



BEAUFORT HOUSING AUTHORITY
Affordable Housing Provider

Everyone deserves a place to call home



OCTOBER 1, 2026 • RESIDENT NEWS



A NOTE FROM ZEB

Dear Neighbors,

Fall is bringing wonderful opportunities to connect! Join us for **National Night Out** on October 6, bring your ideas to the **Resident Council** on October 15, and share a **community meal with The Salvation Army** on October 22. Your voice helps shape our community.

In November, we celebrate **60 years** of Beaufort Housing Authority! Watch for news about **Thanksgiving at the Authority**, our anniversary celebration with the Town and community partners. It is going to be a blast!

Zeb Hough, Executive Director

OCTOBER AT A GLANCE

OCT SAT
3
Farmers' Market

OCT TUE
6
National Night Out

OCT THU
15
Resident Council

OCT THU
22
Community Meal

OCT SAT
31
Halloween Market

60 YEARS. ONE COMMUNITY.

THANKSGIVING AT THE AUTHORITY

Coming this November! Expect neighbors, community connection, and a celebration of six decades of service. Watch for announcements about the block party, resource fair, and new BHA logo reveal.

SAVE THE MONTH: NOVEMBER 2026

Specific dates and details will be announced once they are confirmed with the Town and our partners.



Everyone welcome. Bring your community spirit!

Watch this newsletter, your mailbox, and the BHA office for updates.

60

Your voice. Your community.

OCTOBER

15

THURSDAY

RESIDENT COUNCIL**6:00 PM • 407 Second Street**

No sign-up needed. Just come! Refreshments and drinks provided by BHA.

LET'S TALK ABOUT...

- ✓ Changing the day and time of future meetings
- ✓ A Parents Helping Parents group
- ✓ Community cleanup and incentives
- ✓ Using the community center for resident parties
- ✓ Using the community center for resident group meetings
- ✓ Ideas and interest for new resident groups
- ✓ A potluck dinner, perhaps once a month to start
- ✓ A CPR / first aid class (details to follow)
- ✓ Open discussion: residents' ideas and suggestions

BUILDING BHA'S FUTURE

BHA is planning for the long-term future of our homes through redevelopment discussions with **Pennrose**. The proposed approach would replace aging housing in phases and support a mixed-income community.

Development takes coordination, financing, and approvals. We will share confirmed milestones and opportunities for resident input as plans advance. Come to the council meeting to hear an update on BHA development projects and ask questions.

Your ideas matter. Come listen, share, and help us plan together.

KEEP IN TOUCH

Report changes in income, phone number, or email to the office promptly.

OFFICE

252.728.3226**CARE FOR OUR COMMUNITY**

Keep walkways and shared spaces clear. Report maintenance needs to BHA.

EMERGENCY

252.241.1156

Around the neighborhood

OCTOBER

22

THURSDAY

NEW

COMMUNITY MEAL

Dinner with The Salvation Army

Pull up a chair and share a meal with your neighbors! BHA is partnering with The Salvation Army for an evening of good food and good company. All residents and families are welcome.

Time and location to be announced. Watch for flyers and office updates.

OCTOBER

6

TUESDAY

NATIONAL NIGHT OUT

6:00–8:00 PM · Beaufort Elementary School

110 Carraway Drive

Meet local law enforcement and first responders. Enjoy music, games, family fun, free food and refreshments, and community safety resources. Come celebrate community spirit and togetherness!

SATURDAYS UNDER THE OAKS

Olde Beaufort Farmers' Market

9:00 AM–1:00 PM · 300 Courthouse Square · Local vendors, food, and community connection

OCT

3

Market day

OCT

10

Cake Baking
Contest Day

OCT

17

Sweet Potato
Day

OCT

24

Market day

OCT

31

Halloween
Fun

UTILITY BILLING

DUE

November 1

SENT WITH NEWSLETTER

October

METER READ

September

USAGE MONTH

August

PEST CONTROL

1st, 2nd, and 3rd Tuesday of the month

OCT

6

GROUP A · TUESDAY

Broad, Queen, Craven, and Turner

OCT

13

GROUP B · TUESDAY

Legion and Second Street (300–314)

OCT

20

GROUP C · TUESDAY

Second Street (313–432)

EVENT SOURCES National Night Out: Beaufort Police event flyer. Market dates and themes: oldebeaufortfarmersmarket.org. Check with organizers for changes.



Carteret County Senior Services

October 2026 Community Events Calendar

ACTIVITIES SCHEDULE- Calendar subject to change without notice-rev 9.28.26

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:00 Yoga-Pine Knoll Shores 12:00 Fitness- Beaufort	2 11:30 Fitness-Atlantic 1:30 Fitness-Harkers Island
5 11:30 Core & Stretch- Harkers Island	6 1:30 Fitness-Harkers Island (No Atlantic classes the first Tuesday of the month)	7	8 9:00 Yoga-Pine Knoll Shores 12:00 Fitness- Beaufort	9 11:30 Fitness-Atlantic 1:30 Fitness-Harkers Island
12 11:30 Core & Stretch- Harkers Island	13 11:30 Fitness- Atlantic 1:30 Fitness-Harkers Island	14	15 9:00 Yoga-Pine Knoll Shores 12:00 Fitness- Beaufort	16 11:30 Fitness- Atlantic 1:30 Fitness-Harkers Island

OVER

19	20 11:30 Fitness- Atlantic 1:30 Fitness-Harkers Island	21	22 9:00 Yoga-Pine Knoll Shores 12:00 Fitness- Beaufort 12:30 Caregiver Support Group- Morehead City	23 11:30 Fitness-Atlantic 1:30 Fitness-Harkers Island
26 11:30 Core & Stretch-Harkers Island	27 11:30 Fitness- Atlantic 1:30 Fitness-Harkers Island	28	29 9:00 Yoga-Pine Knoll Shores 12:00 Fitness- Beaufort	30 11:30 Fitness-Atlantic 1:30 Fitness-Harkers Island

Locations:

Atlantic (Group Fitness) Classes- Atlantic United Methodist Church, 146 School Dr, Atlantic, NC 28511 (Located in the Scout Hut)

Harkers Island (Group Fitness & Core/Stretch) Classes- The Bridge Down East, 1344 Island Rd, Harkers Island, NC 28531

Pine Knoll Shores (Chair Yoga) Classes- Pine Knoll Shores Town Hall, 100 Municipal Cir, Pine Knoll Shores, NC 28512

Beaufort (Group Fitness) Classes- Grace Presbyterian Church, 2101 Live Oak St, Beaufort, NC 28516

Morehead City (Support Group) – First Presbyterian Church, 1604 Arendell St. Morehead City, NC 28557

For additional classes and events visit:

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

<https://www.carteretcountync.gov/168/Senior-Services>

LEON MANN, JR. ENRICHMENT CENTER

3820 GALANTIS DRIVE, MOREHEAD CITY, NC 28557

(252) 247-2626

OPERATION HOURS: MONDAY – FRIDAY 8:00 AM – 5:00 PM

FITNESS ROOM EXTENDED HOURS: TUES & THURS 7:00 AM-7:00 PM

Carteret County Senior Services-October 2026

ACTIVITIES SCHEDULE- Calendar subject to change without notice-rev 9.26.26

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EVERY WEEK 8:30 Pinochle 8:30 Happy Feet Walking Club 9:00 Group Fitness 10:15 WooBall 11:00 Flexercise 12:00 Chair Volleyball 12:30 Bridge-Celebrity 1:00 Group Fitness	EVERY WEEK 8:30 Tai Chi for Arthritis 9:00 Bridge-The Sands 9:00 Twisted Sisters 9:15 Tai Chi Level II 10:15 Stretchercise 10:30 Yoga(pre-register\$) 12:30 Bridge-Carteret 1:00 BINGO 4:30 ZUMBA Gold (\$)	EVERY WEEK 8:30 Pinochle 9:00 Group Fitness 9:30 Arts & Crafts* 10:15 Stretchercise 10:30 Senior Sing * 10:30 Chair Yoga 11:00 Flexercise 12:00 Chair Volleyball 1:00 Group Fitness	EVERY WEEK 8:30 Tai Chi for Arthritis 9:00 Twisted Sisters 9:15 Tai Chi Level II 10:00 Bible Study* 10:15 Stretchercise 10:30 Chair Yoga 12:00 Bridge – Chicago 4:30 ZUMBA Gold (\$)	EVERY WEEK 8:30 Pinochle 8:30 Sea Steppers Line Dancing 9:30 BINGO 11:00 Flexercise 12:30 Bridge – Friendly
AGEISM AWARENESS DAY OCTOBER 9, 2026	OCTOBER 15 BREAST CANCER AWARENESS MONTH 		1 9:30 Diabetes Prevention Program (Pre-reg HD) 10:00 Bingocize 3:00 Powerful Tools for Caregivers (Pre-Reg)	2 1:15 Cardio Drumming 7:00 Friday Night Dance
5 9:00 Blood Pressure Checks with CHC 10:00 General Store 12:00 Omaha Poker Game 1:00 Mah Jong	6 9:00-11:30 Flu Vaccine Clinic (Pre-register) 10:00 General Store 10:00 Bingocize	7 12:00 Texas Hold'em Game 12:00 Scrabble 12:00 Canasta	8 9:30 Garner Farms Field Trip (\$Pre-register) 9:30 Diabetes Prevention Program (Pre-reg HD) 12:00 Mexican Train Dominoes 3:00 Powerful Tools for Caregivers (Pre-Reg)	9 9:00 Senior Happenings 1:15 Coastal Beats Cardio Drumming Saturday 10/10/26 9AM- Noon Shred-A-Thon

12 9:00 Pictionary 10:00 Hip & Knee Pain Seminar 10:00 General Store 12:00 Omaha Poker Game	13 10:00 General Store 	14 12:00 Texas Hold'em Game 12:00 Scrabble 12:00 Canasta	15 9:30 Diabetes Prevention Program (Pre-reg HD) Medicare Open Enrollment begins. Be sure to review your plan annually.	16 1:15 Cardio Drumming 7:00 Friday Night Dance
19 9:00-11:30 Vaccine Clinic (Pre-register) 10:00 General Store 12:00 Omaha Poker Game 1:00 Mah Jong	20 10:00 Intro to Artificial Intelligence (Pre-reg) 10:00 General Store	21 12:00 Texas Hold'em Game 12:00 Scrabble 12:00 Canasta	22 9:30 Diabetes Prevention Program (Pre-reg HD) 12:00 Mex Train Dominoes	23 1:15 Coastal Beats Cardio Drumming 2:00 CCA Resident Advisory Board Meeting 2:30 Ukulele Class (Pre-register)
26 9:00 Lions Club Support Group (Pre-register) 9:00 Pictionary 10:00 General Store 12:00 Omaha Poker Game	27 10:00 Intro to Artificial Intelligence (Pre-reg) 10:00 General Store	28 9:00 National Senior Health & Fitness Day  12:00 Texas Hold'em Game 12:00 Scrabble 12:00 Canasta	29 9:30 Diabetes Prevention Program (Pre-reg HD) 	30  1:15 Coastal Beats Cardio Drumming

Daily Drop in Activities Available 8:00 AM - 4:30 PM Unless Otherwise Noted: Billiards, Bags/Cornhole, Library, Computer Lab, Gaming Systems, Jigsaw Puzzles, Fitness Center, Indoor & Outdoor Walking, Table & Card Games, Outdoor Sports, Orientation & Tours of the Center

Breakfast 8:00-9:30; Lunch 11:30 (Must be pre-registered for lunch-see a staff member)

Please follow our Facebook page and see how much fun we have!

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

 Available at the center and virtually with Zoom- email Stephanie.Hancock@carteretcountync.gov at least 24 hrs in advance for each event weekly. For Arts & Crafts, please email a week in advance. Add "ZOOM" in the email subject line*

LEON MANN, JR. ENRICHMENT CENTER

3820 GALANTIS DRIVE, MOREHEAD CITY, NC 28557

(252) 247-2626

OPERATION HOURS: MONDAY – FRIDAY 8:00 AM – 5:00 PM

FITNESS ROOM EXTENDED HOURS: TUES & THURS 7:00 AM-7:00 PM



Flu Shot Clinic

Provided by: Carteret County Health Department

Sign Up for your Flu Shot TODAY

- Bring your insurance card
- Register & sign the consent form
- Open to those aged 50+

Stay Healthy, Stay Protected!

Tuesday, October 6th 2026

- 📍 Leon Mann Jr. Enrichment Center Room #118
- 🕒 9 AM - 11:30 AM
- ☎ 252-247-2626



Pumpkin Picking

at Garner Farms

Thursday, October 8, 2026
9:30am Departure & 2:00pm Return

Attention CCATS riders!

You must sign-up with Karyn at the Front Office one week prior for the late bus.

Do you drive and want to meet us there?
 If so, please let Caroline know in advance.

Want to ride with LMEC?
See Caroline!
 \$5 seat reservation that's refunded trip day.
No Show = No Refund

Lunch out after pumpkin picking!

SHRED-A-THON

PROTECT YOUR IDENTITY. SHRED TODAY. STOP FRAUD TOMORROW.

★ YOUR INFORMATION. YOUR SECURITY. YOUR PEACE OF MIND. ★

SATURDAY, OCTOBER 10, 2026
9:00 AM - 12:00 PM
 Leon Mann, Jr. Enrichment Center
 3820 Galantis Drive
 Morehead City, NC 28557

PROTECT YOURSELF FROM:

- ✓ IDENTITY THEFT
- ✓ FINANCIAL FRAUD
- ✓ MEDICARE FRAUD
- ✓ DUMPSTER DIVING

BRING:

Any paperwork containing personal information including:

- Bank Statements
- Credit Card Offers
- Medical Records
- Tax Documents
- Utility Bills
- Old Insurance Papers

PLEASE DO NOT BRING:

- ✗ BINDER CLIPS
- ✗ 3-RING BINDERS
- ✗ ELECTRONICS

THIS EVENT IS FOR: | 50 AND OLDER | CARTERET COUNTY RESIDENTS



Hip & Knee Pain Seminar

Presented by:

Dr. Kirby with Moore Orthopedics Sports Medicine

Understanding the Pain. Finding Simple Solutions.

Learn about the causes of hip and knee pain, treatment options, and simple solutions to help you move and live better.

THIS SEMINAR WILL COVER:



COMMON CAUSES

What can lead to hip and knee pain



TREATMENT OPTIONS

Conservative care to surgical solutions



SIMPLE SOLUTIONS

Practical tips to reduce pain and improve mobility

MONDAY, OCTOBER 12TH, 2026
10 AM
LEON MANN JR. ENRICHMENT CENTER: MP-A



For questions, please call us at (252) 247-2626

VACCINE CLINIC

Provided by: Lookout Pharmacy



MONDAY, OCTOBER 19TH, 2026

9:00AM - 11:30AM

Leon Mann Jr. Enrichment Center Room #118

Available Vaccines:



- Flu
- COVID-19
- RSV
- Shingles & more!

**Sign up TODAY at the front desk or
call (252) 274-2626**

Protect Yourself & Your Family

INTRO TO ARTIFICIAL INTELLIGENCE

Join us as we discuss an introduction to artificial intelligence, its uses, and how to spot AI in photos.



LEON MANN JR
ENRICHMENT CENTER



October 20 or October 27
10:00 - 11:30 AM

"The same information will be taught at both sessions"

CALL (252) 247-2626 TO REGISTER

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

Join Us RESIDENT ADVISORY BOARD MEETING

HOSTED BY
COASTAL COMMUNITY ACTION



Friday
10/23/26



12:00-2:00 PM



Room
118



The Section 8 HCV Resident Advisory Board (RAB) is a group of residents who represent the views of Housing Choice Voucher (HCV) participating families. RAB members are primarily responsible for giving feedback and making recommendations to Coastal Community Action (CCA) on matters related to the HCV program.

The RAB is especially important during the development of the CCA's 5-year Plan, and annual amendments if needed, to make sure that the concerns of participating families are considered during the plan development and in CCA's policy decisions.

RAB members are partners with CCA to help craft plans that address needs now and for the next five years.

Leon Mann Jr. Enrichment Center
3820 Galantis Drive • Morehead City, NC 28557

Building a Stronger Community Together

BEGINNER UKULELE CLASS

When:
**Friday,
October 23, 2026
at 2:30pm**

WHERE:
**Leon Mann, Jr.
Enrichment Center (LMEC)
3820 Galantis Drive,
Morehead City**

**PRE-REGISTRATION
IS REQUIRED!**

Call LMEC at
252-247-2626
to reserve your spot today!

Visually Impaired MONTHLY SUPPORT GROUP

Connect • Share • Support

A welcoming group for individuals with visual impairments and their support network.



Stronger
Together



Monday, October 26, 2026
9:00 – 10:30 AM



Leon Mann Jr. Enrichment Center
Room 117



Pre-registered Activity
Please sign up in advance.

Hosted by the Beaufort, NC Lions Club
Committed to serving our community.



33rd ANNUAL

NATIONAL
SENIOR
HEALTH
&
FITNESS
DAY



"Move a Little...
Live a Lot!"

**Wednesday,
October, 28th 2026** | 9 AM – 11 AM

Leon Mann Jr. Enrichment Center



What's happening:

- ▶ Indoor/Outdoor Activities
- ▶ Raffle Prizes
- ▶ Closing Remarks



Activities:

- ▶ Chair Volleyball
- ▶ Bowling
- ▶ Shuffleboard,
- ▶ Cornhole, Bocce Ball & more!

LMEC HALLOWEEN COSTUME PARTY

FRIDAY, OCTOBER 30, 2026
9:30AM

WEAR YOUR BEST COSTUME AND JOIN THE HALLOWEEN FUN!

COSTUME CONTEST: FUNNIEST SCARIEST BEST ALL AROUND

PRIZES! LAUGHS! SPOOKTACULAR FUN!

LMEC is located at 3820 Galantis Drive, Morehead City

BOO! PARTICIPATE BY ZOOM! EMAIL stephanie.hancock@carteretcountync.gov at least 24 hrs. in advance with "Zoom" in the subject line.

CORE & Stretch

A POP UP CORE & STRETCH CLASS!

Improve strength, flexibility, and balance in a fun, supportive environment!

MONDAYS
SEPTEMBER 14 – OCTOBER 26, 2026

11:30 AM – 12:30 PM

@ THE BRIDGE DOWN EAST
1344 Island Rd
Markers Island, NC

No Fee!

AGES 50 & BETTER **BRING YOUR OWN YOGA MAT** **WEAR COMFORTABLE CLOTHES & SHOES** **AGE BOLDLY STAY STRONG LIVE WELL**

CARTERET COUNTY Senior Services
LEON MANN JR. ENRICHMENT CENTER

FOR MORE INFORMATION CALL:
LEON MANN JR. ENRICHMENT CENTER
252-247-2626



STAY Cool

Summer may be coming to an end, but the heat is still here!

Thanks to our generous community partners, we still have fans available for eligible Carteret County residents while supplies last.

HOW TO GET A FAN



Call Carteret County Senior Services at **252-247-2626**



Fans must be picked up in person by the recipient.



Visit www.carteretcountync.gov for more information.

ELIGIBILITY

- ✓ Must live in Carteret County.
- ✓ Must be 60+ years old OR an adult with a disability.
- ✓ Available while supplies last.



Carteret County Senior Services
3820 Galantis Drive
Morehead City, NC 28557

Digital Skills Classes

Leon Mann Jr. Enrichment Center
3820 Galantis Drive
Morehead City, NC 28557

Please join us for any of the following sessions:

Microsoft Excel
Nov 3, 2026 10:00 - 11:30 AM

Intro to Canva
Nov 10, 2026 10:00 - 11:30 AM

Smartphone Help
Nov 17, 2026 10:00 - 11:30 AM

Intro to Social Media
Nov 24, 2026 10:00 - 11:30 AM

Online Banking & Digital Wallets
Dec 1, 2026 10:00 - 11:30 AM

CALL (252) 247-2626 TO REGISTER



OCTOBER IS BREAST CANCER AWARENESS MONTH





SHIIP
NC DEPARTMENT OF
INSURANCE

MIKE CAUSEY
INSURANCE COMMISSIONER

MEDICARE ANNUAL OPEN ENROLLMENT

One appointment could save you thousands.

Is your Medicare plan still right for you?
An annual Medicare review may help you save.

SHIIP can help.

Medicare's Annual Open Enrollment Period is Oct. 15 – Dec. 7. During that time, Medicare beneficiaries can make plan changes that may lower their costs. You could save by:

- Evaluating eligibility for low-income subsidies
- Choosing the best Part D Drug Plan based on current medications & preferred pharmacy

The Seniors' Health Insurance Information Program (SHIIP) offers free, unbiased, one-on-one Medicare counseling to help you choose the Medicare coverage that best meets your needs.

Call Carteret County Senior Services at (252) 247-2626 beginning in October to schedule your Medicare review and see if you can save!

Carteret County Senior Services
Leon Mann, Jr. Enrichment Center
3820 Galantis Drive
Morehead City, NC 28557
Phone: (252) 247-2626



Call 855-408-1212 for more information about SHIIP.



October 15 – December 7

This is your opportunity to review your plan and make changes that could save you money and better meet your needs for 2027.

ON MEDICARE AND NEED A LITTLE EXTRA HELP WITH YOUR PRESCRIPTION COSTS?



SHIIP
NC DEPARTMENT OF
INSURANCE
MIKE CAUSEY
COMMISSIONER

EXTRA HELP / MEDICARE SAVINGS PROGRAMS

Extra Help (Low-Income Subsidy) can help lower your Medicare prescription drug costs and other expenses.

- ✓ Lower prescription drug costs and out-of-pocket expenses
- ✓ Reduced or no monthly premium
- ✓ Lower deductibles and copays
- ✓ SHIIP can help you apply!