



PASTRAN cannot travel
inaccessible roads.
We apologize for any
inconvenience.

www.penderpas.com
facebook: penderadultservices
910-259-9119
910-270-0708
February 22, 2021

CAN WE HELP??

If you still need assistance getting a COVID-19 Vaccine
Call us (910)259-9119 or (910)270-0708 for help

**HAVE AN APPOINTMENT AND NEED TRANSPORTATION
CALL PASTRAN**



COVID—19 Vaccine Information

Pender County Health Department Info Line: 910-663-4200
NHRMC: 910-662-2020. **New Hanover County Public Health:** 910-798-6800
Sampson County Health Department: 910-592-1131 leave a message.
Black River Health Services, Inc: 910-259-6973
Rocky Point Pavilion Pharmacy: 910-210-2030

Currently vaccines are ONLY available for people over 65
and health care workers. (this will change around Feb 24—adding educators)

www.myspot.nc.gov

At the Heritage Place Pavilion

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



Monday is National Walking
your dog day. So get out
and walk (even if you do not
have a puppy) maybe you
will get some “puppy love” !

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