

- Live in the moment. Try not to fret about what happened in the past and don't waste time worrying about the future.
- Concentrate on being kind. Think before you speak and remember that what you say and do can either help or harm others.
- Do something for others, even if it's just offering a smile or a hug.
- Remember that even though you can't control everything that happens to you, you can control how you react.
- Develop empathy for others—you don't always know what other people are going through, so showing that you care can be a gift.

could be one of the new activities mentioned above.

Donations

Janice Beatty in memory of her mother, Stella Collins

Elizabeth Bergesen to be used as needed

Sarah Burke in memory of her mother

E. Alexander and Jean Lewis to be used as needed

Jo-Ann Roffler- bottled water for the Center

Phyllis Styron to be used as needed

Phyllis A. Vinson for relief of elderly butts (upholstering for chairs at the SRC)

Farewell and Happy Days Ahead to Our Friend

Ellen Burns, librarian at Pungo-Blackwater Library, is retiring on January 1, 2020, after 40 + years with the Virginia Beach library system. She has been an avid supporter of the SRC and we will miss her smiling face. We hope to lure her back as a volunteer after she has a chance to catch her breath. Happy Retirement, Ellen!

Poker Playing, Anyone?

Recently a gentleman new to the community called to see if there were any folks interested in playing poker, so we pass the question on to you. Are there any takers? We must remember that ours is a city-owned building so there can be no wagering with the game (and no cigar smoking either, Ha! Ha!), but perhaps there are some men and women among us who might like a good game. Please call the Center at 385-2175 if you are interested. Maybe this

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.