



Pass it on...

The Pender-Topsail
POST
& Voice

August
2021



Topsail Center News

Greetings from Topsail Senior Center

It's the dog days of summer so please come visit; enjoy cool air conditioning and fellowship, work on a puzzle, pick out a book and take advantage of our activities.

We have Zumba Gold starting back on Mondays at 9 a.m. beginning Aug. 2, and a monthly caregiver's group meeting starting back on Friday, Aug. 20 at 11 a.m.

Bingo is back on Thursdays at 10:30 a.m.; join us and stay for lunch which is served beginning at 11:30 a.m. Lunch reservations can be made by calling the center one day in advance (910) 270-0708. Monthly menus available upon request.

Our afternoon games are back; Canasta and Rumikub on Wednesdays at 1 p.m., Bridge and Mahjong on Thursdays at 1

p.m. Come join us for line dancing class on Wednesday morning at 10:30 a.m. And for those of you who can't make it that early, beginning Sept. 7 we have a weekly Tuesday 4 p.m. class. Yoga will be back on Tuesdays beginning after Labor Day.

Please call the center late August for details. We would like to thank everyone who participated in Gorgeous Grandma Day. A good fun time was had by all, whether or not you were a grandmother, especially dressing up for pictures!

A big thank you to the Hampstead Women's Club for their continued support of the Meals on Wheels monthly goodie bags and donation of wipes and hand sanitizer. As always, we are so grateful for our RSVP volunteers who are simply the best! Stay safe and we hope to see you soon.

Heritage Place Happenings

As you can see from the photos, we had such fun with our gorgeous grandmas! Everyone enjoyed getting a bit sassy for our photo booth!

Our Quilters have been very busy and are doing a Quilt Raffle. The drawing will be November 8, 2021 and will benefit several local charities including Pender Adult Services. Please drop by and purchase a ticket.

The history of this quilt is quite interesting. The vintage quilt top was found at a Burgaw thrift store. It contains fabrics from the late 1950s and early 1960s. It also includes some feed sack fabric. The quilt appears to have been appliquéd by numerous women.

The quilt top was stabilized with lightweight interfacing to preserve the stitching. Thank you to Teresa and our Heritage Place quilting group!

Our Geri-fit classes con-

tinue to be very popular on Tuesday and Thursday. We are offering a new chair class on Fridays at 10:30 a.m. if you would like to join us. This month our Friday craft class will be creating coasters. Please sign up in time so we can get everything together.

We are looking for bridge players for Wednesday afternoon. David Luquire is heading this up. If you are interested, please leave your information on Jennifer's voicemail at (910)259-9119 extension 307. We would also like to start a canasta group. Please let Jennifer know if you might be interested.

If you have ideas about an activity, please do not hesitate to contact Jennifer Mathews, our Senior Center Coordinator about a time to gather! (910)259-9119 extension 303. Please see our July events schedule and join us for healthy fun!



We found an early photo of our RSVP volunteers from July 2011. This was likely our first RSVP volunteer event was held at Topsail Senior Center when this photo was taken.

RSVP News

Wes Davis, Pender Adult Services Executive Director introduced Teresa Ennis as our new interim Director for Pender AmeriCorps Seniors RSVP to our volunteers at our July Perks meeting. Our next Perks meeting will be Sept. 7 at Heritage Place and Sept. 8 at Topsail Senior Center.

RSVP volunteers are age 55 and older, and can choose from a variety of volunteer activities that

meet their needs. We also offer focused training and a variety of social opportunities to ensure volunteers have useful and rich experiences as they touch the lives of others in our community. If you would like to help others and have two-plus hours a weekly to share, please contact us at (910)259-9119, Ext 329 or email tennis@penderpas.com.



Pender Adult Services Director Wes Davis and Teresa Ennis, Interim RSVP Director.

Gorgeous Grandmas

Gorgeous Grandmas was celebrated at Heritage Place and the Topsail Senior Center. The ladies had a fun time posing for photos.



Do you or someone you know have Medicare Part D or Medicare Advantage Plan?

SHIIP can help you compare plans and determine if a change is needed.

Review Plans Annually during Open Enrollment Period
October 15 – December 7
Call (910) 259-9119 X 307
NCShiip.com 855-408-1515



 **ZUMBA GOLD**
Topsail Senior Center
Monday, August 2nd 9AM
Monthly rate \$12
Roxanna Hagerty Instructor

However, among those who could stand to benefit the most from these services are 22 million older adults (ages 65 and above) in the United States who don't have broadband access at home. What's more,

New efforts are helping to address these inequities. CITRIS Health, an organization dedicated to advancing the well-being of older adults and family caregivers with enabling technology, recently launched “Lighthouse for Older Adults.” This project is offering one-on-one training, in-language support and peer-

When asked about their favorite part of using a

“Older adults have so much to gain from the connections and health care op-

For resources that can help other organizations implement similar pro-

August Events 2021



August 4 – Birthday Bingo(HP) at 10:30am

August 12 – Senior Topic– Area Fraud 12 noon (HP)

August 20 – HP Craft Day at 11 am

Decorative Coasters – sign up by Tues, Aug 17th

August 22 – Be an Angel Day

August 25 – *National Banana Split Day*

August 31 – National Eat Outside Day

RSVP-No Perks meeting in August – Next meetings September 7th & 8th



*Need help with Covid vaccine?
Call us 910-259-9119 X 301*



SAVE THE DATE – PAS Auction
November 4, 2021

Call 910-259-9119 X press 1 for more information



Since 1796 with Edward Jenner's successful use of cowpox material to create immunity to smallpox, immunizations or vaccines have been safely given to people to help protect them from certain diseases. Over the years vaccines have helped prevent or significantly reduce outbreaks of many diseases. Some of the most common diseases that vaccinations can prevent are:

Infections acquired with international travel

Recommendations for which vaccines you should have depend on many things such as your age, health status, gender and family history. Take measures to live a healthier life by getting educated on the right vaccines for you and your family. Make informed decisions by discussing with your healthcare team which vaccines are best for you!

Visit the CDC website for more information: www.cdc.gov/vaccines

If you need help scheduling a Covid Vaccine,
please call us (910)259-9119, X 301



Find us on the Web:
fitnessfusiononline.com
Facebook.
fitnessfusionnc

ALL CLASSES BY RESERVATION ONLY! - Call the gym to reserve your spot!

6 am—8 pm	6 am—8 pm	6 am—8pm	6 am- 8 pm	6am—8 pm	8am—12noon
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am Body Pump	6:30am RPM	8:00am Body Pump	6:30am RPM	8:00am Body Pump	9:00 Body Combat
9:45 am Fit Over Fifty	9:45 Yoga	10:45am Pilates	10:30am Geri-fit	Zoom Pilates	Close at noon
5:30pm Body Pump	5:30pm RPM	5:30pm Body Pump	5:30pm RPM		Sunday CLOSED

Monday	Tuesday	Wednesday	Thursday	Friday
2 Pork BBQ Boiled Potatoes Collard Greens Seasonal Fruit Corn Muffin/Margarine 2% Milk	3 Spaghetti and Meat Sauce Tossed Salad/Dressing Pineapple Tidbits Garlic Knot 2% Milk	4 Roast Turkey/Gravy Rice Summer Squash/Onions Peaches Biscuit 2% Milk	5 Chicken & Dumplings California Mixed Vegetables Tropical Fruit Cup WW Roll/Margarine 2 % Milk	6 Chef Salad with Grilled Chicken / Dressing Pasta Salad Fresh Orange Crackers 2 % Milk
9 Oven Fried Fish Baked Beans Coleslaw Pears Hushpuppies/Margarine 2% Milk	10 Cheeseburger on Bun Sweet Potato Tots Tomato/Lettuce Slice Apple Cobbler 2 % Milk	11 Cubed Pork Steak/Gravy Rice Pilaf Tuscan Blend Vegetables Mandarin Oranges WW Roll/Margarine 2 % Milk	12 Mango Glazed Chicken Potatoes Au Gratin Green Beans Fruit Cup Biscuit 2 % Milk	13 Deli Sandwich Tomato/Lettuce Slice Potato Salad Banana 2% Milk
16 Baked Ziti with Meat Sauce Tossed Salad/Dressing Seasonal Fruit Bread Stick 2% Mik	17 Chicken Tenders/Ranch Drsg Seasoned Potato Wedge Broccoli with Cheese Sauce Peaches WW Roll/Margarine 2 % Milk	18 Beef/Noodle Casserole Mixed Vegetables Fruit Cocktail Biscuit 2 % Milk	19 Hot Dog Baked Beans Coleslaw Fresh Orange Hot Dog Bun 2 % Milk	20 Chicken Salad Sandwich Three Bean Salad Applesauce Granola Bar Bun 2% Milk
23 Smoked Sausage Butter Beans Steamed Cabbage Seasonal Fruit Biscuit/Margarine 2 % Milk	24 Salisbury Steak Mashed Potatoes/Gravy Tomato/Cucumber Salad Peaches Biscuit/Margarine 2 % Milk	25 Lasagna Tossed Vegetable Salad Tropical Fruit Bread Stick 2% Mik	26 Mango Glazed Chicken Macaroni & Cheese Stir Fried Vegetables Fruit of Choice Egg Roll 2 % Milk	27 Pimento Cheese Sandwich Sun Chips Tomato Juice Fruit Cup 2 % Milk
30 Oven Baked Chicken Rice Pilaf Broccoli Fruit Salad WW Roll/Margarine 2% Milk	31 Meatballs in Mushroom Gravy over Butter Noodles Green Beans Pears Biscuit/Margarine 2% Milk	Meat - at least 2 oz Casserole - 6 oz Veg/Fruit - 1/2 c Juice - 6 oz Season with marg or veg oil Bread - 1 each	Reviewed By: <i>S. Williams, 11/14/2020</i>	**Due to food sourcing issues secondary to post Covid, menu changes may be made.