



Helpful information to enhance senior living provided by Pender Adult Services

Pass it on...

The Pender-Topsail
POST
& Voice

January
2022



Home Delivered Meal clients received goodies from Busy Bee Quilters, Hampstead Women's Club, Pender Master Gardeners and PAS.



Georgia, Mr. Bill, Sonja and Adriana did their field work for CFCC Occupational Therapy 1 class at Heritage. The seniors always enjoy our students!

Happy New Year from the Topsail Senior Center

We do want to express our deepest gratitude for all the assistance given last month. Our local elves, Judy Pritchard and Marsha Kuhn, decorated the cutest Elf tree for all to enjoy at the center. Diane Mangus, along with the Hampstead Women's Club, provided lovely Christmas bags for each of our Meals on Wheels (MOW) clients, Share the Table and Coastal Pender Rotary provided food delivery to MOW clients during our holiday shutdown, and Bernice Simone knitted beautiful hats for all of our MOW clients.

Jim McCarthy, our newest Senior Health Insurance Information Program (SHIIP) volunteer was a huge asset to our center during Medicare open enrollment, thanks Jim! Finally, a shout out to our Cape Fear Community College Occupational Therapy Interns; Jordan Blanton and Dorothy Carr. These two young women

assisted us every Tuesday for the last quarter of 2021 and their projects will leave a lasting impact on our center. We know they have a bright future and wish them all the best!

We are looking forward to 2022!! Start your New Year with healthy choices; join us for an exercise class, nutritional lunch or a social activity. See our schedule in this newsletter or call the center for the latest information at 910-270-0708. You may also view our schedule on Facebook @PenderAdultServices or go online to www.penderpas.com.

Please stay safe out there, remember to wear a mask, wash your hands, and wait (socially distance). These three things (three W's) will help protect you from COVID, flu and the respiratory infections that are so common this time of year. We wish you all the best for a happy and healthy 2022!

Heritage Place Happenings

By Jennifer Mathews
Heritage Place

We packed a lot of activities into the month of December at Heritage Place – the most memorable were not activities but were the smiles. We took quite a few pictures in front of our Christmas tree in small groups with lots of smiles. The most memorable smile will be of four men sitting together talking around a table. Four men that have shared many hours around at a card-table, laughing and teasing each other about who has the best hand. These men have not been together since we shut down for the pandemic but picked up where they left off!

We gathered for a special Christmas party with Bingo, games and a few fun door prizes but the big surprise was for Mr. Bill Jackson who turned 97 on the day we planned for Santa and Christmas treats. Bill's son was in town for his birthday and to check on his mom "Lovie." Bill's daughter has moved in to be caregiver for her aging parents.

Mr. Bill has not missed

many days since we reopened indoor dining but has missed his friends who he has played Bid Whist with for the last 15 years or longer. They are planning to restart their fun on Mondays at 11:30 a.m. They will meet for a quick lunch and then break out the cards. Their table is open to new players. Please call Jennifer (910)259-9119 ext. 303 if you have questions.

For January we will require that all participants wear a mask (except when eating). We think after everyone has seen family over Christmas this will assist in keeping us safe. We will practice the three W's. Wait, Wash & Wear. Please remember that if you have come into contact with who has symptoms of COVID that you stay home for at least five days to monitor symptoms. Of course, if you are not feeling well – please stay home until you are better.

We look forward to being together in January. Learning, Playing & Exercising! Please review the weekly schedule and January Events at PAS. If you have any questions, please call us!! Stay healthy



Jordan and Dorothy did their field work for CFCC OT1 at the Topsail Center. These ladies were a great help!

Students helping seniors, seniors helping students

Pender Adult Services (PAS) is very proud of its strategic partnership with Cape Fear Community College (CFCC) that involves their Occupational Therapy Assistant (OTA) program. OTA student interns interact with PAS seniors at the Burgaw Heritage Place, Topsail Senior Center, and the Fitness Fusion facility in Burgaw.

The OTA students also develop senior-related projects and share them with seniors as part of their learning process. This partnership provides real-time and unique learning experiences for the students and rich learning and fun experiences for PAS seniors. It is a real win-win situation.

Following is a brief look into the work of five OTA students at PAS this past fall.

Sonja Bishop is witty and she works well under pressure. She thoroughly enjoys interacting with PAS seniors. For her project, Sonja developed a 25-minute YouTube dance workout video for seniors. It is something seniors can use when they cannot make it to their in-person class. It is a welcomed and wonderful resource from a very special person.

Georgia Whaley, at first glance, seems like a rather quiet OTA student. Even so, we have seen her come to life as she interacts with Heritage Place seniors. She really likes them, and the feeling is mutual. Her project was the development of a 'fall prevention' handout and a related display that will be used on an ongoing basis.

Georgia realized that she enjoyed working with older populations through a high school internship that led

to her current career path through CFCC. She is already making a difference and there is no doubt that she will be successful as an Occupational Therapy Assistant.

Adriana Gonzales enjoys working with seniors who visit the Burgaw Fitness Fusion facility. Many of them come to exercise and socialize and that has been a perfect fit for Adriana. She particularly likes to help with the RPM class, an indoor cycling class where you ride to the rhythm of some powerful music. Her project was building health kits for seniors at Heritage Place. These kits included masks and various self-care items. They were deeply appreciated.

Jordan Blanton and Dorothy Carr did their fieldwork at the Topsail Center. These two young women assisted us with activities and crafts every Tuesday for the last quarter of 2021 and their projects will leave a lasting impact at our Topsail Center. We know they have a bright future and wish them all the best!

We have enjoyed and appreciated our relationship with CFCC including working with their OTA student interns. These relationships have been joyful and have made a difference in the lives of everyone associated with both programs.

If you want to know more about the CFCC OTA program, please contact Jennifer Renshaw, Program Director, CFCC Occupational Therapy Assistant Program (910)362-7096.

To learn more about PAS and its related programs and facilities, please visit the PAS Facebook page, @PenderAdultServices, and website, www.penderpas.com.

Memorial and Honorary Giving Program

Contributions have been received recently from

Busy Bee Quilters
Coastal Pender Rotary
Hampstead Women's Club
Pender Co Master Gardeners
Port City Basket Makers
Share The Table
Special Thanks to
Diane Mangus
Judy Pritchard & Marsha Kuhn
Pender Co SHIIP Volunteers
RSVP Meals on Wheels Volunteers

Have you considered a gift to Pender Adult Services, Inc.?

We appreciate your support for services that we offer!!

Your donations to PAS are tax deductible. An acknowledgement will be sent whether donation is in

Honor or in Memory of individual or group.

For more information on Pender Adult Services

Memorial and Honorary Giving Program please contact Wesley Davis at 910-259-9119.



Pender Adult Services is a private non-profit agency dedicated to promoting healthy and fulfilling lives. Join us for healthy fun, learning activities, creative arts, volunteer opportunities, socialization, games and activities.

[Want to know more? Give us a call...](http://www.penderpas.com)

Heritage Place
901 S Walker St
Burgaw, NC 28425
(910) 259-9119

Topsail Senior Center
20959 Hwy 17
Hampstead, NC 28443
(910) 270-0708

Fitness Fusion
903 S Walker St
Burgaw, NC 28425
(910)259-0422

Find us online: www.penderpas.com

On Facebook: [Pender Adult Services](https://www.facebook.com/PenderAdultServices)

Pender Adult Services' Nurse Aides

Making a difference in our community through Home Care

Just a little assistance can mean the difference between satisfying independence and total dependence. Our Home Care Program assists clients with the daily living tasks that have become difficult - shopping, meal preparation, personal care or light house-keeping. We remove some of the burdens to leave room for self-sufficiency, and self-confidence. For more information call Rebecca Boggs, RN 910-259-9119 X 319

Tai Chi Classes



Tai Chi in Burgaw
Fitness Fusion Classroom

Mon@ 10:30am
Jan 3—Feb 28
Call 259-0421

TAI CHI IN HAMPSTEAD
AT TOPSAIL SENIOR CENTER

BEGINNING CLASS THURS@ 10 AM
INTERMEDIATE CLASS TUES@1PM
ADVANCED CLASS TUES@ 2PM
CALL 270-0708 FOR MORE INFORMATION

Pender Adult Services Invites You On a Fabulous 6 Day/5 Night Vacation to New Orleans!

Date: June 19 – June 24, 2022

Your 6 Day/5 Night Trip Includes:

- ✘ 5 Nights Hotel Accommodations including 3 Nights Hotel Accommodations in New Orleans ~ Your hotel is located within walking distance of the famous French Quarter.
- ✘ 5 Breakfasts at your Hotel & Evening Receptions to include Hot Food & Spirits
- ✘ 2 Wonderful dinners to include:
 - ✘ One Dinner at the New Orleans School of Cooking ~
 - ✘ One Dinner with New Orleans Style Entertainment
- ✘ Enjoy a Guided Tour New Orleans ~ See and experience all New Orleans has to offer. Learn about the history, the food, the music & jazz, culture, architecture and so much more with our Local and Knowledgeable guide!
- ✘ Tour an Old-Fashioned Louisiana Plantation Visit the Historic French Quarter & Cruise the Mississippi
- ✘ Enjoy Free Time to explore New Orleans on your own & Visit Harrah's Casino
- ✘ Standard Taxes, Meal Gratuities & Baggage Handling
- ✘ Deluxe Motor Coach Transportation



For Information and/or Reservations, Please Contact:

Jennifer Mathews @ 910-259-9119 x 303

Date of Trip: June 19 – June 24, 2022

Price: \$859.00 Per Person – Double Occupancy
\$200 Deposit Due for Reservation

Travel Protection: Travel Protection can be purchased at \$92.00 per person double and single occupancy. If you wish to purchase Travel Protection, please send in a separate check made payable to PML Travel & Tours. Travel Protection should be purchased at the time of your initial deposit to ensure full benefits. **Insurance premiums are non-refundable.** Fuel surcharges by all transportation companies may be assessed.

Welcome to January 2022 at Pender Adult Services

Celebrating 40 years of making a difference across Pender County!

Questions? Want to know more? Give us a call or stop by!

Heritage Place (HP) 901 S. Walker St., Burgaw 910-259-9119
Topsail Senior Center (TSC) 20959 Highway 17, Hampstead 910-270-0708

Date Center Event Info

1/3	Both	Centers reopen for lunch and activities (Mask Required)
1/3	HP	Tai Chi -Mondays (8 week session), 10:30 am
1/3	HP	Bid Whist Group restarts, 11:30 AM
1/5	HP	New Year's Bingo, 10:30 AM
1/6	TSC	New Year's Bingo, 10:30 AM
1/10	TSC	AmeriCorps Seniors* Card Class, 11 AM
1/11	HP	Perks Meeting (Sip & Paint) for AmeriCorps Seniors*, 2 PM
1/12	TSC	Perks Meeting (Sip & Paint) for AmeriCorps Seniors*, 2 PM
1/14	HP	Friday Craft day (sign-up required), 10:30 AM
1/16	Both	Closed for Martin Luther King Day
1/18	Both	Winnie the Pooh Day! Thinking games today
1/21	Both	National Hugging Day (We really want to but virtual only)
1/24	HP	AmeriCorps Seniors* Card Class (sign-up required), 9:45AM
1/27	HP	PCHD Blood Pressure Checks, 11:30 AM

* Pender AmeriCorps Seniors RSVP-sign up required

Medicare Advantage Open Enrollment Period Jan 1 – March 31, 2022 You can make changes IF you have an Advantage product. Give us a call at either Center.

Please wear a mask to protect others. (3 W'S)
If you are not feeling well, we ask

No one delivers your LOCAL NEWS like your LOCAL NEWSPAPER. 910.259.9111

Pender AmeriCorps Seniors Volunteers - There is still time! This will be fun!

A Reminder: Have you emailed/called to let us know you are coming?

Perks Meetings are happening! And, we are going to have some fun painting!

- ♥ Tuesday, January 11, 2 PM - Burgaw Heritage Place
- ♥ Wednesday, January 12, 2 PM - Topsail Senior Center

Please email Teresa Ennis at: tennis@penderpas.com or call her (910-259-9119, ext. 329) to let her know if you plan to attend so that we can have adequate painting supplies available.

This month's Perks Meeting event is for Pender ACS volunteers only. Light refreshments will be available. Thank you, Tara Everett and The Laurels for sponsoring our January Perks Painting Event!

910-259-0422
903 S Walker Street

Find us on the Web: fitnessfusiononline.com, Facebook, fitnessfusioninc.com

GROUP FITNESS CLASSES

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 Cardio	6:30am RPM	8:00am Body Pump	
9:30 am Fit Over Fifty	9:45 Yoga	10:45am Pilates	10:30am Geri-fit at HP	Zoom Pilates	Close at noon
10:30 Tai Chi (8 wks)					Sunday CLOSED
5:30pm Body Pump			5:30pm RPM		



Weekly Schedule January 2022

Heritage Place—Burgaw 910-259-9119



Monday	Tuesday	Wednesday	Thursday	
9:30 Fit Over Fifty at FF 9:45 Card Class** 3rd Monday	9:00 Crochet Group 9:45 Yoga at FF	Call for info On zoom "ZOOMBA"	10:00 Walking Group	10:00 Sing-a long 10:30 Zoom Pilates
10:30 TAI CHI at FF Sign up required	10:30 Geri-fit 10:30 Quilting	10:30 Bingo 10:45 Pilates at FF	10:30 Geri-fit	10:30 Chair Exercise 11:00 Monthly craft
11:30 Lunch 11:30 Bid Whist	11:30 Lunch 12:30 Mexican Train	11:30 Lunch	11:30 Lunch	11:30 Lunch
1:00 Canasta 6:00 Line Dancing	12:30 Rummikub 1:00 Beginning Knit	12:30 Brain Games 1:00 Bridge	12:30 Jenga/Yatzee 12:30 Rummikub	12:30—Sequence

Topsail—Hampstead 910-270-0708

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Art Group	9:00 Gerifit	9:00 Quilting	9:00 Gerifit 10:00 Beginning Tai Chi	10:00 (1st)** Dementia Caregiver
10:00 Modified Pilates Zoom Pilates**	10:00 Fellowship or Crafts		10:30 Bingo 11:00 Gentle Flow Yoga	10:30 Zoom Pilates**
11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch	
AmeriCorps Card Class 2nd Monday	1:00 Interm.. Tai Chi 2:00 Adv Tai Chi	1:00 Canasta 1:00 Rummikub	12:30 Quilting Mahjong/ Bridge	**Call for information **Sign up required