

Senior games begin in April

Games run April 19-May 12

Pender Senior Games is a great opportunity to be involved in fun, fellowship and friendship. It brings people together. On the opening day of the games we have a number of our outdoor events.

When the weather is pretty it is a great day of fun in the sunshine and spring air. Many people participate in croquet, horseshoes, bocce, basketball shoot, spincasting or other event. As the week progresses we have tennis, golf, track and field events, swimming and bowling.

Another wonderful aspect of the games is the Silver Arts. The Silver Arts gives seniors (55 and up) an opportunity to display their handiwork in many different arts.

Heritage Arts includes crafts like baskets, quilting, crochet, knitting and woodcarving; A senior who enjoys photography or

painting or sculpture could enter a piece in Visual Arts. Literary Arts includes poetry, short stories and life experiences. A senior who is interested in musical performance or dance or drama can enter in the Performing Arts category.

Pender Senior Games will be April 19 through May 12 with a registration deadline of April 12. Contact Lisa McGee or Jennifer Mathews at (910) 259-9119 for more information.



David participates in the horseshoes event during the 2009 Pender Adult Services Senior games.

DEES^{Rx}

Drug Store

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~ Since 1916 ~

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9-1 Saturday**

111 Wright Steet, Burgaw, NC 28425 • 910.259.2116

**This store gladly accepts PCS, PAID, TDI,
Medicaid, Medicare, Blue Cross/Blue Shield,
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most other third party prescription plans.**

**VISIT OUR
SODA FOUNTAIN!**

**Jimmy Wilson, Pharm. D.
Kim Basden, Pharm. D. Randy Spainhour, RPh.**



In memory of Jan Harrell

Jan Harrell served on the Board of Director of Pender Adult Services, Inc. from 1987 until her retirement from the board in 2009.

Jan has provided years of dedicated service to the agency helping to guide the agency from a small non-profit with less than 20 staff to a community service oriented organization of over 120 employees providing vital services throughout Pender County.

Jan faithfully delivered meals on wheels in the community, convincing friends and neighbors to help in the

mission of serving others.

For Jan delivering meals to the homebound elderly was giving more than just a meal, but an opportunity to provide a friendly smile and check on what other services may be needed.

Pender Adult Services owes much gratitude to Jan for her years of service and dedication to helping others. She was honored by the board and staff in September, 2009 upon her retirement from the board.

The board, staff, and clients will hold many fond memories of Jan's contributions to the community.



Do you have concerns about falling?

Classes begin

Tuesdays

April 6th – May 25th

10:00 a.m. – 12:00 p.m.

Pender Adult Services

901 S. Walker St. Burgaw

Call to Register

Holly Henderson or Janeen Padavich

910-395-4553 or 800-218-6575

Cape Fear Area Agency on Aging

Classes are limited

A Matter of Balance

can help reduce the fear of falling and increase the activity levels of older adults who have concerns about falling.

Caregivers day out workshop and celebration

Pender Adult Services and Cape Fear Agency on Aging will be hosting a Caregivers Day Out Workshop & Celebration on Wednesday, May 19 at Kirkwood Camp and Conference Center located 8 miles north of Burgaw.

The event will start with registration from 9:30 to 10 a.m. and the program is from 10 a.m. to 2 p.m.

The program will feature morning refreshments, educational information for caregivers to be shared by guest speakers, special treats for caregivers, a delicious lunch, vendor displays, and door prizes. The event is FREE but you must register in advance to attend.

Please call Pender Adult Services, 259-9119, to register for this event.

Why the census is important

2010 Census questionnaires were mailed recently. There are 10 short questions on the Census form, and 10 minutes of your time can make a big difference for North Carolina and your community. Representation and planning for our future rely on everyone participating in the Census. A great deal of federal funding also relies on the Census.

The US Government Accountability Office (GAO) reported that the "federal government obligated an estimated \$478 billion in fiscal year 2009 at least in part based on Census and related data."

The US Census Bureau estimated the nation's population at 307 million as of July 1, 2009.

That's over \$1,500 per capita of federal funding per year based on informa-

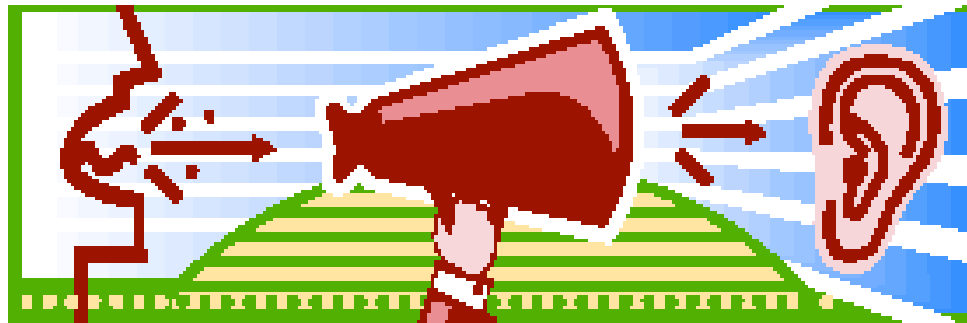
tion collected by the Census. That's over \$15,000 per capita of federal funding until the 2020 Census!

Completing and returning your 2010 Census questionnaire helps to bring federal resources to our communities funding needed programs and providing information that local planners use to place hospitals, schools, and services where they are needed. Businesses also use Census information to analyze markets and select locations for investment. Representation, funding, and future planning rely on everyone completing their 2010 Census questionnaire.

If you need assistance in completing your Census form, telephone assistance is available at the following numbers: English 1 866 872 6868 TDD (for hearing impaired) 1 866 783 2010

**Have fun with
classes at
Fitness Fusion!**

DEALING WITH HEARING LOSS IS NOT AS SIMPLE AS GETTING A HEARING AID.



HEARING LOSS AFFECTS EVERY ASPECT OF LIFE

IF YOU OR A LOVED ONE HAS DIFFICULTY HEARING CLEARLY AND HAVE CONSIDERED HEARING AIDS OR OTHER DEVICES TO HELP YOU HEAR, HELP IS AVAILABLE.

“MORE THAN HEARING AIDS 101”

A FREE session designed to inform you about NC DSDHH services and the Equipment Distribution Service products available to people with hearing loss. Before you begin your quest for hearing aid services, become a SAVVY consumer and a SUCCESSFULL user of available services for people with hearing loss.

(AN INFORMATION SESSION IS REQUIRED FOR ANYONE APPLYING FOR EQUIPMENT THROUGH E.D.S.)

Pender County:

2nd Monday (April 12, June 14), 1:30-3:30

Pender Adult Services

SEATING IS LIMITED. RESERVE YOUR SEAT TODAY!

Contact Cynthia Mitchell at 800-245-9915 or email cynthial.mitchell@ncmail.net

**2010 Senior Games begin April 19.
Call Pender Adult Servies for more info!**



Support Groups Meeting at Heritage Place

Blind Support Group Meeting

April 13, 2010

1:00 pm

(Meets 2nd Tuesday of each month)

**Contact Patricia Miller at 259-1464
for more information**



Diabetes Support & Education Meeting

April 27, 2010

11:00 am

(Meets 4th Tuesday of each month)

**Contact Maureen Drake at 604-1483
for more information**



Alzheimer's Support Group Meeting

April 29, 2010

11:30 am

(Meets 4th Thursday of each month)

**Contact Kay Warner at 259-9119
for more information.**



Stuart takes off in the cycling event at the 2009 Senior Games. The 2010 games begin in April.

Attention Fox Drug Plan members

Medicare recipients who are currently on FOX Prescription Drug plans will have to change to another plan by April 30, 2010, because the FOX coverage is ending. You have currently been placed on Limited Income NET Program (LI-NET) to make sure your

Medicare drug coverage continues. This is a special temporary coverage through April 30, 2010, and will not have a monthly premium.

Call Kay Warner, 259-9119, to schedule an appointment with a SHIP volunteer to select a new plan.

Knitters making a difference through Project Linus

The Tuesday knitting group at Heritage Place have recently been working on a patchwork blanket to donate to Project Linus in memory of Carol Ann Rash. "Carol was one of our 'Happy Hookers' and we miss her so, and she was the one who inspired me to create my very first baby blanket," said Kathy Griffin, member of knitters group. The group worked together knitting 12 inch squares and then assembling them together at Heritage Place. "Project Linus was one of Carol's passions. She introduced all of us to it and we were all planning to go to Blanket Day on March 27 together," said Jennifer Mathews, senior center coordinator.

The Project Linus Mission Project Linus is com-

prised of hundreds of local chapters and thousands of volunteers across the United States. Each volunteer and local chapter all work together to help us achieve our mission statement, which states:

First, it is our mission to provide love, a sense of security, warmth and comfort to children who are seriously ill, traumatized, or otherwise in need through the gifts of new, handmade blankets and afghans, lovingly created by volunteer "blanketeers."

Second, it is our mission to provide a rewarding and fun service opportunity for interested individuals and groups in local communities, for the benefit of children.

The Happy Hookers Knitting Group meets at Heritage Place on Tuesdays from 1 to 3 p.m.

Knitters at Heritage Place work on a patchwork blanket for Project Linus.



Katie-put St. Patty's day graphic here

Not-so-Irish Toni (above left) serves as greeter at the St. Patty's Day dance at Topsail Senior Center

The Luck of the Irish (above right) helps a few seniors during the bingo game at Heritage Place on March 17

A good group of seniors and students from Blake's Chapel (right) enjoyed the St. Patty's Day Dance at the Topsail Senior Center on March 17.



Pender Adult Services, Inc

Heritage Place
901 South Walker Street
Burgaw, NC 28425
(910) 259-9119

Pender Adult Services is committed to providing our community a safe, stable, environment in which individuals can maintain their independence, good health practices, and a healthy sense of self-esteem.

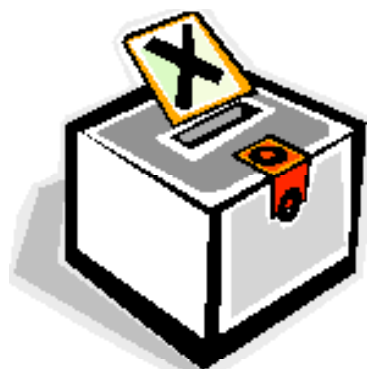
Topsail Senior Center
20959 Highway 17
Hampstead, NC 28443
(910) 270-0708

Heritage Place Opportunities

Monday	Tuesday	Wednesday	Thursday	Friday
6:00 FITNESS FUSION 8:30 BODYPUMP 9:00 Oil Painting 9:40 YOGA 10:00 Crafts 10:45 FIT OVER 50 1:00 Bowling (2 & 4) 1:00 Bid Whist Group 3:00 Senior Chorus 5:00 Basket Class 5:30 BODYPUMP 6:00 Line Dance (May) 6:40 YOGA	6:00 FITNESS FUSION 8:30 CARDIO BLAST 9:00 Crocheting 9:40 YOGA 10:45 FIT OVER 50 11:00 Sit & Be Fit 12:15 WAIST DOWN 12:30 Pinochle 1:00 Quilting 1:00 Jewelry 1:00 Knitting Group 5:30 ZUMBA 5:30 Weight Watchers 6:40 ZUMBA	6:00 FITNESS FUSION 8:30 BODYPUMP 9:00 Basket Class 9:40 PILATES 11:00 Bingo 1:00 Bid Whist 1:00 Bridge 1:15 Woodcarving 5:30-6:30 BODY PUMP 6:40 YOGA	6:00 FITNESS FUSION 7:00 Burgaw Rotary 8:30 ZUMBA 9:40 YOGA 10:45 FIT OVER 50 11:00 Sit & Be Fit 1:00 Mexican Train 3:00 Quilting/Sewing Club 5:30 KARDIO KICKBOX	6:00 FITNESS FUSION 8:30 BODYPUMP 9:40 PILATES 11:00 Bingo 5:30 BODY PUMP Saturday FITNESS FUSION 8:00 OPEN 10:00 BODY PUMP
				<u>FITNESS FUSION CLASSES ALL CAPS</u> <u>259-0422</u>

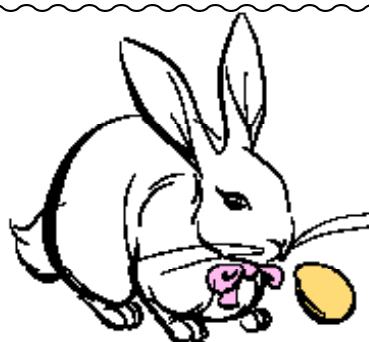
Topsail Senior Center Opportunities

Monday	Tuesday	Wednesday	Thursday	Friday
8:00 am—5:00 pm 10:00 Modified Pilates 10:00 Beading 12:00 Meals 12:30 Mexican Train 12:30 Tree Top Quilters (2nd Monday) 1:30 Bowl@Ten Pin (2nd & 4)	8:00 am—5:00 pm 9:00 Basket Class 10:30 Bingo 12:00 Meals 2:00 Gentle Yoga 2:00 One Stroke Painting 3:00 Line Dancing(May)	8:00 am—5:00 pm 9:00 Quilting Class 10:00 Knitting Group 10:00 Crocheting Group 10:00 Jewelry Making 12:00 Meals 12:30 Hand & Foot Game	9:00 am—5:00 pm 10:00 Vinyasa Yoga 10:30 Bingo 12:00 Meals 1:00 Quilting 1:30 Card Playing 1:30 Mahjong	9:00 am—2:00 pm 12:00 Meals 1:00 Vitality in Action Saturday—closed Facility Available For Rentals



Class Adjustments due to ONE STOP VOTING

Topsail Senior Center will be one stop voting location Thursday, April 15 - Tuesday, May 4, 2010. In order to accommodate the public we will be making class adjustments. Please see class scheduled published at the center.



Happy Easter Egg Hunt

**10:30 April 1st
Topsail Senior Center**

**11:00 April 1st
Heritage Place**

Centers Closed Friday, April 2nd for Easter Holiday

Pender Adult Services, Inc Menu April 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Handwritten: 4/19/10</i>	All Meats 2 oz All juice 4 oz 2 % milk ½ pint All vegetables seasoned with margarine or vegetable oil. Cooked Veg – ½ cup	Menu Subject to change	1 BBQ Pork Baked Beans Coleslaw Cornbread Peaches	2 Closed Holiday
5 Chicken in Gravy Over Stuffing Vegetable Medley Italian Bread Apple	6 Beef Stew w/vegetables Broccoli WW Bread Apple Oatmeal Cookies	7 Meatloaf Mashed Potatoes Breaded Okra WW Bread Cake Square Blend Juice	8 Grilled Sausage Potato Salad Field Peas-n-snaps Dinner Roll Tangerine	9 Fried Fish Coleslaw Baked Beans Pineapple Tidbits Cornbread
12 Italian Baked Chicken Corn Casserole Green Peas Dinner Roll Grapes Sugar Cookies	13 Chopped Steak/Gravy Rice Green Beans Dinner Roll Vanilla Pudding Blend Juice	14 Sloppy Joe on Bun French Fries Green Beans Tangerine Oatmeal Cookies	15 Stewed Chicken w/Rice Breaded Squash WW Bread Banana Oatmeal Cookies	16 Baked Beef Macaroni Cass Tossed Salad Applesauce Italian Bread Cake Square
19 Pork Chop Macaroni and Cheese Black Eyes Peas Fruit Cocktail WW Bread	20 Beef Stew/Gravy Rice Brussel Sprouts Dinner Roll Blend Juice Vanilla Pudding	21 Breaded Chicken Fillet/Gravy Mashed Potatoes Green Beans WW Bread Pears	22 Hamburger on Bun Potato Salad Lett/Tom/Onion Orange Oatmeal Cookie	23 Grilled Sausage Pinto Beans Breaded Okra Cornbread Peaches
26 Chicken Tenders Yams Turnip Greens Dinner Roll Fruit Mix	27 Baked Ham Macaroni and Cheese Green Beans Fruit Cocktail Dinner Roll	28 Pork Roast Rice Peas/Snaps Oatmeal Cookies Blend Juice Dinner Roll	29 Lasagna Tossed Salad Italian Bread Pears Chocolate Chip Cookies	30 Fried Fish Coleslaw Baked Beans Pineapple Tidbits Cornbread

2010 Pender Senior Games



*Promoting
Healthy Lifestyles*

April 19-May 12

Registration Deadline: April 12, 2010

Hosted by: Pender Adult Services

Applications available at:

Heritage Place, Topsail Senior Center,
Fitness Fusion, Olde Point Country Club
and Second Wind
or online at www.penderadultservices.com

**For information contact Lisa McGee at
(910) 259-9119**



Memorial and Honorary Giving Program Of Pender Adult Services

CONTRIBUTORS:

Emma Anderson Memorial Chapel
St Joseph's Church
Willarlea Ruritan

Donations to PAS are tax deductible.
For more information on the Pender Adult
Services memorial and Honorary Giving
Program please contact Wesley Davis
at 259-9119 or toll-free
at 1-877-259-9119.

Fitness Fusion Group Classes

Sit & BE Fit: This class is free at Heritage Place and focuses on muscle strengthening with the use of bands. Flexibility and stretching exercise are also done, all to the beat of the oldies. Come, sit and be fit. Heritage Place Classroom Tues & Thurs 11:00 am

Fit over Fifty: This low impact class includes basic aerobic moves. Weights are used for resistance training and basic agility skills are performed.

Body Pump: This is a barbell class providing toning and conditioning. It is perfect for both males and females who want to add strength training into their aerobic workout.

Kardio Kickboxing: This class incorporates basic punches and kicks with the focus on cardiovascular fitness, muscular strength and endurance. This class will also include toning exercises.

Cardio Blast: A fast paced cardio class using aerobic moves. Agility skills are mastered in a form of exercise drills. This class really gets your heart rate up.

Waist Down: The focus of this class is to firm and tone the abs and the lower body. Most exercises are performed on the mat. Lots of crunches!!

Yoga: Connect your mind and body by focusing on breath control and slow static stretching while participating in balance and core strengthening exercises designed to calm the mind, relax the body and ease the soul.

Pilates: This class is designed to improve the body's balance, coordination and alignment while strengthening the core muscles without the pain normally associated with traditional exercises. Open to all levels of fitness. This is a low-impact class.

PHONE:
(910) 259-0422



GYM HOURS:
Mon – Fri 6:00 am – 9:00 pm
Sat 8:00 am – 4:00 pm

GROUP FITNESS SCHEDULE 2010

Manday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 – 9:30 BODY PUMP	8:30 – 9:30 CARDIO BLAST	8:30 – 9:30 BODY PUMP	8:30 – 9:30 ZUMBA	8:30 – 9:30 BODY PUMP	
9:40 – 10:40 YOGA	9:40 – 10:40 YOGA	9:50 – 10:50 PILATES	9:40 – 10:40 YOGA	9:50-10:50 PILATES	10:00-11:00 BODY PUMP
10:45-11:30 Fit Over 50	10:45- 11:30 Fit Over 50		10:45 -11:30 Fit Over 50		
	12:15 – 12:45 WAIST DOWN				
5:30-6:30 BODY PUMP	5:30 – 6:30 ZUMBA	5:30 – 6:30 BODY PUMP	5:30-6:30 KARDIO KICKBOX	5:30 – 6:30 BODY PUMP	
6:40-7:40 YOGA	6:40 – 7:40 ZUMBA	6:40 –7:40 YOGA			

