

S e p t e m b e r , 2 0 2 6

50's Sock Hop Party!



Thursday, September 17
2 - 4 p.m.

50s attire encouraged
See Eddie for more info

MAKE A DIFFERENCE



The QR code below links to a survey we would like for you to take. The survey is important because we do not want to assume we know what older adults need. We want

the updated Master Aging Plan to be based on current input from people throughout Lenoir County and to reflect the priorities they identify for themselves.

We will host listening sessions in early November at all 3 libraries for open discussion about the survey results.

Don't have a smart phone? Paper copies are available at the center, and a downloadable survey will be posted on our website.

Livable Lenoir Community Aging
Survey



Margaret Hewitt
Nutrition Site
205 Macon Street
Pink Hill, NC
Phone: 252-568-3712
Hours: Tu-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 8:30-2:30

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

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

September Activities

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Betsy's Aerobics-8a Billiards w/Andi 9a *Arm Chair Travel 10a Pinochle-12:30p Pottery-12:30p *Chair Aerobics-12:45p	2 Walking Club 8:30a Needle Arts 9:30a Pinochle-12:30p Cardio Drumming 1p *Line Dancing 2p	3 Betsy's Aerobics-8a *Butter Bean Auction 10a Pinochle-12:30p Chair Aerobics-12:45p *Painting w/Maner 1p	3 Walking Club 8:30a Crafts w/ Maner 10a Open Art Studio-12p
7 CLOSED FOR THE LABOR DAY HOLIDAY	8 Betsy's Aerobics 8a Billiards w/Andi 9a Blood Pressure Checks 9:30a Pinochle-12:30p Pottery-12:30p *Chair Aerobics-12:45p	9 Walking Club 8:30a Pottery Day Trip 8:30a Invitation only Billiards 9a Needle Arts 9:30a Pinochle-12:30p Cardio Drumming 1p *Line Dancing 2p	10 Betsy's Aerobics-8a Crafts w/Charlene 9:30a Pinochle-12:30p Chair Aerobics-12:45p *Painting w/Maner-1p	11 Walking Club 8:30a Crafts w/ Maner 10a Open Art Studio-12p Advisory Committee Meeting 1p
14 Walking Club 8:30a Video Yoga-9a Devotion-10a Staff Meeting 12:30p	15 Betsy's Aerobics-8a Billiards w/Andi 9a *Nutrition w/Kelly 10a Pinochle-12:30p Pottery-12:30p *Chair Aerobics-12:45p	16 Walking Club 8:30a Hearing Loss *Support Group 9:30 Pinochle-12:30p Cardio Drumming 1p *Line Dancing 2p	17 Betsy's Aerobics-8a *Scams & Frauds 10a Pinochle-12:30p "50's" SOCK HOP Party 2-4p *Painting w/Maner-1p No Chair Aerobics	18 Walking Club 8:30a *Master Gardeners 10a Open Art Studio-12p
21 Walking Club 8:30a Video Yoga-9a Devotion-10a	22 Betsy's Aerobics-8a Billiards w/Andi 9a *Tea w/Chuki 10:30a Pinochle-12:30p Pottery-12:30p *Chair Aerobics-1p	23 Walking Club 8:30a Needle Arts 9:30a Pinochle-12:30p Cardio Drumming 1p *Line Dancing 2p	24 Betsy's Aerobics-8a *Birthday Party 10a Pinochle-12:30p Chair Aerobics 12:45p *Painting w/Maner 1p	25 Walking Club 8:30a Crafts w/ Maner 10a Open Art Studio-12p
28 Walking Club 8:30a Video Yoga-9a Devotion-10a	29 Betsy's Aerobics-8a Billiards w/Andi 9a Pinochle-12:30p Pottery-12:30p *Chair Aerobics-12:45p	30 Walking Club 8:30a Billiards 9a Needle Arts 9:30a Pinochle-12:30p Cardio Drumming 1p *Line Dancing 2p	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	

August Senior Spotlight

Esther Washington said it seems like she has been attending the LCCOA Senior Center forever. She is very kind and will help you out with whatever you need if she can..

Esther enjoys the many activities LCCOA offers, including games, chair aerobics, guest speakers, and parties hosted by the Lenoir County Council on Aging.

Here are a few things the seniors had to say about Ms. Washington:

- “Esther helps me fill out any paperwork needed and does not judge;”
- “She is sweet and gets along with everyone;”
- “I like her laugh; she has a great laugh;”
- “She calls me every day now that I can’t come back to the center due to my health.”



August Volunteer Of the Month



Terence Owans became a volunteer here at the LCCOA Senior Center without even knowing it. As an Army Veteran his service is never done. He helps the Senior Center set up and tear down for special events, and daily events as well.

Terance loves to play Billiards with the other seniors and every now and then he even gets smoked by our business manager, Andi. He loves his family, friends and his puppy.

Here are a few things the seniors had to say about Terence Owans: “He makes us laugh;”
“he’s a jokester;”
“Terence is very nice, has a great smile and will do anything he can to help;”

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Caregiver Support Group

Thursday, September 17, 2026
4:00 p.m. - 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 dementia. Please R.S.V.P. to Betsy Griffin at 252-527-1545.



Show Your Pride!

\$25.00 each - Sizes M-3XL

ALL proceeds support LCCOA's annual fund designated to help us find a larger space.

See a staff member.
Cash or check only



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, billiards 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, etc. about LCCOA and why our programming is important to you. Ask them to contribute on your behalf.

Get Healthy and Stay Healthy at LCCOA

- Tuesday, September 8 at 9:30a - Blood Pressure checks
- Tuesday, September 15 at 9:30a. - Nutrition w/ Kelly
- Tuesday, September 22 at 9:30a - Tea w/ Chuki
- Every Monday at 9:00 a.m. - Yoga (video)
- Every Tuesday and Thursday at 8:00 a.m. - Betsy's Aerobics
- Every Tuesday and Thursday at 12:45 p.m. - Arthritis Chair Aerobics
- Every Wednesday at 2:00 p.m. - Line Dance
- Cardio Drumming (see calendar for dates)
- Every Monday-Friday during open hours - Fitness room with modern equipment to help you maintain your strength and stamina. See Betsy for a brief orientation if you haven't yet done so.

July, 2026 Consumer Contributions

This is what **YOU**, our members, contributed toward programs/services in July. THANK YOU!

LaVerne's Title IIID Classes (Chair Aerobics and Tai Chi): \$46.00
 Congregate Nutrition (Lunch): \$201.59
 Home Delivered Meals: \$55.00
 In-Home Aide Services: \$20.00
 Transportation \$0.00
Total:..... **\$322.59**

September Activities La Grange Site

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Open Art 9a	2 Bible Study 9a Chair Aerobics 3:30p	3 Puzzles 9a	4 Game Day 9a
7 CLOSED for Labor Day Holiday	8 Open Art 9a	9 Bible Study 9a Chair Aerobics 3:30p	10 Puzzles 9a	11 Game Day 9a
14 Nutrition w/ NC State Ext. Service 9:30a Chair Aerobics 3:30p	15 Open Art 9a	16 Bible Study 9a Chair Aerobics 3:30p	17 Puzzles 9a	18 Game Day 9a
21 Crafts with Ms. Bess 9:30a Chair Aerobics 3:30p	22 Open Art 9a	23 Bible Study 9a Chair Aerobics 3:30p	24 Puzzles 9a	25 Game Day 9a
28 Birthday Celebration 9a Chair Aerobics 3:30p	29 Open Art 9a	30 Bible Study 9a Chair Aerobics 3:30p		

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 presence 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 - 252-527-1545 ext. 224 to make an appointment.

September Congregate Meal Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Cheeseburger Green Beans Roasted Potatoes Pineapple Cup Bun, Milk	1 Meat Loaf Mashed Potatoes Peas Pears Roll, Milk	2 BBQ Chicken Fiesta Rice Mixed Vegetables Applesauce Wheat Roll, Milk	3 Sweet & Sour Meatballs Rice Green Beans Peaches Roll, Milk	4 Baked Spaghetti Mixed Squash Hot Cinnamon Apples Garlic Bread Dessert, Milk
7 Fried Country Steak Mashed Potatoes Succotash Apple Juice Roll Milk	8 White Bean Chicken Stew Brown Rice Normandy Blend Applesauce Roll, Cookie, Milk	9 Spaghetti & Meatballs Mixed Vegetables Peaches Wheat Roll Milk	10 Fried Chicken Tenders Potatoes Au Gratin Collards Orange Juice Roll Milk	11 Taco Bake Rice & Black Beans Mexican Corn Pears Tortilla Milk
14 Cheese Manicotti w/ Marinara Sauce Broccoli Applesauce Wheat Roll Milk	15 Chicken Curry White Rice Carrots Pears Wheat Roll Milk	16 Turkey Noodles Mixed Veggies Peaches Roll Milk	17 Smoked Sausage Cabbage Potatoes Au Gratin Orange Cup Cornbread Milk	18 Beef Stir Fry Lo Mein Normandy Blend Hot Cinnamon Apples Wheat Roll Milk
21 BBQ Pork Baked Beans Cabbage Apple Juice Bun Milk	22 Cheese Omelet Peppers, Onions, Herbed Potatoes Cranberry Juice Biscuit, Cookie Milk	23 Roasted Pork Mashed Potatoes Green Beans Pears Roll Milk	24 Salisbury Steak Rice Peas & Carrots Hot Cinnamon Apples Wheat Roll Milk	25 Fried Chicken Cream Corn Greens Pineapple Cup Roll Milk
28 Cheeseburger Green Beans Roasted Potatoes Pineapple Cup Bun Milk	29 Meat Loaf Mashed Potatoes Peas Pears Roll Milk	30 BBQ Chicken Fiesta Rice Mixed Vegetables Applesauce Wheat Roll Milk	1 Sweet & Sour Meatballs Rice Green Beans Peaches Roll Milk	2 Baked Spaghetti Mixed Squash Hot Cinnamon Apples Garlic Bread Dessert Milk

Support Our Advertisers!

**Schedule
change**

Arthritis Chair Aerobics with LaVerne will begin at 12:45 pm instead of 1:00 pm on Tuesdays and Thursdays.

ARM CHAIR TRAVEL!



Join us for “Armchair Travel” featuring land forms and bodies of water.

Tuesday, September 1, 2026

Hearing Support Group



Guest Speaker - Dr. Ramsey
3rd Wednesday of every month
10:00 a.m.

At the LCCOA Senior Center
For more info, call Eddie at 252-527-1545



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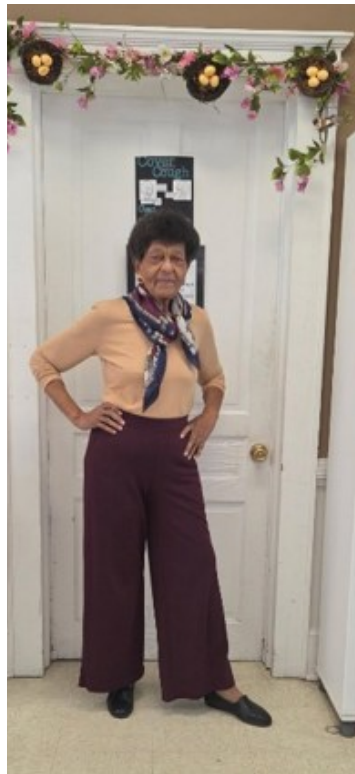


For ad info, call 1-800-950-9952 • www.lpicommunities.com

Lenoir County COA-George T Skinner Senior Center

14-1613

August Snapshots





Hearing Support Group



September Birthdays

Skinner

Cathy Bryant 9/8
Phyllis Parks 9/12
Jerome Powell 9/30

Pink Hill

Ruby Tyndal 9/14
Stephen Grady 9/15
Charles Smith 9/23
Lucille Houston 9/26
Harold Smith 9/30

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Lavaron Howell

Jimi Pope

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Winsora Blanford

Kathy Brown

Cathy Bryant

Vera Marks

Audrey Nobles

Maner Nobles

Tina McNair

Barbara Perry

Brenda Porter

Eddie Portz

*(If you'd like to be a
part of planning
activities, let us
know!)*

Volunteer Opportunities

Customer Service Assistant

Staffs the receptionist desk at the main entrance of each service location. Responsibilities include information brokerage 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 insure they are well and safe. Provides support and compassion to reduce loneliness and isolation.

Medicare Counselor

Advises Medicare beneficiaries on details of their health insurance coverage. Requires completion of official Department of Insurance training program.

Activity Leader

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

Special Event Planner

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

Senior Center Assistant

Supports Staff and other volunteers in executing senior center activities. Responsibilities include room arrangement prior to, clean up after activities, and other grounds maintenance issues as identified.

Support the Council on Aging ANNUAL FUND

Every year, 100% of your ANNUAL FUND contribution goes toward expanding programs and services we offer to those age 55+.

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 about our **BIG** plans? Contact us any time at 252-527-1545.

THANK YOU!

Amount:

- ☐ \$100.00 (Friend of LCCOA)
- ☐ \$500.00 (Silver Level)
- ☐ \$1,000.00 (Gold Level)
- ☐ \$5,000.00 (Platinum Level)
- ☐ \$10,000.00 or more (Legacy Level)
- ☐ Other Amount \$ _____

Make checks payable to:

Lenoir County Council on Aging, Inc.
112 E. Blount St., Kinston, NC 28501

The Lenoir County Council on Aging is a 501(c)3

Programs, Services, and Activities

Aerobics
Arts and Crafts
Billiards
Bingo
Bookmobile
Bridge Buddies
Cardio Drumming
Caregiver Support Group
Ceramics
Chair Aerobics
Chair Volleyball
Congregate Nutrition

Creative Writing
Crochet Club
Devotion
Home Delivered Meals
Home Management
Information and Referral
Line Dance
Master Gardeners
Medicare Counseling
Mental Health Education
Nutrition Education
Painting

Pinochle
Respite Services
Senior Companion
Special Events
Telephone Reassurance
Technology Education
Transportation
Trips
Volunteer Opportunities
Yoga

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

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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



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Lenoir County COA-George T Skinner Senior Center

14-1613



112 East Blount Street
Kinston, NC 28501-4940

LOCATIONS

George Skinner Center

112 E Blount St - Kinston, NC

Phone: 252-527-1545

Fax: 252-527-8899

www.lenoircco.org

Hours: M-Th 8:30-5:00; F 8:30-2:30

Margaret Hewitt

Nutrition Site

205 Macon St - Pink Hill, NC

Phone: 252-568-3712

Hours: Tu-F 8:30a-12:30p

LaGrange Community Center

410 E. Washington St - LaGrange, NC

Phone: 252-543-0533

Hours: M-F 8a-12p



CONTACTS:

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(Kinston)

Vera Marks

Business Manager

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(Pink Hill)

Alicia Outlaw

Program Coordinator

Eddie Portz

