

January 19, 2021

PCHD offering vaccine for 65 & up
Do not leave a message. Speak to a person.
Call PC Health Department for
more information at (910)259-1230, press 1.

Health Tip: If you don't feel well, Please stay at home.

PROMOTING

Healthy & Fulfilling Lives

At the Heritage Place Pavilion

New class offered -

Sit & Stretch Thurs @ 1pm

Light weights & resistance bands

(Standing or sitting)

—call Jennifer if interested

Class will be outside

Other classes

Fit Over Fifty—Mon @ 9:45

Gerifit—Tues/Thurs @ 10am

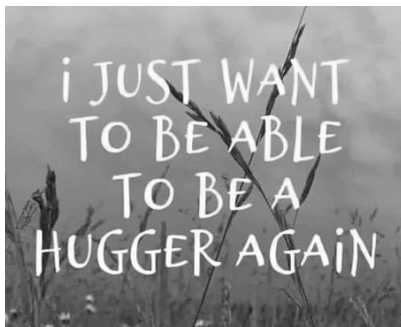
Zoom Pilates—Mon/Fri @ 10:45

Zoom Zumba various times

Contact Jennifer for links

jmathews@penderpas.com

Call Fitness Fusion for more classes



Hug in your bubble!

We miss you!

Stay safe!

**Call if you need
to talk!!**

Under the pines at Topsail

weather permitting

Gerifit—Tues/Thurs @ 10am

Line Dancing—Wed @ 10 am

Tai Chi—Beginners 2pm

Tai Chi—Advanced—3pm

Please call to reserve your space

910-270-0708

Zoom Pilates—Mon/Fri

Zoom Zumba—various times

Contact Donna for links

dmurphrey@penderpas.com

Would you use a fitness band at home;? with copy of 9 exercises that you can do at home.

Call Jennifer at 259-9119 X 303 and we will send one out to you.

BE AWARE of SCAMS

1. Unsolicited calls or email.

2. Messages that ask to “verify” or provide information.

“The IRS not Social Security Administration will not call, text or email anyone to verify their information. Do not give out your information over the phone!

3. High-Pressure tactics. It's usually a red flag if something needs to be done immediately.

4. There's a fee involved. A common scam that popped up during the last round of stimulus checks is fraudsters offering payments faster...do not give out your banking information over the phone.

5. Lookalike checks. One of the scams that experts say will likely re-emerge during the second round of stimulus payments is phony checks.



Rest In Peace—Evelyn Brown

We will miss the joy and love that your shared