



Welcome to January 2026

Start the new year strong with a variety of programs designed to support your mind, body, and social connections! This month, join us for energizing fitness classes, informative health workshops, and fun social activities that keep you active and engaged. From yoga and cardio drumming to educational sessions and opportunities to meet new friends, there's something for everyone to enjoy.

February 2026 Highlights and Updates

We look forward to seeing you throughout February! This month is packed with engaging programs, wellness activities, and resources tailored for our senior community. Some of the highlights include:

Health & Wellness Programs – Stay active and informed with classes like Pressure Wise: Blood Pressure Basics, offered in cooperation with ECU Health, and the Bingocize program combining the fun of bingo with light exercise to keep you moving!

Educational Workshops – Learn new skills, explore hobbies, and participate in interactive sessions.

Social & Community Events – Connect with friends, meet new people, and enjoy fun activities designed for seniors. Please note that program times or room locations may change. Refer to the monthly calendar and flyers for the most up-to-date information.

Interested in Joining the Senior Center?

We'd love to welcome you! Join us on Wednesdays between 9:00–11:00 a.m. for New Member Orientation, or stop by anytime for a tour of the center. Learn about our programs, meet our staff, and sign up to become a member.



156 Duplin Commons
Dr. Kenansville N.C.
28349



910-296-2140



Monday- Friday
8:00am-5:00pm



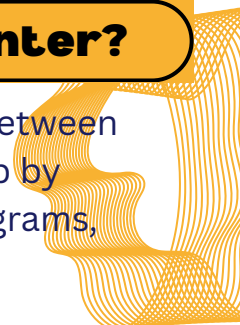
<https://www.duplinnc.gov/208/Senior-Services>



<https://www.facebook.com/DuplinAging>

Staff

- Melisa S. Brown – Director
- Cherry D. Boisclair – Senior Center Program Manager
- Jamie Raynor – Accounting Specialist V
- Frankie Hobbs – In Home Aide Supervisor
- Kathryn Cavanaugh – Social Worker I
- Donna G. Jones – Administrative Support Specialist
- Jennifer C. Moore – Secretary II / SHIP Coordinator
- Doris Moore ; Beth Taylor - Site Managers
- Priscilla Coston, Sharon Henderson, Naomi Morrissey, Sara Richards, Rischa Stallings - In Home Aides



A few thoughts from the Director



As we reflect on 2025, we are proud to share the remarkable growth we have experienced at the senior center. The sound of the drums beating and laughter filling the halls is a welcome reminder of how far we have come and a dream that once felt unattainable.

Breakfast continues to draw early risers who head straight to the exercise room to start their day strong. Our billiard players bring determination and friendly competition to every match, and we continue expanding programs that encourage connection, wellness, and lifelong learning.

Social engagement has been a tremendous benefit as seniors form new friendships and explore activities they may never have considered before. Our partnerships with James Sprunt Community College, and ECU Digital Link & Learn have been especially successful, offering computer skills training and one-on-one support. In addition, Ms. Debbie Best has been a tremendous resource, helping seniors navigate smartphone challenges with confidence.

As we often say, the senior center is more than a meal. Don't let cold winter days keep you at home - bundle up and come spend the day with us. Whether you are new to the senior center or a familiar face, our goal is to provide a welcoming, engaging space for all.

In the coming month, we will be distributing participant and non-participant surveys to gather your input on future activities and events center. The staff and I truly value your feedback as we continue to grow and create new opportunities for our senior community.

Melisa S. Brown, Director

<https://www.duplinnc.gov/208/Senior-Services>

Fitness, Health & Wellness

Physical Activity + ongoing wellness programs

Stay active, healthy, and connected through our senior-friendly fitness and wellness programs, designed to support all ability levels. Participants can enjoy a wide range of classes, including Chair Yoga, Cardio Drumming, Easy Line Dancing, Arthritis Exercise, Exercise with Linda and Shirley, and Walk with Purpose.

Fitness, Health & Wellness (cont.)

We are also excited to introduce Bingocize®, beginning February 2026 –a fun and engaging program that combines bingo, light exercise, and social interaction to promote both physical activity and cognitive wellness.

In addition, Pressure Wise: Blood Pressure Basics, offered in cooperation with ECU Health, focuses on heart health and healthy daily habits. Please watch the monthly calendar and flyers for future opportunities.



Starting February 2026

FITNESS CLASSES

Mon	10:30AM Chair Yoga w/ Cherry
	1:00 PM Exercise w/ Linda 2 nd & 4 th Monday
Tue	10:30AM Exercise w/ Shirley
	1:00 PM Cardio Drumming
Wed	11:00 AM Walk w/ Purpose (1x a month)
	1:00 PM Bingocize
Thurs	Line 1:30 PM Dancing/Zumba
Fri	9:00 AM Cardio Drumming
	1:00 PM Bingocize



Senior Services





A 10-WEEK HEALTH PROGRAM
THAT COMBINES BINGO WITH
EXERCISE FOR EVERYONE

February 11 – April 22, 2026
Wednesdays & Fridays, 1:00–2:00 PM

For more information call: 910-296-2140







SCHEDULE CHANGE NOTICE

starting **JANUARY 2026**

Tuesdays: 1:00 - 2:00 p.m.
Fridays : 9:00 - 10:00 a.m.

Thank you for your understanding.

Education and Learning

Explore our Education & Learning programs, including, Hydroponic Gardening, Digital Literacy, Medicare 101, Health & Nutrition classes, and practical tips for healthy living.



What Is Hydroponics?

Hydroponics is a method of growing plants without soil by using water, nutrients, and a controlled environment. Plants are placed in a growing system where their roots receive a nutrient-rich water solution that supports healthy growth.

This sustainable growing method allows plants to grow efficiently while conserving water and space. Program offered in cooperation with James Sprunt Community College, spearheaded by Taylor Sandlin, Director of Foundation Services.

Digital Literacy Classes

Beginning February 2026, **Computer Basics (10:00 a.m.–12:00 p.m.)** and **Basic Computer Operations (12:30–2:30 p.m.)**, offered by James Sprunt Community College (JSCC) at the Senior Center, will be held every Thursday. These classes are designed to help participants build confidence and practical skills in using computers.

Free Phone Informational Sessions

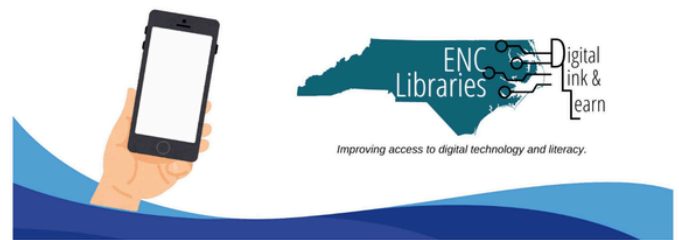
Duplin County Senior Services
156 Duplin Commons Drive
Kenansville, NC 28349

Please bring your phone and questions to join us for any of the following sessions:

Using Telehealth and MyChart
February 12, 10:30 AM - 12:00 PM

Smartphone Basics
February 26, 10:30 AM - 12:00 PM

**TO REGISTER CALL (910) 296-2140
TO SIGN UP**



This is a research study by East Carolina University's College of Health and Human Performance

Support, Caregiving & Emotional Well-Being

Our support programs provide a safe and welcoming space to connect, share experiences, and receive guidance.

Join one of our support groups for encouragement, connection, and guidance. Options include a Grief Support Group for those coping with the loss of a loved one, and an Alzheimer's Caregiver Support Group that offers education, resources, and support for caregivers.

Caregivers can benefit from the Powerful Tools for Caregivers training, learning practical strategies to manage stress, communicate effectively, and take care of themselves while supporting others.



DUPLIN COUNTY
NORTH CAROLINA

Grief Support Group

A safe space to heal together
You are not alone

**4th Tuesday
of each month
2:00 p.m. - 3:00 p.m.**

Facilitator: Dr. Ray Kennedy

For more information contact, Frankie @ 910-296-2140



DUPLIN COUNTY
NORTH CAROLINA

ALZHEIMER'S CAREGIVER Support Group

**1ST TUESDAY OF EACH MONTH
3:30 P.M. - 4:30 P.M.**

**Care for Yourself While You Care
for Others**

For more information contact, Frankie @ 910-296-2140

Powerful Tools for Caregivers

Powerful Tools for Caregivers is an evidence-based program designed to support caregivers by providing practical tools and strategies to better manage the unique challenges of caregiving.

This six-week course meets Wednesdays from 2:00-3:30 p.m., beginning March 11 through April 15, 2026, at the Senior Center.

For more information or to register, please call the Senior Center.

Medicare / SHIP Events

Medicare 101 – The Basics

- What is Medicare and who is eligible?
- Four parts of Medicare: A. B. C & D
- Programs for people with limited income resources

Medicare 101 classes are held the second Monday of each month at 2:00 p.m.

For more information or to register for the class, contact Jennifer Moore at 910-296-2140.

SHRED A THON SPONSORED BY



Protect yourself against Identity Theft! Shred old tax records, employment records, bank statements!
Reduce clutter in your home!



February 11, 2026 | 10:00 a.m. - 12:00 noon
May 6, 2026 | 10:00 a.m. - 12:00 noon
June 3, 2026 | 10:30 a.m. - 11:30 a.m.

Items not to bring: Cans, Bottles, Food/Wrappers, Thick Material, Copier/Printer Cartridges, Corrugated Cardboard, Non-recyclable Materials, Plastics, Biohazard Materials, Medical waste, & 3-Ring Notebooks.

For more information call: Duplin County Senior Services @ 910-296-2140

Wellness Reminder



January, 2026

Did you know? Glaucoma can lead to irreversible vision loss if left untreated. But here's the good news – Medicare covers a glaucoma test every 12 months for those at high risk. Are you eligible? Connect with a SHIIP counselor (Jennifer Moore – 910-296-2140) for guidance. Take charge of your eye health today! Questions? You may also call us at 855-408-1212 or visit [Medicare and Seniors' Health Insurance Information Program \(SHIIP\) | NC DOI](#) # for more information.

February, 2026

Heart disease doesn't discriminate. Both men and women are affected, but prevention is possible! Take charge of your heart health with #CardioScreening covered by Medicare. Discover more through a SHIIP counselor (Jennifer Moore – 910-296-2140) for proactive wellness. Questions? You may also call us at 855-408-1212 or visit [Medicare and Seniors' Health Insurance Information Program \(SHIIP\) | NC DOI](#)

March, 2026

Join the fight against colorectal cancer! It impacts all groups and often strikes those 50+. Prevention is key! Medicare offers coverage for screenings. Connect with a SHIIP counselor (Jennifer Moore – 910-296-2140) for details. Let's make colorectal cancer preventable, treatable, and beatable! #FightCRC #MedicareCoverage. Questions? You may also call us at 855-408-1212 or visit [Medicare and Seniors' Health Insurance Information Program \(SHIIP\) | NC DOI](#)

Wellness Reminder (cont.)

The Importance of Protein for Older Adults

Protein is essential for staying strong, healthy, and independent as we age.

Yet many adults over 50 don't get enough. Low protein intake can lead to fatigue, muscle loss, slow healing, frequent illness, and even mood changes.

Getting enough protein helps maintain muscle, supports the immune system, and aids recovery. Older adults should aim for about 70–90 grams of protein per day, depending on body weight.

Easy ways to add protein:

Include protein at every meal, choose protein-rich snacks like yogurt or nuts, combine plant and animal proteins, stay active, and consider nutrition shakes if needed.

A little more protein each day can make a big difference in energy, strength, and overall well-being.

Information adapted from the National Council on Aging (NCOA).

Did You Know?

Staying socially active can help improve memory and reduce stress.

Even attending one group activity a week—like a class, movie, or discussion—can make a positive difference in overall well-being.

Consider inviting a friend to join you this month!

Tax -Aide

Free Income Tax Preparation Assistance (Tax-Aide)

Starting **February 2026**, Tax-Aide will once again offer free income tax preparation for seniors. Services will be provided using an IRS-approved drop-off procedure.

Seniors who are new to the program or who have had a change in mailing address should contact the Senior Center in advance.

For questions or more information, please call 910-296-2140.

Save the date

Senior Fun Day

Friday, May 1st, 2026

Senior Fun Day
Duplin Events Center
8:00 a.m -1:30 p.m.

Day Trip

May 27, 2026

Join us for a day trip to the **Cape Fear Regional Theatre in Fayetteville to enjoy the production of Crowns**. This moving and uplifting story celebrates gospel music, humor, faith, family, and love, brought to life through the powerful tradition of church ladies wearing their hats as crowns.

For more information or to reserve your spot, please contact the Senior Center
910-296-2140

Looking for our monthly calendar?

You can view it or pick one up:

- **Online:** <https://www.duplinnc.gov/208/Senior-Service>
- **In person:** 156 Duplin Commons Dr. Kenansville N.C. 28349
- **By phone:** 910-296-2140
- **On social media:** <https://www.facebook.com/DuplinAging>

Community Appreciation

Thank you to our community partners and donors who continue to support our senior programs. Your generosity helps make these activities possible.

Thank You to Our Recent Donors!

- Adrain Lassiter w/ CenterWell Home Health
- Amanda, Crystal, Ellana & Jasper Windham
- Amy Price
- April & Alexa Quinn
- Anonymous
- Anonymous mother and daughter
- Brenda James
- Diana Aldridge
- Donna Jones
- Ethel Powell
- Hattie Villeneva
- Linda Strickland
- Marty Fife
- Priscilla Coston
- Renee Corley
- Roberta Hommel w/ Creative Quilt Enthusiasts Club of River Landing
- Rosemary Chapter 136 Order of Eastern Star

A monetary donation was generously made by Kebby Schweinsberg in support of our Homebound Meals Program, given in honor and loving memory of Ms. Altheria Cornelius, our Homebound Meal Coordinator.

Altheria Cornelius faithfully served Duplin County Senior Services from June 2008 through November 2025, and her dedication and compassion made a lasting impact on the seniors she served.



Altheria Cornelius