



Pass it on.

The Pender-Topsail
POST
& Voice

December
2022


PENDER ADULT SERVICES, INC.

Medicare open enrollment ends December 7

Pender Adult Services has trained SHIIP (Seniors Health Insurance Information Program) volunteers that assist clients with Medicare questions. Open enrollment for Medicare Part D is coming to a close Dec. 7. Open enrollment for medicare advantage plans will occur from Jan. 1 through Mar. 31.

If you are receiving extra help you may continue to review your plans during the year. If you have limited income and would like to review possible assistance pro-

grams, are new to Medicare and need help reviewing and understanding the system or researching a supplement and drug plan, please call.

SHIIP Volunteers are available by appointment at Heritage Place, call 910-259-9119 X 301 or Topsail Senior Center, call 910-270-0708. You may also call NCSHIIP at 855-408-1212 or Medicare at 1800-Medicare.

If you think you might be interested in volunteering for this program, please contact Jennifer Mathews at 910-259-9119 X 303.



Jennifer, Anna, Wes, and Jessica enjoy the Silent Auction festivities. It was a great night.



**Vintage Handkerchief Quilt
Raffle Tickets at
Heritage Place
\$5 each or 3/\$10**

Holiday crafts



Mary and Bernice enjoyed making angels with Delane. Craft times are offered at both centers.

Serving in the community through RSVP

Dr. Stephanie Hooker, a research investigator at Health Partners Institute in Bloomington, MN, told *Medical News Today* "A sense of purpose in life is the extent to which someone feels that their life has direction and has ultimate goals. A strong sense of purpose in life will look different across different people. Some people may want to contribute to their community, for others, it would be to be successful in their career; and for others, it may be to take care of their families."

The Retired Senior Volunteer Program (RSVP) in Pender County, a grant funded program under AmeriCorps Seniors, needs volunteers 55 years of age and older to socialize with homebound seniors, especially male volunteers; serve Meals on Wheels routes that will be added in our county; work in our schools; serve in volunteer positions in non-profits around our county and volunteer in our Senior Centers on both sides of Pender County.

"Our population in Pender County is growing as many people are moving to our area from other states, other parts of North Carolina and out of the metropolitan area of Wilmington," said Cathy Guidry, Director of RSVP. "As this happens, the needs in our community grow and the needs of our volunteers grow."

If you are 55 and older and want to volunteer with the benefits of support, training, comradery, rewards and fun activities contact the RSVP office at 910-259-9119, ext 329. If you have a loved one that needs socialization in his/her home, please contact the RSVP office.

Season's greetings from the Topsail Senior Center

We hope everyone had a great Thanksgiving; we are thankful that our Meals on Wheels clients had a turkey dinner with all of the trimmings coordinated by Diane Mangus, and purchased by the Hampstead Women's Club. We also appreciate our RSVP volunteers Judy Pritchard and Marsha Kuhn for helping package these dinners and our MOW drivers for delivery.

Join us Thursday, Dec. 1 with Birthday Bingo at 10:30 a.m. On that same day Blood pressure checks are available from 9 a.m. until noon with a Lower Cape Fear LifeCare nurse. Tuesday, Dec. 6 we have Shannon and Kelly with Lower Cape Fear LifeCare; Kelly to discuss "Different Dementia" at 10 a.m. and Shannon bringing a Christmas craft for everyone to enjoy at 10:30 a.m.

Wear red, white and blue Thursday, Dec. 8 for Bingo as we will recognize our Veterans at 10:30 a.m. For our Christmas party this year Dec. 15, we are fortunate to have the Harmony Belles singers to come and entertain us at 11:30 a.m. for lunch. We are

planning a Christmas pot luck dessert buffet to follow (sign-up required). If you like to sing, join us Tuesday, Dec. 20 at 10 a.m. for Christmas carol karaoke, and wear your most outlandish Christmas sweater. We have a new evening line

dancing class at 6:30 p.m. on Monday nights, with instructor Donna Mae Gordon.

Medicare open enrollment ends Dec. 7, if you need assistance selecting a Medicare plan, we still have a few SHIIP appointments available, call

us at 910-270-0708 to make an appointment. The center will be closed for activities from Dec. 22 through Jan. 2 for the Christmas and New Year Holiday. We want to wish everyone a Happy Christmas and a safe, healthy New Year!

Reservations open January 3, 2023



Pender Adult Services

Presents a Fabulous Trip to

Savannah GA & The Golden Isles

For Information and/or Reservations, Please Contact:

Jennifer Mathews @ 910-259-9119 x 303

Date of Trip: April 10 – April 13, 2023

**Price: \$599.00 Per Person – Double Occupancy
Reservations open January 3, 2023 - \$150 deposit hold
Final Balance due March 3**



Pender Adult Services is a private non-profit agency dedicated to promoting healthy and fulfilling lives. Join us for healthy fun, learning activities, creative arts, volunteer opportunities, socialization, games and activities.

Want to know more? Give us a call...

Heritage Place

901 S Walker St
Burgaw, NC 28425
(910) 259-9119

Topsail Senior Center

20959 Hwy 17
Hampstead, NC 28443
(910) 270-0708

Fitness Fusion

903 S Walker St
Burgaw, NC 28425
(910) 259-0422

Find us online: www.penderpas.com

On Facebook: [Pender Adult Services](https://www.facebook.com/PenderAdultServices)

December Fun

at Pender Adult Services

Americorp RSVP Parties

December 6 & 7

Celebrating Veterans (both centers)

Red White & Blue day

Thursday, December 8

A Merry Little Christmas

With The Harmony Belles of Wilmington

Tuesday, December 13th at HP

Thursday, December 15th at TSC

Ugly Sweater Day (both centers)

Tuesday December 20th

Closings

Dec 22—26, 2022 Christmas Holiday

Jan 2, 2023 New Years Holiday



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PENDER ADULT SERVICES

2022 SILENT AUCTION & GALA

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Weekly Schedule

Heritage Place—Burgaw 910-259-9119

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 Fit Over Fifty at FF 9:45 Card Class** 3rd Monday	9:00 Crochet Group 9:30 Yoga at FF	10:00 Puzzle Time	10:00 Walking Group	10:00 Coffee 10:30 Zoom Pilates
10:00 Zoom Pilates	10:30 Geri-fit 10:30 Quilting	9:45 Pilates at FF 10:30 Bingo	10:30 Geri-fit	10:30 Sing-A-Long 10:30 Monthly Craft 11:00 Sit & Stretch
11:30 Lunch 1:00 Canasta	11:30 Lunch 12:30 Mexican Train	11:30 Lunch 12:30 Brain Games	11:30 Lunch 12:30 Jenga/Yatzee	11:30 Lunch 12:30 Sequence
6:00 Line Dancing	12:30 Rummikub 1:00 Beginning Knit	1:00 Bridge Canasta	12:30 Rummikub	* 10:30 Monthly Karaoke

Topsail—Hampstead 910-270-0708

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Art Group 10:00 Modified Pilates Zoom Pilates**	9:00 Gerifit	9:00 Quilting 10:30 Line Dancing	9:00 Gerifit 10:00 Beginning Tai Chi	
11:30 Lunch	10:00 Fellowship or Crafts		10:30 Bingo 11:00 Gentle Flow Yoga	10:30 Zoom Pilates**
12:30 Vinyasi Slow Yoga	11:30 Lunch	11:30 Lunch	11:30 Lunch	
	1:00 Interm.. Tai Chi 2:00 Adv Tai Chi	1:00 Canasta 1:00 Rummikub Mexican Train	1:00 Quilting Mahjong/ Bridge	**Call for information **Sign up required

PAS—Celebrating 40 years of making a difference across Pender County

PENDER ADULT SERVICES MENU - DECEMBER 2022				
Monday	Tuesday	Wednesday	Thursday	Friday
<div>Approved by:</div> <div><i>Kathleen Sedoma, RD, LDN</i></div>	<div>PLEASE NOTE:</div> <div>Menu substitutions may be made at any time due to food sourcing issues.</div>	<div>Meat - at least 2 oz</div> <div>Casserole - 6 oz</div> <div>Veg/Fruit - 1/2 c</div> <div>Condiments as needed</div>	<div>Chicken and Dumplings</div> <div>Tuscan Blend Vegetables</div> <div>Fruit Cup</div> <div>Biscuit/Margarine</div> <div>2 % Milk</div>	<div>Vegetable Soup</div> <div>Turkey and Cheese Sandwich</div> <div>Fresh Orange</div> <div>Crackers</div> <div>Nutri Grain Bar</div> <div>2% Milk</div>
<div>BBQ Pork Chop</div> <div>White Beans</div> <div>Broccoli with Cheese Sauce</div> <div>Pears</div> <div>Roll/Margarine</div> <div>2 % Milk</div>	<div>Spaghetti with Meat Sauce</div> <div>Green Beans</div> <div>Peaches</div> <div>Bread Stick</div> <div>2 % Milk</div>	<div>Mango Chicken</div> <div>Rice Pilaf</div> <div>Stir Fry Vegetable Mix</div> <div>Tropical Fruit Mix</div> <div>Biscuit/Margarine</div> <div>2 % Milk</div>	<div>Beef Patty/Gravy</div> <div>Mashed Potatoes</div> <div>Baby Carrots</div> <div>Fruit of Choice</div> <div>Biscuit/Margarine</div> <div>2 % Milk</div>	<div>Vegetable Salad with Chicken Strips/Cheese/Dressing</div> <div>Sun Chips</div> <div>Fruit Cup</div> <div>Crackers/Cookie</div> <div>2 % Milk</div>
<div>Beef and Macaroni Casserole</div> <div>Broccoli</div> <div>Mixed Fruit</div> <div>Biscuit/Margarine</div> <div>2 % Milk</div>	<div>Italian Sausage with Onions and Peppers</div> <div>Potato Wedges</div> <div>Pineapple Tidbit</div> <div>Cornbread/Margarine</div> <div>2 % Milk</div>	<div>Fish Sandwich</div> <div>Steak Fries</div> <div>Coleslaw</div> <div>Pears</div> <div>Hushpuppies/Margarine</div> <div>2 % Milk</div>	<div>Lasagna</div> <div>Caesar Salad/Dressing</div> <div>Tropical Fruit Mix</div> <div>Breadstick/Margarine</div> <div>2 % Milk</div>	<div>Tomato Bisque Soup</div> <div>Pimento Cheese Sandwich</div> <div>Fresh Orange</div> <div>Oyster Crackers</div> <div>2 % Milk</div>
<div>Chicken Cordon Bleu</div> <div>Rice Pilaf</div> <div>Tuscan Blend Vegetables</div> <div>Pineapple Tidbits</div> <div>Roll/Margarine</div> <div>2% Milk</div>	<div>Cheeseburger on Bun</div> <div>Sweet Potato Waffle Fries</div> <div>Green Beans</div> <div>Ambrosia Deluxe</div> <div>Cookie</div> <div>2% Milk</div>	<div>Creamed Diced Turkey over Noodles</div> <div>California Blend Vegetables</div> <div>Fruit of Choice</div> <div>Biscuit/Margarine</div> <div>2% Milk</div>	<div>CLOSED FOR HOLIDAY</div> <div></div>	<div>CLOSED FOR HOLIDAY</div>
<div>CLOSED FOR HOLIDAY</div>				<div>Happy New Year 2022</div>