



PITT COUNTY

Council on Aging

SEPTEMBER 2024
NEWSLETTER



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

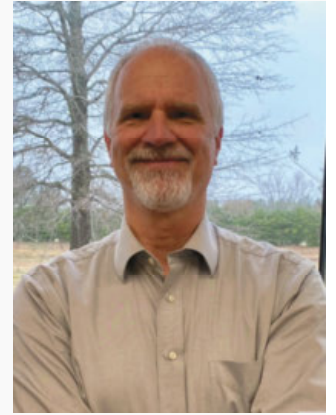


Council on Aging
4551 County Home Road, Greenville, NC 27858
Phone: 252-752-1717
Fax: 252-752-9365
www.pittcoa.com



September 2024

Rich Thoughts from the Executive Director



Greetings Family and Friends,

September is National Senior Center Month, and we are celebrating our senior centers. All six of them, all month long. Why not? I may be biased, but I think we have some pretty awesome places for people to go to and feel safe, connected, and valued. Don't you agree?

If you do, I need your help to tell people what it is you like the most about your senior center. For the entire month of September, there will be a couple posts on Facebook asking the question "My senior center is the BEST senior center because..." I am hoping to break a record for the most responses to a post EVER. Let's tell the world about what you love the most about the COA (besides me of course). Your post might encourage someone who is lonely or depressed and needs a nudge to come on out to a senior center for some fun.

Seriously, our senior centers are more than just fun because for many it is a place of refuge and comfort. We work hard to make sure our sites are more of a home away from home environment where you can come and have fellowship with new friends. It is also a place where you can come and just be you. There is no membership or commitment needed to come and take part. I always tell people if you like it, stay and if you don't, thanks for coming! Have a great and wonderful day and next time you see me say hi!

Blessings,

Rich

Rich Zeck
Executive Director



Pitt County Council on Aging
Presents
2024 Falls Prevention Seminar
“Falling is for Leaves”

*Speakers, Refreshments, Tai Chi
Demonstration, Falls Prevention Jenga &
BINGO*

September 25, 2024
1:00pm–4:00pm
4551 County Home Rd.
Greenville NC 27858



Call 252-752-1717 to register



Self Defense For Women



Tuesdays
September 3– October 8
5:30-6:30pm
Only \$50 for the series!
Call 752-1717, x201 to register.



Avoiding Scams and Fraud

With Sarah Welsch from the
Department of Justice



Tuesday, September 24
10:00-11:00am
Register by calling 752-1717, x201

**Four Seasons
Chamber Music Festival**

Featuring:

Ieva Jokubaviciute, piano
Cherry Choi Tung Yeung, violin
Michael Kannen, cello



Wednesday
September 4
10:00-11:00am
Call 752-1717, x201
to register.

**Benefits of an
Anti-Inflammatory Diet**



Wednesday, September 11
2:00-3:00pm
Call 752-1717, x201 to register.



Sewing: Upcycled Denim Tote

Cost:\$10 | Bring your own jeans!



Friday, September 13
10:00am-4:00pm
Call 752-1717, x201 to register.

Let's Talk Series

Home Health, Palliative Care, & Hospice: What's the Difference?

Presented by Sarah Taylor with

ECU Home Health & Hospice

Tuesday, September 10
2:00-3:30pm

When Life Requires More Help: How to Choose Skilled Nursing or Assisted Living Care

Presented by Laura Jett with



Thursday, September 12
2:00-3:00pm

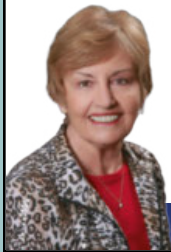
Advance Care Planning & Other End of Life Plans

**Must have Picture ID to complete Advance Care paperwork.

Friday, September 13
1:00-3:00pm



Classes are free, but space is limited. 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



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



Shape Up & Get Fit!

An intense fitness workout that incorporates strength training and cardiovascular exercise. This class will challenge your mind and body as you alternate between high and low-intensity exercises focusing on the upper and lower body as well as the core. Free weights, resistance bands, and an exercise mat are necessary to participate.

Mondays, 10:00-10:50am | \$4/Class

Call 752-1717, x201 to register.



Cardio Dance!

Wednesdays

11:15am-12:15pm

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



It's Time To Get Fit!



Yoga for Every Body

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

Tuesdays & Saturdays
11:30am-12:30pm
Cost: Donation
No Class Sept 14, 24

Chair Fitness Class



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

Wednesdays | 10:00-11:00am
Cost: \$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

No Class Sept. 12, 14, 24
NEW Class starting 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.



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

Training is Tuesdays, September 3&17 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	

September Meal Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
 <p>COA Closed No Meal Delivery</p>	Beef Patty Green Pepper & Onion Gravy Mashed Potatoes Cabbage Bread Cinnamon Apples 2% Milk	BBQ Chicken Au Gratin Potatoes Peas & Corn Apple Blueberry Oat Crisp Roll 2% Milk	Stuffed Green Pepper Corn Bread Powdered Sugar Dusted Fudge Brownie 2% Milk	Roasted Turkey Breast Creamed Gravy Bread Dressing Beets Broccoli 100% Orange Juice 2% Milk
9	10	11	12	13
Jumbo Cheese Ravioli Italian Tomato Sauce Peas Bread 100% Orange Juice 2% Milk	Beef Stew Mashed Potatoes Carrots Bread Glazed Apples 2% Milk	Sweet & Sour Chicken Brown Rice Irish Blend Vegetables Vanilla Pudding 2% Milk	Sloppy Joe w/Hamburger Bun Tater Tots Broccoli Fudge Brownie 2% Milk	Chicken Salad Bread Pasta Salad Sliced Peaches 100% Apple Juice 2% Milk
16	17	18	19	20
Italian Crusted Fish Filet Baked Mac & Cheese Coleslaw Vinaigrette Corn Bread 2% Milk	Oven Fried Chicken breast Mashed Potatoes w/Gravy Grilled Zucchini Squash Bread Powdered Sugar Dusted Yellow Cake 2% Milk	Italian Meat Sauce Macaroni w/Parsley Cauliflower Peas Roll 100% Orange Juice 2% Milk	Creamed Chicken Macaroni w/Parsley Beets Bread Warm Spiced Peaches 2% Milk	Meatballs Brown Rice w/Mushroom Gravy Carrots Corn Strawberry Banana Yogurt 2% Milk
23	24	25	26	27
Creamed Turkey Mashed Potatoes Greens Cabbage Roll Fudge Brownie 2% Milk	Herbed Pork Chop w/Gravy Mashed Sweet Potatoes Green Beans w/Onions Corn O'Brien Bread Oatmeal Cookie 2% Milk	BBQ Pulled Chicken Cajun Potatoes Brussel Sprouts Hamburger Bun Cinnamon Applesauce 2% Milk	French Toast Bake w/Syrup Breakfast Sausage Hash Browns w/Peppers & Onions Warm Glazed Apples 2% Milk	Cajun Jambalaya w/Rice Peas Peach Oat Crisp 2% Milk
30				
Chicken Breast Parmesan Macaroni w/Parsley Peas Carrots Roll Vanilla Pudding 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
<p>2</p>  <p>COA Closed No Meal Delivery</p>	<p>3</p> <p>9:00am-12:00pm Beginners Bridge 10:00am-12:00pm Mental Health Screening 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 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</p>	<p>4</p> <p>9:00-11:00am Chess 10:00-11:00 R Four Seasons Chamber Music Festival 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 6:45-7:30 R \$30 Latin Dance Exercise</p>
<p>9</p> <p>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</p>	<p>10</p> <p>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 2:00-3:30pm R Hospice/Palliative Care Seminar 2:15-3:15pm \$4 R Beginner Soul Line Dancing 5:30-6:30 pm R \$50 Self Defense</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 \$6 Sign Language 2:00-3:00pm R Anti-Inflammatory Diet 6:45-7:30 R \$30 Latin Dance Exercise</p>
<p>16</p> <p>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</p>	<p>17</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 & Crochet Group 1:00-2:00pmR \$1 Senior Fitness** 2:15-3:15pm \$4 R Beginner Soul Line Dancing 5:30-6:30pm R \$50 Self Defense</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 2:00-3:00pm R \$6 Sign Language 6:45-7:30 R \$30 Latin Dance Exercise</p>
<p>23</p> <p>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</p>	<p>24</p> <p>10:00-11:00am R Scam Class 10:30-11:30am \$ Zumba Gold-Canceled 11:30am-12:30pm \$ Yoga-Canceled 1:00-3:00pm Knit & Crochet Group 1:00-2:00pmR \$1 Senior Fitness** 2:15-3:15pm \$4 R Beginner Soul Line Dancing 6:00-7:30pm Alzheimers Support Group 5:30-6:30 pmR \$50 Self Defense</p>	<p>25</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 1:00-4:00pm R Falls Prevention Seminar 1:00-4:00pm R American Mahjong 2:00-4:00pm R \$5 Jewelry Class 2:00-3:00pm R \$6 Sign Language 6:45-7:30 R \$30 Latin Dance Exercise</p>
<p>30</p> <p>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</p>		



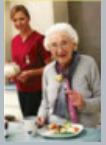
- Personal Care
- Post Hospitalization Care
- Light Housekeeping
- Transportation

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

September 2024

Thursday	Friday	Saturday
5	6	7
<p>10:15-11:00am R \$30 Solo Dance 11:00-3:00pm 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</p>	<p>10:45-11:15 Bookmobile 10:45-11:45am \$ Tai Chi</p>	<p>10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga</p>
12	13	14
<p>10:15-11:00am R \$30 Solo Dance 11:00am- 3:00pm Rosie's Cards 12:00-4:30pm Canasta or Hand & Foot 1:00-2:00pm R \$1 Senior Fitness** 2:00-3:00pm R Nursing Home/Assisted Living 4:00-5:00pm \$ Zumba Gold-Canceled 5:30-7:00pm TOPS Weight Management</p>	<p>10:00-11:00 R Caregivers Coffee 10:00am-4:00pm R \$10 Sewing:Tote 10:45-11:45am \$ Tai Chi 1:00-3:00pm R Advance Care Planning 7:00-9:15pm R \$10 Social Dance Party</p>	<p>10:30-11:30am \$ Zumba Gold- Canceled 11:30am-12:30pm \$ Yoga—Canceled</p>
19	20	21
<p>10:15-11:00am R \$30 Solo Dance 10:00am-12:00pm Physical Therapy Screening 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</p>	<p>10:45-11:45am \$ Tai Chi</p>	<p>10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga 1:30-3:00 R \$15 Dance Workshop</p>
26	27	28
<p>10:15-11:00am R \$30 Solo Dance 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</p>	<p>10:45-11:15 Bookmobile 10:45-11:45am \$ Tai Chi 7:30-10:00pm \$6 Line Dance Social</p>	<p>10:30-11:30am \$ Zumba Gold 10:30-4:00pm Quilting 11:30am-12:30pm \$ Yoga</p>
	<p>Key: \$ = Fee R = Registration Required **Available Virtually by registering at 752-1717, x201</p>	<p><i>Drop in any day for Arts & Crafts, Billiards, Cards, Mahjong, or to use the Media Center.</i> ++Call Amanda Biggs 252.414.3230 COA Open 8:00am-5:00pm M-F Additional hours per class schedule</p>

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>

Place Your Ad Here and Support our Parish!

Instantly create and purchase an ad with

AD CREATOR STUDIO



4lpi.com/adcreator

September is National Senior Center Month!



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

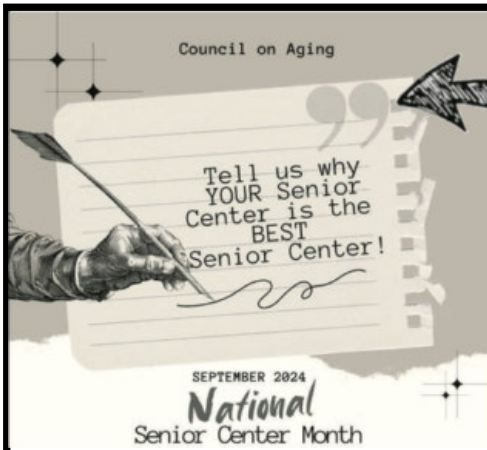


Greenville Senior Wellness Center
4551 County Home Rd. Greenville
8:30am-12:30pm



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)



**September is
National Senior Center Month!**

Throughout the month of September you will see a post on our Facebook page that looks like this one. Please comment on the post and tell us why you believe your senior center is the BEST senior center!

Let's fill the page with positive posts!

Stained Glass Class

Fridays, October 11-November 15

10am-12pm | Cost: \$40

Call 752-1717, x201 to register.



Medicare Open Enrollment

October 15th – December 7th



The appointment line at the Council on Aging is open!

Pitt County Residents:

Call today for an appointment with a certified Medicare counselor to review 2025 Medicare Prescription Drug or Medicare Advantage Plans.

252-752-1717 ext. 208

Medicare counseling at the Council on Aging is made possible with grant funding from the ECU Health Foundation and SHIIP.



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, September 25

2:00-4:00pm

Cost: \$5



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

### Beginner Wood Carving



Thursdays, October 17-November 21

1:00-3:00pm | Cost: \$40

Call 752-1717, x201 to register.



## Sewing: Memory Bears



Friday, Oct 18 or 25  
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.



**SUPPORT THE  
ADVERTISERS**  
that Support our  
Community!

# Let's Dance! September Schedule

With Dance Instructor: Sandra Casado



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

**Shag Workshop**  
Saturday, September 21  
1:30- 3:00pm | \$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 such as Swing, Foxtrot, Tango, Salsa, Cha-Cha, Rumba, Cupid Shuffle, Wobble & more! This NON partner SOLO class is offered Thursdays, September 5, 12, 19, 26 | 10:15-11:00am  
Latin Dance Exercise Class is offered Wednesdays, September 4, 11, 18, 25 | 6:45-7:30pm  
Only \$30 Per Person for either 4 week series!

## 2nd Friday Night Social Dance Party!

Join Sandra Casado on the 2nd Friday of each month for a 30 minute Dance Lesson followed by Open Dancing (Practice Party) that is Super Fun, Beginner Friendly & Interactive! (Dance Games)

All genres of music! | \$10 per person

No partner, No experience, NO WORRIES! Day: 2nd Friday, Time: 7-9:15pm



### Mental Health Screening

Tuesday, September 3 | 10-12

### Blood Pressure Screening

Tuesday, September 10 | 10am-12pm

### Physical Therapy Screening

Thursday, September 19 | 10am-12pm



## Bookmobile

Fridays

September 6 & 27

10:45-11:15am





**NEVER MISS  
OUR NEWSLETTER!**

**SUBSCRIBE**

Have our newsletter  
emailed to you.



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

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

Johnny & Joyce Mangum  
Stella Williams  
Hildegard McLaughlin  
Ken & Lori Cortright  
Walter Pories & Mary Rose  
Selene Gwaltney  
Anthony & Terry Ng  
Alfred Gaston Hathaway III  
Churches Outreach Network  
Mark & Gene Eakes  
Susan & Bill Redding  
Smith Funeral Home  
Anderson Chapel AME Church

Al Muller  
Cutting Edge Products, Inc  
Ruth Calhoun  
Oakmont Baptist Church  
Ossie Edmonds  
Cynthia Rand



**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.

**Labor Day September 2**



**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.



**Find us. Follow us. Like us.**



**[Twitter.com/pittcoa](https://twitter.com/pittcoa)**



**[Facebook.com/pittcountyseniorcenter](https://facebook.com/pittcountyseniorcenter)**



**[Instagram.com/pittcountyseniorcenter](https://instagram.com/pittcountyseniorcenter)**



**Find us at Pitt County Senior Center**

**Visit our Website:  
[www.pittcoa.com](http://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.*