



Helpful information to enhance senior living  
provided by Pender Adult Services

# Pass it on...

The Pender-Topsail  
**POST**  
& Voice

March  
2016



## Run for you Life Mar. 26

Fitness Fusion is sponsoring a 5K/10K Race and one mile fun walk Mar. 26 in Burgaw. The event is intended to encourage a healthy lifestyle through increasing physical fitness. Just engaging in moderate physical activity three to four times weekly significantly improves your overall health. It may also prevent the onset of heart disease and many other diseases.

The race is called the Fitness Fusion Race for your Life 5K/10K. The event will be held at Fitness Fusion located at 901 South Walker Street in Burgaw.

The gym has become a local favorite with a variety of classes, great equipment and a wonderful staff. They are sponsoring the race as a culmination of a Couch to 5K program that began in January. The gym has offered coaching sessions 3 times a

week to assist non-runners to begin a running program.

The race course will begin at Fitness Fusion Mar. 26 at 9 a.m. Your help in supporting this event will be much appreciated. Any proceeds will be used to support fitness and wellness services at Fitness Fusion and Pender Adult Services. PAS provides a wide range of wellness services and facilities for all ages. Sponsorships in the amount of \$50 and \$100 will include a logo on t-shirts designed for race participants. In addition, \$250 sponsors will be recognized at the pre and post-race festivities providing recovery beverages and snacks.

For more race information visit the Fitness Fusion web site at [www.fitnessfusiononline.com](http://www.fitnessfusiononline.com) or register for the race at [www.its-go-time.com](http://www.its-go-time.com). You may also call Fitness Fusion at 259-0422 for information.



Crafting is fun at Topsail Senior Center. The class made Mardi Gras masks.

Photo contributed



## dress in blue day™

### COLON CANCER ALLIANCE

Dress in Blue day is Friday, Mar. 4. According to North Carolina's State Center for Health Statistics, cancer of the colon and rectum was the second leading cause of cancer death in North Carolina from 2008 to 2012.

It is estimated that 4,633 people in North Carolina were diagnosed in 2015 and 1,642 people will have died of the disease. One in 20 people will be diagnosed with colon cancer in their lifetime.

It is a concerning statistic and one of the reasons why the North Carolina Department of Aging and Adult Services will hold a statewide event in

conjunction with the Colon Cancer Alliance's National Dress in Blue Day.

National Dress in Blue Day is held on the first Friday in March in communities and offices throughout the nation. The Colon Cancer Alliance first launched the Dress in Blue Day program in 2009 to bring nationwide attention to colon cancer and to celebrate the courage of those affected by this disease.

Today, individuals, businesses and community groups across the country participate by wearing blue and urging

*Continued on back*



Photo contributed

Knitting groups are wonderful support for knitting and life issues. We have groups that knit at both Heritage Place and Topsail. Check the schedule for times.

## National Diabetes Alert Day

Could you be at risk for diabetes? Join us Mar. 22 from 12:45-2:30 p.m. for FREE screening and to learn about the steps that can be taken to reduce your risk. No RSVP necessary, just drop by!

## GET OUT AND VOTE!

### ONE STOP VOTING AT TOPSAIL

We will make class adjustments Mar. 2-16.

Topsail Senior Center will be one stop voting location this spring. All Classes will meet in the Dining Room (DR). Voting will be using the classroom and foyer. Some classes will meet one out of the two weeks. Please see the full schedule at Topsail.

## BASKET WEAVING CLASS

Join us if you are interested in learning this heritage art. You will learn to make several baskets that are decorative, colorful and useful.

Each basket is unique and makes an unusual addition to your home or as a lovingly made gift.

Supplies not included.

**Topsail Senior Center, Hampstead**

Time: Tuesday, 9 a.m. until 1p.m.

Sign up at Topsail Senior Center or call 270-0708.

**Heritage Place, Burgaw**

Time: Wednesday, 9 a.m. until 1 p.m.

Call Jennifer Mathews at 259-9119, if interested.

Class fee is \$18 for 60 and up and \$28 for 59 and under.



EST. 1916  
**DEES**  
DRUG STORE INC.

111 S. Wright Street, Burgaw, NC 28425 • 910.259.2116

**Jimmy Wilson, Pharm. D**  
**Randy Spainhour, Rph.**  
**Krista Strickland, Pharm. D**

This store gladly accepts Medicaid, Medicare, Blue Cross/Blue Shield, State Teachers Plan and most other third party prescription plans.

VISIT OUR  
Old-Fashioned  
SODA  
FOUNTAIN

Open Monday - Friday  
9 a.m. - 6 p.m.  
Saturday 9 a.m. - 1 p.m.

**FREE DELIVERY**



Medicare education workshop Mar. 16

Will you be eligible to receive Medicare this year? Are you confused by information you are receiving about Medicare supplements and other plans available? Do you want more information on Medicare prescription drug plans and how they work? Do you need to know how Medicare works in general? If you answered yes to any of the questions above, plan to attend the Medicare Education

Workshop will be held at the Topsail Senior Center, 20959 U.S. Hwy. 17 North, Hampstead. The program will be held Mar. 16 from 5:30-7 p.m. Kay Warner and John Lutz with the SHIP program will be presenting the workshop. The class is free, but registration is required. Call the Topsail Senior Center, 270-0708, to sign up for the class.

BASKET WEAVING CLASS

Join us if you are interested in learning this heritage art. You will learn to make several baskets that are decorative, colorful and useful. Each basket is unique and makes an unusual addition to your home or as a lovingly made gift. Supplies not included.

Topsail Senior Center, Hampstead

Time: Tuesday, 9 a.m. until 1p.m.

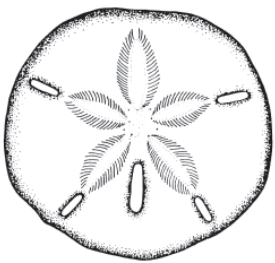
Sign up at Topsail Senior Center or call 270-0708.

Heritage Place, Burgaw

Time: Wednesday, 9 a.m. until 1 p.m.

Call Jennifer Mathews at 259-9119, if interested.

Class fee is \$18 for 60 and up and \$28 for 59 and under.



Topsail Silent Auction

Thursday, April 21, 2016

6:00 pm – Topsail Senior Center

Tickets: \$20 per person

Join us for an evening of entertainment with wine, hors d’oeuvres and dinner to benefit the Meals on Wheels Program for the Homebound Elderly

Celebrating 20 years  
Topsail Senior Center  
20959 Hwy 17  
Hampstead NC 28443  
(910)270-0708

Pender Adult Services  
March 2016 Calendar

March 1 - Perks - 9 a.m. - HP

March 2 - Perks - 9 a.m. - TSC

March 4 - WEAR BLUE DAY-raise awareness for colorectal cancer

March 4 - New Line Dance class for beginners -12:15-TSC

March 8 - Art Class with Mitchell - 10 a.m. HP

March 9 - Blind Support Group 1 p.m. - HP

March 10 - Widows Support Luncheon - Noon HP

March 16 - Medicare 101 Education Workshop - 5:30 p.m. - TSC

March 17 - Blood Pressure Checks & Hep C Education - TSC

March 17 - Cancer Support Luncheon - Noon - HP

March 22 - Diabetes Alert Day - pre-diabetic screening 12:45-2 p.m. HP

March 24 - Caregivers Support Group - 11:30 a.m. HP

March 25 - Blood Pressure Checks & Hep C Education- HP

Call Topsail for Caregivers Support date - one Friday each month, dates vary.



TAXES?

NHC library (Main)Monday - Friday 9 a.m until 1 p.m.

No appointment necessary  
Bring last year’s tax returns and all applicable documents  
Hampstead...American Legion Post #167  
US16660 US 17, Hampstead NC  
Behind Midway Inspections, just past UHaul Rental  
Monday - Wednesday afternoons 1 - 5 p.m.



NEED HELP CARING  
FOR YOUR LOVED ONE AT HOME?

Pender Adult Services, Inc.  
Offers assistance in the home for individuals and their families in Pender and Duplin Counties  
Services include CAP In-Home aide, Personal Care & Private Pay.  
CALL NOW FOR MORE INFORMATION!

Blue

Continued from front

others to do the same. Blue is the nationally recognized color for colon cancer. By “getting blue,” we hope to raise public awareness and save lives. Learn the facts on colorec-

tal cancer and get tested-it could save your life. Early detection matters. When this cancer is detected early, the survival rate is approximately 90 percent. If you are 50 or older, don’t wait for symptoms to appear. Get tested today and prevent colon cancer before it starts. How can you stop colorec-

tal cancer before it starts?  
•1. Get checked.  
•2. Eat Right  
•3. Get Moving  
Join and help raise awareness by dressing in Blue Mar. 4. Information will be available at Pender Adult Services or you may visit the CDC.gov website and search colorectal cancer.

Pender Adult Services Class Schedule  
Heritage Place Opportunities

Phone: 910-259-9119

Monday 8:00—7:00	Tuesday 8:00—5:00	Wednesday 8:00—5:00	Thursday 8:00—5:00	Friday 8:00—3:00
9:00 Oil Painting (on hold)	9:00 Crocheting	9:00 Basket Class	10:30 or 11:15 Geri-fit	
12:00 Meals	9:00 RSVP Perks (1st)	11:00 Bingo	11:30 Caregivers Support (4th)	11:00 Bingo
1:00 Bid Whist	10:30 or 11:15 Geri-fit	12:00 Meals	11:30 Health Checks (4th)	12:00 Meals
1:00 Canasta	12:00 Meals	1:00 Bid Whist	12:00 Widow’s Support (2nd)	
3:00 Lamplighters Chorus	12:30 Pinochle	1:00 Bridge	12:00 Cancer support lunch (3rd)	Saturday—closed
6:00 Line Dance	1:00 Quilting Group	1:00 Blind Support (2nd )	12:00 Meals	Facility Available
	1:00 Jewelry		1:00 Rummyque	For Rentals

Topsail Senior Center Opportunities

Phone: 910-270-0708

Monday 8:30 am—5:00 pm	Tuesday 8:30 am—5:00 pm	Wednesday 8:30 am—5:00 pm	Thursday 8:30 am—5:00 pm	Friday 8:30 am—2:30 pm
9:00 Art Class (group)	9:00 Baskets	9:00 Quilting Bee	9:00 Geri-fit	11:00 Line Dance
10:00 Modified PILATES	9:00 Geri-Fit	9:00 RSVP Perks (1st)	10:00 YOGA & Cribbage	12:15 Beginning Line Dance
12:00 Meals	10:00 Senior Crafts & fun	9:00 Woodcarving	10:00 Bingo	12:00 Meals
1:00 Poker	12:00 Meals	12:00 Meals	Health Checks (3rd)	Caregivers Support **
1:00 Tree Top Quilters(2nd)	2:00 Gentle YOGA	1:00 Canasta	12:00 Meals	**Call for info
3:00 Hospice Trg (2nd)		1:00 Knitting Group	1:00 Quilting Class	Saturday –closed

Facility Available  
Phone: 910-259-0422

2016

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 Open 5:00—9:00	Tuesday Open 5:00—9:00	Wednesday Open 5:00—9:00	Thursday Open 5:00—9:00	Friday Open 5:00—9:00
5:30 RPM Cycling	5:30 RPM Cycling	7:00 RPM Cycling	5:30 RPM Cycling	5:30 RPM Cycling
8:30 BODYPUMP	8:30 CARDIO BLAST	8:30 BODYPUMP	8:30 ZUMBA	8:30 BODYPUMP
9:40 YOGA	9:40 YOGA	9:30 Health Checks (1st)	9:40 YOGA	9:50 PILATES
10:45 FIT OVER 50	10:45 FIT OVER 50	9:50 PILATES	10:45 FIT OVER 50	5:30 BODY PUMP
4:30 Health Checks (1st)	5:30 BODY ATTACK	12:15 RPM Express	5:30 TURBO KICK	Saturday Open 8:00—2:30
4:30 RPM Cycling	5:30 RPM Cycling	5:30 BODY PUMP	5:30 RPM Cycling	8:30 RPM Cycling
5:30 BODYPUMP	6:30 ZUMBA			