext 201 to register, or
252-752-1717 ext 213 for more information on the course.

Sleep: Let's Get Some!

Presented by Fran Smith



Wednesday February 7

2:00-3:00pm

Call 752-1717, x201 to register.



Sewing:

Piece Keeper Project Bag

Mondays, February 5 & 12



9:00am-12:00pm

Call 752-1717, x201 to register

Cost: \$20, includes supplies



Beginner Wood Carving

Thursdays, February 15-March 14 | 1:00-3:00pm

Cost: \$40

Reverse Mortgage

With Geri Wenstrom,
Reverse Mortgage Consultant



Tuesday, February 20

2:00-3:00pm

Call 752-1717, x201 to register.



Personal Safety

At Home and Out

Presented by the Greenville Police Dept



Thursday, February 21

2:00-3:00

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, February 7

2:00-3:00pm

Call 752-1717, x201 to register.

Introduction to Computers



Wednesdays
February 7 & 21
2:00-3:30pm

Call 752-1717, x201 to register.

****You must bring your
laptop/tablet with you.**

Intro to Iphone

Tuesday, February 6
10:00-11:30am

Intro to Android Phone

Wednesday, Feb 15
10:00-11:30am

Call 752-1717, x201 to register.



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Single and Ready to Mingle!

Tuesday, February 20 | 2:00-3:00pm

Join us for a time of games and idea sharing!
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

****No Class on Feb 24**

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: \$1

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
(paid monthly)
Registration Required.
752-1717, x201**

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 10:30-11:30am

Saturdays 10:30-11:30am

Cost: Donation

****No Class on Feb. 24**

Soul Line Dancing

Every Monday | 11am-12pm

NEW!

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.



Council on Aging

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

Training is

**Tuesday February 6 & 20
10am**

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
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 Bingocize/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	

February Meal Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Beef Patty Cottage Fries Cabbage Bread Fruit or Juice 2% Milk	Oven Fried Chicken Breast Gravy Sweet Potato Souffle Collard Greens Brussel Sprouts Bread 2% Milk
5	6	7	8	9
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 Zita 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
12	13	14	15	16
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 & Blacked Eyed Peas Greens Sweet Cornbread Warmed Glazed Apples 2% Milk
19	20	21	22	23
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
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	

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
5	6	7
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	9:00am-12:00pm Beginners Bridge 10:00-11:00am R Volunteer Training 10:30-11:30am \$ Zumba Gold** 11:30am-12:30pm \$ Yoga 1:00-3:00pm Knit & Crochet Group 1:00-2:00pm R \$1 Senior Fitness** 2:00-5:00pm Card Games 2:15-3:15pm R \$4 Soul Line Dancing 6:00-6:45pm \$10/\$18 R American Tango 6:45-7:30pm \$10/\$18 R Salsa	10:00-11:00am \$1 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 Sleep 2:00-3:00pm R Chamber Music Lecture 2:00-3:30pm R Intro to Computers 2:00-2:45pm \$10/18 R Latin Dance 2:45-3:30pm \$10/18 R Country Two Step 6:30-7:15 \$10/18 R Latin Combo 7:15-8:00pm \$10/18 R West Coast Swing
12	13	14
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	9:00am-12:00pm Threads of Love 10:00am-12:00pm Blood Pressure Screening 10:30-11:30am \$ Zumba Gold** 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 R \$4 Soul Line Dancing 6:00-6:45pm \$10/\$18 R American 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 \$1 Chair Fitness 11:15am-12:15pm \$4 Cardio Dance 12:30-5:00pm Quilting Group 1:00-4:00pm R American Mahjong 2:00-2:45pm \$10/18 R Latin Dance 2:45-3:30pm \$10/18 R Country Two Step 6:30-7:15 \$10/18 R Latin Combo 7:15-8:00pm \$10/18 R West Coast Swing
19	20	21
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 7:00-8:00pm \$6 Line Dancing	9:00am-12:00pm Beginners Bridge 10:00-11:00am R Volunteer Training 10:30-11:30am \$ Zumba Gold** 11:30am-12:30pm \$ Yoga 1:00-3:00pm Knit & Crochet Group 1:00-2:00pm R \$1 Senior Fitness** 2:00-3:00 R Singles 2:00-3:00pm R Reverse Mortgage 2:15-3:15pm R \$4 Soul Line Dancing 6:00-6:45pm \$10/\$18 R American Tango 6:45-7:30pm \$10/\$18 R Salsa	9:00-11:00am Beginner's Chess 10:00am-12:00pm Mental Health Screenings 10:00-11:00am \$1 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 Personal Safety 2:00-3:30pm R Intro to Computers 2:00-2:45pm \$10/18 R Latin Dance 2:45-3:30pm \$10/18 R Country Two Step 6:30-7:15 \$10/18 R Latin Combo 7:15-8:00pm \$10/18 R West Coast Swing
26	27	28
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	10:30-11:30am \$ Zumba Gold** 11:30am-12:30pm \$ Yoga 1:00-3:00pm Knit & Crochet Group 1:00-2:00pm R \$1 Senior Fitness** 2:15-3:15pm R \$4 Soul Line Dancing 6:00-7:30pm Alzheimers Support Group 6:00-6:45pm \$10/\$18 R American 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 \$1 Chair Fitness 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 2:00-2:45pm \$10/18 R Latin Dance 2:45-3:30pm \$10/18 R Country Two Step 3:30-5:30pm R Powerful Tools for Caregivers 6:30-7:15 \$10/18 R Latin Combo 7:15-8:00pm \$10/18 R West Coast Swing

<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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February 2024		
Thursday	Friday	Saturday
<p>1</p> <p>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** 5:30-7:00pm TOPS Weight Management</p>	<p>2</p>	<p>3</p> <p>8:00-12:00pm Farmers Market 10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga</p>
<p>8</p> <p>10:30am-12:00pm Occupational Therapy Screening 11:00am-3:00pm Rosie's Cards 12:00-4:30pm Canasta or Hand & Foot 1:00-2:00pm R \$1 Senior Fitness** 5:30-7:00pm TOPS Weight Management</p>	<p>9</p> <p>10:45-11:15am Bookmobile 7:00-9:00pm R \$10/\$18 Dance Party</p>	<p>10</p> <p>8:00-12:00pm Farmers Market 10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga</p>
<p>15</p> <p>10:00-11:30am R Intro to Android Phone 10:00am-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</p>	<p>16</p>	<p>17</p> <p>8:00-12:00pm Farmers Market 10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga</p>
<p>22</p> <p>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</p>	<p>23</p> <p>10:45-11:15am Bookmobile 7:30-10:00pm \$6 Line Dance Social</p>	<p>24</p> <p>8:00-12:00pm Farmers Market 10:30-4:00pm Quilting</p>
<p>29</p> <p>12:00-4:30pm Canasta or Hand & Foot 1:00-2:00pm R \$1 Senior Fitness** 5:30-7:00pm TOPS Weight Management 1:00-3:00pm R \$40 Beginner Wood Carving</p>	<p>Key: \$ = Fee R = Registration Required **Available Virtually by registering at 752-1717, x201</p>	<p><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</p>

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.



FARMERS
market

IS COMING TO THE COA!

Saturdays, January 6-February 24
8am-12pm
the Farmers Market
is temporarily relocating to
Room #107 of the Council on Aging!
Come shop with us!

For more information
call Patricia:
570-460-7388

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



Place Your Ad Here and Support our Parish!

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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 N. 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

Assistive Technology:

Tools that can make your life easier, safer, and more convenient

Presented by Gloria Jinks, Technology Consultant

Monday, February 19 | 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.****

Sewing: Easy Does It Bag

Mondays, March 4 & 11

9:00am-12:00pm



Cost: \$20 (includes kit)

Call 752-1717 x201 to register.



Kiwaniis 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
ADVERTISERS**
that Support our
Community!



Let's Dance! February Schedule

With Dance Instructor: Sandra Casado



Tuesday's 2/6, 13, 20, 27
6:00-6:45pm American Tango
6:45-7:30pm Salsa

Wednesdays 2/7, 14, 21, 28
2:00-2:45pm Latin Dance Exercise
2:45-3:30pm Country 2 Step
6:30-7:15pm "Latin Combo"
Bachata & Rumba
7:15-8:00p West Coast Swing

~~~~~  
Cost for each class: \$10 per person or  
\$18 per couple

## 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, Feb.13 | 10am-12pm

### **Physical Therapy Screening**

Thursday, Feb.15 | 10am-12pm

### **Mental Health Screening**

Wednesday, Feb.21 | 10am-12pm

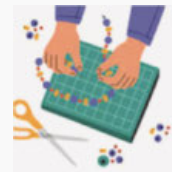
### **Occupational Therapy Screening**

Thursday, Feb. 8 | 10:30am-12pm

### Jewelry Class

Wednesday, February 28

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



Call 752-1717, x201

### Bookmobile

Friday

February 9

10:50-11:30am



**Spring Gardening/  
Assistive Gardening Devices**

With Courtney and Gloria!



Wednesday, March 13  
3:00-4:00pm

Call 752-1717, x201 to register.

**Mosaic Garden  
Stepping Stones**



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

Cost: \$25

Call 752-1717, x201 to register.

**NEVER MISS  
OUR NEWSLETTER!**

**SUBSCRIBE**

Have our newsletter  
emailed to you.



VISIT [WWW.MYCOMMUNITYONLINE.COM](http://WWW.MYCOMMUNITYONLINE.COM)

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

- |                  |                                          |                           |
|------------------|------------------------------------------|---------------------------|
| Al Muller        | Karen Dunn                               | Adrienne & Kyle Lampkin   |
| Alice Forbes     | Kim Price                                | Amye & Michael Allen      |
| Ally Gaskins     | LaRita Johnson                           | Charlotte & Jasper Pitt   |
| Amado Pilapil    | Linda Barnes                             | Dedra & Wilbert Garner    |
| Andrea Hardison  | Linda Mason                              | Diana & Will Greene       |
| Beth Clem        | Linda Rhodes                             | Greenville Quilting Guild |
| Bill Newill      | Lou Ann Ewing                            | Jeff & Diane Mathis       |
| Carol Hardy      | Marie Lamm                               | Jim & Jeanne Vaught       |
| Catherine Graham | Mary Ellen Cole                          | Judy & Ray Franks         |
| Cherie Wells     | Mary Hall                                | Ken & Suzy Walker         |
| Cindy Buck       | Melissa Smith                            | Ken & Lori Cortright      |
| Cynthia Moore    | Phyllis Nixon                            | Richard & Carol Bridges   |
| DeDe Carney      | Sandra Curry                             | Robin & Randy Johnson     |
| Fay Lindquist    | Sharon Schlichting                       | Thermo Fisher Scientific  |
| Geneva Morris    | Stella Williams                          | ~~~~~                     |
| George Kasperek  | Sue Meyers                               | In Memory Of              |
| Gerald White     | Sylvia Dunn                              | Cheryl Davis              |
| Gloria Schwartz  | Tonya Speight                            | ~~~~~                     |
| James Markello   | Ursula Glisson                           | In Honor of               |
| Jamie Walls      | Virginia White                           | Betty Jo Senior           |
| Jane Patton      | William Smith                            |                           |
| Janice Calfee    | Rosie and Bob Grinder                    |                           |
| Jean Spong       | St. Timothy's Episcopal Church           |                           |
| John Wrzesinski  | 1st Christian Church Disciples of Christ |                           |
| Judy Nelson      | Regina Smithwick Enterprises, LLC        |                           |
| Barbara McCoy    | Les Nettoyeurs Inc. Merry Maids          |                           |
| Willie Harrell   |                                          |                           |

**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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*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.*

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