



# Pass it on...

The Pender-Topsail  
**POST**  
& Voice

September  
2018



Topsail offers a group craft class on Tuesday mornings. We make fun take home crafts weekly. Join us after Matter of Balance concludes.

## Topsail Senior Center News

By Donna Murphrey  
Topsail Senior Center

We are having a great summer at Topsail Senior Center with lots of people enjoying our new Zumba Gold class. Our instructor Roxanna Hegarty makes working out fun.

Our Matter of Balance course offered by the Pender County Health Department has become so popular, we are averaging 20 to 24 each class.

We are asking that no new class members come since we are into the third class but if you are interested, call us and we will let you know when we schedule this eight week course in the future.

We are considering a Coffee Club on Wednesday mornings for those who may want to share stories and visit with other seniors and free coffee! Please call us at (910) 270-0708 if this is something you would enjoy.

We have recently celebrated birthdays at the center and one is a vol-

unteer, Bill Wicks, who comes in Monday thru Thursday, year after year assisting with unloading Meals on Wheels, moving tables, and emptying garbage cans, Happy Birthday and thanks for all you do!

We are so fortunate to be part of a giving community and want to send thanks to Joe and Alice Atkins for replacing our door closer and mounting our AED box.

We want to thank all of our Meals on Wheels backup drivers for assisting while our regulars are on vacation and also Mia's Marketplace for donating a big box of fresh sugar free chocolate covered peanuts that we have all thoroughly enjoyed!

All seniors in the Hampstead and Topsail community, please come by and pick up a schedule and a menu so you can dine with us or just drop in for a cup of coffee or tea and work on our ongoing puzzle, we would love to see you!



We appreciate our volunteers at Topsail. Bill Wicks helps us daily bringing in meals and moving tables. Thank you Bill and all of our volunteers!

## Monday art class at Heritage Place resumes Sept. 10

We will be starting the next (five session) painting class Sept. 10. The class will be from 9:30-11:30 a.m. This will be a water color note card class. Students are invited to bring in any painting project they are currently working on, but we will be exploring how to make your own water color note/greeting cards.

Supply list includes water color paper or pad, brushes, cup for water, set of water color paints (tube), envelopes, scissors, ruler, exacting knife, cutting board, tissues, sharp pencils.

The registration fee is \$50 per person and the instructor is Maureen McKenna. Call (631)312-6102 for more information

## Fall classes at PAS

Fall classes are offered at Pender Adult Services, Heritage Place (HP) 901 S Walker St, Burgaw. Phone: 259-9119; and Topsail Senior Center (TSC) 20959 Hwy 17 Hampstead Phone: 270-0708

Don't see anything you are interested in, then make a suggestion.

•Art Group/Class: Mondays(TSC) from 9-11:30 a.m. in cooperation with the Hampstead Art League. Come enjoy painting or work in any art medium. Supplies are not provided. (no fee)

•Art Class Monday (HP) from 9:30-11:30 a.m. Oil, acrylic and water color paints. Beginners to advanced. Five sessions \$50. fee to instructor. Supplies not included. Instructor: Maureen McKenna

•Basket weaving: Six-week course in basket weaving/chair caning is offered on Tuesday at Topsail (TSC) from 9 a.m. until 1 p.m. and at Heritage Place (HP) on Wednesday from 9 a.m. until 1 p.m. Class fee is \$18 for 60 and older and \$28 for 59 and younger.

•Crocheting (HP): Get together to work on your projects and learn from each other. Tuesdays from 9 a.m. until noon.

•Jewelry Making (HP): Four week class offered. Learn to create and repair. Class fee is \$8 (60 and older) and \$15(59 and younger). Thursdays from 9:30-11:30 a.m.

•Knitting Group: Bring your current projects or come learn this craft. Group shares patterns and ideas as well as lots of conversation. Burgaw Group(HP) meets on Tuesdays from 1-3 p.m. Topsail Group (TSC) meets on Wednesday from 10 a.m.

•Line Dancing: Come and learn some new steps. This is fun and great exercise. Fees applies Class meets on Mondays(HP) from 6-7 p.m. Fridays (TSC) 11 a.m. until noon.

•Quilting Group: Bring your current projects and work together to make beautiful creations. Supplies not included. Group meets on Tuesdays in Burgaw(HP) from 1-4 p.m. Wednesday at Topsail(TSC) from 9 a.m. until noon and Thursday(TSC) from 1-4 p.m. •Senior Cho-

rus •Lamplighters" (HP): This is a 55 and 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 and sings at local rest homes on other occasions.

•Geri-Fit: Weight Bearing -chair exercise class meets on Tuesday and Thursday at 11 a.m.(HP) Tuesday and Thursday at 9 a.m.(TSC) Consumer contributions welcomed.

•A Modified Pilates Class(TSC) is offered Monday at 10 a.m. Amy Coleman, is our instructor. Come improve your posture, tone your whole body, expand your range of motion, and relieve stress. Cost is \$12 per month. Please sign up at Topsail Senior Center. Pilates at Fitness Fusion (FF) see schedule. Fees apply.

•Gentle Yoga(TSC) is offered at 2 p.m Tuesday. Yoga provides health benefits for adults of all ages and fitness levels, and seniors can especially benefit from the increased flexibility and balance it offers. Cost will be \$12 per month. Instructor will be Kathy Yakimovich. Please sign up at Topsail Senior Center. Yoga at Fitness Fusion (FF) see schedule. Fees apply.

•Vinyasi Yoga(TSC) will be offered at Topsail Senior Center at 10 p.m. Thursday. Vinyasi Yoga is more advanced than Gentle Yoga. Cost will be \$12 per month (four sessions). Instructor will be Kathy Yakimovich.

•Tai Chi for Arthritis(TSC) class meets on Tuesday from 3:15-4 p.m. Cost is \$5 for four-week class. Beginning class Thursday at 11:15 a.m. Instructor is Kathy Yakimovich.

•Zumba Gold (TSC) new Mondays at 2 p.m.; Fee Plus cards- canasta, bid whist, pinocle, bridge, Mexican train, rummikub and bingo. Please see our schedule for times.

Call 910-259-9119(HP) for more information or 910-270-0708 (TSC). Visit www.penderpas.com or www.fitnessfusiononline.com for Fitness Class information at Fitness Fusion, Burgaw, 910-259-0422.

## Home can be the best place to enjoy the Golden Years

Believe it or not, most senior citizens report that death is not their biggest fear. According to a study commissioned by Clarity and The EAR Foundation most seniors fear losing their independence and having to move to a facility or in with a family member more than dying.

Not surprisingly, with increasing popularity, baby boomers are choosing to remain in the comfort of their homes to live out their golden years. And with home care services on the rise, there are plenty of resources available to provide a way for them to do so safely.

If you are lucky enough to reach the time in your life where aging has made certain tasks difficult, then home care may be an option to help you keep your independence and continue enjoying your golden years in your favorite place - home.

Here are just a few advantages to aging at home:

•Keeping the Comforts of Home: Your morning coffee in your favorite chair with your beloved pet. •Your own bed. The place where memories have been made and your routine established. Your familiar things close by just makes you feel better!

•Preserving Independence: As we age, certain tasks become more difficult. Changing the linens, carrying the groceries, and vacuuming the floors, are just a few tasks that become more challenging. Having someone handle the big tasks allows seniors to avoid the risks associated with the more strenuous home care tasks and keep their independence.

•Personalized Professional Care: Care in your home is planned according to your unique needs. A quality home care service offers a range of care services that is different for each client. From medication reminders to range of motion exercises, assistance bathing or hair care, to shopping and meal preparation. Whatever your needs are to continue living at home, your home care provider can work with you to create a plan. When choosing a quality home care provider, you can rest assured that you are receiving competent and compassionate care from certified nurse aides under the supervision

of registered nurses.

•More Affordable: Aging at home is the most cost effective option for seniors who can do so safely. This is especially true when you choose a home care provider committed to reasonable rates without contracts.

•Peace of Mind for you And your loved ones: Don't worry about being a burden on your loved ones. Care in your home lets you enjoy your friends and family while receiving the assistance you need to continue living at home. While most loved ones readily accept the responsibility of caring for aging family members, they may not be able to provide the level and regularity of care needed to keep you in your home. Taking advantage of home care services enables you to enjoy your family and still receive the assistance you need. They don't have to worry about you and you don't have to feel like another layer of responsibility on their already overscheduled days.

Pender Adult Services is committed to offering quality, dependable, and compassionate care in your home.

Regular exercise, maintaining a healthy weight, eating a diet rich in fruits and vegetables, and drinking lots of water will help you age well and stay active longer. But when the time comes and you need a little assistance to stay in the home you love, Pender Adult Services will be there to help!

Call 910-259-9119 extension 319 today for more information or a free in-home assessment.

**Subscribe to the Post & Voice Mail delivery every Thursday Subscription: \$25 per year for seniors Call 259-9111 for information**

**CNA & Caregiver Positions Available**

Pender Adult Services is hiring CNA's and Caregivers. All areas including Burgaw, Rocky Point, Currie, Maple Hill and Hampstead.

*Must have reliable transportation.*

**Contact Anna or Cathy at 259-9119 ext. 2**

**INFORMATION PLEASE - WE ARE HERE TO HELP**

**Please call the center 259-9119 X 309 if you need information, referral or assistance with any of the following services:**

Health Screenings Insurance Counseling Legal Services Caregivers Classes Housing Home Repair/Modification In-home Aide Services Social Security Benefits Adult Day Care/Day Health Disaster Services Hospice Care Rehabilitation Services Respite Telephone Reassurance Energy Assistance	Fitness & Health Promotion Tax Preparation/Counseling Transportation Medical/General Family Support Groups Reverse Mortgage Counseling Home Health Services Medicaid Benefits/Medicare Benefits Job Training/Placement Community Mental Health Durable Medical Equipment/Assistive Devices Long-term Care Facilities Report Suspected Abuse, Neglect or Exploitation SHIP (Senior Health Insurance) Congregate Meals/Home Delivered Meals Food Distribution
---	---



Pender Adult Services services will be hosting their Silent Auction on October 25, 2018. Tickets are now available for this event.

## RSVP

### Retired Senior Volunteer Program Helping others. Making a difference.

- Do you like to help others?
- Do you have 2+ hours weekly to share?
- Are you age 55+?

‘YES’ to these questions – Let’s talk!

RSVP volunteers use their life experiences, skills, talents and interests in meaningful volunteer opportunities as they help others and make a difference.

Our volunteers are age 55 and older. With RSVP, they choose volunteer activities that best meet their interests.

RSVP also offers focused training and a variety of social opportunities to ensure volunteers have useful and rich experiences as they touch the lives of others in our community.

Volunteer Areas for Your Consideration

Deliver Meals on Wheels to homebound seniors to support their independent living

Provide in-home respite care to give caregivers a much needed break

Work with a K-12 student in Reading Buddies Program to improve their reading skills

And, more! Please ask us about other volunteer opportunities

Want to know more? Interested in volunteering?

Call Barbara Mullins, RSVP Director: 910-259-9119, ext. 329

You can find us on Facebook at @PenderCountyRSVP

## September 2018 – Healthy Aging Month

September 3 – Labor Day – Holiday Closing

September 5 – Certificate Day for Topsail Senior Center

September 10 – Fall Classes start back, ART (M), BASKETS (T, W)

September 11 – RSVP Perks meet 9 a.m. (HP)

September 11 – Patriots Day (HP) 12:25p.m. – Wear RED, WHITE & BLUE

September 12 – RSVP Perks meet 9 a.m. (TSC)

September 12– PC Blind Group – 1 p.m. (HP)

September 12 – PC Retired School Personnel – 2 p.m. (HP)

September 20 – Health Checks at Topsail – 11:30 a.m.

September 24 – Healthy Aging Week begins

September 25 – Fall Prevention – 11 a.m.

September 27 - Health Checks at Heritage – 11 a.m.

September 27 – Caregivers Luncheon – 11:30 a.m.

### UPCOMING

#### Medicare Open Enrollment

Make an appointment to see a SHIP counselor

To review your Medicare Part D plan

Appointments available October 15 – December 7

## Memorial and Honorary Giving Program

*In Honor of Jan Luquire  
By The Cartwright Family*

### Contributions

*Westview United Methodist Church  
Willarlea Ruritan Club*

*Thank you for your contributions*

*Have you considered a gift to Pender*

*Adult Services, Inc.? We appreciate your*

*support for services that we offer.*

*Your donations to PAS are tax deductible.*

*Consider an end of year donation to our agency.*

*An acknowledgement will be sent whether*

*donation is an Honor or in Memory of*

*individual or group.*

*For more information on Pender Adult*

*Services Memorial and Honorary*

*Giving Program please contact*

*Wesley Davis at 910-259-9119.*

## Medicare costs hard to swallow?

## SHIP can help find the best Medicare Prescription Drug Plan for you!

**Medicare Annual Open Enrollment Period  
October 15 – December 7**  
Changes will be effective Jan. 1, 2018

Call to schedule an  
appointment with a trained  
SHIP counselor today.

Heritage Place - 259-9119

Topsail Senior - 270-0708



**SHIP**  
NC DEPARTMENT OF  
**INSURANCE**

## 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 Art Class	9:00 Crocheting	9:00 Basket Class	9:30 RSVP Card Class (2nd)	
12:00 Meals	9:00 RSVP Perks (1st)	11:00 Bingo	10:00 Jewelry	11:00 Bingo
1:00 Bid Whist	10:30 Group Walk	12:00 Meals	10:30 Group Walk	12:00 Meals
1:00 Canasta	11:00 Geri-fit	1:00 Bid Whist	11:00 Geri-fit	
3:00 Lamplighters Chorus (offsite at times)	12:00 Meals	1:00 Bridge	11:30 Caregivers Group(4th)	
6:00 Line Dance	12:30 Pinochle/ 1:00 Rummikub	1:00 Blind Support (2nd)	11:30 Health Checks (4th)	
	1:00 Quilting Group		12:00 Meals	
	1:00 Knitting Group		1:00 Rummikub/ MEX TRAIN	
			3:00 Craft Club	

**Saturday—closed**  
Facility Available  
For Rentals

### Topsail Senior Center Opportunities

Phone: 910-270-0708

Monday 8:00 am—4:30 pm	Tuesday 8:00 am—5:00 pm	Wednesday 8:00 am—4:30 pm	Thursday 8:00 am—5:00 pm	Friday 8:30 am—1:00 pm
9:00 Art Class (group)	8:30 Cribbage	9:00 Quilting Bee	9:00 Geri-fit & Cribbage	11:00 Line Dance
10:00 Modified PILATES	9:00 Baskets	9:00 RSVP Perks (1st)	10:00 YOGA	12:00 Meals
12:00 Meals	9:00 Geri-Fit	9:30 Knitting Group	10:00 Bingo	Caregivers Support (3rd)
2:00 Zumba Gold	10:00 Senior Crafts & fun	12:00 Meals	11:15 Beg. Tai Chi	**Call for info
12 noon RSVP Card class (3rd)	12:00 Meals	1:00 Canasta	12:00 Meals (BP Checks-3rd)	
1:00 Tree Top Quilters(2nd)	2:00 Gentle YOGA	2:00 Rummikub	1:00 Quilting/Mahjong/ BRIDGE	
3:00 Hospice Trg (2nd)	3:15 Advanced Tai Chi			

**Saturday—Facility  
Available for rentals**

## 2018

### Fitness Fusion Group Fitness Classes

Phone: 910-259-0422

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	8:30 BODYPUMP
8:30 BODYPUMP		8:30 BODYPUMP	9:40 YOGA	9:50 PILATES
9:40 YOGA	9:40 YOGA	9:50 PILATES	10:45 FIT OVER 50	5:30 BODY PUMP
10:45 FIT OVER 50	10:45 FIT OVER 50			Saturday
5:30 BODYPUMP	5:30 BODY ATTACK	5:30 BODY PUMP	5:30 RPM Cycling	Open 8:00—2:30
	5:30 RPM Cycling	Massage by Appointment	5:30 BODY ATTACK	8:30 RPM Cycling
				8:30 Body Attack

SCHEDULE 2018