



PITT COUNTY

Council on Aging

JANUARY 2025
NEWSLETTER



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

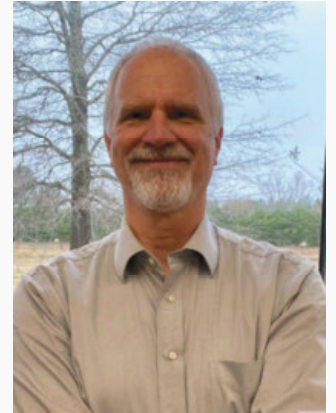


Council on Aging
4551 County Home Road, Greenville, NC 27858
Phone: 252-752-1717
Fax: 252-752-9365
www.pittcoa.com



January 2025

Rich Thoughts from the Executive Director



Greetings Family and Friends,

Congratulations you made it to 2025! Last year phew, over and out, adios and good riddance. Let's start anew and fresh. Whatever you faced last year, sickness, hardship, despair, it is gone. This year let us spend each day living for everything and expecting nothing.

This past year I have seen and heard way more than my fair share of sad stories. The good news is I have heard more good stories and stories of hope --how a simple meal changed a person's outlook on life because of the volunteer who delivered it. Or someone who lost a spouse and was lonely and depressed came to the senior center and it gave her hope and a purpose to get up each morning and come fellowship with others.

The Council on Aging, YOUR Council on Aging, is not just a place of fun and education but rather a place of renewal. A place you can come as you are and be a part of something bigger. No one should be alone, isolated, or depressed when there is a place like here where you can be valued and loved.

If you are that person or know that person, make this the year YOU get out of your comfort zone and bring someone here who needs to be here. You may want to be here but there are many who need to be here. Bringing someone here is the greatest donation you could ever give. The gift of love and hope is priceless. May this New Year be more than you could ever expect.

Blessings,

Rich

Rich Zeck





IS IT NORMAL AGING, OR POSSIBLY DEMENTIA?

January 23 | 11:00 AM-12:00 PM

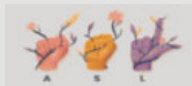


Call (252) 752-1717 Ext. 201 to register.

Council on Aging

Beginner Sign Langage

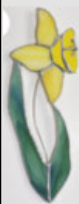
Wednesdays, starting January 8



1:00-2:00pm | Cost: \$6

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.



Soups & Breads

Cooking With ECU's Farm2Clinic

Friday, January 31

2:00-4:00pm

Cost: \$15



Join the Farm2Clinic Culinary team for a cozy cooking experience where we'll guide you through the preparation of delicious, comforting soups and quick breads perfect for the winter season! This class will feature hands-on cooking in groups and taste testing of three flavorful soup recipes paired with hearty, homemade quick breads. Over the past three years, the Farm2Clinic Culinary team has crafted and fine-tuned recipes enjoyed by our participants, focusing on health, simplicity, and budget-friendly ingredients. We're excited to share some of our cozy favorites—each packed with nutrients, easy to prepare, and most importantly, full of flavor!

Calm the Chaos,

Clear the Clutter

Wednesday, January 22

1:00-2:00pm

Call 752-1717, x201 to register.



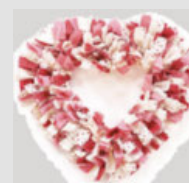
Sewing:

No Sew Valentines

Heart Wreath

Friday, January 31

10:00am-4:00pm



Cost: \$10

Call 752-1717, x201 to register.



Excellence in Aging Services, Programs & Resources

N.C. Authors Book Club

(Books Provided!)



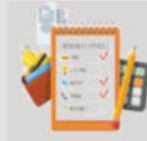
2nd Tuesdays

Starting January 14

10:30am-12:00pm

Call 752-1717, x201 to register.

Budgeting in the New Year



Tuesday, January 14

2:00-3:00pm

Call 752-1717, x201

to register

Beginner Wood Carving

January 9-February 13



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

Call 752-1717, x201

Tai Chi Workshop

Mondays, January 6-February 24

1:30-2:30pm Cost: Donation

Call 725-1717, x201 to register.



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tai chi *EASY* *With Jan Kendrick*

A mind-body-spirit form of movement that enhances peace of mind and well being. It includes vitality movements, self massage, Tai Chi moves, and meditation. For beginners and experienced practitioners. Loose clothing & a mat are suggested.

Fridays, 10:45am-11:45am

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

Stretch & Balance Class



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



**Mondays | 12:30-1:15pm
Cost \$4/session paid monthly**

Chair Fitness Class



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

**Mondays & Wednesdays
10:00-11:00am
\$5/month, \$2 for drop ins**



Cardio Dance!

Wednesdays

11:15am-12:15pm

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



It's Time To Get Fit!



Yoga for Every Body

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

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

Senior Fitness



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

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

Zumba Gold®



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

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

Soul Line Dancing

Every Monday (Intermediate)
11:15am-12:00pm
Every Tuesday (Beginner)
2:15-3:15

\$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.



Council on Aging

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

Training is

Tuesdays, January 7 & 21
10am

Join our team for 2025!

Call 752-1717 for more information



Clerical: Filing, data entry, reception

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

Landscaping

Gardening

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
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	

January Meal Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		 COA Closed No Meal Delivery	COA Closed No Meal Delivery	COA Closed No Meal Delivery
6	7	8	9	10
Roast Beef Mashed Potatoes w/Gravy Green Beans Corn Bread Fudge Brownie 2% Milk	BBQ Chicken Mac & Cheese Lima Beans Okra w/Tomatoes Bread 100% Orange Juice 2% Milk	Herbed Pork Chop Rice w/Gravy Carrots Roll Warm Glazed Apples 2% Milk	Creamed Chicken Macaroni w/Parsley Beets Bread Warm Spiced Peaches 2% Milk	Scalloped Potatoes w/Ham Greens Broccoli Bread Cinnamon Applesauce 2% Milk
13	14	15	16	17
Turkey a La King Mashed Potatoes Corn O'Brien Cabbage Bread 2% Milk	BBQ Pork Chop Boiled Potatoes w/ Onions Brussell Sprouts Cauliflower Bread 100% Apple Juice 2% Milk	Italian Tomato Sauce w/ Turkey Rotini w/Parsley Broccoli Carrots Roll Marble Cake 2% Milk	Taco Filling (Turkey) Black Beans & Corn Salsa Tortilla Shredded Cheddar Cheese Rice Warm Spiced Peaches 2% Milk	Creamy Chicken Rice Soup Green Beans Peas Roll Saltine Crackers Fudge Brownie 2% Milk
20	21	22	23	24
 COA Closed No Meal Delivery	Turkey Alfredo Peas Irish Blend Vegetables Bread Fudge Brownie 2% Milk	Franks & Pinto Beans Cabbage Carrots Bread Marble Cake 2% Milk	Scrambled Eggs w/ Sausage Cheesy Corn Grits Bread w/Margarine & Jelly Packets 100% Orange Juice Warm Glazed Apples 2% Milk	Savory Chicken Stroganoff Rotini w/Parsley Greens Green Beans Bread Pumpkin Spice Cake 2% Milk
27	28	29	30	31
Pork Ham Sweet Potato Souffle Cauliflower Brussell Sprouts Bread 2% Milk	Chicken Teriyaki Rice Irish Blend Vegetables Roll Orange 2% Milk	Stuffed Green Pepper w/ Beef Corn Cabbage Bread Banana Cake 2% Milk	Stuffed Green Pepper w/ Beef Corn Cabbage Bread Banana Cake 2% Milk	Beef & Cheese & Rotini Peas Carrots Bread 100% Apple 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
<p><i>Drop in any day for Arts & Crafts, Billiards, Cards, Mahjong, or to use the Media Center.</i></p> <p>++Call Amanda Biggs 252.414.3230</p> <p>COA Open 8:00am-5:00pm M-F</p> <p>Additional hours per class schedule</p>	<p>Key: \$ = Fee R = Registration Required</p> <p>**Available Virtually by registering at 752-1717, x201</p>	<p>COA Closed</p> <p>No Meal Delivery</p> 
6	7	8
<p>9:00am-12:00pm Rummikub</p> <p>10:00-11:00am \$5 /mos Chair Fitness</p> <p>11:15am-12:00pm \$4 Int Soul Line Dancing</p> <p>12:00-2:00pm Scrabble</p> <p>12:00-4:00pm Scrapbooking</p> <p>12:30-1:15pm \$4 Stretch and Balance</p> <p>1:30-2:30pm R \$ Tai Chi Workshop</p> <p>7:00-8:00pm \$6 Line Dancing</p>	<p>9:00am-12:00pm Beginners Bridge</p> <p>10:00-11:00am R Volunteer Training</p> <p>10:30-11:30am \$ Zumba Gold</p> <p>11:30am-12:30pm \$ Yoga</p> <p>1:00-3:00pm Knit & Crochet Group</p> <p>1:00-2:00pm \$1 Senior Fitness</p> <p>2:00-5:00pm Card Games</p> <p>2:15-3:15pm \$4 Beginner Soul Line Dancing</p>	<p>9:00-11:00am Chess</p> <p>10:00-11:00am \$5/ mo Chair Fitness</p> <p>11:15am-12:15pm \$4 Cardio Dance</p> <p>12:30-5:00pm Quilting Group</p> <p>1:00-2:00pm R \$6 Sign Language</p> <p>1:00-4:00pm R American Mahjong</p> <p>6:45-7:30pm R \$32 Waltz</p> <p>7:30-8:15pm R \$32 Salsa</p>
13	14	15
<p>9:00am-12:00pm Rummikub</p> <p>10:00-11:00am \$5 /mos Chair Fitness</p> <p>11:15am-12:00pm \$4 Int Soul Line Dancing</p> <p>12:00-2:00pm Scrabble</p> <p>12:00-4:00pm Scrapbooking</p> <p>12:30-1:15pm \$4 Stretch and Balance</p> <p>1:30-2:30pm R \$ Tai Chi Workshop</p> <p>7:00-8:00pm \$6 Line Dancing</p>	<p>10:30-11:30am \$ Zumba Gold</p> <p>9:00am-11:00pm Threads of Love</p> <p>10:00am-12:00pm Blood Pressure Screening</p> <p>10:30am-12:00pm R Book Club</p> <p>11:30am-12:30pm \$ Yoga</p> <p>1:00-3:00pm Knit & Crochet Group</p> <p>1:00-2:00pm \$1 Senior Fitness**</p> <p>2:00-3:00pm R Budgeting</p> <p>2:15-3:15pm \$4 Beginner Soul Line Dancing</p>	<p>9:00-11:00am Chess</p> <p>10:00-11:00am \$5/mo Chair Fitness</p> <p>11:15am-12:15pm \$4 Cardio Dance</p> <p>12:30-5:00pm Quilting Group</p> <p>1:00-2:00pm R \$6 Sign Language</p> <p>1:00-4:00pm R American Mahjong</p> <p>6:45-7:30pm R \$32 Waltz</p> <p>7:30-8:15pm R \$32 Salsa</p>
20	21	22
	<p>9:00am-12:00pm Beginners Bridge</p> <p>10:00-11:00am R Volunteer Training</p> <p>10:30-11:30am \$ Zumba Gold</p> <p>11:30am-12:30pm \$ Yoga</p> <p>1:00-3:00pm Knit & Crochet Group</p> <p>1:00-2:00pm \$1 Senior Fitness**</p> <p>2:15-3:15pm \$4 Beginner Soul Line Dancing</p> <p>6:00-7:30pm Alzheimers Support Group</p>	<p>9:00-11:00am Chess</p> <p>10:00-11:00am \$5/mos Chair Fitness</p> <p>11:15am-12:15pm \$4 Cardio Dance</p> <p>12:30-5:00pm Quilting Group</p> <p>1:00-2:00pm R Calm the Chaos</p> <p>1:00-2:00pm R \$6 Sign Language</p> <p>1:00-4:00pm R American Mahjong</p> <p>6:45-7:30pm R \$32 Waltz</p> <p>7:30-8:15pm R \$32 Salsa</p>
27	28	29
<p>9:00am-12:00pm Rummikub</p> <p>10:00-11:00am \$5 /mos Chair Fitness</p> <p>11:15am-12:00pm R \$4 Int Soul Line Dancing</p> <p>12:00-2:00pm Scrabble</p> <p>12:00-4:00pm Scrapbooking</p> <p>12:30-1:15pm \$4 Stretch and Balance</p> <p>1:30-2:30pm R \$ Tai Chi Workshop</p> <p>7:00-8:00pm \$6 Line Dancing</p>	<p>10:30-11:30am \$ Zumba Gold</p> <p>11:30am-12:30pm \$ Yoga</p> <p>1:00-3:00pm Knit & Crochet Group</p> <p>1:00-2:00pm \$1 Senior Fitness**</p> <p>2:00-5:00pm Card Games</p> <p>2:15-3:15pm \$4 Beginner Soul Line Dancing</p>	<p>9:00-11:00am Chess</p> <p>10:00-11:00am \$5/mos Chair Fitness</p> <p>11:15am-12:15pm \$4 Cardio Dance</p> <p>12:30-5:00pm Quilting Group</p> <p>1:00-2:00pm R \$6 Sign Language</p> <p>1:00-4:00pm R American Mahjong</p> <p>6:45-7:30pm R \$32 Waltz</p> <p>7:30-8:15pm R \$32 Salsa</p>



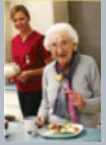
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- Post Hospitalization Care
- Light Housekeeping
- Transportation

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Home Care Services Providing Independence in the Comfort of Your Home

January 2025

Thursday	Friday	Saturday
2	3	4
COA Closed No Meal Delivery	COA Closed No Meal Delivery	
9	10	11
10:00am-12:00pm Acrylic Painting 11:00am- 3:00pm Rosie's Cards 12:00-4:30pm Canasta or Hand & Foot 1:00-2:00pm \$1 Senior Fitness** 1:00-3:00pm R \$40 Beginner Wood Carving 4:00-5:00pm \$ Zumba Gold 5:30-7:00pm TOPS Weight Management	10:00-11:30am R \$40 Stained Glass Class 10:00-11:00 R Caregivers Coffee 10:45-11:15 Bookmobile 10:45-11:45am R \$ Tai Chi	10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga
16	17	18
10:00am-12:00pm Physical Therapy Screening 12:00-4:30pm Canasta or Hand & Foot 1:00-2:00pm \$1 Senior Fitness** 1:30-3:00pm R \$40 Beginner Wood Carving 4:00-5:00pm \$ Zumba Gold 5:30-7:00pm TOPS Weight Management	10:00am-11:30pm R \$40 Stained Glass Class 10:00am-4:00pm R \$5 Quilted Stockings 10:45-11:45am R \$ Tai Chi	10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga
23	24	25
11:00am-12:00pm R Normal Aging 11:00am- 3:00pm Rosie's Cards 12:00-4:30pm Canasta or Hand & Foot 1:00-2:00pm \$1 Senior Fitness** 1:00-3:00pm R \$40 Beginner Wood Carving 4:00-5:00pm \$ Zumba Gold 5:30-7:00pm TOPS Weight Management	10:00am-11:30pm R \$40 Stained Glass Class 10:45-11:45am R \$ Tai Chi	10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga 1:00-2:00pm \$10 R Bachata Dance
30	31	
12:00-4:30pm Canasta or Hand & Foot 1:00-2:00pm \$1 Senior Fitness** 1:30-3:00pm R \$40 Beginner Wood Carving 4:00-5:00pm \$ Zumba Gold 5:30-7:00pm TOPS Weight Management	10:00am-11:30pm R \$40 Stained Glass Class 10:00am-4:00pm R \$10 Valentines Wreath 10:45-11:15 Bookmobile 10:45-11:45am R \$ Tai Chi 2:00-4:00pm \$15 R Cooking Class	

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

Excellence in Aging Services, Programs & Resources



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

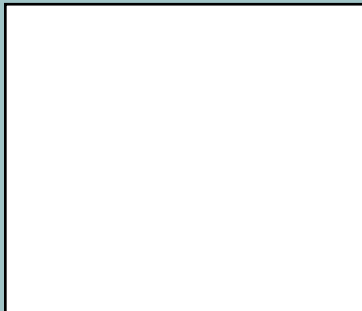


Christmas in Historic Savannah: 3 day/2 night package includes dinner at Paula Deen's Lady & Son's Restaurant, guided tour of historic Savannah, "A Christmas Tradition" performance at Savannah Historic Theater, shopping on Famous River Street, a visit to Byrd's Famous Cookie Company. BUS 2 !!

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

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

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Lifestyle Care Program

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- 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



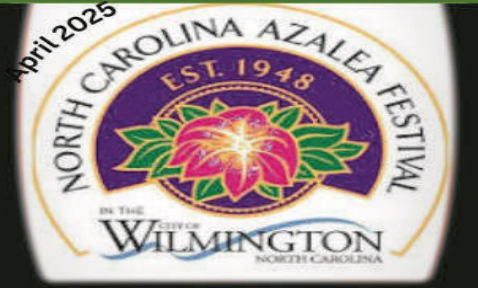
West Greenville Senior Wellness Center
1118 W. Fifth St. Greenville
9am-1pm

Games, Exercise, Music, Crafts, Special Speakers, & Lunch!

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



DAY TRIPPIN'
COMING IN 2025



Watch for details
Coming Soon!



MOOD
& FOOD

Tuesday, February 4
2:00-3:00pm

You know food affects your physical health,
but did you know what you eat affects your mood?
Find out how to improve the mood!

Call 752-1717, x201 to register.

Wine Tasting & Class:
Off the Beaten Path-
Grapes You May Not Know



Tuesday, February 11 | 2:30-4:00pm
Cost: \$10
Call 752-1717, x201 to register.



Painting Flowers with Glenn

Glenn Nelson will be teaching a 4 week acrylic painting class on flowers. Thursdays, February 6-27 | 7:00-9:00pm
Cost: \$75

Class size is limited.
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"



Love Your Heart

It's the perfect time to learn about your risk for heart disease and the steps to take for a healthier heart!

Tuesday, February 18
2:00-3:00pm
Call 752-1717, x201 to register.

Paper Pieced Flowered Wall Hanging



Friday, February 21
10:00am-4:00pm
Cost: \$10

Yoga Nidra - Sleep Yoga
January 11
2:00 - 3:30 pm



**BACK BY DEMAND!
SPECIAL "SLEEP
YOGA" SESSIONS
AT THE COA**

Join Melissa for an exploration of yoga nidra, where you'll rest and experience a guided meditation hovering between waking and sleeping states of consciousness.

About Yoga Nidra:

- Can practice seated or lying down
- Calming to the nervous system
- May enhance ability to sleep
- Falling asleep during it is okay
- Opportunity for self-exploration in the moment
- Chance to work on releasing long-held emotions

Investment and Signup:

\$15 per class

mlevitt3@icloud.com

**Medicare Advantage
Open Enrollment Period**

If you're in a Medicare Advantage Plan you can make changes between January 1st and March 31st.

Your Options:

- Switch to a different Medicare Advantage Plan with or without drug coverage
- Go back to Original Medicare and, if needed, also join a Medicare Prescription Drug Plan

For more information:

Medicare at 1-800-633-4227 or the NC Seniors' Health Insurance Information Program (SHIIP) at 1-855-408-1212 or 252-752-1717 (Pitt County)

Source: www.medicare.gov

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



Let's Dance! January Schedule

With Dance Instructor: Sandra Casado



Waltz: Wednesdays, January 8, 15, 22, 29 6:45-7:30pm Total \$40
Salsa: Wednesdays, January 8, 15, 22, 29 7:30-8:15pm Total \$40
Sat January 25 **Bachata Workshop** 1-2p \$10

Call 752-1717, x201 to register.



2nd Fri 1/10 Social Dance Party \$10

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

Call 752-1717, x201 to register.

Coming in February

--Save \$\$!---

Learn to Do Your Own Taxes
Using Free Tax Software



Bookmobile

Friday

January 10 & 31

10:45-11:15am



Blood Pressure Screening

Tuesday, January 14 | 10am-12pm

Physical Therapy Screening

Thursday, January 16 | 10am-12pm



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Council on Aging

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2025 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.

New Years Day January 1
Martin Luther King Day January 20
Good Friday April 18
Memorial Day May 26
Independence Day July 4
Labor Day September 1
Veterans Day November 11

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.