

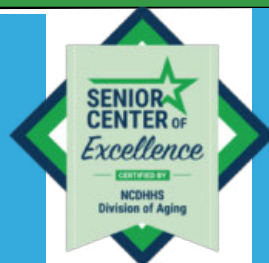


**PITT COUNTY**  
Council on Aging

MARCH 2025  
NEWSLETTER



**Rich Zeck**—Executive Director  
**Ray Franks**—Chair  
**Sylvia Wheless**—Vice Chair  
**Bill Newill**—Treasurer  
**Melissa Briley**—Secretary

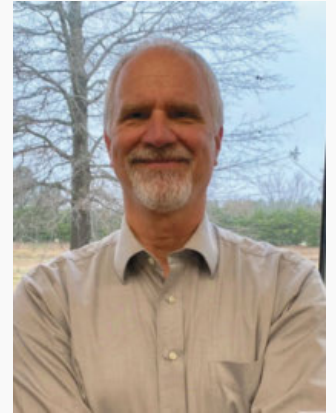


**Council on Aging**  
 4551 County Home Road  
 Greenville, NC 27858  
 Phone: 252-752-1717  
 Fax: 252-752-9365  
[www.pittcoa.com](http://www.pittcoa.com)



March 2025

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



Greetings Family and Friends,

Spring is here and another change of season is upon us. The older we get, the more seasons of change we experience. Some are happy, some are sad, but they're always changing. I have written hundreds of articles and given more talks that I can imagine. This might be the hardest one I have ever done. Working with older adults has changed my life. They give me hope, encouragement, and purpose. I genuinely feel I have made a difference in other people's lives and every day I want to be better to make life better for others who have given me so much.

Everyone in our line of work is cautioned not to get emotionally attached. For the last nearly 20 years I have done that because it's the job. I genuinely love our seniors. They are like family and, in some ways, more than family. I have so many memories that it is impossible to list them all. One that stands out was Willie. He participated with us for over 25 years and was blind. He and I were always joking. Around new people, I might say, "Hey Willie, I love your pink shirt today." No one understood because they could clearly see it was not pink. Willie would say, "You got that right!"

Willie passed last month, and I lost a dear friend that I didn't realize meant so much to me. Sometimes it is hard to have friends in this business, but the seniors are my friends. His daughter was a caregiving warrior (as all caregivers are.) While I have a hole in my heart as do many others he touched, it is quickly filled with the respect and admiration I had for Willie Bird.

Do not let this season or any season pass you by without loving on your family and friends.

Blessings,

*Rich*

Rich Zeck  
Executive Director



Pitt County Council on Aging

Caregiver's  
Coffee

Amada Senior Care will be presenting

March 14, 2025 10:00am-11:00am

## 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 5  
1pm Education 2pm Clinic  
Call 752-1717, x201 to register.**



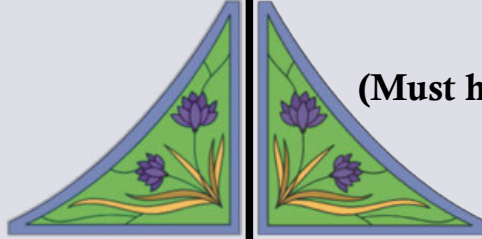


**Beginner Stained Glass**

Fridays March 14-April 18  
10:00-11:30am

Cost \$40

Call 752-1717, x201  
to register.



**Intermediate Stained Glass**

We're Making Stepping Stones!

Fridays March 14-April 18

12:00-1:30pm

Cost \$40

(Must have completed beginner class)

Call 752-1717, x201  
to register.

**Cooking With ECU's Farm2Clinic**

Friday, March 28 | 2:00-4:00pm

**Savor the Flavor: Build a Healthy Meal**



We will prepare multiple healthy sides, two entree options, and two dessert options. Participants will be divided into stations to directly cook/prepare foods/meals together and then visit each station for taste testing and descriptions of all recipes. We will prepare a variety of recipes, each with strong health benefits, budget friendly, quick, simple and most importantly- tasty!

Cost: \$35

Call 752-1717, x201 to register.



**Beginner Genealogy**

Learn how to create your family tree! A class full of resources, tips, and tricks for learning your ancestry!

Wednesdays, March 5-26  
1:00-2:00pm | Cost \$20

Call 752-1717, x201  
to register.



**Beginner Wood Carving**

Thursdays  
April 3-May 8  
1:00-3:00 | Cost: \$40

Call 752-1717, x201  
to register.

**Reverse Mortgage**



With Geri Wenstrom,  
Reverse Mortgage Consultant  
with Longbridge Financial, LCC

Wednesday, March 12  
2:00-3:00pm

Call 752-1717, x201  
to register.



### Spring Gardening



*Time to prep for that spring garden!*

**Wednesday, March 12  
2:00-3:00pm**

**Call 752-1717, x201  
to register.**

### Sewing: Mini Charm Bag



**Friday, March 21**

**9:00am-4:00pm**

**Cost: \$10**

**Call 752-1717, x201  
to register.**

### Easter Cross Craft (with Gilda)

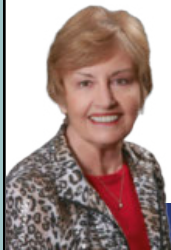


Choose from several design possibilities and create a cross for your door or wall (or a friend)!

**Cost: \$25 includes all supplies**

**Tuesday, March 18  
10:00am-12:00pm**

**Call 752-1717, x201  
to register.**



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**tai chi EASY** *With Jan Kendrick*

A mind-body-spirit form of movement that enhances peace of mind and well being.

It includes vitality movements, self massage,

Tai Chi moves, and meditation. For beginners and experienced practitioners. Loose clothing & a mat are suggested

**Fridays, 10:45am-11:45am**

**Cost: Donation | Call 752-1717, x201 to register.**

**Tai Chi Workshop**

The Eight Pieces of Brocade is a traditional Chinese qigong practice that consists of eight simple yet powerful exercises/positions. Designed to improve health, energy flow, and flexibility, and excellent for the immune system, this routine is simple to learn and can be practiced daily for overall health and well-being.

**Mondays, April 7-May 19 | 1:30-2:30pm**

**Cost: Donation | Call 752-1717, x201**

**Stretch & Balance Class**



Increase flexibility and balance through a series of exercises and movements. Must be able to stand for periods of time with no assistance.

Exercise mat recommended, but not required.

**Mondays | 12:30-1:15pm**

**Cost \$4/session paid monthly**



**Chair Fitness Class**



Get fit and stay active with fun, chair exercise routines. Improve your strength, flexibility, and endurance while engaging in strength training and cardiovascular activities.

**Mondays & Wednesdays**

**10:00-11:00am**

**\$5/month, \$2 for drop ins**



**Cardio Dance!**

**Wednesdays**

**11:15am-12:15pm**

Move and groove to upbeat tunes during this fun, low-impact aerobic workout. Enjoy energizing full body exercise and movement while improving your endurance and coordination. Expect to sweat while burning calories and having a good time. No dance experience needed. **Cost:\$4**





## It's Time To Get Fit!



### Yoga for Every Body

Yoga for Every Body is a 45 minute class designed to improve balance, strength, and flexibility.

Bring a mat, towel, and water, or simply use a chair if you can't reach the floor comfortably.

**Tuesdays & Saturdays  
11:30am-12:30pm  
Cost: Donation**

### Senior Fitness



Join us for a fun, interactive strength training and cardio workout. Move and groove to great music while burning calories and improving your health. So, grab your water bottle and get ready to sweat!

**Every Tuesday & Thursday  
1-2pm  
\$1/class  
(Payable Monthly)**

### Zumba Gold®



Zumba Gold® is a low impact, high-fun dance workout. Join us to sweat and jam with Latin rhythms! Go at your pace, build confidence, and see great results in cardio fitness, strength, balance, and agility.

**Tuesdays & Saturdays  
10:30-11:30am | Cost: Donation  
Thursdays 4:00-5:00pm**

### Soul Line Dancing

**Every Monday (Intermediate)  
11:15am-12:00pm  
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, March 4 & 18

10am

Join our team for 2025!

**Call 752-1717 for more information**



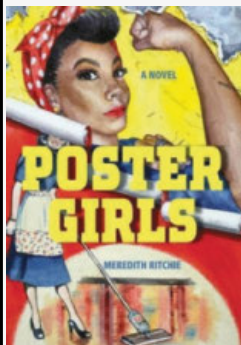
**Clerical:** Filing, data entry, reception

**Instructors:** Do you have a talent or skill you would like to share?

**Landscaping**

**Gardening**

### NC Authors Book Club



#### POSTER GIRLS

by Meredith Ritchie is our March book.

Tuesday, March 12

10:30am-12:00pm

**Call 752-1717, x201 for more information.**

### 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	



*Excellence in Aging Resources, Programs and Resources*

## March Meal Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Roast Beef Mashed Potatoes w/Gravy Green Beans Corn Bread Fudge Brownie 2% Milk	<b>4</b> BBQ Chicken Mac & Cheese Lima Beans Okra/Tomatoes Bread 100% Orange Juice 2% Milk	<b>5</b> Herbed Pork Chop Rice w/Gravy Carrots Roll Warm Glazed Apples 2% Milk	<b>6</b> Creamed Chicken Macaroni w/Parsley Beets Bread Warm Spiced Peaches 2% Milk	<b>7</b> Scalloped Potatoes w/Ham Greens Broccoli Bread Cinnamon Applesauce 2% Milk
<b>10</b> Turkey a La King Mashed Potatoes Corn O'Brien Cabbage Bread 2% Milk	<b>11</b> BBQ Pork Chop Boiled Potatoes w/ Onions Brussell Sprouts Cauliflower Bread 100% Apple Juice 2% Milk	<b>12</b> Italian Tomato sauce w/ Turkey Rotini w/Parsley Broccoli Carrots Roll Marble Cake 2% Milk	<b>13</b> Taco Filling (Turkey) Black Beans & Corn Salsa Tortilla Shredded Cheddar Cheese Rice Warm Spiced Peaches 2% Milk	<b>14</b> Creamy Chicken Rice Soup Green Beans Peas Roll Saltine crackers Fudge Brownie 2% Milk
<b>17</b> Herbed Bake Boneless Chicken Breast Rice w/Gravy Okra w/Tomatoes Wheat Bread Cinnamon Applesauce 2% Milk	<b>18</b> Turkey Alfredo Peas Irish Blend Vegetables Bread Fudge Brownie 2% Milk	<b>19</b> Franks & Pinto Beans Cabbage Carrots Bread Marble Cake 2% Milk	<b>20</b> Scrambled Eggs w/ Sausage Cheesy Corn Grits Bread w/Margarine & Jelly Packets 100% Orange Juice Warm Glazed Apples 2% Milk	<b>21</b> Savory Chicken Stroganoff Rotini w/Parsley Greens Green Beans Bread Pumpkin Spice Cake 2% Milk
<b>24</b> Pork Ham Sweet Potato Souffle Cauliflower Brussel sprouts Bread 2% Milk	<b>25</b> Chicken Teriyaki Rice Irish Blend Vegetables Roll Orange 2% Milk	<b>26</b> Stuffed Green Pepper w/ Beef Corn Cabbage Bread Banana Cake 2% Milk	<b>27</b> BBQ Pulled Chicken Succotash Green Beans Bread Warm Glazed Apples 2% Milk	<b>28</b> Beef & Cheese Rotini Peas Carrots Bread 100% Apple Juice 2% Milk
<b>31</b> Roast Beef Mashed Potatoes w/Gravy Green Beans Corn Bread Fudge Brownie 2% Milk				

# SUPPORT OUR ADVERTISERS!

## March 2025 Community Calendar

Monday	Tuesday	Wednesday
<p><i>Drop in any day for Arts &amp; Crafts, Billiards, Cards, Mahjong, or to use the Media Center.</i></p> <p><b>++Call Amanda Biggs 252.414.3230</b></p>	<p><b>Key: \$ = Fee R = Registration Required</b>  <b>**Available Virtually by registering at 752-1717, x201</b></p>	<p><b>COA Open 8:00am-5:00pm M-F</b>  <b>Additional hours per class schedule</b></p>
<b>3</b>	<b>4</b>	<b>5</b>
<p>9:00am-12:00pm Rummikub            10:00-11:00am \$5 /mos Chair Fitness            11:15am-12:00pm \$4 Int Soul Line Dancing            12:00-2:00pm Scrabble            12:00-4:00pm Scrapbooking            12:30-1:15pm \$4 Stretch and Balance            7:00-8:00pm \$6 Line Dancing</p>	<p>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 &amp; Crochet Group            1:00-2:00pm \$1 Senior Fitness            2:00-5:00pm Card Games            2:15-3:15pm \$4 Beginner Soul Line Dancing</p>	<p>9:00-11:00am Chess            10:00-11:00am \$5/ mo Chair Fitness            11:15am-12:15pm \$4 Cardio Dance            12:30-5:00pm Quilting Group            1:00-2:00pm R \$20 Beginner Genealogy            1:00-3:00pm R Advance Care Planning            1:00-4:00pm R American Mahjong</p>
<b>10</b>	<b>11</b>	<b>12</b>
<p>9:00am-12:00pm Rummikub            10:00-11:00am \$5 /mos Chair Fitness            11:15am-12:00pm \$4 Int Soul Line Dancing            12:00-2:00pm Scrabble            12:00-4:00pm Scrapbooking            12:30-1:15pm \$4 Stretch and Balance            7:00-8:00pm \$6 Line Dancing</p>	<p>10:30-11:30am \$ Zumba Gold            9:00am-11:00pm Threads of Love            10:00am-12:00pm Blood Pressure Screening            10:30am-12:00pm R Book Club            11:30am-12:30pm \$ Yoga            1:00-3:00pm Knit &amp; Crochet Group            1:00-2:00pm \$1 Senior Fitness**            2:15-3:15pm \$4 Beginner Soul Line Dancing</p>	<p>9:00-11:00am Chess            10:00-11:00am \$5/mo Chair Fitness            10:30am-12:00pm R Book Club            11:15am-12:15pm \$4 Cardio Dance            12:30-5:00pm Quilting Group            1:00-2:00pm R \$20 Beginner Genealogy            1:00-4:00pm R American Mahjong            2:00-3:00pm R Reverse Mortgage            2:00-3:00pm R Spring Gardening            6:45-7:30pm R \$30 Merengue            7:30-8:15pm R \$30 Hustle</p>
<b>17</b>	<b>18</b>	<b>19</b>
<p>9:00am-12:00pm Rummikub            10:00-11:00am \$5 /mos Chair Fitness            11:15am-12:00pm \$4 Int Soul Line Dancing            12:00-2:00pm Scrabble            12:00-4:00pm Scrapbooking            12:30-1:15pm \$4 Stretch and Balance            2:00-3:00pm R Road to Resources            7:00-8:00pm \$6 Line Dancing</p>	<p>9:00am-12:00pm Beginners Bridge            10:00-11:00am R Volunteer Training            10:00am-12:00pm R \$25 Easter Cross Craft            10:30-11:30am \$ Zumba Gold            11:30am-12:30pm \$ Yoga            1:00-3:00pm Knit &amp; Crochet Group            1:00-2:00pm \$1 Senior Fitness**            2:15-3:15pm \$4 Beginner Soul Line Dancing</p>	<p>9:00-11:00am Chess            10:00-11:00am \$5/mos Chair Fitness            11:15am-12:15pm \$4 Cardio Dance            12:30-5:00pm Quilting Group            1:00-2:00pm R \$20 Beginner Genealogy            1:00-4:00pm R American Mahjong            6:45-7:30pm R \$30 Merengue            7:30-8:15pm R \$30 Hustle</p>
<b>24</b>	<b>25</b>	<b>26</b>
<p>9:00am-12:00pm Rummikub            10:00-11:00am \$5 /mos Chair Fitness            11:15am-12:00pm R \$4 Int Soul Line Dancing            12:00-2:00pm Scrabble            12:00-4:00pm Scrapbooking            12:30-1:15pm \$4 Stretch and Balance            7:00-8:00pm \$6 Line Dancing</p>	<p>10:30-11:30am \$ Zumba Gold            11:30am-12:30pm \$ Yoga            1:00-3:00pm Knit &amp; Crochet Group            1:00-2:00pm \$1 Senior Fitness**            2:00-5:00pm Card Games            2:15-3:15pm \$4 Beginner Soul Line Dancing            6:00-7:30pm Alzheimers Support Group</p>	<p>9:00-11:00am Chess            10:00-11:00am \$5/mos Chair Fitness            11:15am-12:15pm \$4 Cardio Dance            12:30-5:00pm Quilting Group            1:00-2:00pm R \$20 Beginner Genealogy            1:00-4:00pm R American Mahjong            2:00-4:00pm R \$5 Jewelry Class            6:45-7:30pm R \$30 Merengue            7:30-8:15pm R \$30 Hustle</p>



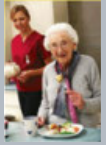
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## March 2025

Thursday	Friday	Saturday
		1
6	7	8
10:00am-12:00pm Acrylic Painting 11:00am- 3:00pm Rosie's Cards 12:00-4:30pm Canasta or Hand & Foot 12:00-1:00pm Older Relative Caregiver Support 1:00-2:00pm \$1 Senior Fitness** 1:00-3:00pm R \$40 Beginner Wood Carving 4:00-5:00pm \$ Zumba Gold 5:30-7:00pm TOPS Weight Management	10:45-11:15 Bookmobile 10:45-11:45am R \$ Tai Chi 11:00am-2:00pm Shred and MedDrop Event 7:00-9:00pm R \$10 Dance Party	10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga
13	14	15
12:00-4:30pm Canasta or Hand & Foot 1:00-2:00pm \$1 Senior Fitness** 1:30-3:00pm R \$40 Beginner Wood Carving 4:00-5:00pm \$ Zumba Gold 5:30-7:00pm TOPS Weight Management	10:00-11:00am R Caregiver's Coffee 10:00am-11:30pm R \$40 Beginner Stained Glass 10:45-11:45am R \$ Tai Chi 12:00-1:30pm R \$40 Intermediate Stained Glass	10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga
20	21	22
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 \$1 Senior Fitness** 1:00-3:00pm R \$40 Beginner Wood Carving 4:00-5:00pm \$ Zumba Gold 5:30-7:00pm TOPS Weight Management	9:00am-4:00pm R \$10 Sewing: Mini Charm Bag 10:00am-11:30pm R \$40 Beginner Stained Glass 10:45-11:15 Bookmobile 10:45-11:45am R \$ Tai Chi 12:00-1:30pm R \$40 Intermediate Stained Glass	10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga 1:00-2:00pm \$10 R Salsa Workshop
27	28	
12:00-4:30pm Canasta or Hand & Foot 1:00-2:00pm \$1 Senior Fitness** 1:30-3:00pm R \$40 Beginner Wood Carving 4:00-5:00pm \$ Zumba Gold 5:30-7:00pm TOPS Weight Management	10:00am-11:30pm R \$40 Beginner Stained Glass 10:45-11:45am R \$ Tai Chi 12:00-1:30pm R \$40 Intermediate Stained Glass 2:00-4:00pm \$35 R Cooking Class 7:30-10:00pm \$6 Line Dance Social	



## **All 2025 TRIPS ARE NOW FULL**

(You may request to be added to a waiting list for any trip.)

### **2026 Trips Will Be Announced at SpringFest on April 5th!**



**Ark Encounter, Lexington & Louisville:  
April 27-30, 2025 \$819 Per Person/Double Occupancy**



**Cape Cod, Boston & Martha's Vineyard:  
June 15-20, 2025 \$1309 Per Person/Double Occupancy**



**Explore the Mediterranean:  
September 12-21, 2025  
Starting at \$4399 Per Person/Double Occupancy**



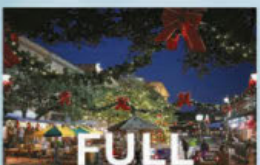
**Fall in Hudson River Valley with The Great  
Jack-O-Lantern Blaze:  
October 6-9, 2025 \$809 Per Person/Double Occupancy**



**New Orleans:  
November 9-14, 2025  
\$1309 Per Person/Double Occupancy**



**Lancaster, PA:  
July 15-17, 2025 \$539 Per Person/Double Occupancy**



**Christmas in Historic Savannah:  
December 3-5, 2025 \$529 Per Person/Double Occupancy**

**Trip Details: <https://www.pittcoa.com/trips>**

**ROAD TO RESOURCES**

A Guide to Services for Older Adults



**Long-Term Care Options**  
Presentation by:

**NC Ombudsman Laura Jett**

**Monday, March 17 | 2:00pm-3:00pm**

**Call 252-752-1717 Ext. 201 to Register**

**Food is Medicine Is Returning!**

**Tuesdays, April 8-29 | 3:00-4:00pm**

*Only \$20 for the series!*



*Featuring*

Cooking Demonstration, Budgeting Workshop, Oral Care Tips, Walk and Talk. Food Samples Included!

Taught by ECU Medical Students!  
FREE Bag of Groceries With Each Class  
Featuring Recipe Ingredients

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- ♥ SENIOR HOUSING OPTIONS
- ♥ FINANCIAL CARE COORDINATION
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"Lowered blood sugar (HbA1c) from 6.7 to 6.2%. I am now off cholesterol and blood pressure medication. I have lost 6 inches off my waist and 25 pounds. Very pleased with the results!"  
*Joann R., 68 y.o*



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A vibrant floral graphic with various colorful flowers (red, yellow, blue, purple) and green leaves surrounding the central text.

# COA SPRINGFEST

**CRAFT & VENDOR FAIR**

**April 5 | 10am-2 p.m.**

**OVER 50 VENDORS,  
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ENTERTAINMENT  
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EVERYONE!**

**For Vendor Info:  
[cshimer@pittcoa.com](mailto:cshimer@pittcoa.com)**

## 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



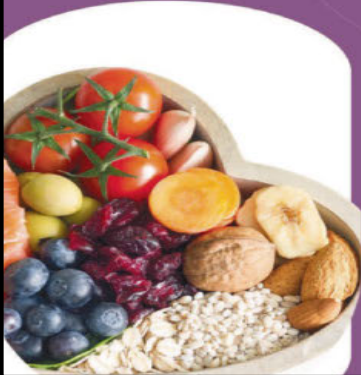
## Living Healthy with Chronic Conditions

This 6-week workshop will help YOU learn ways to improve your health. Plus, you will have the opportunity to connect with people just like you who live with chronic conditions like diabetes, arthritis and high blood pressure.

### In this class you will learn:

- ➔ Self-Management Skills
- ➔ Exercises
- ➔ Nutrition Education
- ➔ Relaxation Strategies
- ➔ Medication Information

Tuesdays 9:00am - 11:30am  
March 18th - April 22nd  
3886 S. Main St. Farmville  
Call 752.1717 ext. 201 to register



# 2025 Day Trippin'



**International Civil Rights Center & Museum:** Explore the story of the civil rights struggle in the U.S. Encounter includes audio/video narratives, pictures, artifacts, video re-enactments and the original restored F.W.Woolworth Counter. After we'll eat at a local soul food restaurant (not included)  
Thursday, March 6 \$87 per person  
Deposit:\$45; Balance \$42 Due: February 21.



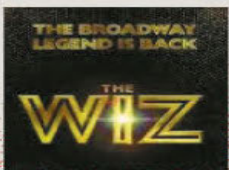
**NC Azalea Festival:** Wilmington's annual community celebration. Enjoy the parade with beautiful floats, giant balloons, and marching bands. The street fair provides shopping, food options, and entertainment.  
Saturday, April 5 \$68/person Deposit: \$34; Balance \$34  
Due: March 14.



**Kitty Hawk, NC:** Visit the location of the Wright Brothers first flight! We'll be visiting the Visitor's Center, Monument and other historic sites at Kill Devil Hills. After exploring the area, we'll stop for dinner at a local seafood restaurant. Details TBA



**Norfolk Bingo Cruise:** Back by popular demand! View scenic views of the US Navy's Atlantic Fleet and the city skyline during this 2 hour bingo cruise. Enjoy live entertainment, lunch buffet, and bingo!  
Wednesday, June 18. \$115 per person Deposit: \$60; Balance \$55  
Due: May 30.



**The Wiz:** This Tony Award winning Best Musical is returning to DPAC. We will stop for dinner at a nearby restaurant (not included) and proceed to the Durham Performing Arts Center for the show.  
Wednesday, August 6 \$115 per person Deposit: \$60  
Balance \$55  
Due: July 1.

## Jewelry Making



Wednesday, March 26  
2:00-4:00pm | Cost: \$5  
Call 752-1717, x201 to register.

## Hello Spring Wood Door Hanger



Tuesday, April 22 | 10am-12pm  
Cost: \$40 (includes all supplies)  
Call 752-1717, x201 to register.

## Are you Worried About Falling?

- Are you afraid to stand up and take a shower?
- Do you need grab bars for your bathroom?
- Are you struggling to afford durable medical equipment?
- Do you need handrails at your front or back steps?



Call the Council on Aging at:  
252-752-1717 Ext. 213

"Please call BEFORE you fall"



## 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](http://www.medicare.gov)

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







**Community Shred Event**  
**AND**  
**Medicine Drop**



**Friday, March 7**  
**Pitt County Council on Aging**  
**4551 County Home Road, Greenville, NC**

**Shred: 11:00am-2:00pm**  
**Medicine Drop: 11:00am-1:00pm**

Shred: 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.

**Enter to win one of two home office shredders.**



**Virtual Dementia Tour**



Wednesday, April 2  
2:00-4:00pm

Call to register for your  
20 minute  
appointment.

752-1717, x201

**Memory Bear Class**

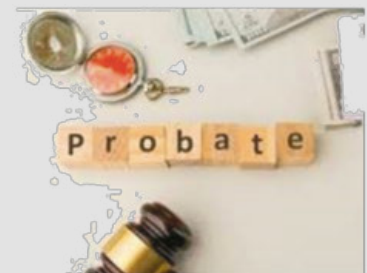
is returning in April!!



Friday, April 18  
10:00am-4:00pm  
Call 752-1717, x201  
to register

**Estate Administration/  
Probate**

With Charlotte Ann Alexander



Friday, April 11  
3:00-4:30pm  
Call 752-1717, x201 to register.





## Let's Dance! March Schedule

*With Dance Instructor: Sandra Casado*

**Merengue:** Wednesdays, March 12, 19, 26 6:45-7:30pm

Total \$30

**Hustle:** Wednesdays, March 12, 19, 26 7:30-8:15pm

Total \$30

**Salsa Workshop:** Sat March 22 1-2p \$10

**Call 752-1717, x201 to register.**



**2nd Friday March 7th 7:00-9:00pm Dance Party \$10**

Fun, Beginner Friendly, Includes Bachata Lesson, Open Dancing,  
Mixers & Refreshments

**Call 752-1717, x201 to register.**

Fraud BINGO				
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8 <small>8. Identity Theft</small>	29 <small>29. Identity Theft</small>	39 <small>39. Identity Theft</small>	56 <small>56. Identity Theft</small>	65 <small>65. Identity Theft</small>
1 <small>1. Identity Theft</small>	26 <small>26. Identity Theft</small>	37 <small>37. Identity Theft</small>	49 <small>49. Identity Theft</small>	64 <small>64. Identity Theft</small>
15 <small>15. Identity Theft</small>	20 <small>20. Identity Theft</small>	35 <small>35. Identity Theft</small>	51 <small>51. Identity Theft</small>	67 <small>67. Identity Theft</small>
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## Fraud Education & Bingo

Presented by Southern Bank

Wednesday, April 23 | 2:00-3:00pm

Call 752-1717, x201 to register.



**Blood Pressure Screening**

Tuesday, March 11 | 10am-12pm

**Physical Therapy Screening**

Thursday, March 20 | 10am-12pm

**Bookmobile**

**Friday**

**March 14**

**10:45-11:15am**



# QC Kinētix<sup>®</sup>

NON-SURGICAL REGENERATION



The Nation's Leader in Non-Surgical  
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QC Kinetix - 1103B Corporate Dr - Greenville - 27858



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**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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