

PASS IT ON

January
2010

Helpful information to
enhance senior living provided
by Pender Adult Services



The Pender
POST

How to overcome the January blues

These step by step instructions will help you overcome those January blues which we all suffer from. After Christmas has come and gone, there doesn't seem to be anything in place to look forward to. Here's a detailed guide to help you escape those January blues.

Step 1

Try going on a diet. A healthy body helps build a healthy mind. If you look good on the outside, you feel good on the inside.

Step 2

Get your cleaning box out and give your house a full spring clean. Box up those Christmas decorations and polish your home from top to bottom. You may start feeling better already.

Step 3

Keep all the family entertained by going out for the day. Visit a theme

park or a zoo. If your purse strings are a little tight, go along to the park.

Step 4

Let your hair down, get your girl friends together and have a night out on the town. Although you may not feel so good the next day, you'll have a fabulous night out catching up with your friends.

Step 5

Try a little retail therapy - treat yourself to a new outfit and even a new pair of shoes. That always makes us feel better.

Step 6

Find yourself a fantastic late deal bargain holiday. Although the purse strings are feeling fairly tight, January sales are out and you'll be able to bag yourself a fantastic last minute holiday for you and your family.

Article from Ehow



Santa visited with everyone at Heritage Place and the Topsail Senior Center in December.

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

Open 9-6
Monday-Friday
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,
State Teachers Plan and
most other third party prescription plans.

VISIT OUR
SODA FOUNTAIN!

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





Heritage Place Seniors enjoyed Christmas Music performed by the Charity Middle School Inspirational Choir. The teenagers had gifts for all the seniors and handmade Christmas cards



Hampstead Senior Scrapbook Group



At Helen's Scrapbooking Studio
Meets monthly on the second Tuesday
1:00-4:00

First meeting January 12

Cost: \$3 per session or \$10 for four

Call Helen at 910 803-0303

**For more information
Meeting includes a
make & take project
& studio time**

**Class is offered in cooperation with Pender
Adult Services & Helen's Scrapbooking Studio**



Santa makes an early visit to Heritage Place and enjoys a meal before making his Christmas trip.



Thanks to those who helped make the Toys for Tots drive a success this year.

HEALTHY AMERICA
Health Checks at Fitness Fusion
January 5, 2010
9:30 - 11:00

Pender Adult Services provides general public transportation to anyone who lives anywhere in Pender County. If you need transportation services please call 259-9119 to make a reservation. The one way fare for services within the county is \$3. We also offer connecting service with WAVE Transit to Wilmington



General Rates

Effective February 1, 2010

AGE 59 & UNDER

\$27.00 / month

\$69.00 / 3 months

\$21.00 per month with 1 year contract (\$252.00)

\$20.00 per month with 2 year contract (\$480.00)

\$18.00 per month with 3 year contract (\$648.00)

AGE 60 & OVER

\$18.00 / per month

\$12.00 / Month with 1 year contract (\$144.00)

AGE 14 TO 21

\$18.00 / month

\$12.00 / month with 1 year contract (\$144.00)

Heritage Place Class Descriptions 2010



Heritage Place 910 259-9119
901 S. Walker Street, Burgaw

Basket weaving(Jan): We will offer a 6-week course in basket weaving/chair caning. Each basket is unique and makes a distinctive addition to your home. Supplies not included. Cost for 6 week class: \$12(60 & up) \$27 (59 & under) Instructor: Peggy Casey
Mon 5:00 pm—9:00 pm Wed 9:00 am—1:00pm

Bid Whist Group: This is a partnership trick-taking game. There are 4 players consisting of two teams of two. Points are scored by bidding for and winning books. All welcomed! FREE Mon 1:00 pm- 4:00 pm

Bingo: Join us for some fun and win prizes! It's all for free and everyone is welcome! FREE
Wed/Fri 11:00 am-12:00 pm

Bowling for Fun: Join us for bowling twice a month at Ten Pin Alley at 1:35 pm. Cost is \$4 for two games and shoe rental. Meet at Heritage Place to car pool at 1:00 pm
2nd & 4th Mon 1:35 pm

Bridge Club: We have a good group of Bridge players. Call Jennifer at 259-9119 if you are interested.
Wed 1:00 pm – 4:00 pm

Advanced Cake Decorating: (TBA) This four-week class will teach you advance techniques. Call Jennifer Mathews at 259-9119, if interested. We must have 8 to offer this class. CLASS FEE: 4 weeks \$12(60 & over)/\$27 (59 & under)

Canasta: WHAT FUN!! We are looking for alternates or another group of 4!! Join us Mondays 1:00—3:30 pm

Crafts: Enjoy learning a variety of crafts. FREE
Instructor: Anna Eubanks
Mon 10:00 am-1:00 pm

Crocheting Class: This 12-week class will teach you the basics. Fees for those under 65 payable to CFCC
Instructor: Anna Eubanks
Tues 9:00 am – 12:00 pm

Jewelry: Four week class in jewelry making, creating and or repairing. Fee: \$6 (60 & up) \$12 (59 & under. We must have 8 people to offer this class.
Instructor: Anna Eubanks
Tues 1:00 – 3:00

Knitting group: Meets on Tuesdays at 1:00. Bring your current projects and share patterns and ideas with each other.

Line Dancing: (Jan) Come and learn some new steps. This is fun and great exercise. Eight week class.
CLASS FEE: 8 weeks \$6 (60 & over)/ \$12 (59 & under) Instructor: Kay Larson
Mon 6:00- 7:00 pm

Mexican Train
Thurs 12:45—3:00

Oil Painting: Twelve week class offered through CFCC. Fees for those under 65 payable to CFCC
Mon 9:00—12:00 (NEXT CLASS JULY)

Pinochle Group: Like to play pinochle? We have a weekly group playing. Come join us. FREE
Tues 1:00 pm - 4:30 pm

Quilting "BEE": Quilting is more fun than ever! Supplies not included. Tues 1:30 pm-4:30 pm

Quilting Club: Join us while we quilt and fellowship! Work on your quilt with others doing the same while you make friends and pick up techniques, ideas, etc.
FREE
Thurs 3:00 pm-5:00 pm

Senior Chorus "LAMPLIGHTERS": This 55 & older singing group meets every week at Heritage Place. Our chorus practices to perform at local events and programs. Absolutely no experience required, but if you play an instrument please bring it along! FREE
Mon 3:00 pm-4:30 pm

Sit & Be Fit: Low impact chair exercise class.
Tues/Thurs 11:00 – 11:55 am

Weight Watchers: Fees payable to Weight Watchers.
Tues 5:30 pm

Woodcarving Group: This group welcomes beginners and old-timers. They enjoy working together!
Wed 1:15 pm

Come on over, Its warm inside!!
Socialize & Have fun!
It's a great way to
beat the January blahs!!!

Topsail Classes 2010

Topsail Senior Center
 (910) 270-0708
 20959 Highway 17 Hampstead
 Cindy Williams, Coordinator

Basket weaving: (Jan 12) We will offer a 6-week course in basket weaving/chair caning. Each basket is unique and makes a distinctive addition to your home. Supplies not included. Cost for 6 week class: \$12 (60 & up) \$27 (59 & under) (Jan) (Feb 24)(Mar 7)
 Instructor: Peggy Casey
 Tues 9:00 am —1:00 pm

Beading Group: Express your originality by creating earrings, necklaces, baskets and candleholders
 Supplies not included.
 Mon 10:00 –12:00 noon

Bingo: Join us for some fun and win prizes! It's all for free and everyone is welcome! FREE Tues/Thurs 11:00 am-12:00 pm

Jewelry Making Group meets to create & repair jewelry. Every other Wed 10 am

Knitting & Crocheting Group: We do a variety of projects. Bring what you are working on. Wed 10:00

Line Dance: (Jan 5) Come and learn some new steps. This is fun and great exercise. Eight week class. CLASS FEE: 8 weeks \$6 (60 & over)/ \$12 (59 & under) Tues 3:00-4:00

Modified Pilates: Join this class modified to suit you. Improve posture, tone your body, expand range of motion and relieve stress. Class Fee: \$12 for 4 weeks. Combine two pilates classes for \$20
 Instructor: Amy Coleman
 Mon 10:00-11:00 am (Ongoing)

One Stroke Painting: Come learn the method of One stroke from Charlie. A new class each week. Cost:\$15 per class (cash only to Charlie) Call Charlie for supply list.
 Tues 3:00—5:00 pm Instructor: Charlie McGee

Quilting:(SEPT) Come learn the art of quilting or continue to enhance your skills. Today's quilting is more fun than ever! Supplies

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
<p>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(Jan11) 5:30 BODYPUMP 6:00 Line Dance (Jan4) 6:40 YOGA</p>	<p>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 5:15 KARDIO KICKBOX 5:30 Weight Watchers</p>	<p>6:00 FITNESS FUSION 8:30 BODYPUMP 9:00 Basket Class (Jan13) 9:40 PILATES 11:00 Bingo 1:00 Bridge 1:15 Woodcarving 5:30-6:30 BODY PUMB 6:40 YOGA</p>	<p>6:00 FITNESS FUSION 7:00 Burgaw Rotary 8:30 JAB & TONE 9:40 YOGA 10:45 FIT OVER 50 11:00 Sit & Be Fit 1:00 Mexican Train 3:00 Quilting/Sewing Club</p>	<p>6:00 FITNESS FUSION 8:30 BODYPUMP 9:40 PILATES 11:00 Bingo 5:30 BODY PUMP Saturday FITNESS FUSION 8:00 OPEN</p>
<p><u><i>FITNESS FUSION 259-0422</i></u></p>				


Topsail Senior Center Opportunities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:00 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)</p>	<p>9:00 am—5:00 pm 9:00 Baskets 10:30 Bingo 12:00 Meals 2:00 Gentle Yoga 3:00 Line Dancing(Jan5) 3:00 One Stroke Painting</p>	<p>9:00 am—5:00 pm 9:00 Quilting Class (Jan13) 10:00 Knitting Group 10:00 Crocheting Group 10:00 Jewelry Making 12:00 Meals 12:30 Hand & Foot Game</p>	<p>6:00 am—8:30 pm 6:30 Current Events Coffee 7:00 Kiwanis Breakfast 10:00 Vinyasa Yoga 10:30 Bingo 12:00 Meals 1:00 Quilting (Jan14) 1:30 Card Playing 1:30 Mahjong</p>	<p>9:00 am—2:00 pm 10:00 Badgammon 10:00 Quilting/Sewing 12:00 Meals 1:00 Vitality in Action Saturday –closed Facility Available For Rentals</p>



Special thanks to all the volunteers at Pender Adult Services. Their service makes everything possible

Pender Adult Services, Inc Menu January 2010

Monday	Tuesday	Wednesday	Thursday	Friday
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		
4 Stewed Chicken w/Rice Breaded Squash WW Bread Fresh Fruit -Banana Oatmeal Cookies	5 Chopped Steak/Gravy Rice Green Beans Dinner Roll Vanilla Pudding Blend Juice	6 BBQ Pork Baked Beans Coleslaw Cornbread Peaches	7 Grilled Sausage Potato Salad Field Peas n snaps Dinner Roll Fresh Fruit -Tangerine	8 Fried Fish Coleslaw Baked Beans Pineapple Tidbits Cornbread
11 Italian Baked Chicken Corn Casserole Green Peas Dinner Roll Fresh Fruit - Grapes Sugar Cookies	12 Baked Ham Macaroni and Cheese Green Beans Fruit Cocktail Dinner Roll	13 Meatloaf Mashed Potatoes Breaded Okra WW Bread Cake Square Blend Juice	14 Chicken In Gravy Over Stuffing Broccoli Italian Bread Apple	15 Baked Beef Macaroni Cass Tossed Salad Applesauce Italian Bread Cake Square
18 Closed	19 Breaded Chicken Fillet/Gravy Mashed Potatoes Green Beans WW Bread Pears	20 Spaghetti Sauce Tossed Salad Italian Bread Pears Chocolate Chip Cookies	21 Hamburger on Bun Potato Salad Lett/Tom/Onion Fresh Fruit – Orange Oatmeal Cookies	22 Grilled Sausage Pinto Beans Breaded Okra Cornbread Peaches
25 Chicken Tenders Yams Turnip Greens Dinner Roll Fruit Mix	26 Beef Stew w/Vegetables Broccoli WW Bread Fresh Fruit Oatmeal Cookies	27 Pork Roast/Gravy Rice Peas/Snaps Oatmeal Cookies Blend Juice Dinner Roll	28 Lasagna Tossed Salad Italian Bread Pears Chocolate Chip Cookies	29 Fried Fish Coleslaw Baked Beans Pineapple Tidbits Cornbread

*Memorial and Honorary
Giving Program
Of Pender Adult Services*

In Memory of:
"Mr. Frenchie" Rabalais
By Randy & Betsy Costin

CONTRIBUTORS:
Emma Anderson Memorial Chapel
Hampstead Women's Club
St Joseph's Church
Willarlea Ruritan
Topsail Kiwanis Club
Time & Services
SHIIP VOLUNTEERS
Meals On Wheels Volunteers

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.

Coming Soon

ZUMBA

Call Fitness Fusion at 259-0422

For scheduled time

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

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 – 9:30 BODY PUMP	8:30 – 9:30 CARDIO BLAST	8:30 – 9:35 BODY PUMP	8:30 – 9:30 JAB & TONE	8:30 – 9:30 BODY PUMP	
9:40 – 10:40 YOGA	9:40 – 10:40 YOGA	9:40 – 10:40 PILATES	9:40 – 10:40 YOGA	9:40-10:40 PILATES	10:00 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	5:15 – 6:15 KARDIO KICKBOX	5:30 – 6:30 BODY PUMP		5:30 – 6:30 BODY PUMP	
6:40-7:40 YOGA		6:40 –7:40 YOGA			



*Beat the Rate Increase!!
Join the Gym in January!*