

Pass it on...

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



April Events

Health Checks

Mon, April 8, 2013(FF) from 4:00 –6:00

Wed, April 3, 2013(FF) at 9:30 –11:00

Tues, April 9, 2013(TSC) 9:30—10:30

Blind Support Group

Wed, April 10, 2013(HP) 1:00 pm

Diabetes Support Group

Wed, April 24, 2013 (HP) 11:00 am

Alzheimer Support Group

Thurs, April 25, 2013(HP) at 11:30am

Topsail Silent Auction

Thurs, May 2, 2013

Safety & Self-Defense Class

A Women's Safety & Self-Defense Class will be offered on Monday, April 15, 2013 from 7:30 – 8:30 pm at Heritage Place, 901 S Walker St, Burgaw. Chief Bill King with the Burgaw Police Department will lead the class, which will include basic safety tips and simple self-defense techniques to help the people feel more secure. The sessions are free, but reservations are requested. Please call 259-9119, press 0 for the front desk to make a reservation.



BE GREEN

EARTH DAY!

April 22, 2013

TAI CHI



2013 Tai Chi Classes will be offered at Heritage Place and Topsail Senior center beginning in April.

The Burgaw Class will be offered on Mondays at 11:00 am beginning April 15, 2013. It will be a combined class unless we have enough interested beginners to split the class. Call 259-9119, press 0 for more information on Burgaw Class.

Topsail classes will include an Advanced Tai Chi Class on Tuesdays at 3:15 pm beginning April 9, 2013 and a beginning Tai Chi on Thursdays at 11:15 am starting April 11th. Call 270-0708 for more information on the Topsail Class.

We must have 8 to offer each class. *\$20 Fee for 8 weeks is due at registration. Kathy Yakimovich is a certified Arthritis Foundation instructor.*

Join an exercise class

Spring is coming.

Walk more!!



Pender Adult Services, Inc

Heritage Place Opportunities

Phone: 910-259-9119

Monday
8:00—7:00

9:00 Oil Painting
11:00 Tai Chi—combined
12:00 Meals
1:00 Bid Whist
1:00 Canasta
2:00 Senior Chorus
6:00 Line Dance

Tuesday
8:00—7:00

9:00 Crocheting
9:00 RSVP Perks (1st)
11:00 Sit & Be Fit
12:00 Meals
12:30 Pinochle
1:00 Quilting Group
1:00 Jewelry

Wednesday
8:00—5:00

9:00 Basket Class
10:30 Shuffle & Shake
11:00 Bingo
12:00 Meals
1:00 Bid Whist
1:00 Bridge

Thursday
8:00—5:00

7:00 Burgaw Rotary
11:00 Sit & Be Fit
12:00 Meals

3:00 Quilting/Sewing Club

Friday
8:00—3:00

10:30 Shuffle & Shake
11:00 Bingo
12:00 Meals

Saturday—closed
Facility Available
For Rentals

Topsail Senior Center Opportunities

Phone: 910-270-0708



Monday
8:30 am—6:00 pm

10:00 Modified PILATES
12:00 Meals
12:30 Tree Top Quilters
(2nd Monday)
3:30 Hospice Trg (3rd)

Tuesday
8:30 am—5:00 pm

9:00 Baskets
10:30 Bingo
12:00 Meals
2:00 Gentle YOGA
3:00 Adv. Tai Chi

Wednesday
8:30 am—4:00 pm

9:00 Quilting Class
9:00 RSVP Perks (1st)
10:00 Knitting Group
12:00 Meals
1:00 Woodcarving
1:00 Tax Assistance

Thursday
8:30 am—5:00 pm

10:00 Vinyasi YOGA
10:30 Chair Aerobics
11:15 Beg. Tai Chi
12:00 Meals
1:00 Quilting Class
1:00 Bridge
1:00 Mahjong

Friday
8:30 am—2:30 pm

9:00 Wood Carving
12:00 Meals
1:00 Vitality in Action
7:30 Square Dance
(1st Friday)

Saturday —closed

April 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

Open 5:30—9:00
8:30 BODYPUMP
9:40 YOGA
10:45 FIT OVER 50

4:15 ZUMBA
5:30 BODYPUMP
6:40 ZUMBA

Tuesday

Open 5:30—9:00
8:30 CARDIO BLAST
9:40 YOGA
10:45 FIT OVER 50

6:30 ZUMBA

Wednesday

Open 5:30—9:00
8:30 BODYPUMP
9:50 PILATES

5:30 BODY PUMP

Thursday

Open 5:30—9:00
8:30 ZUMBA
9:40 YOGA
10:45 FIT OVER 50

6:00 ZUMBA

Friday

Open 5:30—9:00
8:30 BODYPUMP
9:50 PILATES
5:30 BODY PUMP

Saturday

Open 8:00—2:30