



**PITT COUNTY**  
Council on Aging

NOVEMBER 2024  
NEWSLETTER

*happy*  
**THANKS  
GIVING**



**Rich Zeck**—Executive Director  
**Lee Adams** —Chair  
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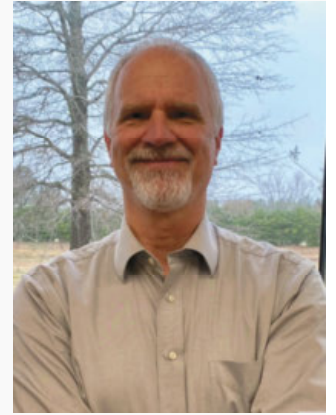


Council on Aging  
4551 County Home Road, Greenville, NC 27858  
Phone: 252-752-1717  
Fax: 252-752-9365  
[www.pittcoa.com](http://www.pittcoa.com)



November 2024

## Rich Thoughts from the Executive Director



Greetings Family and Friends,

People who know me know that very rarely am I at a loss for words. In fact, some may say I talk too much. I write this newsletter with a heavy heart for our dear friends and colleagues in Western North Carolina and beyond impacted by Helene.

Words alone seem so empty compared to the pain and suffering all have endured throughout this tragedy and will suffer for weeks and months. Seeing the devastation on TV is nothing compared to seeing it firsthand or having family or friends affected. The stories are heartbreaking and touch the very core of all of us who call North Carolina home.

As you can imagine the damage impacted everyone. No group was spared the pain and misery, but particularly hard hit have been our seniors. The homes and lives obliterated in the blink of an eye. So many people feel helpless and just want to help but do not know what to do. What can we do? There are organizations that we support like the NCAOA, NCCOA, and n4a who are partnering for a fundraiser for older adults in Western NC. You can donate to the seniors in that area. Here is the link: <https://www.ncaoaging.org/general-6>

Whatever you believe in as a religion or faith, it does not matter, but what you can do is simply pray. It is not hard and does not require anything fancy or complicated. If you pray from your heart to lift up these people, it will provide a peace and comfort that they desperately need, your mighty prayer will be heard.

Thank you for what you have done, are doing, and will do for our brothers and sisters in Western North Carolina.

Blessings,

*Rich*

Rich Zeck



# 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.



## 5 ways to help with stress as a Caregiver during the Holidays!

- Focus on what is most meaningful.
- Simplify your holiday activities.
- Start new traditions.
- Connect with other Caregivers
- Remember to take care of yourself, you are your loved ones biggest and best gift.



**Sewing: Memory Bears**

Friday, November 8  
10am-4pm



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



**Phone Classes**



**Android**

Thursday, November 14  
2:30-3:30PM

**Iphone**

Tuesday, November 19  
2:30-3:30pm  
Call 752-1717, x201 to register.

**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

## Beginner Computing

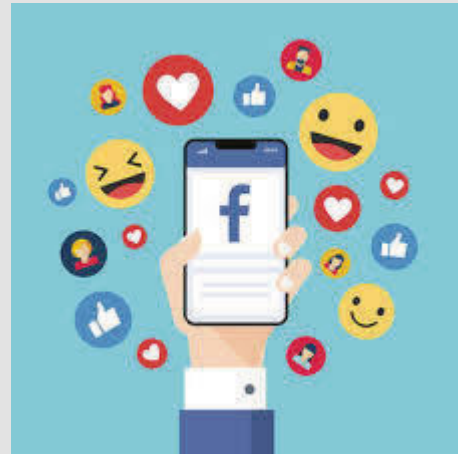


Tuesday, November 5 OR  
Thursday, November 21  
2:30-3:30pm

Call 752-1717, x201 to register.

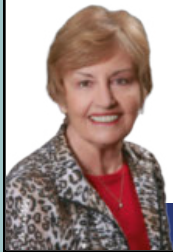
## Facebook

### How to Enjoy and Stay Safe



Tuesday, November 12  
2:30-3:30pm

Call 752-1717, x201 to register.



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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**

## **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

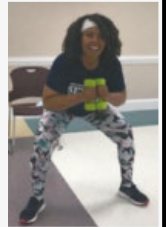
Yoga for Every Body is a 45 minute class designed to improve balance, strength, and flexibility.

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**

\*\*\***(Canceled Nov 16, 23, 26, 30)**\*\*\*

### 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**  
**(No class Nov. 5 & 7)**  
**\$1/class**  
**(Payable Monthly)**  
**Registration Required.**

### 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**

\*\*\***(Canceled Nov 16, 23, 26, 30)**\*\*\*

### Soul Line Dancing

**Every Monday (Intermediate)**  
**11am-12pm**  
**Every Tuesday (Beginner)**  
**2:15-3:15 (no class Nov.5)**

**\$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, November 5 & 19  
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**

**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**

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



# November Meal Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Zita & Italian Sauce Peas Roll 100% Orange Juice Powdered Sugar Dusted Spice Cake 2% Milk
4	5	6	7	8
Roasted Herbed Turkey Breast Bread Dressing w/Gravy Beets Mashed sweet Potatoes 100% Orange Juice 2% Milk	Beef Patty Cottage fries Peas Bread Fruit or Juice 2% Milk	Oven Fried Chicken Breast w/Gravy Sweet Potato Souffle Corn Brussel Sprouts Bread 2% Milk	Beef Stew Cabbage Bread Glazed Apples Sugar Cookie 2% Milk	Country Patty Mashed Potatoes w/Gravy Broccoli Zucchini w/Tomatoes Bread Fudge Brownie 2% Milk
11	12	13	14	15
 COA Closed No Meal Delivery	Cajun Chicken Thigh 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 Beets Bread Fruit 2% Milk	Chili con Carne w/Kidney Beans Brown Rice Carrots Corn Chips Strawberry Banana Yogurt Fruit 2% Milk
18	19	20	21	22
Creamed Turkey Brown Rice Broccoli Zucchini w/Tomatoes Roll Cinnamon Apples 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 (Mild) 100% Apple Juice 2% Milk	Herbed Pork Chop Mashed Potatoes w/Gravy Green Beans w/Onions Carrots Roll Bread Pudding 2% Milk	Asian Fried Rice w/Chicken Cauliflower Broccoli Bread Vanilla Pudding 2% Milk
25	26	27	28	29
Chicken Breast Parmesan Macaroni w/Parsley Cabbage Carrots Roll Vanilla Pudding 2% Milk	Stuffed Peppers w/Ground Beef Corn Sweet Cornbread Fruit 2% Milk	Ham & Black-Eyed Peas Greens Corn Sweet Cornbread Fruit 2% Milk	 COA Closed No Meal Delivery	COA Closed No Meal Delivery

*Honoring the Life and Memory of Your Loved One*



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## Community Calendar

Monday	Tuesday	Wednesday
<p><i>Drop in any day for Arts &amp; Crafts, Billiards, Cards, Mahjong, or to use the Media Center.</i>  <b>++Call Amanda Biggs 252.414.3230</b>  <b>COA Open 8:00am-5:00pm M-F</b>  <b>Additional hours per class schedule</b></p>		
<p><b>Key: \$ = Fee R = Registration Required</b>  <b>**Available Virtually by registering at 752-1717, x201</b></p>		
<b>4</b>	<b>5</b>	<b>6</b>
<p>9:00am-12:00pm Rummikub            10:00-11:00am \$5 /mos Chair Fitness            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>9:00am-12:00pm Beginners Bridge            10:00-11:00am R Holiday Stress Self-Care            10:00-11:00am R Volunteer Training            10:00am-12:00pm Mental Health Screening            10:30-11:30am \$ Zumba Gold            11:30am-12:30pm \$ Yoga            1:00-3:00pm Knit &amp; Crochet Group            1:00-2:00pm R \$1 Senior Fitness** *canceled            2:00-5:00pm Card Games            2:15-3:15pm \$4 R Beginner Soul Line Dancing *canceled            2:30-3:30pm R Beginner Computing</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            6:45-7:30pm R \$32 Merengue            7:30-8:15pm R \$32 Swing</p>
<b>11</b>	<b>12</b>	<b>13</b>
<p>9:00am-12:00pm Rummikub            10:00-11:00am \$5 /mos Chair Fitness            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>10:30-11:30am \$ Zumba Gold            9:00am-11:00pm Threads of Love            10:00am-12:00pm Blood Pressure Screening            11:30am-12:30pm \$ Yoga            1:00-3:00pm Knit &amp; Crochet Group            1:00-2:00pm R \$1 Senior Fitness**            2:15-3:15pm \$4 R Beginner Soul Line Dancing            2:30-3:30pm R Facebook: How to Enjoy and Stay Safe</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            3:00-5:00pm R 50s&amp; 60s Trivia            6:45-7:30pm R \$32 Merengue            7:30-8:15pm R \$32 Swing</p>
<b>18</b>	<b>19</b>	<b>20</b>
<p>9:00am-12:00pm Rummikub            10:00-11:00am \$5 /mos Chair Fitness            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            2:00-3:00pm R R2R Caregiver Resources            7:00-8:00pm \$6 Line Dancing</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 &amp; Crochet Group            1:00-2:00pm R \$1 Senior Fitness**            2:15-3:15pm \$4 R Beginner Soul Line Dancing            2:30-3:30pm R Iphone Class</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 American Mahjong            2:00-4:00pm R \$5 Jewelry Class            6:45-7:30pm R \$32 Merengue            7:30-8:15pm R \$32 Swing</p>
<b>25</b>	<b>26</b>	<b>27</b>
<p>9:00am-12:00pm Rummikub            10:00-11:00am \$5 /mos Chair Fitness            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>10:00am-12:00pm Nutrition Screening            10:30-11:30am \$ Zumba Gold(canceled)            11:30am-12:30pm \$ Yoga(canceled)            1:00-3:00pm Knit &amp; 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            6:00-7:30pm Alzheimers Support Group</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 American Mahjong            6:45-7:30pm R \$32 Merengue            7:30-8:15pm R \$32 Swing</p>



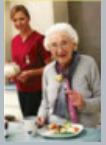
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## November 2024

Thursday	Friday	Saturday
	1	2
	10:45-11:45am R \$ Tai Chi	10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga
7	8	9
10:00am-12:00pm Acrylic Painting 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** *canceled 4:00-5:00pm \$ Zumba Gold 5:30-7:00pm TOPS Weight Management	10:00am-12:00pm R \$40 Stained Glass Class 10:00am-4:00pm R Memory Bears 10:00-11:00 R Caregivers Coffee 10:45-11:15 Bookmobile 10:45-11:45am R \$ Tai Chi 1:30-3:00pm R We Honor Veterans 7:00-9:00pm R \$10 70's Disco Dance Party	10:00am-2:00pm Caregivers Day Out 10:30-11:30am \$ Zumba Gold 11:30am-12:30pm \$ Yoga
14	15	16
9:00-11:00 R Advance Care Planning 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 2:30-3:30pm R Android Phone Class 4:00-5:00pm \$ Zumba Gold 5:30-7:00pm TOPS Weight Management	10:00am-12:00pm 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 (canceled) 11:30am-12:30pm \$ Yoga (canceled)
21	22	23
10:00am-12:00pm Physical Therapy Screening 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 2:30-3:30pm R Beginner Computing 4:00-5:00pm \$ Zumba Gold 5:30-7:00pm TOPS Weight Management	10:45-11:45am R \$ Tai Chi	10:30-11:30am \$ Zumba Gold(canceled) 11:30am-12:30pm \$ Yoga (canceled)
28	29	30
 		10:30-11:30am \$ Zumba Gold(canceled) 11:30am-12:30pm \$ Yoga (canceled)

## **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**

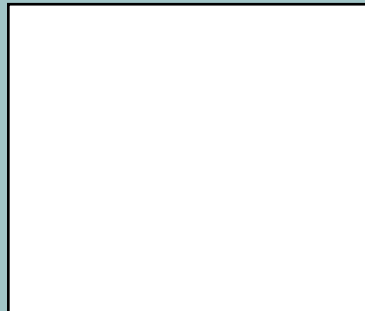


**Christmas in Historic Savannah:** 3 day/2 night package includes dinner at Paula Deen's Lady & Son's Restaurant, guided tour of historic Savannah, "A Christmas Tradition" performance at Savannah Historic Theater, shopping on Famous River Street, a visit to Byrd's Famous Cookie Company. BUS 2 !!

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

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

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A certified Lifestyle Coach will guide you to:

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

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- 1 hour per week

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For questions & eligibility:  
**(800) 899-4374**  
[www.monitormyhealth.org](http://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)





## 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**



**WE LOVE OUR VETERANS!**

**Join us as we honor our veterans! Are you a veteran of the armed forces? Please allow us to honor you. Friday, November 8th 1:30-3:00pm**

**Please call 752-1717, x201 to register.**



# 50'S & 60'S TRIVIA

WEDNESDAY  
NOVEMBER 13  
3:00-5:00PM

# Trivia

TEST YOUR KNOWLEDGE!  
CHALLENGE YOUR FRIENDS!  
RECEIVE PRIZES  
AS YOU WIN!



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"



## Jewelry Class



Wednesday  
November 20  
2:00-4:00pm  
Cost: \$5  
Call 752-1717,



## Farm to Clinic

Is coming to the COA!  
F2C, program of ECU is going to teach hands-on cooking classes for us starting in 2025!  
On Thursdays, Nov 7 & 21, 1-4pm a representative will be in the lobby to talk to you about the classes, what to expect and what you'd like to see! Please join us!



## Sleep Yoga (Yoga Nidra)



Saturday, December 7 | 3:00-4:30pm

\$15/session

(must be paid in advance)

Call 752-1717 to register  
and for payment info.

## Cathedral Window Ornament



Friday, December 13

10:00am--4:00pm

Cost: \$5

Call 752-1717, x201 to register.

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

# Let's Dance! November Schedule

*With Dance Instructor: Sandra Casado*



## Group Dance Classes

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

**Merengue:** Wednesdays, 11/6, 13, 20, 27: 6:45-7:30pm Total \$32 (4wks)

**East Coast & West Coast Swing:** Wednesdays, 11/6, 13, 20, 27: 7:30-8:15p  
Total \$32 (4wks)

Call 752-1717, x201 to register.

## 2nd Friday Night Social Dance Party– 70's Disco Night! Only \$10

**Friday, November 8 | 7:00-9:00pm**

Call 752-1717, x201 to register.



**health**  
SCREENINGS

### **Mental Health Screening**

Tuesday, November 5 | 10am-12pm

### **Blood Pressure Screening**

Tuesday, November 12 | 10am-12pm

### **Physical Therapy Screening**

Thursday, November 21 | 10am-12pm

### **Nutrition Screening**

Tuesday, November 26 | 10am-12pm



## Bookmobile

**Friday**

**November 8**

**10:45-11:15am**



**ROAD TO RESOURCES**

A Guide to Services for Older Adults

RESOURCES FOR  
**Caregiver Support**

Amanda Biggs, CDP  
Project C.A.R.E. Family Consultant  
Caregiver Alternatives to Running on Empty  
Mid-East Commission Area Agency on Aging

Monday, November 18, 2024

2:00pm - 3:00pm

Call 252-752-1717 Ext. 201 to register

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OUR NEWSLETTER!**

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Have our newsletter  
emailed to you.



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

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Oakmont Baptist Church



**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](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.



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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.*