

SENIOR RESOURCE CENTER, INC.

NEWSLETTER — JANUARY 2020

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HAPPY NEW YEAR!

New Year's Day Pot Luck Lunch

Wednesday, Jan. 1, 2020 1:00 pm

Get the New Year off to a great start by enjoying the fellowship of your Senior Resource Center family. Celebrate the beginning of another decade—can you believe it is 2020? Bring a dish to share, traditional New Year's food if you'd like, or just your favorite recipe. Don't sit home by yourself when you can enjoy the company of friends.

Emergency Preparedness Meeting

Tuesday, Jan. 7 10:00 am

Our Emergency Preparedness Project needs to gear up and we hope you will attend this important meeting. Emergency Preparedness has been a focus of the SRC since we recognized that we have a lot of seniors in our area living alone and having no family nearby. We want to make sure that no one is forgotten if a storm is brewing. We are in need of more block captains who will volunteer to keep tabs on their neighbors when storms are approaching. It's not a demanding job, so please consider joining us in updating our plans and volunteering to check on your immediate neighbors.

Antiques Appraisal

Wednesday, Jan. 15 10:00 am

Bring your prized possessions for Jim Oglesby to appraise. Find out if it is trash or treasure. No more than 3 items per person, please.

JOY

Tuesday, Jan. 21 10:00 am

Just Older Youth welcomes speaker Andrea Scahill, from the Virginia Beach Department of Public Health, who will lecture about rabies awareness. Come at 9:30 a.m. to have your blood pressure checked. Please bring a dish to share at the pot luck lunch following the lecture.

Name the Baby Contest and Soup Social

Monday, Jan. 27 11:00 am

"You must've been a beautiful baby, 'cause baby, look at you now." Do you remember that old song crooned by Bing Crosby? We are starting off the new year with a fun contest instead of a serious lecture. We'd like you to bring a picture of you as a baby to the center. Write your name on a post-it note that we will provide, and stick it on the back of your picture. Add your picture to the manila envelope that will be on the volunteer's desk and we will safely post it on the bulletin board. Don't show your photo to anyone so we can keep it under wraps.

We'd like to have your pictures a week ahead of time (by Jan 20th), but bring it the day of the party if necessary. At the party you will try to match the names with the baby photos, and the