



Helpful information to enhance senior living  
provided by Pender Adult Services

# Pass it on...

The Pender-Topsail  
**POST**  
& Voice

December  
2014



More than 100 people attended the RSVP Veteran's Day program at Pender Adult Services in Burgaw Nov. 11.

Photo contributed

## Veterans honored at Pender Adult Services

A new Veterans Day celebration has started at Pender Adult Services in Burgaw. Barbara Mullins, Retired Senior Volunteer Program Director and Michael Harris, Pender County Lower Cape Fear Hospice and Life Center Outreach Director, organized a special program for Pender County Veterans. More than 100 people participated and all were eager to honor the

veterans.

The film *Honor Flight* was shown and there were eight veterans of WWII in attendance. All veterans received a special poem and lapel pin which was presented by the Pender High School ROTC. RSVP volunteers greeted and thanked each veteran and each was given an American flag to commemorate this day.

Hospice honored WWII vet-

erans with a special certificate and thank you. Refreshments completed the program, leaving plenty of time for veterans to mingle and share with each other. It is always so special to have this time together.

Thank you to all who attended and to all that worked to make this celebration a huge success. Special thanks to Rev. Patricia Slomanski for her beautiful music; Lon-

nie Davenport, Commander American Legion, for his presentation of Armistice Day; Hart's Florist for the wonderful plants; Harrell's Funeral Home for providing additional seating; Pender High School ROTC for the fine recognition given our veterans.

RSVP is already planning next year's event and looking forward to involving more people in our community.

## Low Income Energy Assistance Program taking applications

The Pender County Department of Social Services will accept applications for the Low Income Energy Assistance Program LIEAP Dec. 1 - Mar. 31 from 8 a.m. until 5 p.m. at the Pender County Department of Social Services. Applications will also be taken from 10:00 - 12pm on the following days at the following sites:

•Rocky Point Community Center, Rocky Point Wednesday, Dec. 3.

•Atkinson Town Hall, Atkinson Thursday, Dec. 4.

•Lee's Chapel Baptist Church, Maple Hill Tuesday, Dec. 9.

•Topsail Senior Center, Hampstead Wednesday, Dec. 10.

•Heritage Place, Burgaw

Thursday, Dec. 11.

•Moore's Creek Baptist Church, Currie Thursday, Dec. 18.

Applications for those age 60 and older or disabled persons receiving service through the Division of Aging and Adult Services (DAAS) will be taken Dec. 1-31. If funding is still available, all others can apply beginning Jan 1.

Households must make an application for LIEAP Heating Assistance. LIEAP Payments will be paid directly to the provider.

For more information contact Pender County DSS at 910-259-1240. All applicants need to bring a copy of a current utility bill if possible.

## RSVP celebrates birthday

By Barbara Mullins  
RSVP coordinator

The Retired Senior Volunteer Program celebrated with a special Thanks a Million RSVP Volunteers Dinner Nov. 18. Eighty of the 129 volunteers were present and heard about the success of their RSVP program from its beginning Nov. 1, 2010 through Nov. 1, 2014.

We are proud of our accomplishments and ability to help seniors remain independent at home for as long as possible. With dedicated and energetic volunteers, RSVP is able to expand their Meals on Wheels program to Atkinson/Currie; highlight the importance of networking so we can assist seniors find more resources; tutor reading in middle school and assist students over-the-hump to better reading

scores; provide an important mentor/role model to our developmentally challenged group of eight that work in the community side-by-side our RSVP volunteer.

No one dreamed RSVP could build such a presence in a county as large as Pender. But if you go to Surf City, Atkinson, Maple Hill, you are sure to hear RSVP spoken there. Our goal is to make a Difference in someone's life each day and together we can and do accomplish this.

During this Christmas season, please remember those in need. Be thankful for your blessings, share your gifts of time, and receive the return of knowing you have made a difference.

Want to see what else is special about RSVP? Call Barbara at 910-259-9119 (ext 329).

## Heritage Place Happenings

By Jennifer Mathews  
Pender Adult Services

We are grateful to all our volunteers this Thanksgiving. They extend our services through their gift of time and companionship that they give.

We are grateful for our health and fitness. It has been a challenging year for me and I appreciate all of your prayers and good thoughts. Having taught Geri-fit and taken classes at Fitness Fusion, I was more prepared to physically face surgery and chemotherapy this year. I would encourage all of you to challenge yourself to be more active. Find time for exercise with a friend. Join us for Geri-fit or for Tai-Chi or

Pilates or Yoga. Fit over Fifty might be for you.

We are grateful for our cancer support group. It has been rewarding as we find courage from each other. We will meet again January 15 and have a speaker from the American Cancer Society with us. We meet the third Thursday from noon until 1 p.m.

Considering something new for 2015? We would love for you to join us to learn a new craft or practice an old one. Basket classes will begin Jan. 13 at Topsail from 9 a.m. until 1 p.m. and at Heritage Place Jan. 14 from 9 a.m. until 1 p.m. Class fee is \$18 for 60 and up and \$28 for 59 and under.

Are you interested in learning to crochet? An eight-week

crochet class is offered that will teach you the basics on Tuesdays from 9 a.m. until noon. Class fee is \$16 for 60 and over and \$25 for 59 and under. Geri-fit is a light weight lifting class that meets on Tuesday and Thursday from 11-11:50 a.m. in Burgaw and from 9-9:45 a.m. at the Topsail Center.

Anna Eubanks will teach you jewelry making on Tuesdays at Heritage Place from 1-3 p.m. Class fee is \$8 for 60 and up and \$15 for 59 and below.

Knitting groups meet at both centers. The group shares patterns and ideas as well as lots of conversation. Burgaw group meets on Tuesdays from 1-3 p.m. at Heritage Place The Topsail Center group meets Wednesday from 9:30-11:30

a.m. See the schedule for other opportunities. For more information call 910-259-9119.



Photo contributed

Toys are now being collected at Heritage Place and the Topsail Senior Center for the annual Toys for Tots drive. New, unwrapped toys are needed. Contact Jennifer Mathews at 259-9119 for more information.

## Pender Adult Services Transportation

Headed out of town? Call to see how far we can take you for \$3 one-way. Travel has some restrictions, so call 259-9119 ext. 1 for more information.

Schedule your travel plans early. Pender Adult Services Transportation will be closed Dec. 24-26 and Jan. 1. Thanks for riding.



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# Topsail Center Thanksgiving

By Kay Stanley  
Topsail Center Director

We would like to thank Blake's Chapel Church for providing a Thanksgiving meal to our Meals on Wheels clients that were alone this Thanksgiving. Thanks to Topsail Presbyterian Church Preschoolers for making Thanksgiving place mats for

our seniors. They are so pretty. Also thanks to Joanne Adcock with Modern Woodmen for the two beautiful trees on our lawn for us to enjoy.

We hope all of you had a wonderful Thanksgiving and will come join us for our Christmas party Dec. 16 at 10 a.m. Bring a goodie to share and have a chance to visit with Santa.

We look forward to offering a new free informal art class beginning Jan. 5 at the Topsail Senior Center in cooperation with the Hampstead Art League.

Come learn to paint or work in any art medium. Supplies for classes are not provided. This is a group led class. Class members help each other. The class is open to all persons

interested.

Participants are excited about a new Line Dancing Class Fridays at 11 a.m. Join us to learn some new steps and get some fun exercise. The eight-week class fee is \$8 for 60 and over and \$12 for 59 and under. If you have any questions please contact Kay Stanley at Topsail Senior Center at 910-270-0708.



Photo contributed

**Geri-fit is a 45-minute strength training exercise class for older adults. There is no aerobics, choreography or dancing, and best of all, there's no floor work. Most of the exercise are performed seated in chairs. Requires just a set of two-pound dumbbells, a stretch band and water to drink during the workout. The class is open to men and women of all senior ages and fitness levels and work out at your own pace. Classes are taught by a certified instructor with eight 45-minute classes in each term. Classes are offered at the Topsail Center each Tuesday and Thursday at 9 a.m. To register, call Jennifer Mathews at 910-259-9119 ext 303.**

## Silver Sneakers

Fitness Fusion is an accredited partner in the Silver Sneakers Fitness program.

With Silver Sneakers, you get lots of options. If you're a group retiree, or part of a Medicare Advantage or Medicare Supplement Health plan, you may already have a Silver Sneakers membership.

Call your Health Plan today to see if you are eligible, then come see us at Fitness Fusion.

## Pender Adult Services December 2014 Calendar

### Wellness Checks -Provided by PAS

Fitness Fusion - 1<sup>st</sup> Wednesday 9:30 am

**Dec 10 – Low Income Energy Assistance Program (TSC) 10:00 – 12:00**

**Dec 10 – Veteran's Support Group (TSC) – 2:00 pm**

**Dec 10 – PAS CNA Christmas Party (HP) 3:00 pm**

**Dec 11 – Low Income Energy Assistance Program (HP) 10:00 – 12:00**

**Dec 12 – Hope for the Holidays Grief Group (TSC) 10:00 am**

**Dec 16 – Retinal Screening (TSC) 9:30 – 1:00 pm**

**Dec 16 – Christmas Party (TSC) 10:00 – 11:30 am**

**Dec 18 – Christmas Party (HP) 11:30 – 1:00 pm**

**Dec 24 – 26 Christmas Holidays (centers closed)**

**No Meals – Dec 22 – Jan 2**

### Blood Pressure Screenings -Provided by PC Health Dept

Topsail Senior Center – 3<sup>rd</sup> Thursday 11 – 1

Heritage Place – 4<sup>th</sup> Thursday 11 – 1

### Support Groups

#### P.C Blind Group

Heritage Place – 2<sup>nd</sup> Wednesday 1 pm

Contact Patricia Miller, services for the blind

#### Cancer Support Group –

Heritage Place – 3<sup>rd</sup> Thursday 12:00 (next mtg Jan 15<sup>th</sup>)

#### Caregivers Support

Topsail –Contact Kay Stanley @ 270-0708 for dates and times

Heritage Place – 4<sup>th</sup> Thurs 11:30 – 1:00 (Date change – Dec 18th)

Contact Kay Warner @ 259-9119



## **Memorial and Honorary Giving Program**

Your Gifts to

Pender Adult Services, Inc

are acknowledged with grateful appreciation

In Memory of Sallie Howell

By Gail Panipino and Diane Mangus

### Community Contributors

Emma B Anderson

Westview UMC

Willarlea Ruritan Club

Thank you for your continued support!

### **A Special Thank you to**

**Mission Baptist Church and Blake's Chapel Church**  
for providing Thanksgiving meals for Meals on Wheels.

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



## **Need Help Caring for a Loved One at Home?**

Pender Adult Services offers assistance in the home for families in Pender and Duplin Counties  
Call 259-9119 for more information

## **Tai Chi for January**

**Heritage Place Burgaw**

**Monday at 8:30 a.m.**

**Topsail Senior Center**

**Tuesday at 3:15 p.m.**

**Thursday at 11:15 a.m.**

**Call 259-9119 for**

**more information**



## **Christmas Parties**

Seniors Christmas Party at Topsail will be held on Tuesday, December 16, 2014 at 10:00 am. It is a Topsail tradition to bring goodies to share.

Everyone is asked to bring a toy or small item for **Toys For Tots**.

Please wear your Christmas colors!

For more information please call  
Kay Stanley 270-0708.

Seniors Christmas Party at Heritage Place will be held on Thursday, December 18, 2014 at 11:30. Please bring a toy or small item for Toys for Tots! Wear your Christmas Colors! Questions? Call Jennifer Mathews at 259-9119.



# **Pender Adult Services, Inc**

## **Heritage Place Opportunities**

Phone: 910-259-9119

**Monday**  
**8:00—7:00**

**8:30 Tai Chi**  
**9:00 Oil Painting**  
**12:00 Meals**  
**1:00 Bid Whist**  
**1:00 Canasta**  
**2:00 Senior Chorus**  
**6:00 Line Dance**

**Tuesday**  
**8:00—5:00**

**9:00 Crocheting**  
**9:00 RSVP Perks (1st)**  
**11:00 Geri-fit**  
**12:00 Meals**  
**12:30 Pinochle**  
**1:00 Quilting Group**  
**1:00 Jewelry**  
**1:00 Knitting Group**

**Wednesday**  
**8:00—5:00**

**9:00 Basket Class**  
**11:00 Bingo**  
**12:00 Meals**  
**1:00 Bid Whist**  
**1:00 Bridge**  
**1:00 Blind Support Group(2nd)**

**Thursday**  
**8:00—5:00**

**7:00 Burgaw Rotary**  
**11:00 Geri-fit**  
**11:30 Caregivers Support (4th)**  
**12:00 Cancer Support (3rd)**  
**12:00 Meals**  
**3:00 Quilting/Sewing Club**

**Friday**  
**8:00—3:00**

**11:00 Bingo**  
**12:00 Meals**

**Saturday—closed**  
**Facility Available**  
**For Rentals**

## **Topsail Senior Center Opportunities**

Phone: 910-270-0708

**Monday**

**8:30 am—5:00 pm**  
**9:00 Art Class (begins Jan)**  
**10:00 Modified PILATES**  
**12:00 Meals**  
**12:30 Tree Top Quilters(2nd)**  
**3:30 Hospice Trg (3rd)**

**Tuesday**

**8:30 am—5:00 pm**  
**9:00 Baskets**  
**9:00 Geri-fit**  
**Health Checks—(3rd)**  
**10:30 Feel Good Fun**  
**12:00 Meals**  
**2:00 Gentle YOGA**  
**3:00 Tai Chi**

**Wednesday**

**8:30 am—5:00 pm**  
**9:00 Quilting Bee**  
**9:00 RSVP Perks (1st)**  
**10:00 Knitting Group**  
**12:00 Meals**  
**12:30 Caregiver class**  
**1:00 Taxes (Feb-April)**  
**5:30 Guitar Group**

**Thursday**

**8:30 am—5:00 pm**  
**9:00 Geri-fit**  
**10:00 Vinyasi YOGA**  
**10:00 Bingo**  
**11:15 Tai Chi**  
**12:00 Meals**  
**1:00 Quilting Class**  
**1:00 Mahjong 1:30 Bridge**

**Friday**

**8:30 am—2:30 pm**  
**10:00 Cribbage**  
**11:00 Line Dance**  
**12:00 Meals**  
**12:00 Vitality in Action**

**Saturday –closed**  
**Facility Available**

## **Fitness Fusion Group Fitness Classes**

Phone: 910-259-0422

**Monday**

**Open 5:30—9:00**  
**8:30 BODYPUMP**  
**9:40 YOGA**  
**10:45 FIT OVER 50**  
**4:00 Health Checks (1st)**  
**5:30 BODYPUMP**  
**6:40 ZUMBA**

**Tuesday**

**Open 5:30—9:00**  
**8:30 CARDIO BLAST**  
**9:40 YOGA**  
**10:45 FIT OVER 50**  
**6:30 ZUMBA**

**Wednesday**

**Open 5:30—9:00**  
**8:30 BODYPUMP**  
**9:30 Health Checks (1st)**  
**9:50 PILATES**  
**5:30 BODY PUMP**

**Thursday**

**Open 5:30—9:00**  
**8:30 ZUMBA**  
**9:40 YOGA**  
**10:45 FIT OVER 50**  
**6:30 ZUMBA**

**Friday**

**Open 5:30—9:00**  
**8:30 BODYPUMP**  
**9:50 PILATES**  
**5:30 BODY PUMP**

**Saturday**  
**Open 8:00—2:30**  
**9:00 ZUMBA**

*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.*