



# PITT COUNTY Council on Aging

AUGUST 2024  
NEWSLETTER

## SUMMER MOOD & STAYING COOL



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

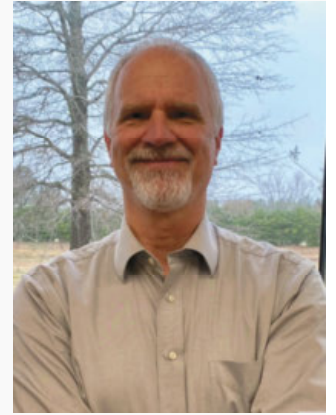


Council on Aging  
4551 County Home Road, Greenville, NC 27858  
Phone: 252-752-1717  
Fax: 252-752-9365  
[www.pittcoa.com](http://www.pittcoa.com)



August 2024

## Rich Thoughts from the Executive Director



Greetings family and friends,

How's your summer so far? I hope it has been restful and peaceful. Just do not tell me it's hot. If I had a dollar for every person who tells me it is hot, I'd be richer than Richie Rich! It is summer and it is normally hot. Hellooooo, we live in North Carolina.

I'll tell you where it is not hot- here at the COA. We have all kinds of programs going on in our cool, temperature-controlled igloo. Yes, some do complain it is too cold. Instead of sweating outdoors, come on in and sweat at one of our many exercise and dance classes. Makes sense to me. Either way, come chill with us.

Seriously, the hot weather is a problem for many of our older homebound friends and we need to look out for them. They may need a fan, water, or food and we need you to be our eyes and ears out on the watch tower. Tell them to call us or ask if it is ok for us to call them. We can help.

In a world of chaos and confusion, now is the time we rally around each other and lift those in need up to bring peace, calm and clarity. We cannot do what we do without you. You make a difference whether you see it or not by giving your time as a volunteer, financial resources or just by praying for us. As always, thank you for all that you do to make your COA the coolest.

Blessings,

*Rich*

Rich Zeck  
Executive Director



# Save The Date



## CAREGIVER'S DAY OUT A COMMUNITY EVENT

*Resources, Food Trucks, & lots of Fun*

4551 COUNTY HOME RD. GREENVILLE NC, 27858

SATURDAY, 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.

# Caregivers' Coffee

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

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



## It's Back!

10:00am to 11:00am

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

## Beginner Sign Language



**Wednesdays**

**August 7-September 25 | 2:00-3:00pm**

**Cost: \$6 (includes textbook)**

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



## Investing After 60

Billy Hemby is a Managing Director with Level Four Advisory Services located in the Carr, Riggs & Ingram, LLC (CRI) offices in North Carolina. Billy has 30 years of experience in the business and is a Certified Financial Planner licensee.



**August 13 | 1:00-2:30pm**

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

## Fall Gardening

With Katie Winslow, Community Garden Coordinator with Making Pitt Fit Community Garden



**Tuesday, August 6  
2:00-3:30pm**

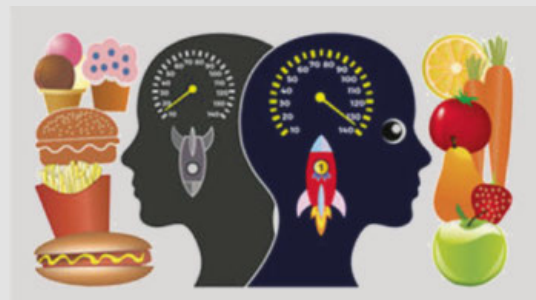
**Call 752-1717, x201 to register.**



## The Mind Diet:

### Eating for a Healthy Brain

With Kathryn Kolasa, PHD, RDN, LDN  
& Medical Student, Manthi Dissayanayake



**Wednesday, August 14  
2:00-3:00pm**

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

## Let's Learn About Beekeeping

With Local Beekeeper, Kim Ledoux



Whether you're interested in a new hobby or just curious about bees and honey, you will love hearing Kim talk about the fascinating world of bees.

**Wednesday, August 21 | 2:00-3:30pm**

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

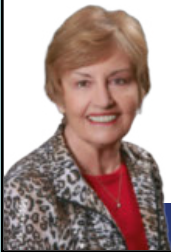
## Virtual Dementia Tour



**Wednesday, August 7**

**2:00-4:00pm**

**Call 752-1717, x201 to schedule your 20 minute tour.**



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NOVEMBER 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.**

Starting Back August 2! | 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 Aug. 3

### 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**  
No Class Aug. 3

### 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, August 6 & 20 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	



# August Meal Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			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
5	6	7	8	9
Chicken Breast Parmesan Macaroni w/Parsley Peas Carrots Roll Vanilla Pudding 2% Milk	Beef Patty Mashed Potatoes w/Green Pepper & Onion Gravy 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 Bread Dressing w/Creamed gravy Beets Broccoli 100% Orange Juice 2% Milk
12	13	14	15	16
Jumbo Cheese Ravioli Italia 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
19	20	21	22	23
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
26	27	28	29	30
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

*Honoring the Life and Memory of Your Loved One*



605 Country Club Drive | Greenville, NC  
**252.752.2121**  
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## Community Calendar

Monday	Tuesday	Wednesday
<b>Key:</b> \$ = Fee    R = Registration Required <b>**Available Virtually by registering at 752-1717, x201</b>		
<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>		
<b>5</b>	<b>6</b>	<b>7</b>
<b>9:00am-12:00pm</b> Rummikub <b>10:00-10:50am R \$4</b> Shape Up <b>11:00am-12:00pm R \$4</b> Int Soul Line Dancing <b>12:00-2:00pm</b> Scrabble <b>12:00-4:00pm</b> Scrapbooking <b>12:30-1:15pm \$4</b> Stretch and Balance <b>7:00-8:00pm \$6</b> Line Dancing	<b>9:00am-12:00pm</b> Beginners Bridge <b>10:30-11:30am \$</b> Zumba Gold <b>10:00-11:00am R</b> Volunteer Training <b>11:30am-12:30pm \$</b> Yoga <b>1:00-3:00pm</b> Knit & Crochet Group <b>1:00-2:00pm R \$1</b> Senior Fitness** <b>2:00-3:30pm R</b> Fall Gardening <b>2:00-5:00pm</b> Card Games <b>2:15-3:15pm \$4 R</b> Beginner Soul Line Dancing <b>6:45-7:45pm R \$28</b> Solo Dance	<b>9:00-11:00am</b> Chess <b>10:00-11:00am \$5/ mo</b> Chair Fitness <b>11:15am-12:15pm \$4</b> Cardio Dance <b>12:30-5:00pm</b> Quilting Group <b>1:00-4:00pm R</b> American Mahjong <b>2:00-3:00pm R \$6</b> Sign Language <b>2:00-4:00pm R</b> Virtual Dementia Tour
<b>12</b>	<b>13</b>	<b>14</b>
<b>9:00am-12:00pm</b> Rummikub <b>10:00-10:50am R \$4</b> Shape Up <b>11:00am-12:00pm R \$4</b> Int Soul Line Dancing <b>12:00-2:00pm</b> Scrabble <b>12:00-4:00pm</b> Scrapbooking <b>12:30-1:15pm \$4</b> Stretch and Balance <b>7:00-8:00pm \$6</b> Line Dancing	<b>9:00am-11:00pm</b> Threads of Love <b>10:00am-12:00pm</b> Blood Pressure Screening <b>10:30-11:30am \$</b> Zumba Gold <b>11:30am-12:30pm \$</b> Yoga <b>1:00-3:00pm</b> Knit & Crochet Group <b>1:00-2:00pm R \$1</b> Senior Fitness** <b>1:00-2:30pm R</b> Investing After 60 <b>2:00-5:00pm</b> Card Games <b>2:15-3:15pm \$4 R</b> Beginner Soul Line Dancing <b>6:45-7:45pm R \$28</b> Solo Dance	<b>9:00-11:00am</b> Chess <b>10:00-11:00am \$5/ mo</b> Chair Fitness <b>11:15am-12:15pm \$4</b> Cardio Dance <b>12:30-5:00pm</b> Quilting Group <b>1:00-4:00pm R</b> American Mahjong <b>2:00-3:00pm R \$6</b> Sign Language <b>2:00-3:00pm R</b> The Mind Diet
<b>19</b>	<b>20</b>	<b>21</b>
<b>9:00am-12:00pm</b> Rummikub <b>10:00-10:50am R \$4</b> Shape Up <b>11:00am-12:00pm R \$4</b> Int Soul Line Dancing <b>12:00-2:00pm</b> Scrabble <b>12:00-4:00pm</b> Scrapbooking <b>12:30-1:15pm \$4</b> Stretch and Balance <b>2:00-3:00 R R2R: Medicare</b> <b>7:00-8:00pm \$6</b> Line Dancing	<b>9:00am-12:00pm</b> Beginners Bridge <b>10:00-11:00am R</b> Volunteer Training <b>10:30-11:30am \$</b> Zumba Gold <b>11:00am-12:00pm R</b> Budgeting <b>11:30am-12:30pm \$</b> Yoga <b>1:00-3:00pm</b> Knit & Crochet Group <b>1:00-2:00pmR \$1</b> Senior Fitness** <b>2:00-3:00pm R</b> Single & Ready to Mingle <b>2:15-3:15pm \$4 R</b> Beginner Soul Line Dancing <b>6:45-7:45pm R \$28</b> Solo Dance	<b>9:00-11:00am</b> Chess <b>10:00-11:00am \$5/mos</b> Chair Fitness <b>11:15am-12:15pm \$4</b> Cardio Dance <b>12:30-5:00pm</b> Quilting Group <b>1:00-4:00pm R</b> American Mahjong <b>2:00-3:00pm R \$6</b> Sign Language <b>2:00-3:30pm R</b> BeeKeeping
<b>26</b>	<b>27</b>	<b>28</b>
<b>9:00am-12:00pm</b> Rummikub <b>10:00-10:50am R \$4</b> Shape Up <b>11:00am-12:00pm R \$4</b> Int Soul Line Dancing <b>12:00-2:00pm</b> Scrabble <b>12:00-4:00pm</b> Scrapbooking <b>12:30-1:15pm \$4</b> Stretch and Balance <b>7:00-8:00pm \$6</b> Line Dancing	<b>10:00am-12:00pm</b> Nutrition Screening <b>10:30-11:30am \$</b> Zumba Gold <b>11:30am-12:30pm \$</b> Yoga <b>1:00-3:00pm</b> Knit & Crochet Group <b>1:00-2:00pmR \$1</b> Senior Fitness** <b>2:15-3:15pm \$4 R</b> Beginner Soul Line Dancing <b>6:00-7:30pm</b> Alzheimers Support Group <b>6:45-7:45pm R \$28</b> Solo Dance	<b>9:00-11:00am</b> Chess <b>10:00-11:00am \$5/mo</b> Chair Fitness <b>10:00am-12:00pm</b> Game On! <b>11:15am-12:15pm \$4</b> Cardio Dance <b>12:30-5:00pm</b> Quilting Group <b>1:00-4:00pm R</b> American Mahjong <b>2:00-3:00pm R \$6</b> Sign Language

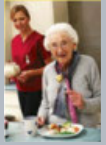


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## August 2024

Thursday	Friday	Saturday
<b>1</b>	<b>2</b>	<b>3</b>
<p><b>10:00-11:00am R \$28</b> Solo Dance  <b>11:00-3:00pm</b> Rosie's Cards  <b>12:00-1:00pm</b> Older Relatives Caregiver Support Group  <b>12:00-4:30pm</b> Canasta or Hand &amp; Foot  <b>1:00-2:00pm R \$1</b> Senior Fitness**  <b>1:00-3:00pm R \$40</b> Beginner Wood Carving  <b>5:30-7:00pm</b> TOPS Weight Management</p>	<p><b>10:45-11:45am \$</b> Tai Chi</p>	<p style="font-size: 2em; font-weight: bold;">All Classes Cancelled Building Closed</p>
<b>8</b>	<b>9</b>	<b>10</b>
<p><b>10:00-11:00am R \$28</b> Solo Dance  <b>11:00am- 3:00pm</b> Rosie's Cards  <b>12:00-4:30pm</b> Canasta or Hand &amp; Foot  <b>1:00-2:00pm R \$1</b> Senior Fitness**  <b>1:00-3:00pm R \$40</b> Beginner Wood Carving  <b>5:30-7:00pm</b> TOPS Weight Management</p>	<p><b>10:00-11:00 R</b> Caregivers Coffee  <b>10:45-11:45am \$</b> Tai Chi  <b>7:00-9:00pm R \$10/\$18</b> Social Dance Party</p>	<p><b>10:30-11:30am \$</b> Zumba Gold  <b>11:30am-12:30pm \$</b> Yoga</p>
<b>15</b>	<b>16</b>	<b>17</b>
<p><b>10:00am-12:00pm</b> Physical Therapy Screening  <b>12:00-4:30pm</b> Canasta or Hand &amp; Foot  <b>1:00-2:00pm R \$1</b> Senior Fitness**  <b>1:00-3:00pm R \$40</b> Beginner Wood Carving  <b>5:30-7:00pm</b> TOPS Weight Management</p>	<p><b>10:45-11:15</b> Bookmobile  <b>10:45-11:45am \$</b> Tai Chi</p>	<p><b>10:30-11:30am \$</b> Zumba Gold  <b>11:30am-12:30pm \$</b> Yoga  <b>1:30-3:00 R \$15</b> Dance Workshop</p>
<b>22</b>	<b>23</b>	<b>24</b>
<p><b>10:00-11:00am R \$28</b> Solo Dance  <b>11:00am- 3:00pm</b> Rosie's Cards  <b>12:00-4:30pm</b> Canasta or Hand &amp; Foot  <b>1:00-2:00pm R \$1</b> Senior Fitness**  <b>5:30-7:00pm</b> TOPS Weight Management</p>	<p><b>7:30-10:00pm \$6</b> Line Dance Social  <b>10:45-11:45am \$</b> Tai Chi</p>	<p><b>10:30-11:30am \$</b> Zumba Gold  <b>10:30-4:00pm</b> Quilting  <b>11:30am-12:30pm \$</b> Yoga</p>
<b>29</b>	<b>30</b>	<b>31</b>
<p><b>10:00-11:00am R \$28</b> Solo Dance  <b>12:00-4:30pm</b> Canasta or Hand &amp; Foot  <b>1:00-2:00pm R \$1</b> Senior Fitness**  <b>5:30-7:00pm</b> TOPS Weight Management</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 1-5, 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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**The COA Has 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)**

LET'S GO

ADVENTURE



## DAY TRIPPIN'

### Sylvan Heights Bird Park in Scotland Neck with lunch at La Casetta Italian

Don't miss out on a fun-filled, unique experience at Sylvan Heights Bird Park in Scotland Neck. Sylvan Heights is home to breeding populations of some of the world's rarest waterfowl. Learn about the park's birds, aviaries, and nature trails. You'll have a chance to feed the ducks and the flamingos, as well as explore all aspects of the bird park. Afterward, we'll stop for lunch at La Casetta Italian Restaurant  
September 17, 2024 Cost: \$62. Includes Transportation and Admission (Meal not included)



### Old Salem Museums & Gardens

Join us as we travel to Winston Salem for a self-guided walking tour of the historic Town of Salem. You'll explore the 250-year-old Moravian historic district as well as the museums and galleries on-site. Learn about the history of the people of the American South including Moravians, African-Americans, and Indigenous people. Interpreters, dressed in period clothing, will guide you through the history of the time.  
October 19, 2024 Cost: \$110. Includes Transportation and Admission.



### A Christmas Carol at Raleigh Memorial Auditorium (Details coming soon!)

Get ready to laugh and be moved by this interpretation of the classic holiday story "A Christmas Carol." Celebrating its 51st year in the Triangle, this popular theater production is brought to life with great songs and tremendous heart. The humor is topical and is woven brilliantly into this Broadway quality production. This is not your grandmother's version of the Dickens classic.

## Road to Resources

### A Guide to Services for Older Adults



## Understanding Medicare Eligibility and Enrollment

Monday, August 19

2:00-3:00pm

**Seating is limited. Call 752-1717, x201 to register.**

**Self Defense For Women**

Coming in September!

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

**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”



**FallFest**  
**October 12, 2024**

Now Accepting Vendor Applications  
Email: [cshimer@pittcoa.com](mailto:cshimer@pittcoa.com)

**Single and**  
**Ready to Mingle!**

Tuesday

August 20

2:00-3:00pm



Come on out for a  
Great Time!  
Call 752-1717, x201  
to register



**Four Seasons**  
**Chamber Music Festival**



**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**

Friday, September 13 | 10:00am-4:00pm

Call 752-1717, x201 to register.

Cost:\$10



Bring your  
own jeans!

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

# Let's Dance! August Schedule

With Dance Instructor: Sandra Casado



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

Waltz & Foxtrot Workshop  
Saturday, August 17  
1:30- 3:00pm | \$15/person

## SOLO DANCE CLASS

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 will get you moving to great music while learning so much!  
Only \$28 Per Person for the series! Tuesdays, August 13, 20, 27 | 6:45-7:45pm or  
Thursdays, August 1, 15, 22, 29 | 10:00-11:00am

## 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 or \$18 per couple  
No partner, No experience, NO WORRIES! Day: 2nd Friday, Time: 7-9:00pm



**health**  
SCREENINGS

### Blood Pressure Screening

Tuesday, August 13 | 10am-12pm

### Physical Therapy Screening

Thursday, August 15 | 10am-12pm

### Nutrition Screening

Tuesday, August 27, 10am-12pm



## Bookmobile

Friday

August 16

10:45-11:15am



**Let's Talk Series** —Coming in September!

**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. Seating is limited. Please call 752-1717, x201 to register.**

**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!**

Ruth Calhoun	Smith Funeral Home
Al Muller	Open Door Church
Sharon Schlichting	Oakmont Baptist Church
Catherine Graham	~~~~~
Selene Gwaltney	In Memory Of
Stella Williams	Kelly Eakes Groft
Randy Horton	
Kay Crawford	
Alfred Gaston Hathaway III	
East Carolina Ivy Foundation, Inc.	
Greenville Rotary Club	
Food Lion Feeds Charitable Fund	



**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

**Veterans Day** November 11



**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 [rzech@pittcoa.com](mailto:rzech@pittcoa.com) for special requests.



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**Twitter.com/pittcoa**



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**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.*