

Spend Sunday afternoon with us and enjoy the music, treats and fellowship. As usual with our musical performer guests, we will “pass the hat” for donations for their time.

JOY Group and Pot Luck Lunch

Tuesday, April 17 9:30 am

Come early for blood pressure check and then enjoy a lecture by Blake Norris from Driving Solutions on Keeping Us Safe. This program was rescheduled from a previous month. As always, bring your favorite dish to share for lunch.

Farewell to Our Special Friend, Houston Shirk

It is with a very heavy heart that we share the sad news that Houston Shirk passed away March 7, 2018. Houston was a very active volunteer at the Senior Resource



Center, where he led the Friday groups for writing and conversation. He was our Santa and also entertained us with his singing and guitar. His rendition of “Fried Green Tomatoes” was one of our favorites. He was also a very dedicated volunteer at Creeds Elementary

school and was well-loved by all the students he worked with. He was a very gentle man and he will be sorely missed. Our sympathy is extended to his wife, Linda Tingle, who has been our esteemed yoga teacher.

In tribute to Houston, two of his writing class members have shared their thoughts creatively later in the newsletter.

Caregiver Support Group

Are you a caregiver to an older adult? Are you looking for information or do you need a place to share your



concerns? A monthly caregiver support group meets at Nimmo United Methodist Church, 2200 Princess Anne Rd., Va. Beach 23456 in the social hall. The group meets the third Friday of every month from noon- 1 p.m. with Nancy Allan as facilitator. It provides a safe setting where you can share your feelings and find support from other caregivers. Call Nancy at 422-1292 or email her at twingranny05@gmail.com for more information.

Speakers Available

If your club or organization is looking for speakers, consider asking Barbara Henley or other members of the SRC History group to make a presentation. Mrs. Henley compiled the book **Glimpses of Down-County History** from stories shared at her bi-monthly group.