



April 21, 2020

www.penderpas.com

Facebook: Pender Adult Services

PROMOTING *Healthy & Fulfilling Lives*

Pender Adult Services has suspended activities at our senior centers.

Do you have an email address? We are asking you to email us with your name in the subject box. Please email Jennifer at jmathews@penderpas.com

**Call Ahead Monday
BEFORE 10am**
**Take Out MEALS
Tuesday
11:30 – 12:00**

Tuesday Take Outs include 1 hot meal, 1 cold plate & shelf meals(occasional frozen meal) for current congregate meals clients. **Please let us know the week prior or NO LATER THAN Monday by 10:00 am** to receive a meal the following Tuesday. Call (910) 259-9119, press 0 to let us know you would like a meal.

HOT MEAL – April 21 – BBQ Chicken, Broccoli & Rice Casserole, Fruit, Bread, Milk
HOT MEAL – April 28 – Spaghetti & Meatballs, Vegetable, Fruit, Bread, Milk

Consumer Contributions are appreciated

Meals to Home Delivered Meals clients and VAN RIDER Congregate clients are delivered on Tuesday between 11 – 1. You will receive 1 hot and 1 cold home delivered meal along with shelf meals(occasional frozen meal) for the week. PAS TRAN drivers and RSVP volunteers are delivering.

**HOME
DELIVERY**
**5 meals will be
delivered on
Tuesdays**
No need to call

Please call if this is not needed, otherwise it will be delivered.

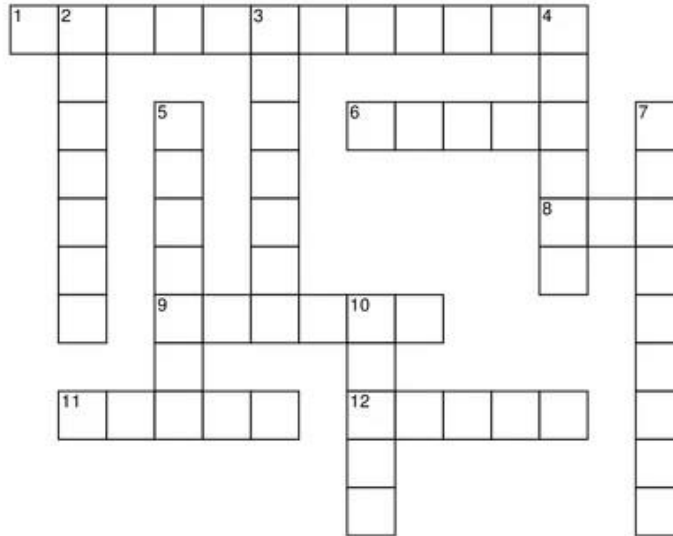
***NEW*FROZEN MEAL**
*Thaw overnight in refrig.
*Vent corner before microwaving

Stay Home & Stay Safe!
WE MISS YOU!
We will get through this together!

Have you heard the latest about the stimulus checks? For Social Security retirement, survivors, or disability beneficiaries who do not have qualifying children under age 17, you do not need to take any action with the IRS. You will automatically receive your \$1,200 economic impact payment directly from the IRS as long as you received an SSA-1099 for 2019.

Please call friends and socialize over the phone. This is a very difficult time for people to be alone. We all need to chat with several people every day. Who would you have sat with if you had eaten at the senior center today? Do you have their phone number? Give them a call and check in with them. You will enjoy it and they will too!

Earth Day



www.HaveFunTeaching.com

ACROSS

- 1 The protection of something so that it will not be destroyed.
- 6 The U.S. celebrates Earth Day every year during the month of _____.
- 8 An _____ spill can happen in the water and is a form of pollution.
- 9 Save _____ in your house by changing to compact fluorescent light bulbs.
- 11 We can help save _____ by turning off the sink while we brush our teeth.
- 12 It is important that we take care of our planet _____.

DOWN

- 2 We can choose to eat _____ foods, which are healthy and do not have pesticides and hormones.
- 3 To use our resources again, we must _____ our paper, plastic, and glass.
- 4 Gaylord _____ is the founder of Earth Day, which began in 1970.
- 5 We need to _____ our environment by cleaning up the air, water, and land.
- 7 Cars can create _____ that is released into the air.
- 10 Which color is usually connected with taking care of our planet?

WORD BANK: April, conservation, earth, energy, green, nelson, oil, organic, pollution, protect, recycle, water.

Earth Day is April 22, 2020 --- Wear something “earthy”
Be thankful for creation