

PROMOTING *Healthy & Fulfilling Lives*

Stay Home & Stay Safe! Call us if you need us!

Do you have an email address? We are asking you to email us with your name in the subject box. Please email Jennifer at jmathews@penderpas.com



Curbside meals will be offered Mon – Thurs from 11:30-12 noon. We need a client intake form completed for you to participate. **Please let us know the week prior or NO LATER than Friday by 10:00 am** to pick up meal(s) the following week. Call (910) 259-9119, press 0 to let us know you would like meal(s).

Consumer Contributions are appreciated!

Tuesday, May 12 – Mango Chicken, Rice, Egg Roll, Fruit, Milk

Wednesday, May 13 – Sloppy Joe, Potato Tots, Coleslaw, Mixed Fruit, Milk

Thursday, May 14 – Baked Turkey, Mashed Potatoes/Gravy, Broccoli, Fruit, Bread Milk

**HOME DELIVERY meals
Monday - Thursday**

*No need to call unless you are
not going home*



WE MISS YOU!
**We will get through this
together!**
**Call us if you need to talk
910-259-9119**

SELF CARE

What can we learn from Dory(Finding Nemo)? It's not what happens to you, its your attitude about what happens to you! Humor or laughter is a critical resource. It lowers BP, reduces stress hormones, improves alertness, creativity, and memory. Do your best to take care of yourself!

We Challenge you to 21 days of gratitude!! TRAIN YOUR BRAIN to be more positive!!

Remembering our Mothers

Jennifer remembers her mother Hazel. My mom has been gone since 1994. I still miss her!



What is your favorite time you remember with your mom? *My mom and I took a surprise weekend trip to see her little sister (my aunt) in Savannah, it was so much fun surprising Aunt Kay we made wonderful memories in December and she died early February!*

What was your “big” argument – that turned out ok? *When I was about 16 my mom sewed me a dress and used 2 different materials – I didn't like it at all at first but it turned out to be one of my favorites that she made me! I got so many compliments on that dress. I kept it long after I outgrew it!*

Make Your Mark!!! Older Americans Month highlights contributions of your time, your talents and your experiences that you have given to your community. Think about the stories that make up your life. Which ones would you share? What is your hidden talent? What are you most proud of? Take a few minutes to think about it – journal it, tell it to me or email it.

THIS AND THAT online

zoom

Zooming Chair Pilates with Amy on Mondays at 10:30

Email AMY at amylynellecoleman@gmail.com

o Do you?

- We want to offer Geri-fit through zoom. If you are interested let Jennifer know by email: jmathews@penderpas.com or if you have a smart phone call her at 910-259-9119 x 303.

- o **GERI-Fit online:** if you are a current Geri-Fit participant and your senior center is closed due to the Corona Virus, you are able to participate in an **online workout** as long as you have a computer and high speed internet. There is NO COST to view this video!! Complete the form at (<https://www.gerifit.com/gerifit/contact.asp>) to request access to the Geri-Fit video. In the Notes section tell them you are taking class at Pender Adult Services. Remember, exercise helps build the immune system. There's no reason to stop exercising just because we're all sitting at home. Make the most of it! IF YOU HAVE TROUBLE CALL US.
- o *Have you YouTubed lately? If you have a computer or smart phone go to www.youtube.com in the search box type:*

learn to _____ listen to _____
watch I love Lucy (or your favorite show)



Some of you may not have heard that Joy passed away. She came to the center with the Rocky Point Van and enjoyed Geri-fit and Wednesday Bingo. We will miss her. If you would like to send a card to her family – send it to us and we will mail them together.

Vernelda Joyce Swain November 7, 1937 - April 29, 2020

Vernelda Joyce Swain, 82, passed away Wednesday, April 29, 2020 at New Hanover Regional Medical Center. Joyce was born on November 7, 1937 in Detroit, Michigan to William and Verona Newcom. She was predeceased by her parents; husband Billie Joe; son Phillip Joe and grandson James (Bubba) Croom, Jr. She is survived by her son Art (Stephanie), grandchildren Megan Wilson and Nathan Swain.

Joyce was a true Christian and a firm believer in the Lord. She attended Compassion Church and Lighthouse in Rocky Point. For many years she worked for Tomlinson's in Wilmington where she was well known. Joyce loved butterflies and never missed a Kentucky Derby! Many thanks to the staff at the Senior Center of Burgaw where she loved to go and met many wonderful caring friends. A celebration of life will be held later.

Wilmington Funeral & Cremation, 1535 S. 41st Street, Wilmington NC 28403 910.791.9099

