

# Pass it on...

## UPCOMING EVENTS

Centers Closed July 4 & 5, 2013

Wellness Checks

Mon, July 8, 2013 (FF) 4:00 pm

Wed, July 10, 2013 (FF) 9:30 am

Tues, July 11, 2013 (TSC) 9:30 am

RSVP Perks- ADVOCACY TRAINING

Tues, July 9, 2013 (HP) 9:00 am

Wed, July 10, 2013 (TSC) 9:00 am

Tree Top Quilters (TSC)

Mon, July 8, 2013 at 1:00 pm

Prevent Blindness, Retinal Screening

Wed, July 10, 2013 (HP)

Red Cross Disaster Preparation

Wed, July 17, 2013 (HP) 11:00 am

Alzheimer Support Group (HP)

Thurs, July 25, 2013 at 11:30 am

**Travel Group Deposit Due for NYC**

Thursday, August 1, 2013

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

**Travel Group** -71 Travelers enjoyed a relaxing trip to WV in June. They traveled by Steam Engine & Diesel Engine through the Allegheny Mountains and saw a wonderful show in Elkins, WV. There next trip is to NYC in December 2013.



Train Adventure—2013

### *What is Advocacy??*

Every one is invited to RSVP Perks this month to learn more about Self-Advocacy— On Tues, July 9, 2013 our presentation will be at Heritage Place Classroom at 9 am. Or join us on Wed, July 10, 2013 at Topsail Senior Center Dining Room at 9 am . Come learn to SPEAK UP for YOURSELF OR FOR OTHERS.

### *Eye Screening*

Prevent Blindness North Carolina will be offering adult retinal camera vision screening at Heritage Place, on Wed, July 10, 2013 from 9:15 – 12:30 . Retinal image screening assists in the detection of eye diseases . Information of the vascular system, such as diabetes, hypertension, and arteriosclerosis is also obtained from the imaging. The screening is free, takes about 8 minutes, and uses non-contact photography. Please sign up at the front desk at Heritage Place.



### **Red Cross Disaster Preparation**

Wed, July 17, 2013

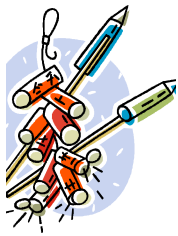
11:00 am

Heritage Place Dining



Fans  
available now





# Pender Adult Services, Inc

## Heritage Place Opportunities

Phone: 910-259-9119

| Monday<br>8:00—7:00              | Tuesday<br>8:00—7:00  | Wednesday<br>8:00—5:00 | Thursday<br>8:00—5:00     | Friday<br>8:00—3:00   |
|----------------------------------|-----------------------|------------------------|---------------------------|-----------------------|
| 9:00 Oil Painting                | 9:00 Crocheting       | 9:00 Basket Class      | 7:00 Burgaw Rotary        | 10:30 Shuffle & Shake |
| 11:00 Tai Chi & Balance<br>6/24) | 9:00 RSVP Perks (7/9) | 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   | 1:00 Bridge            |                           |                       |
| 6:00 Line Dance                  | 1:00 Jewelry          |                        |                           |                       |

**Saturday—closed**  
Facility Available  
For Rentals

## Topsail Senior Center Opportunities

Phone: 910-270-0708

| Monday<br>8:30 am—5:00 pm               | Tuesday<br>8:30 am—5:00 pm | Wednesday<br>8:30 am—5:00 pm | Thursday<br>8:30 am—5:00 pm | Friday<br>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 (7/10)       | 10:30 Chair Aerobics        | 10:00 Turkey Foot                           |
| 12:30 Tree Top Quilters<br>(2nd Monday) | 12:00 Meals                | 10:00 Knitting Group         | 11:15 Tai Chi               | 12:00 Meals                                 |
| 3:30 Hospice Trg (3rd)                  | 2:00 Gentle YOGA           | 12:00 Meals                  | 12:00 Meals                 | 1:00 Vitality in Action<br>(back this fall) |
|   | 3:00 Adv. Tai Chi          | 1:00 Woodcarving             | 1:00 Quilting Class         |   |
|   |                            | 1:00 Tax Assistance          | 1:00 Bridge                 |   |
|   |                            |                              | 1:00 Mahjong                |   |

**Saturday –closed**  
Facility Available

## *July 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