

Heritage Place Class Descriptions
901 S Walker Street
Burgaw, NC
910 259-9119

Pass it on...

Fall 2013

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



Basket weaving: Six-week course in basket weaving/chair caning is offered on Wednesday from 9:00am – 1:00pm. Class fee is \$18 for 60 & up and \$28 for 59 & under.

Bingo: Offered on Wednesday at Friday at 11:00 am.

Card Games:

Bid Whist offered on Monday & Wednesday at 1:00pm

Bridge Group meets on Wednesday at 1:00 pm. We are looking for newcomers. Teachers are available.

Canasta Group meets on Mondays at 1:00 pm.

Pinochle Group meets on Tuesdays at 12:45 pm

Rummique and **Mexican train** are available. Contact Jennifer Mathews if you are interested in starting a group.

Crocheting Class: Eight week class is offered that will teach you the basics on Tuesdays from 9:00am – 12:00. Class fee is \$16 for 60 & over and \$25 for 59 & under.

Group Fitness Classes are offered at Fitness Fusion: Body Pump, Cardio Kickboxing, Fit Over 50, Gentle Yoga, Pilates, and Zumba. Call 910-259-0422.

Jewelry Making: Four week class offered. Learn to create and repair. Class fee is \$8 for 60 & up and \$15. Class is offered on Tuesday from 1:00 – 3:00pm.

Knitting Group: Bring you current projects or come learn this craft. Group shares patterns and ideas as well as lots of conversation. Group meets on Tuesdays from 1:00 – 3:00pm.



Line Dancing: Come and learn some new steps. This is fun and great exercise. Eight week class fee is \$8 for 60 and over and \$12 for 59 and under. Class meets on Mondays from 6:00 – 7:00 pm.

Oil Painting: Class offered through CFCC, Burgaw. Sessions are 6 weeks. Register at CFCC Burgaw Campus. Class meets on Mondays from 9:00 – 1:00pm. at Heritage Place.

Quilting Group: Bring you current projects and work together to make beautiful creations. Supplies not included. Group meets on Tuesdays from 1:00 – 4:00pm.

Senior Chorus “Lamplighters”: This is a 55 & older singing group that meets most Mondays at Heritage Place. Our chorus performs at local events and programs. No experience required! Group meets on Monday from 2:00 – 3:30pm and sings at local rest homes on other occasions.

Sit & Be Fit: Low impact chair exercise class meets on Tuesday & Thursday from 11:00 – 11:55am.

Tai Chi: Offered for Beginners or more advanced students. Great for strengthening and balance. Advance class offered on Mondays at 11:00 am and Beginner class offered on Monday at 11:45 am.





Pender Adult Services, Inc

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	9:00 Crocheting	9:00 Basket Class (9/11)	7:00 Burgaw Rotary	10:00 Corn Hole
11:00 Tai Chi (starts 9/9)	9:00 RSVP Perks	10:30 Shuffle & Shake	11:00 Sit & Be Fit	10:50 Laughter medicine
12:00 Meals	11:00 Sit & Be Fit	11:00 Bingo	12:00 Meals	11:00 Bingo
1:00 Bid Whist	12:00 Meals	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 (9/9)	1:00 Bridge		
6:00 Line Dance	1:00 Jewelry	1:00 Blind Support Group		
	1:00 Knitting Group			

Saturday—closed
Facility Available
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
10:00 Modified PILATES	9:00 Baskets (9/10)	9:00 Quilting Class	10:00 Vinyasi YOGA	9:00 Wood Carving
12:00 Meals	Health Checks—2nd Tues	9:00 RSVP Perks	10:30 Bingo	10:00 Cribbage
12:30 Tree Top Quilters (2nd Monday)	10:30 Feel Good Fun	10:00 Knitting Group	11:15 Tai Chi (9/12)	12:00 Meals
3:30 Hospice Trg (3rd)	12:00 Meals	12:00 Meals	12:00 Meals	12:00 Vitality in Action
	2:00 Gentle YOGA	1:00 Woodcarving	1:00 Quilting Class	
	3:00 Adv. Tai Chi (9/10)	1:00 Tax Assistance (Feb-April)	1:00 Bridge	
			1:00 Mahjong	

Saturday—closed
Facility Available

Fitness Fusion Group Fitness Classes

Phone: 910-259-0422

Sept2013

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 5:30—9:00	Tuesday Open 5:30—9:00	Wednesday Open 5:30—9:00	Thursday Open 5:30—9:00	Friday 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	<i>Health Checks—1st W</i>	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
4:15 ZUMBA				
5:30 BODYPUMP	6:30 ZUMBA	5:30 BODY PUMP	6:00 ZUMBA	
6:40 ZUMBA				

Saturday
Open 8:00—2:30