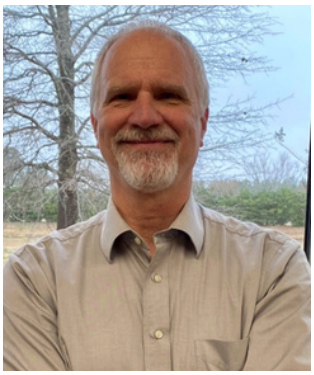
Pitt County Council on Aging

November 2026



4551 COUNTY HOME ROAD GREENVILLE, NC 27858 |252-752-1717 | WWW.PITTCOA.COM

November 2026



Rich Thoughts from the Executive Director

Is this year flying by or what? Fall has been wonderful, and as we approach the end of another year, it's time to slow down for a moment and count our blessings.

This November, I challenge all of us to take a few moments each day to remind ourselves what we are thankful for. It's easy to rattle off the things that frustrate us, the challenges we face, and everything that isn't going quite the way we want. But when we intentionally look at life with an attitude of gratitude, we realize there is actually a whole lot to be thankful for.

Without sounding too corny, we are most thankful for you.
Our participants, volunteers, leaders, supporters, donors, partners, and the literally thousands of people who make the COA what it is today–you are the reason we exist. Without people, there is no Council on Aging. And without people who care, we certainly wouldn't be the COA you see today.
We've faced our share of challenges this year. But time and time again, something remarkable has happened. Complete strangers, longtime supporters, loyal donors, volunteers, and community partners have stepped forward and simply asked: "How can I help?" Those four words mean more than you might realize.

We are thankful for people of action–not just people of words. People who see a need and step up. People who give their time, their resources, their talents, and sometimes simply their encouragement. Those acts of kindness are what keep our mission moving forward.

So, as we close out this year, let's all make an effort to be a little more grateful, a little more thankful, and a lot more intentional about having an attitude of gratitude.

And when you have an opportunity to help someone, don't just ask what can be done–be the person who does it.
Thank you for being part of the COA family. We are grateful for every one of you.

Have a great day, enjoy this beautiful fall season, and we hope to see you soon!
Blessings,
Rich
Rich Zeck
Executive Director

Holiday Eating Made Healthy



Presented by Sharon Lewis Hackler

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

This presentation focuses on practical strategies for navigating holiday gatherings while maintaining your nutrition goals, including tips for mindful eating, making healthier ingredient swaps, and managing portion sizes during the festive season.



Holiday Sing Along

with ECU Music Therapy Department



Tuesday, December 1
2:00-3:00pm

One of the most iconic traditions of the holiday season is bringing out the holiday music! Join us as we gather and sing a variety of holiday songs! You are sure to have fun, no matter your skill level!



Impact of Alzheimers on the Community

Tuesday, November 10
2:00-3:00pm
Alzheimers affects our loved ones, the caregivers, friends and the impact continues into the community. Come hear the Alzheimers Association speak about this impact.



Sewing: No Sew Snowflake Ornaments

Friday, November 13
10:00am-2:00pm $5
Even prettier in person! Join us to make this beautiful snowflake ornament! Perfect for your tree or as a gift!



Advance Care Planning

Tuesday, November 17
1:00-3:00pm
Learn about preparing for future decisions for your medical care and have the opportunity to complete paperwork on site.
1:00-2:00 Education
2:00-3:00 Workshop
*ID required to complete paperwork.



Beginner Wood Carving

Thursdays, November 5-December 17
12:30-3:00pm $40
Time to start a new hobby and make new friends! One of our most popular classes is open to new students!



Technology: Facebook & Social Media Safety

Monday, November 16
2:00-3:00pm
Social Media can be confusing if you don't know what you're doing. Get the knowledge you need to stay safe!



Wills & Trusts

With Charlotte Anne Alexander
Thursday, November 19
3:00-4:30pm
Call 752-1717, x201 to register.



Stained Glass: Christmas Ornament

Fridays, November 13, 20, & December 4
9:00am-12:00pm Cost: $60

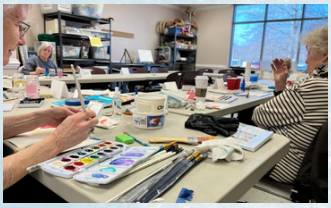
Learn the basics of cutting, grinding, copper foiling, soldering and framing stained glass. And go home with a beautiful ornament for yourself or to gift!



Embossing Tin Ornaments

Friday, November 6
9:00am-12:00pm Cost: $40

Create beautiful holiday ornaments with the art of metal embossing! Learn how to work with lightweight metal sheets to design and emboss festive shapes such as angels,stars, moons, trees, and more.



Water Color Studio Class

EVERY WEDNESDAY (ONGOING)
9:30am-12:00pm $60 FOR FOUR SESSIONS

Open to ALL Levels (including beginners!)

CALL 752-1717, X201 TO REGISTER

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CHAIR FITNESS

MONDAYS & WEDNESDAYS 10:00-11:00AM
$7/MO, $3 FOR DROP INS.$14/MO FOR BOTH

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



SOUL LINE DANCING

INTERMEDIATE: MONDAYS 11:15AM-12:15PM
BEGINNER: TUESDAYS 2:15-3:15PM
$4/CLASS PAID MONTHLY

Get ready to move & groove to some fun line dances! Dance to soul and r&b music while working up a sweat and burning calories.



STRETCH & BALANCE

MONDAYS 12:30-1:15PM
$4/SESSION PAID MONTHLY

Increase flexibility and balance through a series of exercises and movements. Must be able to stand for periods of time with no assistance. Mat recommended, but not required.



YOGA FOR EVERYBODY

TUESDAYS & SATURDAYS 11:30AM-12:30PM
COST: DONATION. RECOMMENDED $5 BUT ANY AMOUNT IS APPRECIATED.

Yoga for Everybody is a 45 minute class designed to improve balance, strength, and flexibility. Bring a mat, towel, and water. You can use a chair if you can't reach the floor comfortably.



SENIOR FITNESS

TUESDAYS & THURSDAYS 1:00-2:00PM
COST: $10/MONTH PAYABLE MONTHLY

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



ZUMBA GOLD

TUESDAYS & SATURDAYS 10:30-11:30AM
AND THURSDAYS 4:00-5:00PM
COST: DONATION. RECOMMENDED $5

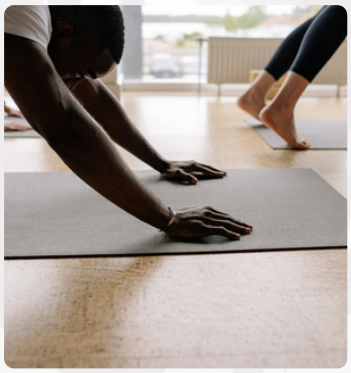
A low-impact version of Zumba, specifically designed for active older adults. With easy to follow Latin inspired dance moves, we focus on improving heart health, strength, and flexibility.



CARDIO DANCE

WEDNESDAYS 11:15AM-12:15PM
COST: $4

Move & groove to upbeat tunes during the fun low-impact aerobic workout. Enjoy energizing full body exercise and movement while improving your endurance and coordination. No dance experience needed.



MAT PILATES

THURSDAYS 2:15-3:00PM (MAT REQUIRED)
COST: $4

Mat Pilates is a low-impact, foundational fitness method performed on a mat, focusing on core strength, flexibility, and controlled, flowing movements using only body weight.



TAI CHI EASY

FRIDAYS 12:00-1:00PM
COST: DONATION

A mind-body-spirit form of movement that enhances peace of mind and well being. It includes vitality movements, self massage, Tai Chi moves, and meditation.



MR. D'S LINE DANCE

MONDAYS | 7:00-8:00PM
COST: $6

Mr. D, a Pitt County legend in the line dance world teaches each Monday night at the Council on Aging.



Exploring QiGong

Mondays 1:30-2:30pm

Cost: Donation

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



Country Line Dancing with Marcy

Wednesdays 12:45-1:45pm

Cost: $4/Class

Learn to dance to your favorite country tunes!



Parkinson's Chair Yoga

Sundays STARTING November 22 3:00-4:00PM

The Parkinson's Association of the Carolinas will be offering FREE chair yoga classes for people who have Parkinson's and their caregiver each Sunday afternoon. Call 752-1717 for information about registration for this class.

GREENVILLE SENIOR WELLNESS CENTER WEEKLY CALENDAR

Monday

8:30am Coffee & Connection
8:50am Reflections
9am Bible Study
11:30am Lunch Service

Tuesday

8:30am Coffee & Connection
9:00am Reflections
10:00am Chair Exercise
10:45am Bingo Free
11:30am Lunch Service

Wednesday

8:30am Coffee & Connection
9:00am Reflections
10:15am Music Therapy
11:30am Lunch Service

Thursday

8:30am Coffee & Connection
9:00am Reflections
10:45am Bowling
11:30am Lunch Service

Friday

8:30am Coffee & Connection
9:00am Reflections
10:15am Bingo
($1.50/card, limit of 2 cards)
11:30am Lunch Service

For detailed calendars for each of our senior wellness centers, go to https://www.pittcoa.com/senior-wellness-centers

November Menu

Monday	*Tuesday*	Wednesday	Thursday	Friday
2 BBQ Pork Chop Cottage Fries Peas Bread Fruit or Juice 2% Milk	3 Roasted Herbed Turkey Breast Bread Dressing w/Gravy Beets Mashed Sweet Potatoes 100% Orange Juice 2% Milk	4 Beef Stew Cabbage Bread Glazed Apples Sugar Cookie 2% Milk	**5** Oven Friend Chicken Breast Sweet Potato Souffle w/Gravy Corn Brussell Sprouts Bread 2% Milk	6 Country Patty Mashed Potatoes w/Gravy Broccoli Zucchini w/Tomatoes Bread Fudge Brownie 2% Milk
9 Beef Baked Zita w/Cheese Peas Roll 100% Orange Juice Cinnamon Applesauce 2% Milk	10 Cajun Chicken Thighs Mashed Potatoes w/Gravy Beets Green Beans w/Onions Bread Spice Cake 2% Milk	11  COA Closed No Meal Delivery	12 Chili con Carne Kidney Beans Rice Carrots Chips Strawberry Banana Yogurt Fruit 2% Milk	13 Creamed Chicken Macaroni w/Parsley Beets Bread Fruit 2% Milk
16 Creamed Turkey Rice Broccoli Corn Roll 100% Apple Juice 2% Milk	17 Italian Meat Sauce Macaroni w/Parsley Peas Cauliflower Roll Fruit 2% Milk	18 Peppered Fajita Filling (Chicken) Sauteed Peppers & Onions Tortilla Black Beans & Rice Salsa Applesauce 2% Milk	19 Fried Rice w/Diced Chicken Beets Broccoli Bread Vanilla Pudding 2% Milk	20 Herbed Pork Chop Mashed Potatoes w/Gravy Green Beans w/Onions Carrots Roll Chocolate Cake 2% Milk
23 Chicken Breast Parmesan Macaroni w/Parsley Cabbage Carrots, Roll Vanilla Pudding 2% Milk	24 Beef Stuffed Green Pepper Corn Bread Fruit 2% Milk	25 Ham & Black-Eyed Peas Greens Beets Sweet Cornbread Fruit 2% Milk	26  COA Closed No Meal Delivery	**27**
30 BBQ Pork Chop Cottage Fries Peas Bread Fruit or Juice 2% Milk				

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TO SCHEDULE AN APPOINTMENT

November 2026

Monday	Tuesday	Wednesday
2 **9:00am-12:00pm** Rummikub **10:00-11:00am $7 /mos** Chair Fitness **11:15am-12:15pm $4 I**nt Soul Line Dancing **12:00-4:00pm** Scrapbooking **12:30-1:15pm $4** Stretch and Balance **1:30-2:30pm $** Exploring QiGong **7:00-8:00pm $6** Line Dancing	**3** **9:00-11:30am $75 R** Stained Glass **10:00-11:00am R** Volunteer Training **10:30-11:30am $** Zumba Gold **11:30am-12:30pm $** Yoga **1:00-3:00pm** Knit & Crochet Group **1:00-2:00pm** $10/month Senior Fitness **2:00-5:00pm** Card Games **2:15-3:15pm $4** Beg Soul Line Dancing	**4** **9:00-11:00am** Chess **9:30-11:30am R** Beginner Bridge **9:30-12:00am R $60/4** Water Color **10:00am-12:00pm R** Theater Works **10:00-11:00am $7/mo** Chair Fitness **11:15am-12:15pm $4** Cardio Dance **12:30-5:00pm** Quilting Group **12:45-1:45pm R $4** Country Line Dance **1:00-4:00pm R** American Mahjong
9 **9:00am-12:00pm** Rummikub **10:00-11:00am $7 /mos** Chair Fitness **11:15am-12:15pm $4 I**nt Soul Line Dancing **12:00-4:00pm** Scrapbooking **12:30-1:15pm $4** Stretch and Balance **1:30-2:30pm $** Exploring QiGong **7:00-8:00pm $6** Line Dancing	**10** **9:00-11:30am $75 R** Stained Glass **9:00am-12:00pm** Threads of Love **10:00am-12:00pm** Blood Pressure Screening **10:30am-12:00pm R** NC Book Club **10:30-11:30am $** Zumba Gold **11:30am-12:30pm $** Yoga **1:00-3:00pm** Knit & Crochet Group **1:00-2:00pm** $10/month Senior Fitness **2:00-5:00pm** Card Games **2:00-3:00pm R** Impact of Alzheimers **2:15-3:15pm $4** Beg Soul Line Dancing	**11**  **COA Closed** **No Meal Delivery**
16 **9:00am-12:00pm** Rummikub **9:00am-12:00pm R** Hearing Screening **10:00-11:00am $7 /mos** Chair Fitness **11:15am-12:15pm $4 I**nt Soul Line Dancing **12:00-4:00pm** Scrapbooking **12:30-1:15pm $4** Stretch and Balance **1:30-2:30pm $** Exploring QiGong **2:00-3:00pm R** Social Media Safety **7:00-8:00pm $6** Line Dancing	**17** **10:00-11:00am R** Volunteer Training **10:30-11:30am $** Zumba Gold **11:30am-12:30pm $** Yoga **1:00-3:00pm** Knit & Crochet Group **1:00-2:00pm** $10/month Senior Fitness **1:00-3:00pm R** Advance Care Planning **2:00-5:00pm** Card Games **2:15-3:15pm $4** Beg Soul Line Dancing	**18** **9:00-11:00am** Chess **9:30-11:30am R** Beginner Bridge **9:30-12:00am R $60/4** Water Color **10:00-11:00am $7/mo** Chair Fitness **10:00am-12:00pm** Foot Screening **11:15am-12:15pm $4** Cardio Dance **10:00am-12:00pm R** Theater Works **12:30-5:00pm** Quilting Group **12:45-1:45pm R $4** Country Line Dance **1:00-4:00pm R** American Mahjong **1:30-3:00pm R** Gardening **2:00-3:00pm R** Holiday Eating
23 **9:00am-12:00pm** Rummikub **10:00-11:00am $7 /mos** Chair Fitness **11:15am-12:15pm $4 I**nt Soul Line Dancing **12:00-4:00pm** Scrapbooking **12:30-1:15pm $4** Stretch and Balance **1:30-2:30pm $** Exploring QiGong **7:00-8:00pm $6** Line Dancing	**24** **9:00-11:30 $75** Stained Glass **10:00-11:00am R** Volunteer Training **10:30-11:30am $** Zumba Gold --Cancel **11:30am-12:30pm $** Yoga --Cancel **1:00-3:00pm** Knit & Crochet Group **1:00-2:00pm** $10/month Senior Fitness **2:00-5:00pm** Card Games **2:15-3:15pm $4** Beg Soul Line Dancing **6:00-7:30pm R** Memory Cafe	**25** **9:00-11:00am** Chess **9:30-11:30am R** Beginner Bridge **9:30-12:00am R $60/4** Water Color **10:00-11:00am $7/mo** Chair Fitness **11:15am-12:15pm $4** Cardio Dance **12:30-5:00pm** Quilting Group **12:45-1:45pm R $4** Country Line Dance **1:00-4:00pm R** American Mahjong
30 **9:00am-12:00pm** Rummikub **10:00-11:00am $7 /mos** Chair Fitness **11:15am-12:15pm $4 I**nt Soul Line Dancing **12:00-4:00pm** Scrapbooking **12:30-1:15pm $4** Stretch and Balance **1:30-2:30pm $** Exploring QiGong **7:00-8:00pm $6** Line Dancing		NEW **New Class:** **Beginner Bridge** **Every Wednesday** **9:30-11:30am**

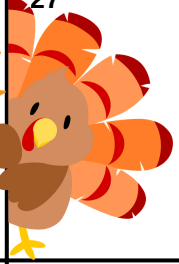
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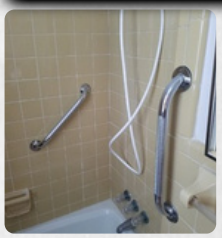
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November 2026

Thursday	Friday	Saturday
5 **9:00-11:30am** Ping Pong **10:00am-12:00pm** Acrylic Painting **11:00am- 3:00pm** Rosie's Cards **12:00-4:30pm** Canasta or Hand & Foot **12:30-3:00pm R $40** Beginner Wood Carving **1:00-2:00pm $10/month** Senior Fitness **2:15-3:00 pm $4** Mat Pilates **4:00-5:00pm $** Zumba Gold -Cancel **5:30-7:00pm** TOPS	**6** **9:00am-12:00pm R** $40 Embossed Tin Ornaments **12:00-1:00pm $** Tai Chi **1:30-4:30pm** Ping Pong	**7** **10:30-11:30am $** Zumba Gold-Cancel **11:30am-12:30pm $** Yoga-Cancel
12 **9:00-11:30am** Ping Pong **11:00am- 3:00pm** Rosie's Cards **12:00-4:30pm** Canasta or Hand & Foot **12:30-3:00pm R $40** Beginner Wood Carving **1:00-2:00pm** $10/month Senior Fitness **2:15-3:00 pm** $4 Mat Pilates **4:00-5:00pm** $ Zumba Gold **5:30-7:00pm** TOPS	**13** **9:00am-12:00pm R $5** Snow Flake Ornaments **9:00am-12:00pm R $60** Stained Glass Ornaments **9:30-11:30 R** Caregivers Coffee **11:45am-12:15pm** Bookmobile **12:00-1:00pm** $ Tai Chi **1:30-4:30pm** Ping Pong	**14** **10:30-11:30am $** Zumba Gold **11:30am-12:30pm $** Yoga
19 **9:00-11:30am** Ping Pong **11:00am- 3:00pm** Rosie's Cards **12:00-4:30pm** Canasta or Hand & Foot **12:30-3:00pm R $40** Beginner Wood Carving **1:00-2:00pm $10/month** Senior Fitness **2:15-3:00 pm $4** Mat Pilates **3:00-4:30pm R** Wills & Trusts **4:00-5:00pm $** Zumba Gold - Cancel **5:30-7:00pm** TOPS	**20** **9:00am-12:00pm R $60** Stained Glass Ornaments **12:00-1:00pm $** Tai Chi **1:30-4:30pm P**ing Pong	**21** **10:30-11:30am $** Zumba Gold **11:30am-12:30pm $** Yoga
26  **COA Closed** **No Meal Delivery**	**27**  **COA Closed** **No Meal Delivery**	**28** **10:30-11:30am $** Zumba Gold --Cancel **11:30am-12:30pm $** Yoga – Cancel







Are you Worried About Falling?

Are you afraid to stand up to take a shower?

Do you need grab bars for your bathroom?

Are you struggling to afford durable medical equipment?

Do you need hand rails at your front or back steps?

Call 752-1717, x212 for more details.



WE NEED VOLUNTEERS!

- Landscaping
- Instructor
- Clerical
- Special Events

Email cshimer@pittcoa.com for more information.

MEALS ON WHEELS TRAINING

You can make a difference in only one hour, one day a week! We need YOU to help deliver meals to homebound adults in our community!

Training: November 3 & 17, 10am.

Call 752-1717 for more information.

Medicare Open Enrollment

October 15th—December 7th
Compare 2027 Plans
Changes effective January 1st

Medicare
1-800-633-4227
Phone assistance is available 24/7 or visit www.Medicare.gov

Medicare Rights Center (Medicare Interactive)
1-800-333-4114
Phone assistance is available Monday through Friday or visit www.medicareinteractive.org

NC Seniors' Health Insurance Information Program (SHIIP)
1-855-408-1212
Phone assistance is available Monday through Friday from 8am-5pm
To find a SHIIP counseling site in your county contact SHIIP or visit www.ncshiip.com

Council on Aging (Pitt County)
All appointments have been filled

Pharmacies
Check with your pharmacy to see if they are offering help with open enrollment

Medicare Counseling in Pitt County is made possible with funding from the ECU Health Foundation and SHIIP.

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TRIPS 2027





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



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



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



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



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

2

Complete Trip Fliers Available at https://www.pittcoa.com/trips or in the COA Lobby.

TRIPS 2027



The Natural Beauty of Vermont: This 6 day/5 night package includes a dinner cruise with entertainment on Scenic Lake Champlain, dinner at the Von Trapp Family Inn, a Von Trapp Family History Tour, admission to the New England Maple Museum, a tour of the Vermont Teddy Bear Factory, a visit to Ben & Jerry's Ice Cream Factory, a visit to the Cold Hollow Cider Mill and the Vermont Country Store.
September 12-17, 2027 Price $1399 per person/double occupancy



The Albuquerque International Balloon Fiesta Featuring the Majestic Grand Canyon: This package includes round trip airfare, 2 dinners at Black Bart's Steakhouse and Musical Revue, daily guide service, exclusive VIP Experience for "Ascension of the Balloons," a train ride to the Grand Canyon, a tour of White Sands National Park, a tour of Phoenix & Sedona, and a visit to Red Rocks State Park!
October 2-9, 2027. Price: $3399 per person/double occupancy



Portugal's Coastal Crowns: Lisbon & Porto: This 8 day/6 night package includes roundtrip airfare, 3 nights in Lisbon & 3 nights in Porto with guided tours, a scenic river cruise on the Douro Valley (including lunch), exploring Pena Palace in Sintra, visiting a traditional Portugese Vineyard and wine tasting, and a visit to Jeronimos Monastery.
November 9-16, 2027 Price: TBA



St. Augustine: this 4 day/3 night package includes the Magic of Old Town Trolley's Nights of Lights Tour, a guided tour of historic St. Augustine, a "Candlelight" tour of The Villa Zorayda Museum, a visit to the San Sebastian Winery, Flagler University, the Governor's Cultural Center & Museum, and a self guided tour of the St. Augustine Distillery and a "Hop On & Hop Off" Ticket on the Old Town Trolley!
November 29-December 2, 2027. Price $899 per person/double occupancy



Biltmore Estate in Asheville: this 3 day/2 night package includes a holiday dinner at the Biltmore Estate, a holiday dinner at the Omni Grove Park Inn, a candlelight tour of the Biltmore House, viewing of the entries to the National Gingerbread House Competition, a guided tour of Asheville, admission to the Biltmore Estate and Grounds Garden Conservatory, a wine tasting at the Biltmore Estate Winery,and much more!
December 13-15, 2027 Price: $799 per person/double occupancy



Canada & New England Cruise Aboard Royal Caribbean's Independence of the Seas: This 10 day/ 9 night cruise includes motorcoach transportation to and from the cruise pier, 1 night of pre-cruise accomdations, stateroom accomodations and onboard meals We'll be stopping in Boston, Portland, Saint John (Bay of Fundy), Sydney Nova Scotia, and Halifax Nova Scotia.
September 1-11, 2027 Price: Starts at $2099 per person/double occupancy

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

NOVEMBER
25 DAYS OF GIVING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Donate at www.pittcoa.com	3 Share a COAFacebook post and comment	4 Donate a pack of copy papertothe COA	5 Create Holiday Cards for homebound seniors	6 Treat seniors to lunch or dessert
9 Bring donuts for staff/seniors	10 Bring your parents in for a tour	11 Entertain theseniors with music/dance	12 Deliver meals to homebound seniors	13 Help with deep cleaning the COA
16 Help decorate the COA	17 Attend Meals on Wheels Volunteer training	18 Ask the Executive Director to speak to your group	19 Give financially to the COA	20 Volunteer to teach a class
23 Donate gift cards for food or gas	24 Enroll in a monthly fund transfer donation to the COA	25 Bring in bagels for the staff	26 Be Thankful for your blessings	27 Set up a legacy fund
30 Donate a poinsettia to the COA				

2027 Day Trippin'

Registration Now Open!



Experience Motown's greatest hits with the NC Symphony and star vocalists performing classics from Stevie Wonder, Diana Ross, The Temptations, and more in downtown Raleigh at Martin Marietta Center for the Performing Arts. After the show, we'll stop for dinner (not included) at a restaurant on the way home.
No refunds; only transfers if available.
Saturday, February 13, 2027, $150 per person (Deposit: $70; Balance [$70] Due: 1/11/27).



Wicked tells the story of Elphaba, a young woman, born with emerald-green skin—smart, fiery, misunderstood and possessing an extraordinary talent. When she meets a bubbly blonde, their initial rivalry turns into the unlikeliest of friendships...until the world decides to call one good and the other one wicked. First, we'll have dinner (not included) at a nearby restaurant before proceeding to the Durham Performing Arts Center (DPAC) in Durham, NC.
No refunds; only transfers if available.
Wednesday, April 7, 2027, $158 per person (Deposit: $79; Balance [$79] Due: 2/2/27).

For more information call 752-1717, x201



Experience a revitalized production of Andrew Lloyd Webber's legendary musical. The Phantom of the Opera is widely considered one of the most beautiful and spectacular productions in history. It tells the tale of a disfigured musical genius known only as 'The Phantom' who haunts the depths of the Paris Opera House. First, we'll have dinner (not included) at a nearby restaurant before proceeding to the Durham Performing Arts Center (DPAC) in Durham, NC to see the show. *No refunds; only transfers if available.*
Wednesday, June 2, 2027, $165 per person (Deposit: $83; Balance [$82] Due: 4/2/27).

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

UPCOMING CLASSES
Call 752-1717,x201 to register.

Holiday Sing A Long	Tuesday, December 1 2:00-3:00pm
SCAM Class with United Bank	Wednesday, December 2 2:00-3:00pm
Iphone Class	Tuesday, December 8 2:00-3:30pm
Tech Class: Health Technology Wearables	Monday, December 14 2:00-3:00pm
Healthy Eating on GLP-1	Wednesday, January 13 2:00-3:00pm

Made you look.

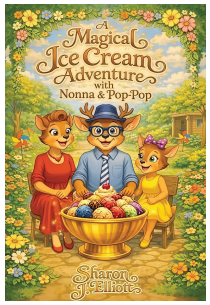
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A Magical Ice Cream Adventure with Nonna & Pop-Pop

By Sharon J. Elliott

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

Available: Amazon, BarnesandNoble.com

No act of kindness is ever wasted

Growing Together
A Day in the Garden

with a Master Gardener & the Food is Medicine Students from Brody Medical School

November 18 1:30-3:00pm

NOVEMBER IS FAMILY CAREGIVER MONTH!

DON'T MISS!

Caregiver's Coffee

will be a little extra!

Come enjoy some pampering!

Friday, November 13 9:30-11:30am

SELF-CARE MODE: ACTIVATED

A day of hands on pampering, luscious treats, and information about caregiver and legal resources.

Memory Cafe



Join us for a comprehensive approach to caregiving. Bring your loved one with you. We have activities for them as well.

4th Tuesday of every month

6:00-6:30pm Dinner
6:30-7:30pm Support Group with Caregivers
6:30-7:30pm Activities with Loved Ones

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, x212

COA Pitt County Council on Aging



Bookmobile

Friday, November 13

11:45am-12:15pm

Health Screenings







Blood Pressure Screening

Tuesday, November 10
10:00am-12:00pm

Hearing Screening

Monday, November 16
9:00am-12:00pm

Foot Screening

Wednesday, November 18
10:00am-12:00pm

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T H A N K F U L

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Alison Hollowell - Pampered Chef
COA Pool Players
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Dorothy Peterson
Harold and Zeta Godboalt
Journonya Davis - Where Should We Go Travel
Leo Trujillo
Oakmont Baptist Church
Peggy Barnes
Red Oak Christian Church
Selene Gwaltney



Ways to Donate



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

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x.com/pittcoa

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