Lenoir County Council on Aging

Senior Star

A MONTHLY PUBLICATION FOR THE SENIORS OF LENOIR COUNTY

November, 2026

Medicare Open Enrollment Season is HERE!

SHIIP
NC DEPARTMENT OF INSURANCE

Through December 7, 2026
At LCCOA by appointment only.
Call 252-527-1545
Call early - slots are limited



LCCOA will be closed November 25-27 for the Thanksgiving Holiday



Margaret Hewitt Nutrition Site
205 Macon St.
Pink Hill, NC
Phone: 252-568-3712
Hours: M-F 8:30-12:30

George T. Skinner Center
112 E. Blount St.
Kinston, NC
Phone: 252-527-1545
Hours: M-Th 8:30-5:00
Fri 8:30-2:300

La Grange Community Center
410 E. Washington St.
La Grange, NC
Phone 252-543-0533
Hours: M-F 8:00-12:00

"To improve and promote the wellbeing of seniors in Lenoir County"

November Activities

Monday	Tuesday	Wednesday	Thursday	Friday
2 Walking Club 8:30a Devotion 10a Pinochle 12:30a	3 Betsy's Aerobics 8a Billiards w/ Andi 9a Hot Chocolate w/ Director 10a Pottery 12:30p Pinochle 12:30p *Chair Aerobics 12:45p	4 Walking Club 8:30a Needle Arts 9:30a Pinochle 12:30p *Line Dancing 2p	5 Betsy's Aerobics 8a Billiards Practice 9a Butter Bean Auction 10a Pinochle 12:30p *Painting w/ Maner 1p Chair Aerobics 12:45p	6 Walking Club 8:30a Holiday Wreath Making 9:30a Open Art Studio 12p
9 Veteran's Breakfast 8a Devotion 10a Bingo 12a Pinochle 12:30a	10 Betsy's Aerobics 8a Billiards w/ Andi 9a Blood Pressure Check 9:30a Show and Share 10a Pottery 12:30 *Chair Aerobics 12:45p	11 **Closed** **Veterans Day**	12 Betsy's Aerobics 8a Billiards Practice 9a Crafts w/Charlene 9:30a Pinochle 12:30a Chair Aerobics 12:45p *Painting w/Maner1p	13 Walking Club 8:30 a Open Art Studio 12p
16 Walking Club 8:30 a Devotion 10a Pinochle 12:30a	17 Betsy's Aerobics 8a Billiards w/ Andi 9a *Nutrition w/Kelly 10a Pottery 12:30 *Chair Aerobics 12:45p	18 Walking Club 8:30 a Hearing Support Group 9:30a Pinochle 12:30a *Line Dancing 2p	19 Betsy's Aerobics 8a Billiards Practice 9a LCCOA Members Thanksgiving Dinner 11:30a Chair Aerobics 12:45p *Painting w/Maner1p Caregiver Support Group 4p	20 Walking Club 8:30 a *Master Gardners 10a Open Art Studio 12p
23 Walking Club 8:30 a Devotion 10a Bingo 12a Pinochle 12:30a	24 Tea w/ Allison 10:30a Pottery 12:30 Pinochle 12:30a	25 **CLOSED**	26 **CLOSED** **Happy Thanksgiving**	27 **CLOSED**
30 Walking Club 8:30 a Devotion 10a Pinochle 12:30a				

Key: Regular Activities; Regular Floating Activities; Special Activities
Daily Drop-In Activities: billiards, computer lab; fitness room; library; board games
* Indicates In-Person/Facebook Live Activities

October Senior Spotlight



Lizzy Outlaw comes to the center every Tuesday and Thursday. She walks in with her head held high, a big smile, and dressed for success. She enjoys participating in arts & crafts, nutrition classes, congregate meals, and all special activities for our seniors. This year Lizzy celebrated Juneteenth by riding on her nephew's float in the Kinston Juneteenth Parade. She was dancing and playing the tambourine.
Here are just a few things the members and staff had to say about Lizzy: she is very independent; she's feisty; she is a very proud lady; she makes us laugh; I've never seen her without a hat on - they always match her outfits; she is a very colorful person; she's kind to everyone; she loves to cut-up with the billiards players.

October Volunteer of the Month



Maner Nobles has been coming to the Senior Center going on 100 years now as she tells it. She is very involved within the LCCOA Senior Center, The Art Community and Kinston community. Maner is known both locally and nationally for her art. Maner conducted "Teaching Seniors to Paint" through a grant received from the North Carolina Museum of Art at our La Grange Senior Zone.
Maner serves on several committees including the LCCOA Advisory Committee. Maner teaches painting in person and on Facebook Live every Thursdays at 1p. Please join her if you can.



Caregiver Support Group Candlelight Vigil
Thursday, November 19, 2026
5:00 pm - 112 E. Blount St.
RSVP Required

This group meets monthly to receive education, to share, and to lift up those providing care to loved ones with demential. Please RSVP to Betsy Griffin at 252-527-1545



Get Healthy Stay Healthy at LCCOA

- Tuesday, November 10 - Blood Pressure checks
- Tuesday, November 17 - Nutrition w/ Kelly
- Tuesday, November 24 - Tea w/ Allison
- Every Monday, Wednesday, Friday at 8:30 - Walking Club
- Every Tuesday and Thursday at 8:00 am - Betsy's Aerobics
- Every Tuesday and Thursday at 12:45 pm - Arthritis Chair Aerobics
- Every Wednesday at 2:00 pm - Line Dance
- Cardio Drumming (see calendar for dates)
- Every M-F during open hours - Fitness room with modern equipment to help you maintain your strength and stamina. See a staff member for a brief orientation if you haven't yet done so.

Our Vision for the Future

- 8,000-10,000 square feet of space to allow us to enlarge our kitchen/dining room space, fitness spaces, bulliards room, and other flexible-use spaces
- Addition of an art room for classes and "studio" time
- Smarter office spaces and staff areas
- Friendly and spacious reception area
- Adequate storage space

How you can help

- Provide a monetary tax-deductible donation in any amount, either yearly or monthly.
- Name LCCOA as beneficiary of: death benefit on insurance policy or retirement/IRA; cash; property; percentage of estate; or remainder of estate.
- In-kind donations gladly accepted.
- Most importantly, spread the word! Tell your family, friends, service providers, ets. about LCCOA and why our programming is important.

Hearing Support Group



3rd Wednesday of every month
10:00 am
At the LCCOA Senior Center
For more info, call Eddie
at 252-527-1545

September, 2026 Consumer Contributions

This is what YOU, our members contributed toward programs/services in September. Thank you!

Title III-D Arthritis Chair Aerobics - $ 105.00
Congregate Nutrition (lunch) - $ 116.35
Home Delivered Meals - $ 75.00
In-Home Aide Services - $ 0.00
Transportation - $ 0.00
TOTAL - $ 296.35

October Activities - La Grange Site

Monday	Tuesday	Wednesday	Thursday	Friday
2 Nutrition Workshop 10a Chair Aerobics 3:15p	3 Open Art 9a	4 Bible Study 9a	5 Puzzles 9a	6 Game Day 9a
9 Chair Aerobics 3:15p	10 Open Art 9a	11 CLOSED	12 Puzzles 9a	13 Game Day 9a
16 Chair Aerobics 3:15p	17 Open Art 9a	18 Bible Study 9a	19 Puzzles 9a	20 Game Day 9a
23 Chair Aerobics 3:15p	24 Open Art 9a	25 CLOSED	26 CLOSED	27 CLOSED
30 Chair Aerobics 3:15p				

Notary Services are available at the Skinner Senior Center by appointment. The service is free to those 55+. Donations to the center are accepted and appreciated.

No vehicle titles. You must have your document ready for signature. Do not sign the document until in the presenace of the Notary. Valid ID is required. Notary cannot counsel you regarding the proper document for your needs and does not maintain forms of any kind.

Call Andi Reese at 252-52i7-1545 ext. 224 to make an appointment.

November Congregate Meal Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 BBQ Pork Cabbage Baked Beans Apple Juice Bun, Milk	3 Italian Sausage with Peppers & Onions, Cabbage Spaghetti Noodles Applesauce Wheat Roll, Milk	4 Salisbury Steak & Gravy Peas & Carrots Mashed Potatoes Pears Roll, Milk	5 Tex-Mex Chicken Mexi-Corn Fiesta Rice Hot Cinnamon Apples Tortilla, Milk	6 Lasagna with Meat Sauce California or Normandy Mix Peaches, Garlic Bread, Dessert, Milk
9 Cheeseburger Casserole Noodles Mixed Vegetables Orange Juice Roll, Milk	10 Swedish Meatballs Peas Brown Rice Hot Brown Sugar Cinnamon Apples Roll, Cookie, Milk	11 CLOSED FOR VETERANS DAY	12 Spaghetti with Meat Sauce Green Beans Applesauce Roll Milk	13 Jambalaya Okra & Tomatoes Rice Peaches Wheat Roll Milk
16 Country Steak Green Beans Mashed Potatoes Apple Juice Roll Milk	17 Lemon Herb Chicken Wild Rice Peas & Carrots Pears Wheat Roll, Milk	18 Baked Ziti Mixed Squash Noodles Peaches Garlic Bread Milk	19 Member Thanksgiving Meal	20 Chicken Marsala Broccoli Noodles Applesauce Roll Milk
23 Fish Patty Mixed Vegetables Wild Rice Cranberry Juice Roll Milk	24 Roasted Chicken Black-Eyed Peas Roasted Potatoes Pears Wheat Roll Cookie, Milk	25 CLOSED Thanksgiving	26 CLOSED Thanksgiving	27 CLOSED Thanksgiving

Support Our Advertisers!

From the Diretor's Desk



November is a time to reflect on the many blessings in our lives and to give thanks for the people and community that make the Lenoir County Council on Aging such a special place. I am especially thankful for our dedicated staff, who give their time, energy, and creativity each day to make the Council on Aging a welcoming place where friendships form, laughter is shared, and opportunities for learning and fun are always available. I am also grateful for each of you who participates in our programs and services. You are the reason we are here!

This month, I want to share a new challenge that involves all nine counties in our region. The Area Agency on Aging has announced a friendly competition in which, each quarter, one county will earn bragging rights for collecting the most consumer contributions. I would love to see Lenoir County come out on top!
You may not realize just how important these contributions are. We regularly receive contributions from our congregate meal participants, and some of our Home Delivered Meals participants also contribute. However, we rarely receive contributions from our In-Home Aide clients, and we have not traditionally received contributions from our transportation participants.

Here is why every contribution matters. Our funding for this fiscal year was recently reduced by more than $3,000. This means we must make adjustments to our budget and reduce funding in certain service areas. Consumer contributions help us stretch the dollars we have and continue providing these much-needed services.

The wonderful thing about your contribution is that the money goes directly back into the service you received. If you contribute toward transportation, those dollars help support transportation. If you contribute toward meals, those dollars help provide more meals. The same is true for our In-Home Aide services. Contributions are always voluntary, and no one will be denied services because they cannot or choose not to contribute. Whether you give a little or a lot, every dollar makes a difference.

So, as we enter this season of thanksgiving, I encourage everyone who is able to consider making a contribution. Not only will you help Lenoir County compete for those bragging rights, but more importantly, you will help us continue serving older adults throughout our community.

As always, thank you for being part of our Council on Aging family. I am grateful for the opportunity to serve this community and for the kindness, friendships, and support that make our agency so special.

Wishing you and your families a safe, happy, and blessed Thanksgiving! – Betsy Griffin





October Snapshots



Caregivers Month Proclaimation at the County Commissioners' meeting.















November Birthdays

Skinner

Malcolm Dudley 11/4
Daisy Domenick 11/6
LaVerne Robinson 11/7
Maner Noble 11/8
Alice Reid 11/14
Pasty McCann 11/21
Ervin Parker 11/24

Pink Hill

n/a







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Annie Kornegay
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Jimi Pope

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Kathy Brown
Cathy Bryant
Vera Marks
Audrey Nobles
Maner Nobles
Tina McNair
Barbara Perry
Brenda Porter
Eddie Portz

(if you'd like to b a part of planning activities, let us know!)

VOLUNTEER OPPORTUNITIES

Customer Service Assistant
Staffs the receptionist desk at the main entrance of the Skinner Senior Center. Repponsibilities include providing information and customer service related to basic services for older adults.

Home Delivered Meals Driver
Delivers meals to homebound seniors weekly or monthly. Responsibilities include navigation, driving, and interaction with clients as an assurance of wellbeing.

Reassurance Caller
Calls homebound seniors weekly to ensure they are well and safe. Provides support and compassion to reduce loneliness and isolation.

Medicare Counselor
Advises Medicare beneficiaries regarding their health insurance coverage. Requires completion of Department of Insurance training program.

Activity Leader
Enhances senior center programming through sharing of skills and knowledge in a group activity. Plans, executes and leads a regularly scheduled weekly or monthly activity.

Special Event Planner
Provides assistance with seasonal, annual or one-time events. Responsibilities may include decoration, hospitality, and interface with intended audience.

Senior Center Assistant
Supports staff and volunteers in executing senior center activities. Responsibilities may include room arrangement prior to and clean up after actvities and maintenance issues as identified.

Support the Lenoir County Council on Aging, Inc. ANNUAL FUND

Every year, 100% of your ANNUAL FUND contribution goes toward expanding programs and services we offer to those age 55+ in Lenoir County. Our goal over the next 3-5 years is to raise enough to relocate to a larger, more central location so that we may provide these programs and services to ALL seniors in Lenoir County. Want to know more? Contact us any time at 252-527-1545.

We appreciate donations of any size. Please make check payable to:
Lenoir County Council on Aging, Inc.
112 E. Blount St.
Kinston, NC 28501

LCCOA is a 501(c)3

Programs, Services and Activities

Aerobics
Arts & Crafts
Billiards
Bingo
Bookmobile
Cardio Drumming
Caregiver Support Group
Chair Aerobics
Chair Volleyball
Congregate Nutrition
Creative Writing
Crochet/Needle Arts
Devotion
Home Delivered Meals
Home Management
Information & Referral
Line Dance
Master Gardeners
Medicare Counselling
Mental Health Education
Nutrition Education
Painting
Personal Care
Pinochle
Pottery
Senior Companions
Special Events
Telephone Reassurance
Technology Education
Transportation
Trips
Volunteer Opportunities

What do YOU want to do?

For more information, call 252-527-1545

If you have to choose between buying groceries or paying your Medicare bills...

SHIIP may be able to help.

Extra Help and Medicare Savings Programs are available for those who qualify, but you have to apply. For more information, contact LENOIR COUNTY SHIIP at 252-527-2191.

855-408-1212

www.ncshiip.com

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CONTACT US

La Grange Public Library
119 E Washington St
La Grange, NC 28551
252.566.3722

Kinston-Lenoir County Public Library
510 N Queen Street
Kinston, NC 28501
252.527.7066

Pink Hill Public Library
114 W Broadway St
Pink Hill, NC 28572
252.527.7066

Lenoir County
Council on Aging
112 East Blount Street
Kinston, NC 28501-4940

LOCATIONS:

George Skinner Center
112 E. Blount St. - Kinston, NC
Phone: 252-527-1545
www.lenoirccoa.org
Hours: M-Th 8:30-5; Fr 8:30-2:30

Margaret Hewitt Nutrition Site
205 Macon St. - Pink Hill, NC
Phone: 252=568-3712
Hours: M-F 8:30-12:30

La Grange Community Center
410 E. Washington St. - La Grange
Phone-252-543-0533
Hours: M-F 8:00-12:00

CONTACTS:

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Alicia Outlaw

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