

Volume 1, Issue 10



Eat More Watermelon!

It's good for you!!

UPCOMING EVENTS

Wellness Checks

Mon, Aug 5, 2013(FF) 4:00 pm

Wed, Aug 7, 2013 (FF) 9:30 am

Tues, Aug 13, 2013(TSC) 9:30 am

RSVP Perks- ADVOCACY TRAINING

Tues, Aug 6, 2013 (HP) 9:00 am

Wed, Aug 7, 2013 (TSC) 9:00 am

Tree Top Quilters (TSC)

Mon, Aug 12, 2013 at 1:00 pm

Red Cross Disaster Training

Tues, Aug 13, 2013 (TSC) at 11:30 am

Alzheimer Support Group (HP)

Red Cross Disaster Preparation

Tues, Aug 13, 2013

11:30am

Topsail Senor Center Dining

Pass it on...

P E N D E R A D U L T S E R V I C E S

Beginner & Advanced Tai Chi

At Topsail – **Tai Chi for Health**-Beginner's class starts Tuesday, Sept 10, 2013. The class meets from 3:15-4:00 pm. **Advanced Tai Chi /Form 73**-class starts Thursday, Sept 12, 2013. The class meets from 11:15 am-12 Noon. Call 270-0708 for information

At Burgaw – **Tai Chi for Health** – Beginners class will be offered at Fitness Fusion. The class starts on Monday Sept 9, 2013 and meets from 11:45am-12:30pm. **Advanced Tai Chi Form 73** will be offered at Heritage Place. The class starts on Monday, Sept 9, 2013 and meets from 11:00 – 11:45am. Call 259-9119 X 0 for information

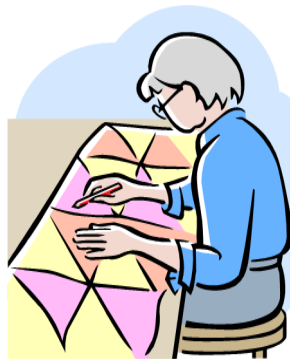


August 1, 2013

Fans are still available

Classes return this fall

Several of our instructors take a summer break but will be back at it the week after Labor Day! Check out the schedule and see what you might be interested in.. If you have a suggestion for a new class please let Jennifer Mathews or Kay Stanley know. We are always interested in keeping you involved!!



Bridge Players Wanted

Open Bridge is played on Wednesdays in Burgaw and on Thursdays at Topsail. If you are interested in learning to play bridge—please call Jennifer Mathews at 259 -9119 x 303. We have several seniors in Burgaw that will gladly teach you!!





Pender Adult Services, Inc

Heritage Place Opportunities

Phone: 910-259-9119

Monday 8:00—7:00	Tuesday 8:00—5:00	Wednesday 8:00—5:00	Thursday 8:00—5:00	Friday 8:00—3:00
9:00 Oil Painting	9:00 Crocheting	9:00 Basket Class (9/11)	7:00 Burgaw Rotary	10:30 Shuffle & Shake
11:00 Tai Chi (Returns 9/9)	9:00 RSVP Perks (8/6)	10:30 Shuffle & Shake	11:00 Sit & Be Fit	11:00 Bingo
12:00 Meals	11:00 Sit & Be Fit	11:00 Bingo	12:00 Meals	12:00 Meals
1:00 Bid Whist	12:00 Meals	12:00 Meals		
1:00 Canasta	12:30 Pinochle	1:00 Bid Whist	3:00 Quilting/Sewing Club	
2:00 Senior Chorus	1:00 Quilting Group (9/9)	1:00 Bridge		
6:00 Line Dance	1:00 Jewelry	1:00 Blind Support Group (8/14)		
	1:00 Knitting Group			

Saturday—closed
Facility Available
For Rentals

Topsail Senior Center Opportunities

Phone: 910-270-0708

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 am—5:00 pm	8:30 am—5:00 pm	8:30 am—5:00 pm	8:30 am—5:00 pm	8:30 am—2:30 pm
10:00 Modified PILATES	9:00 Baskets	9:00 Quilting Class	10:00 Vinyasi YOGA	9:00 Wood Carving
12:00 Meals	10:30 Bingo	9:00 RSVP Perks	10:30 Chair Aerobics	10:00 Turkey Foot
12:30 Tree Top Quilters (2nd Monday)	12:00 Meals	10:00 Knitting Group	11:15 Tai Chi (9/12)	12:00 Meals
3:30 Hospice Trg (3rd)	2:00 Gentle YOGA	12:00 Meals	12:00 Meals	1:00 Vitality in Action (back this fall)
	3:00 Adv. Tai Chi (9/10)	1:00 Woodcarving	1:00 Quilting Class	Saturday—closed
		1:00 Tax Assistance	1:00 Bridge	Facility Available
			1:00 Mahjong	

Aug 2013

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.

Fitness Fusion Group Fitness Classes

Phone: 910-259-0422

Monday	Tuesday	Wednesday	Thursday	Friday
Open 5:30—9:00	Open 5:30—9:00	Open 5:30—9:00	Open 5:30—9:00	Open 5:30—9:00
8:30 BODYPUMP	8:30 CARDIO BLAST	8:30 BODYPUMP	8:30 ZUMBA	8:30 BODYPUMP
9:40 YOGA	9:40 YOGA	9:50 PILATES	9:40 YOGA	9:50 PILATES
10:45 FIT OVER 50	10:45 FIT OVER 50		10:45 FIT OVER 50	5:30 BODY PUMP
4:15 ZUMBA				
5:30 BODYPUMP	6:30 ZUMBA	5:30 BODY PUMP	6:00 ZUMBA	
6:40 ZUMBA				
				Saturday Open 8:00—2:30