



PITT COUNTY
Council on Aging

OCTOBER 2024
NEWSLETTER

FallFest
October 12, 2024
10:00am-2:00pm

Over 60 Vendors,
Tar River Community Band,
Line Dancing, & BBQ Chicken Plates
Proceeds Benefit Meals on Wheels in Pitt County

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



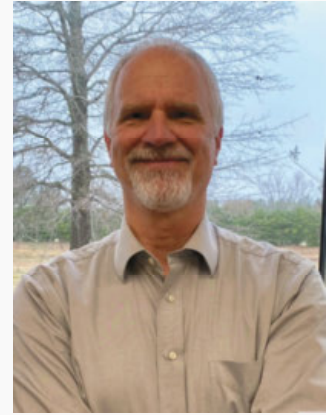
Council on Aging
4551 County Home Road, Greenville, NC 27858
Phone: 252-752-1717
Fax: 252-752-9365
www.pittcoa.com



October 2024

Rich Thoughts from the Executive Director

Greetings Family and Friends,



Maybe I am old school, but growing up October was one of the best months in anticipation of Halloween. What costume was I going to wear, how could we hit more houses for candy and what high jinks were we going to play and on whom. Oh, those were good times. Trick or treat!

Nowadays it's maybe not so much a celebrated time of innocent fun and silliness. It seems we are getting more tricks than treats. Every day I hear and listen to older adults who are really struggling with basic day-to-day survival needs primarily due to higher inflation. The higher costs in food, utilities, transportation, housing and on and on have greatly tarnished the golden years for many.

One of the roles of this agency is to advocate for those who are not being heard. We listen to you and work tirelessly behind the scenes to keep our legislators aware of the impact their decisions are having on older adults. With the boom boomer generation being the largest group in our country's history, there is no way agencies like ours should not be getting increases to support hungry homebound seniors.

Turn off the TV, stop listening to TV personalities and/or celebrities and come to the COA and deliver meals to homebound seniors and let them tell you what it is really like. See firsthand what is happening in your community with our most vulnerable. Be a part of the solution. Now that would be a real treat! Have a great day.

Blessings,

Rich

Rich Zeck
Executive Director



Caregivers Day Out

A Community Event

Come join us for a day of fun!

Resources, Food Trucks, & Activities

(Bring your loved ones, grandkids, & family.)

Pitt County Council on Aging

4551 County Home Rd.

Greenville NC, 27858

November 9, 2024

10:00am-2:00pm



Call 252-752-1717 Ext. 213 for more information
or if you are interested in being a vendor or
community resource.

Sewing: Memory Bears

Friday, November 8
(Please note date change)
10am-4pm

To register and get supplies list:
Call 752-1717, 201



Wills and Trusts

With Charlotte-Anne Alexander,
Attorney with Colombo Kitchin, Dunn & Ball



Wednesday, October 9
3:30-5:00pm

Call 752-1717, x201 to register.



Fall/Holiday Paint Party



Thursday, October 10
10:00am-12:00pm
Cost: \$35 per painting
Call 752-1717, x201 for
registration info.



Beginner Wood Carving

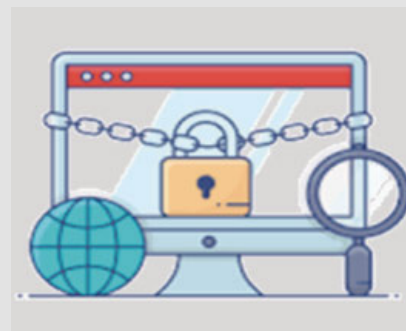


Thursdays,
October 17-November 21
1:00-3:00pm | Cost: \$40
Call 752-1717, x201 to register.



Internet Security

How to Stay Safe On Your Computer



Tuesday October 22
1:00-2:00pm

Call 752-1717, x201 to register

Stained Glass Class



Fridays, October 11-November 15

10am-12pm

Cost: \$40



Call 752-1717, x201 to register.

Normal vs Not Normal Aging

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

Call 752-1717, x201 to register.

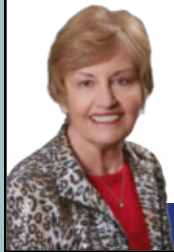


Losing your car in the parking lot? Can't remember why you walked to the kitchen?

Forgot a friend's name?

It happens to all of us!

How do you know when to see a doctor for memory issues?



Liz Freeman, REALTOR®
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OUR COMMUNITY NEWSLETTER
OCTOBER EDITION



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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.

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



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

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: \$5 per month
\$2 per class for drop ins

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)
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 & 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
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 Tuesdays, October 1 & 15 at 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

Need Help Beating the Heat?
Maybe the PROJECT FAN Heat Relief Program Can Help!



- *Must be over 60
- *Have no air conditioning or unable to afford utilities.
- *Have not received a fan in past 2 years.
- *Picture ID required.

Room Rentals



Birthday Parties
Family Reunions
Anniversaries
Meetings

Three room sizes available to accommodate most groups.
Book Now! Summer Dates going fast!
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	

Meal Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Stuffed Green Pepper w/ Ground Beef Corn Sweet Cornbread Fruit 2% Milk	2 Ham & Black-Eyed Peas Greens Corn Sweet Cornbread Fruit 2% Milk	3 BBQ Chicken Mac & Cheese Carrots Apple Blueberry Crisp 100% Orange Juice 2% Milk	4 Ziti & Italian Sauce w/ Turkey Peas Roll 100% Orange Juice Powdered Sugar Dusted Spice Cake 2% Milk
	7 Roasted Herbed Turkey Breast Bread Dressing w/Gravy Beets Mashed Sweet Potatoes 100% Orange Juice 2% Milk	8 Beef Patty Cottage Fries Peas Bread Fruit or Juice 2% Milk	9 Oven Fried Chicken Breast w/Gravy Sweet Potato Souffle Corn Brussel Sprouts Bread 2% Milk	10 Beef Stew Cabbage Bread Glazed Apples Sugar Cookie 2% Milk
14 Beef Baked Ziti w/Cheese Peas Roll 100% Orange Juice Cinnamon Applesauce 2% Milk	15 Cajun Chicken Thighs Mashed Potatoes w/Gravy Beets Green Beans w/Onions Bread Powdered Sugar Dusted Spice Cake 2% Milk	16 Pulled Pork Mac & Cheese Creamy Coleslaw Corn Hamburger Bun 2% Milk	17 Creamed Chicken Macaroni w/Parsley Beets Bread Fruit 2% Milk	18 Chili con Carne Kidney Beans Brown Rice Carrots Corn Chips Strawberry Banana Yogurt Fruit 2% Milk
21 Creamed Turkey Brown Rice Broccoli Zucchini w/Tomatoes Roll Cinnamon Applesauce 2% Milk	22 Italian Meat Sauce Macaroni w/Parsley Peas Cauliflower Roll Fruit 2% Milk	23 Peppered Fajita Filling w/ Chicken Sauteed Peppers & Onions Flour Tortilla Black Beans & Rice Salsa (Mild) 100% Apple Juice 2% Milk	24 Herbed Pork Chop Mashed Potatoes w/Gravy Green Beans w/Onions Carrots Roll Bread Pudding 2% Milk	25 Asian Fried Rice w/ Chicken Cauliflower Broccoli Bread Vanilla Pudding 2% Milk
28 Chicken Breast Parmesan Macaroni w/Parsley Cabbage Carrots Roll Vanilla Pudding 2% Milk	29 Stuffed Peppers w/Ground Beef Corn Sweet Cornbread Fruit 2% Milk	30 Ham & Black-Eyed Peas Greens Corn Sweet Cornbread Fruit 2% Milk	31 BBQ Chicken Mac & Cheese Carrots Apple Blueberry Crisp 100% Orange 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
	1	2
	9:00am-12:00pm Beginners Bridge 10:00am-12:00pm Hearing Screening 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 \$4 R Beginner Soul Line Dancing 5:30-6:30pm R \$50 Self Defense	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 \$6 Sign Language 6:45-7:30pm R \$32 Country 2 Step 7:30-8:15pm R \$32 Swing
7	8	9
9:00am-12:00pm Rummikub 10:00-10:50am R \$4 Shape Up 11:00am-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	9:00am-11:00pm 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 \$4 R Beginner Soul Line Dancing 5:30-6:30 pm R \$50 Self Defense	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 3:30-5:00pm R Wills and Trusts
14	15	16
9:00am-12:00pm Rummikub 10:00-10:50am R \$4 Shape Up 11:00am-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	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** 2:15-3:15pm \$4 R Beginner Soul Line Dancing	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 5:30-7:45pm R Trip Interest Meetings 6:45-7:30pm R \$32 Country 2 Step 7:30-8:15pm R \$32 Swing
21	22	23
9:00am-12:00pm Rummikub 10:00-10:50am R \$4 Shape Up 11:00am-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	10:30-11:30am \$ Zumba Gold- 11:30am-12:30pm \$ Yoga 1:00-2:00pm R Internet Security 1:00-3:00pm Knit & Crochet Group 1:00-2:00pm R \$1 Senior Fitness** 2:15-3:15pm \$4 R Beginner Soul Line Dancing 6:00-7:30pm Alzheimers Support Group	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 2:00-3:00pm R Normal vs Not Normal Aging 1:00-4:00pm R American Mahjong 2:00-4:00pm R \$5 Jewelry Class 6:45-7:30pm R \$32 Country 2 Step 7:30-8:15pm R \$32 Swing
28	29	30
9:00am-12:00pm Rummikub 10:00-10:50am R \$4 Shape Up 11:00am-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	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 \$4 R Beginner Soul Line Dance	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 1:00-4:00pm R American Mahjong 6:45-7:30pm R \$32 Country 2 Step 7:30-8:15pm R \$32 Swing



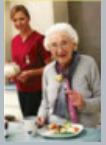
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October 2024

Thursday	Friday	Saturday
3 10:00-10:45 R \$24 Dance Exercise 10:00am-12:00pm Acrylic Painting 1100-3:00pm Rosie's Cards 12:00-1:00pm Older Relatives Caregiver Support Group 12:00-4:30pm Canasta or Hand & Foot 1:00-2:00pm R \$1 Senior Fitness** 4:00-5:00pm \$ Zumba Gold 5:30-7:00pm TOPS Weight Management	4 10:45-11:45am \$ Tai Chi	5 10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga 3:00-4:30pm R \$15 Sleep Yoga
10 10:00am-12:00pm R \$35 Paint Party 11:00am- 3:00pm Rosie's Cards 12:00-4:30pm Canasta or Hand & Foot 1:00-2:00pm R \$1 Senior Fitness** 4:00-5:00pm \$ Zumba Gold 5:30-7:00pm TOPS Weight Management	11 10:00am-12:00pm R \$40 Stained Glass Class 10:00-11:00 R Caregivers Coffee 10:45-11:45am \$ Tai Chi	12 10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga
17 10:00-10:45 R \$24 Dance Exercise 10:00am-12:00pm Physical Therapy Screening 12:00-4:30pm Canasta or Hand & Foot 1:00-2:00pm R \$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	18 10:00am-12:00pm R \$40 Stained Glass Class 10:45-11:15 Bookmobile 10:45-11:45am \$ Tai Chi	19 10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga 1:00-2:30pm R \$15 Salsa
24 10:00-10:45 R \$24 Dance Exercise 11:00am- 3:00pm Rosie's Cards 12:00-4:30pm Canasta or Hand & Foot 1:00-2:00pm R \$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	25 10:00am-12:00pm R \$40 Stained Glass Class 10:45-11:45am \$ Tai Chi 7:30-10:00pm \$6 Line Dance Social	26 10:30-11:30am \$ Zumba Gold 10:30-4:00pm Quilting 11:30am-12:30pm \$ Yoga
31 12:00-4:30pm Canasta or Hand & Foot 1:00-2:00pm R \$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	Key: \$ = Fee R = Registration Required **Available Virtually by registering at 752-1717, x201	<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

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!

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!

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.

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!

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.

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

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

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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!
For more information call 752-1717.
(Assessment required for lunch)





Advance Care Planning



Join us for a FREE Advance Care Planning & Education Clinic to aid you & your family in planning for your future medical care. The educational presentation will provide information about the advance care planning process and the importance of making your medical choices known. Certified Respecting Choices© facilitators and notaries will be available during the clinic to assist in the preparation of living wills & healthcare power of attorney documents.

Picture identification required to complete documents

Thursday, November 14

9am Education 10am Clinic

Call 752-1717, x201



Trip Interest Meetings

Thinking about one of our international 2024 trips,

But would like to hear a bit more information?

Or are you already planning to go and just want to build your excitement?



London, England and Countryside

Wednesday, October 16

5:30-6:30pm



Mediterranean Cruise

Wednesday, October 16

6:45-7:45

Call 752-1717, x201 to register.



A Christmas Carol

At Raleigh Memorial Auditorium

Saturday, December 7

Tickets and Transportation: \$117(nonrefundable)

Get ready to laugh and be moved by this interpretation of the classic holiday story!

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"



Jewelry Class



Wednesday, October 23

2:00-4:00pm

Cost: \$5

Call 752-1717, x201
to register.

American Mahjong



Every Monday, 1:00-4:00pm

In the Library

Sleep Yoga (Yoga Nidra)



Saturday, October 5 3:00-4:30pm

Saturday, November 9 3:00-4:30pm

\$15/session (must be paid in advance)

Call 752-1717 to register
and for payment info.

Pool Tournament

Excitement reigned in our pool room in August as the pool players challenged each other to a tournament!

**Congratulations to Tom Puryear-1st Place
& Mac Gaskins- 2nd Place**

A \$100 donation was made to the COA on behalf of these two winners!



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Community!

Let's Dance! October Schedule

With Dance Instructor: Sandra Casado



Call 752-1717,
x201 to register
for any
dance classes!

Salsa Workshop
Saturday, October 19
1:00- 2:30pm | \$15/person

SOLO & EXERCISE DANCE CLASSES

Join us for this fun & easy beginner DANCE class where you get to learn & move SOLO doing basic steps in dances.

Country Two Step: Wednesdays 6:45-7:30p 10/2, 16, 23, 30 Total \$32 (4wks)

East Coast & West Coast Swing: Wednesday's 7:30-8:15p 10/2, 16, 23, 30
Total \$32 (4wks)

Dance Exercise: Thursdays 10:00-10:45a 10/3, 17, 24 Total \$24 (3wks)

2nd Friday Night Social Dance Party- Canceled for October



Hearing Screening

Tuesday, October 1 | 10am-12pm

Blood Pressure Screening

Tuesday, October 8 | 10am-12pm

Physical Therapy Screening

Thursday, October 17 | 10am-12pm



Bookmobile

Friday

October 18

10:45-11:15am



Holiday Stress

Learn self-care skills to help you deal with the stress and enjoy your holidays!



Tuesday, November 5 | 10:00-11:00am
Call 752-1717, x201 to register.

Sewing: Quilted Stockings



Friday, November 15
10:00am-4:00pm

Cost: \$5

Call 752-1717, x201 to register

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Kevin & Jennifer Hardee



**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.

Veterans Day November 11
Thanksgiving November 28,29



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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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.