



PITT COUNTY
Council on Aging

DECEMBER 2024
NEWSLETTER



MERRY
CHRISTMAS

FROM ALL YOUR COA FRIENDS!

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

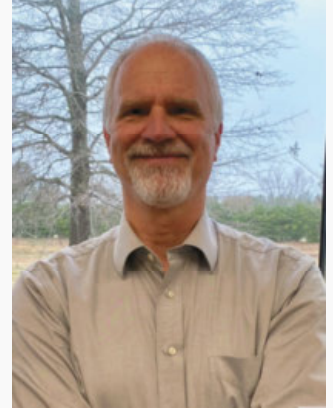


Council on Aging
4551 County Home Road, Greenville, NC 27858
Phone: 252-752-1717
Fax: 252-752-9365
www.pittcoa.com



December 2024

Rich Thoughts from the Executive Director



Greetings Family and Friends,

As another year ends it is time to take a break and rest. While the holidays can be hectic, it is also a time of preparation and reflection for the real reason for the season. Besides the ups and downs of daily life, some have experienced the loss of a loved one, which makes the holidays even harder. We understand and want you to know we are here for you all year round.

Overall, we had a great year here at the COA. There were so many new educational programs and events that we smashed the previous year's record. Looking ahead we have more planned. Education is power. These programs and trips would not be possible if it were not for the generous donors throughout the year, and particularly the year end givers.

Due to the lack of an increase in federal funding over the past two years our home delivered meals program, Meals on Wheels, has a waiting list of close to 100 homebound hungry seniors. This should not be happening in our world, let alone right here in Pitt County. Would you consider providing a Christmas miracle in the form of a donation to one of these seniors? If not, will you say a prayer that someone who can, will?

Whatever it is that you and your family celebrate this season know that our prayers are for you to find the peace and comfort that you seek. It truly is a time of miracles and maybe most importantly a time of hope for what is to come.

Blessings,

Rich

Rich Zeck





Santa for Seniors

Spreading Holiday Cheer to Seniors in Need

Ho Ho Ho! Our annual Santa for Seniors event kicks off

Wednesday, November 13th and runs through Friday, December 13th.

The Santa for Seniors event helps provide Christmas gifts to needy seniors in our community. We will be doing things a little differently this year. You can now pick up the Santa for Seniors ornaments at the Pitt County Council on Aging. Ornaments containing seniors' "wish lists" will decorate the beautiful tree located in the center's lobby. Simply stop by and select an ornament off the tree and purchase the items on the list along with any other items you wish to surprise your senior with. The Council on Aging will be the drop off destination as well,

Sleep Yoga (Yoga Nidra)



Saturday, December 7 | 3:00-4:30pm
\$15/session
(must be paid in advance)

Call 752-1717, x201 to register
and for payment info.

Cathedral Window Ornament



Friday, December 13
10:00am-4:00pm
Cost: \$5

Call 752-1717, x201 to register

Holiday Wood Carving

(Invitation only. Must have completed
beginner wood carving)



Thursdays
December 5-19
3:00-5:00pm
Cost: \$40



Call 752-1717, x201 to register.

Christmas Painting With Gilda



Monday December 2
2:00-4:00pm
\$35/picture

Call 752-1717, x201 to register



Non-Surgical Pain Relief Therapy

With QC Kinetix



Feeling the pain but wishing for a nonsurgical alternative? Check out regenerative cellular therapy.

Wednesday, December 11

2:00-3:00pm

Call 752-1717, x201 to register.

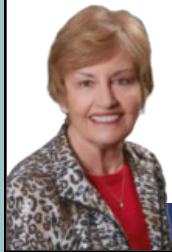
Tai Chi Workshop

If you've ever wanted to try Tai Chi, this is a perfect opportunity. The workshop will consist of a series of 8 weekly classes that will lead you through meditation, vitality movements, breathing exercises, and learning the individual Tai Chi moves.

Mondays, January 6-February 24

1:30-2:30PM : Cost: donation

Call 752-1717, x201 to register.



Liz Freeman, REALTOR®
Broker, ABR, CRS, ePro, GRI, SRES

RE/MAX Preferred Realty
644 E. Arlington Blvd
Greenville, NC 27858

Cell: 252.717.5206
E-mail: liz@lizfreeman.com



www.LizFreeman.com

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Rich Fernbach

rfernbach@lpicommunities.com

(800) 477-4574 x3675

Quality Home Staffing

Serving the North Carolina area for over 20 years



- 24/7 Personal Care, Companion Care, Respite & Private Duty Services
- Quality in-home aides available immediately

800-700-0008

Bringing the care you need to live in the place you love.



Scan the QR code for easy access to our website.

QHS.CBHOME CARE.COM

All forms of payment accepted.



DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

Engaging, ad-supported print and digital newsletters to reach your community.

Visit lpicommunities.com

OUR COMMUNITY NEWSLETTER
OCTOBER EDITION



Scan to contact us!



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.

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

1:00-2:00pm

*****Dec 5: 2:00-3:00pm**

\$1/class



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)
11am-12pm**

**Every Tuesday (Beginner)
2:15-3:15**

\$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.



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

Training is
Tuesdays, December 3rd & 17th
10am
Join our team for 2025!
Call 752-1717



Clerical: Filing, data entry, reception

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

Landscaping

Gardening

Does Your Loved One Need Grab Bars?



We can have one of our experts conduct a home safety falls risk assessment. Call the COA for more details. 752-1717, x212

Room Rentals



Birthday Parties
Family Reunions
Anniversaries
Meetings

Three room sizes available to accommodate most groups.

Book Now!

Call 752-1717, x205

Greenville Center Regular Activities

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

December Meal Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 Roasted Herb Turkey Breast Bread Dressing w/Gravy Beets Mashed Sweet Potatoes 100% Orange Juice 2% Milk	3 Beef Patty Cottage Fries Peas Bread Fruit or Juice 2% Milk	4 Oven Fried Chicken Breast Sweet Potato Souffle w/Gravy Corn Brussell Sprouts Bread 2% Milk	5 Beef Stew Cabbage Bread Glazed Apples Sugar Cookie 2% Milk	6 Country Patty Mashed Potatoes w/Gravy Broccoli Zucchini w/Tomatoes Bread Fudge Brownie 2% Milk
9	10	11	12	13
Beef Baked Ziti w/Cheese Peas Roll 100% Orange Juice Cinnamon Applesauce 2% Milk	Cajun Chicken Thighs Mashed Potatoes w/Gravy, Beets Green Beans w/Onions Bread Powdered Sugar Dusted Spice Cake 2% Milk	Pulled Pork Mac & Cheese Creamy Coleslaw Corn Hamburger Bun 2% Milk	Creamed Chicken Macaroni w/Parsley Bets Bread Fruit 2% Milk	Chili con Carne w/Kidney Beans Brown Rice, Carrots Corn Chips Strawberry Banana Yogurt Fruit 2% Milk
16	17	18	19	20
Creamed Turkey Brown Rice Broccoli Zucchini w/Tomatoes Roll Cinnamon Applesauce 2% Milk	Italian Meat sauce Macaroni w/Parsley Peas Cauliflower Roll Fruit 2% Milk	Peppered Fajita Filling w/Chicken Sauteed Peppers & Onions Flour Tortilla Black Beans & Rice Salsa 100% Apple Juice 2% Milk	Herbed Pork Chop Mashed Potatoes w/Gravy Green Bens w/Onions Carrots Roll Bread Pudding 2% Milk	Asian Fried Rice w/Chicken Cauliflower Broccoli Bread Vanilla Pudding 2% Milk
23	24	25	26	27
				
30	31			
		COA Closed No Meal Delivery Dec 23-Jan 3		

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
<p>2</p> <p>9:00am-12:00pm Rummikub 10:00-11:00am \$5 /mos Chair Fitness 11:00am-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 2:00-4:00pm R \$35 Christmas Painting 7:00-8:00pm \$6 Line Dancing</p>	<p>3</p> <p>10:30-11:30am \$ Zumba Gold 10:00-11:00am R Volunteer Training 11:30am-12:30pm \$ Yoga 1:00-3:00pm Knit & Crochet Group 1:00-2:00pm \$1 Senior Fitness** 2:15-3:15pm \$4 R Beginner Soul Line Dancing</p>	<p>4</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 1:00-4:00pm R American Mahjong 7:00-8:00pm R \$10 Foxtrot</p>
<p>9</p> <p>9:00am-12:00pm Rummikub 10:00-11:00am \$5 /mos Chair Fitness 11:00am-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</p> <p>9:00am-12:00pm Beginners Bridge 9:00am-11:00pm Threads of Love 10:30-11:30am \$ Zumba Gold 10:00am-12:00pm Blood Pressure Screening 11:30am-12:30pm \$ Yoga 1:00-3:00pm Knit & 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>11</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 1:00-4:00pm R American Mahjong 2:00-3:00pm R Pain Relief 7:00-8:00pm R \$10 Rumba</p>
<p>16</p> <p>9:00am-12:00pm Rummikub 10:00-11:00am \$5 /mos Chair Fitness 11:00am-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>17</p> <p>10:30-11:30am \$ Zumba Gold 10:00-11:00am R Volunteer Training 11:30am-12:30pm \$ Yoga 1:00-3:00pm Knit & Crochet Group 1:00-2:00pm \$1 Senior Fitness** 2:15-3:15pm \$4 Beginner Soul Line Dancing</p>	<p>18</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 1:00-4:00pm R American Mahjong</p>
<p>23</p>	<p>24</p>	<p>25</p>
<p>30</p>	<p>31</p>	<p>COA Closed Dec 23-Jan 4 No Meal Delivery</p>



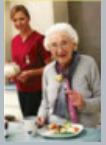
- Personal Care
- Post Hospitalization Care
- Light Housekeeping
- Transportation

SILVERcare

"Mature America's Best Friend"


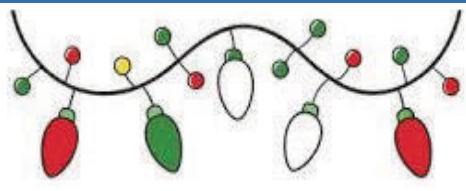

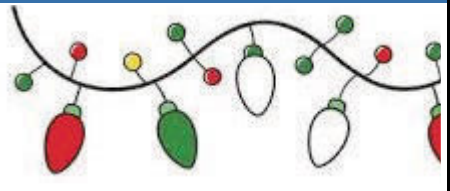
Serving Our Clients Since 1993

252-355-5677 • www.silvercareweb.com



Home Care Services Providing Independence in the Comfort of Your Home

December 2024

Thursday	Friday	Saturday
5 10:00am-12:00pm Acrylic Painting 12:00-1:00pm Older Relatives Caregiver Support Group 12:00-4:30pm Canasta or Hand & Foot 2:00-3:00pm \$1 Senior Fitness 1:00-3:00pm R \$40 Holiday Wood Carving+ 4:00-5:00pm \$ Zumba Gold 5:30-7:00pm TOPS Weight Management	6 10:45-11:45am R \$ Tai Chi	7 10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga 3:00-4:30pm R \$15 Sleep Yoga 
12 12:00-4:30pm Canasta or Hand & Foot 1:00-2:00pm \$1 Senior Fitness 1:00-3:00pm R \$40 Holiday Wood Carving+ 4:00-5:00pm \$ Zumba Gold 5:30-7:00pm TOPS Weight Management	13 10:00-11:00 R Caregivers Coffee 10:00am-4:00pm R \$5 Cathedral Window Ornament 10:45-11:45am R \$ Tai Chi	14 10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga
19 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 Holiday Wood Carving+ 4:00-5:00pm \$ Zumba Gold 5:30-7:00pm TOPS Weight Management	20 10:45-11:45am R \$ Tai Chi 10:45-11:15 Bookmobile 7:00-9:00pm R \$10 Christmas Dance Party	21 10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga
26 	27 	28 
Drop in any day for Arts & Crafts, Billiards, Cards, Mahjong, or to use the Media Center. ++Call Amanda Biggs 252.414.3230 COA Open 8:00am-5:00pm M-F Additional hours per class schedule	Key: \$ = Fee R = Registration Required **Available Virtually by registering at 752-1717, x201 +Invitation Only	

2025 TRIPS ARE HERE!



London, England and Countryside: 8 day/6 night package includes roundtrip airfare, 6 night hotel accommodations, guided tour of London, visit to Windsor Castle, the Tower of London, a sightseeing cruise on the Thames River, a visit to Kensington Palace, tour of Canterbury, Stonehenge and so much more!

April 8-15, 2025 \$4399 Per Person/Double Occupancy



Ark Encounter, Lexington & Louisville: 4 day/3 night package includes 3 nights hotel accommodations, the Ark Encounter, admission to the Creation Museum, the Kentucky Derby Museum, Churchill Downs, admission to the Louisville Slugger Museum & Factory, and a guided tour of Louisville! ***Waiting List Available***

April 27-30, 2025 \$819 Per Person/Double Occupancy



Cape Cod, Boston & Martha's Vineyard: 6 day/5 night package includes 5 nights hotel accommodations, a scenic ferry ride to and tour of Martha's Vineyard, guided tour of Boston, explore Faneuil Hall and Quincy Market, tour Hyannis, including the John F. Kennedy Memorial, the Korean War Memorial, Hyannis Port and much more! ***Waiting List Available***

June 15-20, 2025 \$1309 Per Person/Double Occupancy



Explore the Mediterranean: 10 day/9 night package includes roundtrip airfare, 8 day/7 night cruise onboard Allure of the Seas, 3 expert guided tours, 1 night hotel in Barcelona, stateroom accommodations, shipboard meals, with stops in Spain, France, and Italy.

September 12-21, 2025

Starting at \$4399 Per Person/Double Occupancy



Fall in Hudson River Valley with The Great Jack-O-Lantern Blaze: 4 day/3 night package includes 3 nights hotel accommodations, admission to The Great Jack-O-Lantern Blaze, a visit to Sleepy Hollow, Hudson River Sightseeing Cruise, and a guided tour of West Point Military Academy. ***Waiting List Available***

October 6-9, 2025 \$809 Per Person/Double Occupancy



New Orleans: 6 day/5 night package includes 5 nights hotel accommodations, dinner at the New Orleans School of Cooking, a steamboat cruise on the Mississippi River, guided tour of New Orleans, visit to the French Quarter, visit to the Mardi Gras Museum of Costumes and Culture, & Harrah's Casino! ***Waiting List Available***

November 9-14, 2025 \$1309 Per Person/Double Occupancy



2025 Trips



Lancaster, PA: 3 day/2 night package includes 2 dinners, including 1 dinner at Millers Smorgasbord, Sight & Sound Theater's 30th Anniversary Production of NOAH, guided tour of Amish Farmlands, Li'l Country Store & Miniature Horse Farm, and a visit to Kitchen Kettle Village.

July 15-17, 2025 \$539 Per Person/Double Occupancy

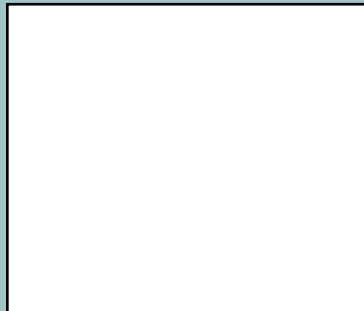


Christmas in Historic Savannah: 3 day/2 night package includes dinner at Paula Deen's Lady & Son's Restaurant, guided tour of historic Savannah, "A Christmas Tradition" performance at Savannah Historic Theater, shopping on Famous River Street, a visit to Byrd's Famous Cookie Company. BUS 2 !!

December 3-5, 2025 \$529 Per Person/Double Occupancy

For more information go to: <https://www.pittcoa.com/trips>

WE APPRECIATE OUR ADVERTISERS!



Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator

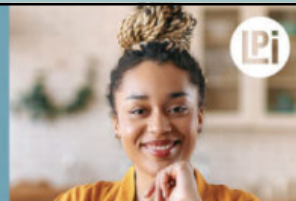
SUPPORT OUR ADVERTISERS!

WE'RE HIRING!

AD SALES EXECUTIVES

BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at careers@4lpi.com or www.4lpi.com/careers

American Diabetes Association
Monitor MyHealth
Lifestyle Care Program
at \$0 for eligible Medicare Part B or C Recipients

IMPROVE YOUR HEALTH!

A certified Lifestyle Coach will guide you to:

- Improve blood pressure, blood sugar, and cholesterol
- Achieve healthier weight
- Slow down the aging process
- Learn how to shop, cook, and eat healthy
- Prevent type 2 diabetes and heart disease

The program consists of:
• 26 sessions (online)
• 1 hour per week

No Medicare? No problem! Scholarships are available.

For questions & eligibility:
(800) 899-4374
www.monitormyhealth.org



Did You Know We Have 6 Senior Wellness Centers in Pitt County?



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



Bethel Senior Wellness Center
7406 Main St. Bethel
9am-1pm



Farmville Senior Wellness Center
3886 S. Main St. Farmville
9am-1pm



Fountain Senior Wellness Center
673 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! (Assessment required for lunch)
For more information call 752-1717.**



DAY TRIPPIN' COMING IN 2025

March 2025

Civil Rights Center
and Museum



May 2025

Kitty Hawk



Watch for details
Coming Soon!

Budgeting in the New Year

Tuesday, January 14
2:00-3:00pm

Call 752-1717, x201 to register.



Calm the Chaos, Clear the Clutter

Wednesday, January 22
1:00-2:00pm

Call 752-1717, x201 to register.



Caregivers' Coffee



10:00am to 11:00am

Please join us every 2nd Friday of the Month For:

- Resources
- A stress-free environment
- Fellowship with other Caregivers
- Coffee and light refreshments

Please Call 252-752-1717 Ext 213 For further details

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"



Painting Flowers

With Glenn!

Tuesdays, February 6-27

7:00-9:00pm

Cost: \$75



Call 752-1717, x201
to register.



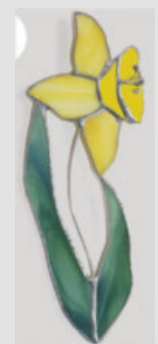
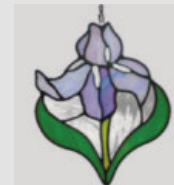
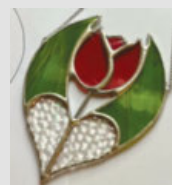
Beginner Stained Glass

Fridays, January 10-February 14

10:00-11:30am

Cost: \$40

Call 752-1717, x201 to register.



North Carolina Authors

Book Club

(Books Provided!)



2nd Tuesdays

Starting January 14

10:30am-12:00pm

Call 752-1717, x201 to register.

Hands On Cooking

Soups and Breads

Presented by:

The Farm2Clinic Culinary Team



Friday, January 31

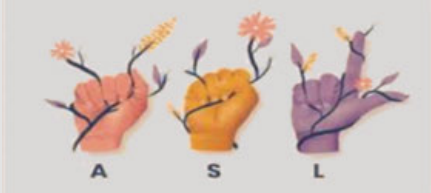
2:00-4:00pm | Cost: \$15

Call 752-1717, x201 to register.

**SUPPORT THE
ADVERTISERS**

**that Support our
Community!**

Beginner Sign Language
Wednesdays, starting January 8



1:00-2:00pm | Cost: \$6 for the series
Call 752-1717, x201 to register.

No Sew Valentines Heart Wreath

Friday, January 31
10:00am-4:00pm

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



Let's Dance! December Schedule

With Dance Instructor: Sandra Casado



Christmas Dance Party
Wear Your Christmas Colors!

Friday, December 20 | 7:00-9:00pm
Call 752-1717, x201 to register.
Only \$10



Foxtrot: Wednesday, December 4 7:00-8:00pm \$10

Rumba: Wednesday, December 11 7:00-8:00pm \$10

Call 752-1717, x201 to register.

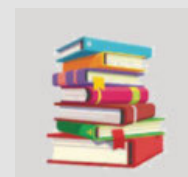


Blood Pressure Screening

Tuesday, December 10 | 10am-12pm

Bookmobile

Friday, December 20
10:45-11:15am



Drug costs hard to swallow?

If you're on Medicare, call
855-408-1212.



NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

WWW.NCSHIIP.COM

Pitt County residents may also call the Council on Aging at (252) 752-1717.
Ask for a Medicare counselor and mention "Extra Help" and this article.

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

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM

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

Jack Weathersby	Joseph & Joann Schuhbauer
Stella Williams	Alfred Gaston Hathaway III
Kandie Smith	Kelly & David Kurz
Selene Gwaltney	Immanuel Baptist Church
Annette Sipe	Open Door Church
Frances Best	Oakmont Baptist Church
Deborah Smith	Charity Aid Foundation
Catharine Graham	~~~~~
Johnny Harris	Mott & Diana Linn
William Brown	On Behalf of Judith Schultz
Anthony & Terry Ng	Libby Tucker
Robert & Sharon Elliott	In Memory of
Neil & Donna Dorsey	George Marion Tucker

**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.

Christmas Dec 23-Jan 4



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.



Find us. Follow us. Like us.



Twitter.com/pittcoa



Facebook.com/pittcountyseniorcenter



Instagram.com/pittcountyseniorcenter



Find us at Pitt County Senior Center

**Visit our Website:
www.pittcoa.com**



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

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