



Pass it on...



Fans
available soon

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

ELDER ABUSE WALK FOR AWARENESS

Elder Abuse Walk for Awareness, Pender County will be held on June 13, 2013 at Heritage Place in Burgaw. The walk and program is being plan by the Pender Adult Services and the Pender County Department of Social Services. The walk begins at 11:00 am at 901 S Walker St, Burgaw.

“We want to make people aware of the issue,” said Jennifer Mathews, Senior Center Coordinator for Pender Adult Services “It is in our county, we want people to recognize it and report it.”

Many cases go unreported either because the elderly are embarrassed to find they’ve been taken advantage of or their abuse is a matter of self-neglect or it’s their families that are abusing them and they don’t want to report it.

Tai Chi & Balance

A six weeks Tai Chi & Balance class will be offered at Pender Adult Services beginning June 24th. Registration for 6 week class is \$12.00.

Heritage Place
Mondays beginning June 24
11:00 – 11:45am
Topsail Senior Center
Tuesdays beginning June 25
3:15 – 4:00 pm

Tai Chi and Balance is a class that will work for every *body*!! Instructor will be Kathy Yakimovich. Kathy is Tai Chi for Health & Tai Chi Arthritis Foundation Certified. Sign up

What is Advocacy??

Every one is invited to RSVP Perks

Tues, July 9, 2013

at Heritage Place at 9 am

or Wed, July 10, 2013

at Topsail SC at 9 am

For SELF-ADVOCACY Education!
Come learn to SPEAK UP for YOU!!

Wellness Checks

Mon, June 3, 2013(FF) 4:00 pm – 6:00

Wed, June 5, 2013 (FF) 9:30 am – 11:00

Tues, June 11, 2013(TSC) 9:30 am – 10:30

RSVP Perks

Tues, June 4, 2013 (HP) 9:00 am

Wed, June 5, 2013 (TSC) 9:00 am

PROTECT YOUR MEDICARE

Wed, June 5, 2013(HP) 10:30 am

Thurs, June 6, 2013 (TSC) 10:30 am

Tree Top Quilters (TSC)

Mon, June 10, 2013 at 1:00 pm

Elder Abuse Walk for Awareness & Program

Thurs, June 13, 2013 at 11:00 am

Prevent Blindness, NC Retinal Screening

Tues, June 25, 2013 (TSC) 9:30 am – 12:30 pm

Alzheimer Support Group (HP)

Thurs, June 27, 2013 at 11:30 am

For more info contact Kay Warner at 259-9119 X 324



Pender Adult Services, Inc

Heritage Place Opportunities

Phone: 910-259-9119

Monday 8:00—7:00	Tuesday 8:00—7:00	Wednesday 8:00—5:00	Thursday 8:00—5:00	Friday 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 6/24)	9:00 RSVP Perks (1st)	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	Saturday—closed
2:00 Senior Chorus	1:00 Quilting Group	1:00 Bridge		Facility Available For Rentals
6:00 Line Dance	1:00 Jewelry			

Topsail Senior Center Opportunities

Phone: 910-270-0708

Monday 8:30 am—6:00 pm	Tuesday 8:30 am—5:00 pm	Wednesday 8:30 am—4:00 pm	Thursday 8:30 am—5:00 pm	Friday 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 (1st)	10:30 Chair Aerobics	12:00 Meals
12:30 Tree Top Quilters (2nd Monday)	12:00 Meals	10:00 Knitting Group	11:15 Tai Chi	1:00 Vitality in Action
3:30 Hospice Trg (3rd)	2:00 Gentle YOGA	12:00 Meals	12:00 Meals	7:30 Square Dance (1st Friday)
	3:00 Adv. Tai Chi	1:00 Woodcarving	1:00 Quilting Class	
		1:00 Tax Assistance	1:00 Bridge	Saturday –closed
			1:00 Mahjong	

Fitness Fusion Group Fitness Classes

Phone: 910-259-0422

June 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.

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	Saturday Open 8:00—2:30
6:40 ZUMBA				