## What's Up With PARC?

By Jean McDanal

Put your bunny ears on and bring the grandkids to our annual Easter egg hunt, to be held at Garner Park on Saturday, March 26, beginning at 10 a.m. Over 1,700 candy-filled eggs will be hidden, and there will be a separate section for little tykes to egg hunt. The Easter Bunny will arrive, and cookies and lemonade will be served. If you would like to donate individually wrapped candy, please bring your donation to town hall.

Plans are going full speed ahead for the Carteret County Senior Games, which begin in April. These games, which began in 1983, have grown to over 60,000 participants in 53 local games programs that serve all 100 counties across the state. Carteret County Parks and Recreation will host the 30th annual Senior Games from April 11 to May 5. The early-bird registration deadline is March 11, and the final date for registration is March 25.

The Carteret County Senior Games offer a variety of sporting events, including kayaking and paddleboarding, along with Silverarts and Performing Arts programs. Pine Knoll Shores traditionally sponsors the cycling and kayak/paddleboard events. The cycling will be held on Tuesday, April 19, at 9 a.m., and the paddleboard/kayak races will be held on Wednesday, April 27, at 10 a.m. for kayaks and 11 a.m. for paddleboards. Please contact Carteret County Parks and Recreation at 808-3301 with questions, and check the website at ccpr.recdesk.com for the full schedule of events.

We are also gearing up for Kayak for the Warriors (K4TW) activities in late May and June. The 5K Beach Run will be held on May 28, 9-11 a.m., beginning on the beach and continuing through Beacon's Reach. All proceeds will go to Hope For The Warriors, and further information will be coming. Online registration will be available at a later date for all events, and full details will be on the website and in future issues of *The Shoreline*.

Thank you to the following individuals who have volunteered to chair the various committees necessary to run the K4TW events:

## **Team Captains**

Julie Anderson, Financial Officer
Cam Anderson, Saturday Picnic
Ted Goetzinger, Race Timing
Elaine Holt, Raffle
Dan and Teresa Law/Amy Mansfield, Photography
Celeste Lindley, Reception Day Activities
Jean McDanal, Publicity
Bud Pitzer, Website
Peter Flynn and Dom Baccolla, Manpower
Sam Scudder, Race Day Activities
Meredith Hinton, Beacon's Reach 5K Beach Run
Rob Cheshire, Race Safety
Gary Watkins, Family Bike Ride

In addition to the Beach Run, our usual activities will include the auction held at the NC Aquarium at Pine Knoll Shores on Thursday, June 2, and bike rides and kayak/paddleboard races on Saturday, June 4. It is shaping up to be a great year.

Pickle ball is coming to Pine Knoll Shores. Look for a new pickle ball court behind town hall.

The Parks and Recreation Committee (PARC) welcomes any suggestions for activities that will get people out, moving and involved. If you have suggestions for PARC, please do not hesitate to email me at PARCPR@ec.rr.com or come to one of our meetings. The next meeting is Tuesday, March 8, at 9 a.m. at town hall.



## What is SimpleMeds?

Medical Park Pharmacy SimpleMeds Program is designed to simplify your life by helping to make taking your medicine less of a chore.

The SimpleMeds program is a perfect solution for you and your family to make sure your medications are taken exactly as they have been prescribed for you.

it's easy.

All your prescriptions are synchronized to be refilled on the same day of the month. We also offer free delivery!

If your medications change, our pharmacist will work with you to make the necessary changes to your program so that it continues to work smoothly.

it's convenient.

## What are the benefits to you and your family?

- 1. Save time and money.
- 2. Peace of mind.
- 3. Requires only one trip to the pharmacy or get free deliver
- 4. No need to call in perscription refills.
- 5. Build a better relationship with our pharmacists.
- O. Taking your medications as prescribed will make you healthier.

it's free.