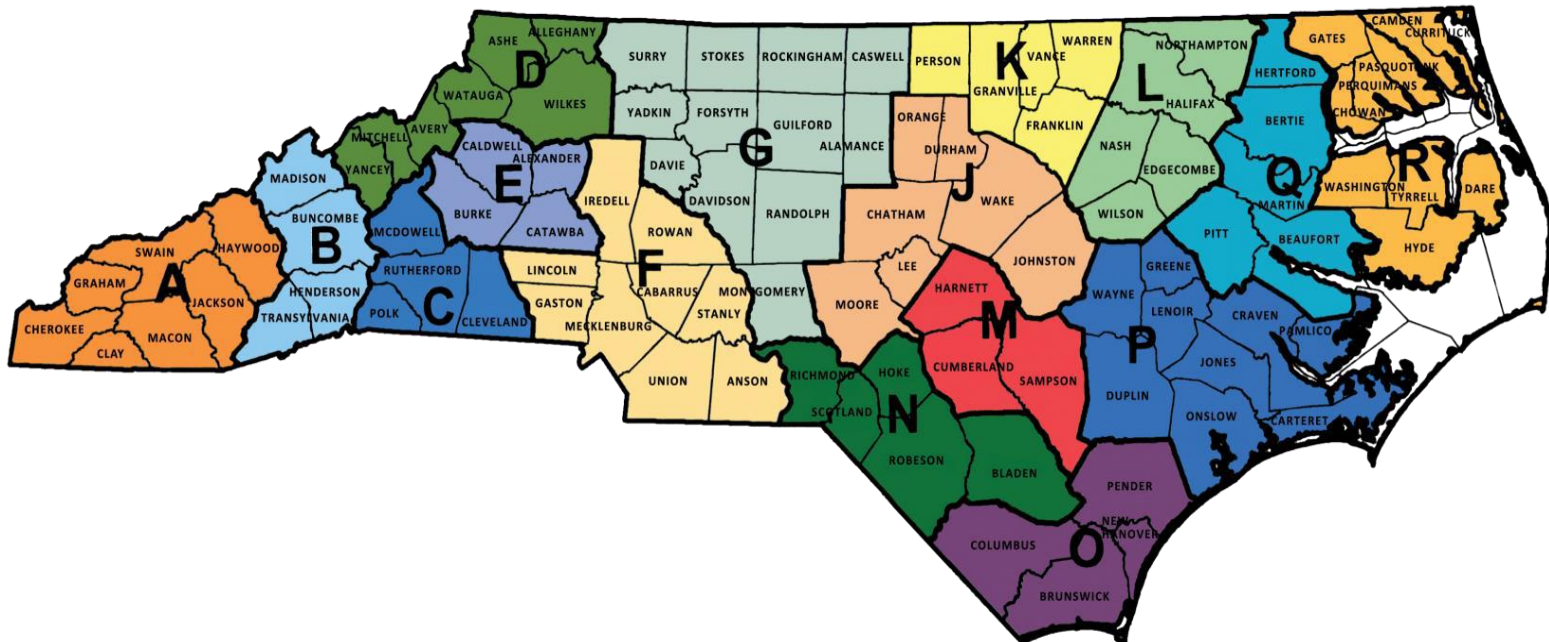


NC Senior Tar Heel Athletic Card Distribution Sites



Region A – Southwestern Commission Area Agency on Aging (AAA)

Sarajane Melton at 828-586-1962 x220 or sarjane@regiona.org or contact your local [senior center](#).



Region B – Land of Sky AAA

LeeAnne Tucker at 828-251-6622 x115 leeanne@landofsky.org.



Region C – Foothills AAA

Laura Lynch at 828-351-2336 or llynch@foothillsregion.org or contact your local [senior center](#).



Region D – High Country AAA

Contact your local [senior center](#).



Region E – Western Piedmont AAA

Contact your local [senior center](#).



Region F – Centralina AAA

Austin Canton at 1-800-508-5777 or aging@centralina.org or contact your local [senior center](#).



Region G – Piedmont Triad AAA

Contact your local [senior center](#).



Region J – Central Pines AAA

1-800-310-9777 or aging@centralpinesnc.gov.



Region K – Kerr-Tar Regional AAA

Contact your local [senior center](#).



Region L – Upper Coastal Plains AAA

Demetria Ellis, 252-234-5955, dellis@ucpcog.org or Lynn Bullock, 252-234-5954, lbullock@ucpcog.org.



Region M – Mid-Carolina AAA

Tracy Honeycutt at 910-323-4191 x 27 thoneycutt@mccog.org.



Region N – Lumber River AAA

Twilla Allen at 910-775-9781 tca@lrcog.org.



Region O – Care Fear AAA

Contact your local [senior center](#).



Region P – Eastern Carolina AAA

Contact your local [senior center](#).



Region Q – Mid-East Commission AAA

Annette Eubanks at 252-974-1835 or aebanks@mideastcom.org or contact your local [senior center](#).



Region R – Albemarle Commission AAA

Laura Alvarico at 252-426-5753 lalvarico@accog.com or contact your local [senior center](#).