

staying healthy for seniors. The best perk is that if you qualify for SilverSneakers, you will get a Virginia Beach Parks and Recreation Center pass that will allow you to participate in all rec centers activities/classes for free! So, no more excuses about not being able to afford the gym!

Volunteering Is Good for Your Health

According to research from the Corporation for National and Community Service, volunteers find that volunteering helps others, but also helps them. Seniors who volunteer experience lower rates of depression and mortality, as well as fewer physical limitations, regardless of income, education or marital status. Other studies have shown that volunteering reduces the impact of chronic conditions such as arthritis diabetes, depression and high blood pressure. For healthy people, spending time helping others keeps volunteers active and feeling better physically and emotionally. They feel more capable and confident and have a larger support network. (from the VRS Retiree News, Summer 2019.)

To be a volunteer at the Senior Resource Center, you don't need a college diploma or a lengthy resume—just a friendly smile and willingness to serve. It's a great way to feel useful and to make new friends. Volunteering has no ill side effects and it's free—the best “medication” you'll ever find. Call us at 385-2175 or stop by to sign up.

WE  **VOLUNTEERS**

Food for Thought from Dave Barry's *Lessons from Lucy*

Humorist Dave Barry shared these pertinent thoughts in his musings about his beloved dog Lucy:

“I can be mindful. I can stop wasting the dwindling minutes of the only life I'll ever have obsessing over past events I can't do anything about, and future events that may never happen. I can teach myself to focus on the only time that matters, which is the moment right now, and use this precious time to appreciate, the cherish, the people I love.

Donations

Linda Smith for SRC to use as needed
Gary Donovan for SRC to use as needed
Joanne Roffler – cases of bottled water for SRC
Creeds Ruritan Club for dinners for July meeting

Our Mission Statement

The Senior Resource Center aims to provide residents in Southern Virginia Beach educational seminars, physical activities and social interaction needed to live their lives to the fullest.
This is a collaborative effort with the City of Virginia Beach.

The Senior Resource Center is a 501 (c) (3) corporation, incorporated in the Commonwealth of VA. Contributions to the SRC are tax deductible.

Responsibility and Oversight

President
Johnnie Williams 470-7186
Vice President
Sharon Prescott 630-2660
Treasurer
Pat Jenkins 618-5304

Hours of Operation
Monday – Friday, 9:00 AM – 4:00 PM
During inclement weather, The SRC operates on the local school schedule.

Councilwoman
Barbara Henley 426-7501
City Liaison



Newsletter
Anne Bright 426-7832
Newsletter Layout
Tom Shearer 426-7831

To remove your name from the newsletter mailing list, call 757-385-2175. View the full newsletter online at www.vbsrc.com and help save printing and postage costs.