



LENOIR COUNTY
Council on Aging, Inc.

Golden Age

A MONTHLY PUBLICATION FOR THE SENIORS OF LENOIR COUNTY

A p r i l , 2 0 2 2



**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
Fax: 252-527-8899
Hours: M-Th 8:30-4:30
Fri 8:30-2:30

**LaGrange Community
Center**

410 E. Washington St.
LaGrange, NC
Phone: 252-543-0533
Hours: M-Th 8:00a-9:00p

“To improve and promote the wellbeing of seniors in Lenoir County”



hello April



Mon	Tues	Wed	Thu	Fri
<p>Classes marked with an asterisk (*) are both in person AND on Facebook Live. If not marked, classes/activities are in person only. Additional activities may be added throughout the month. Announcements of these additions will be made at the center and via Facebook.</p>				<p>1 9am Line Dance - La Grange 9am-12pm Billiards 12pm Ceramics</p>
<p>4 1pm-4pm Bridge Buddies 3pm Chair Aerobics—La Grange</p>	<p>5 9am Aerobics w/ Betsy 9am-3pm Billiards 10am Line Dance - La Grange Devotion 10am Crafts w/ Maner 10:30 Book Mobile 11am Pinochle 12:30pm-4pm *1pm Chair Aerobics - Kinston</p>	<p>6 9am-3pm Billiards 9:30-11:30am Crochet *Center closed from 1pm-3pm—no Tai Chi or Line Dance</p>	<p>7 9am Aerobics w/ Betsy 9am-3pm Billiards Easter Egg Coloring 10am 12pm BINGO Pinochle 12:30pm-4pm 1pm Chair Aerobics - Kinston *1pm Painting with Maner</p>	<p>8 9am Line Dance - La Grange 9am-12pm Billiards 10am DIY Easter Baskets 12pm Ceramics</p>
<p>11 1pm-4pm Bridge Buddies 3pm Chair Aerobics—La Grange</p>	<p>12 9am Aerobics w/ Betsy 9am-3pm Billiards 10am Line Dance - La Grange 10am Devotion *10:30 Stress Management w/ Chuki Pinochle 12:30pm-4pm *1pm Chair Aerobics -</p>	<p>13 9am-3pm Billiards 9:30-11:30am Crochet Pinochle 12:30pm-4pm *1pm Tai Chi *2pm Line Dance—Kinston 3pm Computer/cell phone help 3pm Chair Aerobics La Grange</p>	<p>14 9am Aerobics w/ Betsy 9am-3pm Billiards 9:30 Crafts w/ Charlene 11am Egg Hunt! Pinochle 12:30pm-4pm 1pm Chair Aerobic—Kinston *1pm Painting with Maner</p>	<p>15 CLOSED</p> 
<p>18 1pm-4pm Bridge Buddies 3pm Chair Aerobics—La Grange</p>	<p>19 9am Aerobics w/ Betsy 9am-3pm Billiards 10am Line Dance—La Grange 10am Devotion 10:30 Nutrition w/ Kelly Pinochle 12:30pm-4pm *1pm Chair Aerobics Kinston</p>	<p>20 9am-3pm Billiards 9:30-11:30am Crochet Pinochle 12:30pm-4pm *1pm Tai Chi *2pm Line Dance -- Kinston 3pm Chair Aerobics La Grange</p>	<p>21 9am Aerobics w/ Betsy 9am-3pm Billiards 9:30 Crafts w/ Charlene 11am BINGO Pinochle 12:30pm-4pm 1pm Chair Aerobics - Kinston *1pm Painting with Maner</p>	<p>22 9am Line Dance - La Grange 9am-12pm Billiards 10:30 DIY Flower Pots! 12pm Ceramics EARTH DAY!</p>
<p>25 1pm-4pm Bridge Buddies 3pm Chair Aerobics—La Grange</p>	<p>26 9am Aerobics w/ Betsy 9am-3pm Billiards 10am Line Dance - La Grange 10am Devotion *10:30 Tea w/ Chuki Pinochle 12:30pm-4pm *1pm Chair Aerobics - Kinston</p>	<p>27 9am-3pm Billiards 9:30-11:30am Crochet Pinochle 12:30pm-4pm *1pm Tai Chi *2pm Line Dance—Kinston 3pm Computer/cell phone help 3pm Chair Aerobics La Grange</p>	<p>28 9am Aerobics w/ Betsy 9am-3pm Billiards Pinochle 12:30pm-4pm 1pm Chair Aerobics - Kinston *1pm Painting with Maner</p>	<p>29 9am Line Dance - La Grange 9am-12pm Billiards 12pm Ceramics</p>

If you leave home, know your Ws!



WEAR

a cloth covering over your nose and mouth.



WAIT

6 feet apart. Avoid close contact.



WASH

your hands or use hand sanitizer.

@NCDHHS

#StayStrongNC

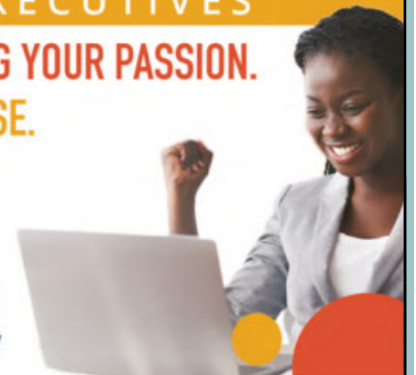
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LaVerne's Chair Aerobics class meets outside in lovely weather.



Lenoir County Council on Aging
Golden Age Newsletter




April Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Cheeseburger Glazed Carrots Baked Beans Pineapple Cup Bun Milk	5 BBQ Chicken Broccoli & Cheese Fiesta Rice Sliced Apples Bread Cookie, Milk	6 Salisbury Steak & Gravy Green Peas Mashed Potatoes Peaches Roll, Milk	7 Ham Okra & Tomatoes Yams Applesauce Roll Milk	8 Lasagna w/ Meat Sauce California or Nor- mandy Mix Pears Roll, Milk
11 Swedish Meatballs Peas Rice Cinnamon Apples Roll Milk	12 BBQ Pork Cabbage Baked Beans Orange Juice Bun Cookie, Milk	13 Roasted Chicken Succotash Roasted Red Potatoes Pears Cornbread Milk	14 Spaghetti w/ Meat Sauce Green Beans Applesauce Bread Milk	15 Chopped Steak w/ Demi Au Jus Mixed Vegetables Mashed Potatoes Peaches Roll, Milk
18 Country Steak Sandwich Okra & Tomatoes Corn Apple Juice Bun, Milk	19 Chicken & Wild Rice Dill Carrots Pears Roll Cookie Milk	20 Baked Ziti Green Beans Noodles Sliced Peaches Garlick Bread Milk	21 Roasted Pork Peas & Carrots Roasted Red Pota- toes Stewed Apples Bread, Milk	22 Chicken Marsala Roasted Vegetables Noodles Cinnamon Applesauce Roll, Milk
25 Fish Patty Mixed Vegetables Macaroni & Cheese Orange Cup Bun Milk	26 Oven Roasted Chicken Breast Field Peas w/ Snaps Roasted Potatoes Pears Roll, Cookie, Milk	27 Italian Sausage w/ Peppers & Onions Cabbage Spaghetti Noodles Applesauce Bread, Milk	28 Chili w/ Kidney Beans Broccoli Rice Peaches Cornbread, Milk	29 Roasted Turkey Egg Noodles Green Peas Sliced Apples Roll Milk

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Gathering Spot Happenings

Tuesday	Wednesday	Thursday	Friday
5 10:00 Devotion 10:30 Crafts w/ Maner 11:00 Book Mobile	6 TV Time	7 10:00 Egg Coloring Bingo	8 10:00 DIY Easter Basket
12 10:00 Devotion 10:30 Tea w/ Chuki	13 Adult Coloring	14 9:30 Crafts w/ Charlene 11:00 Egg Hunt	15 CLOSED for Good Friday
19 10:00 Devotion 10:30 Nutrition w/ Kelly	20 Music	21 National Cancer Month Bingo	22 10:30 DIY Flower Pot w/ Maner
26 10:00 Devotion 10:30 Tea w/ Chuki	27 TV Time	28 Birthday Celebration Bingo	29 Movie



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easter



WORD SEARCH

C	F	N	C	T	V	Y	J	E	A	K	L	H	E	Y
T	E	K	S	A	B	X	T	G	L	M	D	T	N	Z
M	S	O	K	G	E	E	U	G	F	E	A	N	C	K
H	O	G	H	N	A	T	G	S	Y	L	U	I	X	T
T	Q	W	Q	I	B	P	B	G	O	B	E	A	D	V
I	T	P	G	T	Y	P	R	C	H	A	E	U	H	D
C	Q	Z	N	A	J	V	O	I	S	U	O	A	F	B
L	R	C	I	R	B	H	F	T	L	M	N	Q	R	U
Y	G	V	R	O	C	E	E	L	Q	B	Y	T	I	E
J	L	F	P	C	R	R	C	A	N	D	Y	R	E	B
X	R	I	S	E	W	F	L	O	W	E	R	S	N	L
B	C	X	M	D	P	O	H	B	O	F	Q	P	D	R
Q	I	S	X	A	H	O	O	X	Y	L	L	R	S	Z
Z	J	N	T	T	F	W	W	S	H	F	S	U	I	G
E	V	M	M	P	S	J	I	L	I	J	X	K	T	O

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BOWS
BUNNY
CANDY

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EGG HUNT
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- Six Churches Apartments** • 107 East Peyton Avenue • Kinston, NC 28501 • 252-527-7984
- Roland L. Paylor Apartments** • 214 West Washington Avenue • Kinston, NC 28501 • 252-523-1601
- KHA Central Office** • 608 North Queen Street • Kinston, NC 28502 • 252-523-1195

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Secretary	Annie Kornegay
Yvonne Deatherage	Elaine Patterson
	Trudy Pickett



Advisory Board

Kathy Brown
Carolyn Coward
Becky Landrum
William Lawson
Maner Nobles
Brenda Porter

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 with a Tax-Deductible Gift

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

Gift Amount: \$ _____

Name: _____

Address: _____

City/State/Zip: _____

Make Checks payable to:

Lenoir County Council on Aging 112 E. Blount Street

Home Delivered Meals

Persons 60 years of age who are unable to join others for lunch, due to health restrictions, may have meals delivered to their home by our friendly volunteers.

Home Management

Provides assistance with daily living tasks for older adults who may otherwise require institutionalization.

Senior Companion

Volunteers are matched to seniors needing companionship or light assistance.

Telephone Reassurance

Homebound seniors are called daily to ensure they are well and safe.



For more information about services call
252-527-1545
8:30am – 4:30 pm

Information and Referral

Call for assistance in finding resources and services for older adults or persons with disabilities for:

- Disaster Preparedness
- Durable Medical Equipment
- Energy Assistance
- Medicare/Medicaid
- Senior Games
- Social Security Benefits
- Suspected Abuse/Neglect
- Tax Preparation
- Veterans Benefits
- Transportation
- Health Promotion
- Insurance Counseling
- Legal Services
- Mental Health

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NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM



112 East Blount Street
Kinston, NC 28501-4940

www.lenoirccoa.org

LOCATIONS

George Skinner Center

112 E Blount St - Kinston, NC

Phone: 252-527-1545

Fax: 252-527-8899

www.lenoirccoa.org

Hours: M-Th 8:30-4:30, F 8:30-2:30

Margaret Hewitt

Nutrition Site

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

LaGrange Community Center

410 E. Washington St - LaGrange, NC

Phone: 252-543-0533

Hours: M-Th 8a-9p, F 8a-12p



CONTACTS:

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Nutrition Site

Manager

(Kinston)

Vera Marks

Nutrition Site

Manager

(Pink Hill)

Alicia Outlaw