



Centers are re-opening Monday, May 3



Heritage Place—May Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Classes may be added as there is interest.</u>	9:30 Crochet/Knit Group		CALL PASTRAN If you need a ride for activities	Call if you are interested in classes. <u>Reservations are required!</u>
	10:30 Geri-fit 10:30 Quilting	10:30 Bingo	10:30 Geri-fit	10:30 Chair Exercise Monthly craft
11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch
6:00 Line Dancing		12:30 Card groups	12:30 Rummikub	

**Thursday, April 29(TODAY) is
the last delivery
of congregate meals.**

Please call us if you have questions.

We look forward to seeing
you in person!!

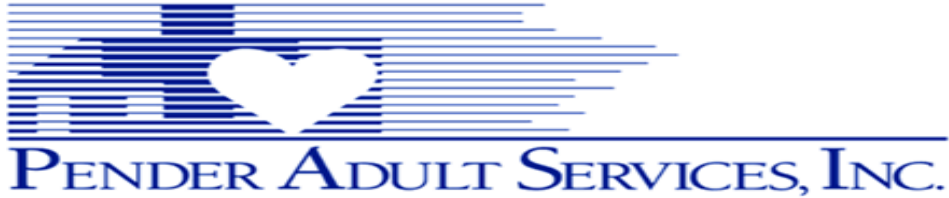
Please remember the 3 W's
WEAR, WAIT, WASH



*We hope you can come join us for **Congregate Meals** and classes at the Center.
Meals will be available daily from 11:30—12:30*

Heritage Place (910)259-9119

Topsail Senior Center (910)270-0708



910-259-9119 HP

910-270-0708 TSC

Pender Adult Services is a private non-profit agency dedicated to promoting healthy and fulfilling lives. Join us for healthy fun, learning activities, creative arts, volunteer opportunities, social games and activities.



Need Transportation?

Please call 259-9119, press 1

**Don't forget to
schedule your ride!**

**If you are sick,
Please stay home!!
We would love to
see you as soon
as your are well!!**



Please read and sign our Covid Agreement!

Congregate Meals will be offered inside
beginning on May 3rd
Take outs are available for full meal price.
\$5 per meal.
Please call us if you have questions.

Need Medicare Help?

SHIP can help. 1-855-408-1212

***Do you have limited income
and think you might qualify
for extra help?***

Call us if you have questions.

910-259-9119 X 307

Seniors Health Insurance Information Program

Follow us on FACEBOOK

Our pages include:

Pender Adult Services

Fitness Fusion

Pender County NC RSVP

On the Web:

www.penderpas.com



Centers are re-opening Monday, May 3



Topsail—May Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Art Group	9:00 Gerifit	9:00 Quilting	9:00 Gerifit	<i>Classes may be added as there is interest.</i>
10:00 Modified Pilates		11:00 Line Dance	10:30 Bingo	
11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch	<i>Please read and sign our Covid Agreement</i>
	2:00 Beg. Tai Chi 3:00 Adv Tai Chi		12:30 Quilting	

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