

PASS IT ON

April
2012

*Helpful information to
enhance senior living provided
by Pender Adult Services*



The Pender
POST

Fitness Fusion celebrates five years

Fitness Fusion will be celebrating its five-year anniversary April 3 - 4. Fitness Fusion is a gym for all ages. The facility is located at 903 South Walker St. Burgaw and everyone is invited to this special event. Fitness Fusion offers state-of-the-art fitness equipment, and

exercise classes.

Membership Appreciation Day is planned for April 3. The day will include door prizes, refreshments and an evening class mini-marathon.

On April 4, there will be a free open house for the public. The fitness center's

doors will be open to the community. There will be no charge this day to work out.

Come out and try a class or use the exercise equipment. See what Fitness Fusion has to offer. There is no need to leave Burgaw to get a great workout.



**Wednesday, April 4
Open House – Free to the Public**

6:00 Gym Open for Early Risers
7:00 Coffee/Smoothie with Judy
8:30 Rocking Body Pump
9:30 Health Checks
(Includes Weight, Height,
Body Fat, BP)
9:50 Pilates

Door Prizes

5:30 Body Pump
6:40 Yoga

DEES^{Rx}
Drug Store
Proudly Serving Pender County
~ Since 1916 ~

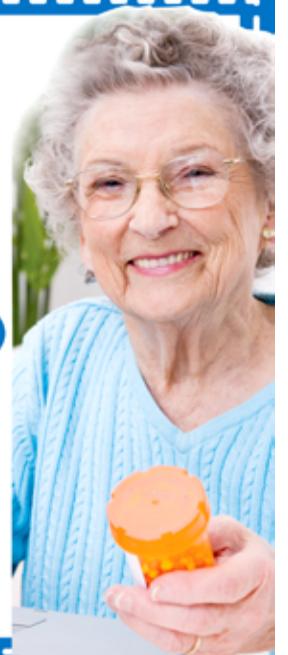
Open 9-6
Monday-Friday
9-1 Saturday

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

**VISIT OUR
SODA FOUNTAIN!**

Jimmy Wilson, Pharm. D.
Brendan Dearie, Pharm. D Randy Spainhour, RPh.

111 Wright Steet, Burgaw, NC 28425 • 910.259.2116



RSVP news

By Barbara Mullins
RSVP Coordinator

RSVP wishes you a heart that's filled with happiness and joys that grow like flowers all year. Spring is here and the azaleas and crepe myrtles are blooming. There are flowers popping up all around Pender County. The beaches are just beautiful this time of year. With spring here it is time to celebrate our Volunteers and the amazing friendships, companion care, and commitments they have here in Pender County.

We will be celebrating their goodness on May 3 with a special recognition party catered by Middle of the Island. More and more of our

elderly are in need of visitors. Just two hours of your time each week means the world to someone else.

Come to RSVP Perks April 3 at 9 a.m. in Burgaw or April 4 at 9 a.m. at Topsail Senior Center and talk with some of our volunteers about their personal stories. You will begin to understand the impact that volunteering makes and can make a decision to join us. You may always call Barbara at 259-9119 to set a personal appointment.

RSVP is also in need of proctors to help supervise EOG exams on May 9-11 and at the middle schools. Please give of your time and help with this special event. Call today and talk to Barbara about this brief commitment.



NO TRAINING REQUIRED. Caller will have you dancing within 5 minutes. Singles welcomed. Donations will be accepted towards expenses of caller. Call 270-0708 for more information.

Modern Western Square Dancing

April 13, 2012

7:30—9:30 pm

Topsail Senior Center
(beside Pender Pines)

No partner required

Donations accepted

Caregivers Day Out Celebration

A "Caregiver's Day Out Celebration" will be held on April 26 at Camp Kirkwood in Watha. The program is from 10 a.m. until 2 p.m. Registration begins at 9:30 a.m.

Holly Henderson, Caregiver Resource Specialist, Cape Fear Area Agency on Aging, will give a presentation on "Techniques that Lead to Good Communication." Dr. Kavita Persaud, Carolina Geriatrics, will speak on "Successful Aging." Special entertain-

ment is being planned after lunch.

Bill Thompson, a Southeastern N.C. author who has written several books and also has a monthly column *Front Porch Stories* in *Our State Magazine*, will also be there.

He will delight the attendees with a humorous, motivational talk and sing a few songs to keep everyone laughing and feeling invigorated.

Vendors will have displays and share valuable

information for attendees. Special treats are given throughout the event. Door prizes will be given away.

Caregiving is a stressful responsibility. The annual celebration is a day of education, relaxation, fun, and a special way to let all caregivers know how important they are.

The event is free for caregivers and lunch is provided. Registration is required. Contact Kay Warner at 259-9119 or kwarn@penderpas.com.



The Topsail Pilates class poses for a photo. Monday's Pilates class has outgrown its space. During April and May, a modified Pilates I for beginners will be offered at 9:30 a.m. and a more advanced Pilates II at 10:30 a.m. the Topsail center. Classes are \$14 each.

Now Accepting Patients

REVIVE
PHYSICAL THERAPY

Located inside Fitness Fusion
at 903 S Walker St, Burgaw
Call 910.789.4770
for appointment information.

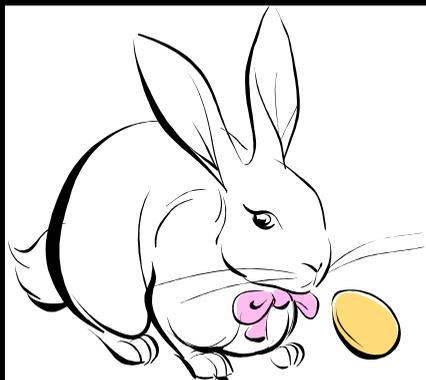
FREE

Retinal Camera Vision Screening

Prevent Blindness North Carolina will be offering FREE adult retinal camera vision screening at Topsail Center in Hampstead, NC on Tuesday, April 10, 2012 from 10:00 – 1:00.

Retinal image screening assists in the detection of eye diseases such as cataracts, diabetic retinopathy, glaucoma, and macular degeneration. Information of the vascular system, such as diabetes, hypertension, and arteriosclerosis is also obtained from the imaging.

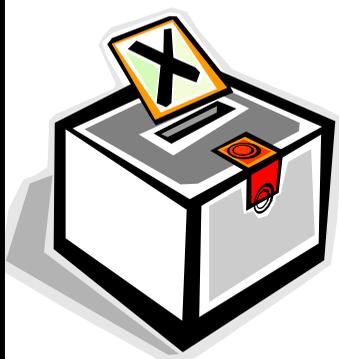
The screening is free, uses non-contact photography, and takes only 10 minutes. Adults interested should contact Topsail 270-0708 to schedule an appointment. Walk-ins will be welcomed. For more information on PBNC visit our website at www.pbnc.org.



**Happy Easter
Egg Hunt for Seniors**

**Tuesday, April 3rd
11:00 am
Topsail Senior Center
& Heritage Place**

Centers Closed Friday, April 6th for Easter Holiday



**Class Adjustments due
to ONE STOP VOTING**

Topsail Senior Center will be one stop voting location Thursday, April 19, 2012 - Tuesday, May 8, 2012. In order to accommodate the public we will be making class adjustments.

We should return to Normal Schedule Thursday May 10th

No Bingo April 24th or May 8th

Senior Fun Day at Heritage Place



Join us for a "Play Date At Our Place"

**On Tuesday, April 24th
From 10:30—12:30**

Lawn Games
Tour of Our Place
Picnic on the Patio



***Pender Adult Services travel group
plans trips to New Orleans and more***

Pender Adult Services had a wonderful response to the New Orleans trip and are now taking reservations (by deposit of \$150) for a second bus. The trip will be June 11 – June 16. The price is \$629 per person, double occupancy. This six-day, five-night trip includes:

- Five nightights hotel accommodations,
- Five breakfasts at the hotel,

- Two evening recep- tions at the hotel includ- ing hot food and spirits,

- Three wonderful din- ners including one din- ner at the New Orleans School of Cooking.

A trip to Pigeon Forge/ Gatlinburg is planned for Nov. 28 – 30. This three- day/two night package includes three fabulous holiday shows. The cost is \$329 per person for double occupancy.

A Caribbean cruise is planned for Jan. 26 – Feb. 4, 2013. Reservations are open now for the cruise which sails from Balti- more, and includes San Juan, Puerto Rico, Char- lotte Amalie, St. Thomas, Samana, Dominican Re- public and Labadee, His- paniola.

More information is available by contacting Jennifer Mathews at 259- 9119 ext 12.

***Pender Adult Services
Calendar of Events***

AARP Tax Assistance (TSC)

Wednesdays 1:00 – 5:00 p.m.

Concludes April 11 (April 16 at Hampstead Library)

Healthy America – Health Checks

April 2 at Fitness Fusion 4 – 6 p.m.

April 4 at Fitness Fusion 9:30 – 11 a.m.

April 12 at Topsail Senior Center 11:30 a.m. – 1 p.m.

Easter Egg Hunt for Seniors(HP & TSC)

April 3 11 a.m.

RSVP Perks

April 3, (HP) 9 – 10 a.m

April 4 (TSC) 9 – 10 a.m.

Holiday Closing (HP & TSC)

April 6

Tree Top Quilters (TSC)

April 9 at 1 p.m.

Contact Kay Stanley at 270-0708

Prevent Blindness –Free Camera Vision Screening

April 10 from 10 a.m. – 1 p.m.

Contact 270-0708 to schedule a time (walk-ins welcome)

Blind Support Group (HP)(Second Tuesday)

April 10 at 1 p.m.

Contact Patricia Miller at 259-1464

Square Dance

April 13 (TSC) 7:30 – 9:30 p.m.

Senior Fun Day At Heritage Place

April 24 (HP) 10:30 a.m. – 12:30 p.m.

Field Day at Heritage Place

April 25 (HP) 10 a.m. – 12 p.m.

Alzheimer's Support Group (HP)

April 26

Caregivers Day Out, Contact Kay Warner at 259-9119

Diabetes Support Group (HP)

April 26 at 11 a.m.

Contact Rebecca Boggs at 259-9119

***Memorial and Honorary
Giving Program***

*Your Gifts to
Pender Adult Services, Inc
are acknowledged with
grateful appreciation*

Peggy Casey

In honor of Pender Adult Services Staff

Wesleyan United Methodist Women

For Meals on Wheels

Ongoing Contributors

Emma Anderson Memorial Chapel

Hampstead Women's Club

St Joseph's Church

Willarlea Ruritan Club

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.

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

Phone: 259-9119

Monday 8:00—7:00	Tuesday 8:00—7:00	Wednesday 8:00—5:00	Thursday 8:00—5:00	Friday 8:00—3:00
9:00 Oil Painting 10:30 Rummique 12:00 Meals 1:00 Bowling (2 nd) 1:00 Bid Whist 1:00 Canasta 3:00 Senior Chorus 6:00 Line Dance	9:00 Crocheting 9:00 RSVP Perks (1st) 11:00 Sit & Be Fit 12:00 Meals 12:30 Pinochle 1:00 Quilting Group 1:00 Jewelry 1:00 Knitting Class 5:30 Weight Watchers	9:00 Basket Class 11:00 Bingo 12:00 Meals 12:30 Rummique 1:00 Bid Whist 1:00 Bridge 1:15 Woodcarving(moved to Topsail)	7:00 Burgaw Rotary 11:00 Sit & Be Fit 12:00 Meals 1:00 Mexican Train 3:00 Quilting/Sewing Club	11:00 Bingo 12:00 Meals 12:30 Knitters Club Saturday—closed Facility Available For Rentals

Topsail Senior Center Opportunities

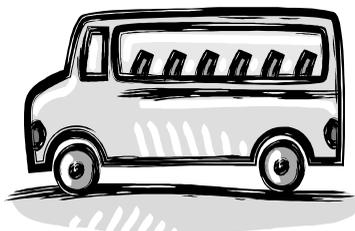
Phone: 270-0708

Monday 8:30 am—6:00 pm	*Tuesday 8:30 am—5:00 pm	Wednesday 8:30 am—4:00 pm	**Thursday 8:30 am—5:00 pm	Friday 8:30 am—2:30 pm
9:30 Modified PILATES I 10:00 Beading 10:30 Modified PILATES II 12:00 Meals 12:30 Mexican Train 12:30 Tree Top Quilters (2nd Monday) 4:30 ZUMBA GOLD	9:00 Baskets 10:30 Bingo 12:00 Meals 2:00 Gentle YOGA <i>*CLASS ADJUSTMENTS for ONE STOP VOTING</i>	9:00 Quilting Class 9:00 RSVP Perks (1st) 10:00 Knitting Group 12:00 Meals 1:00 AARP Tax Assist (Apr 4th, 11th) 1:00 Woodcarving	10:00 Vinyasi YOGA 10:30 Chair Aerobics 12:00 Meals 1:00 Quilting Class 1:00 Bridge 1:00 Mahjong ** Adjustments for voting	9:00 Wood Carving 12:00 Meals 1:00 Vitality in Action 7:30 Square Dance (1st Friday) Saturday—closed Facility Available

Fitness Fusion Group Fitness Classes

Phone: 259-0422

Monday Open 6:00—9:00	Tuesday Open 6:00—9:00	Wednesday Open 6:00—9:00	Thursday Open 6:00—9:00	Friday Open 6:00—9:00
8:30 BODYPUMP 9:40 YOGA 10:45 FIT OVER 50 4:15 ZUMBA 5:30 BODYPUMP 6:40 ZUMBA	8:30 CARDIO BLAST 9:40 YOGA 10:45 FIT OVER 50 6:00 ZUMBA	8:30 BODYPUMP 9:50 PILATES 5:30-6:30 BODY PUMP 6:40 YOGA	8:30 ZUMBA 9:40 YOGA 10:45 FIT OVER 50 6:00 ZUMBA	8:30 BODYPUMP 9:50 PILATES 5:30 BODY PUMP Saturday Open 8:00—4:00 9:00 ZUMBA



Public Transportation is available to person 18 years and older throughout Pender Co. The cost per ride is \$3 each way. A 48 hour notice is necessary to arrange transportation. Please call (910) 259-9119 or (910) 259-8434 to make arrangements