

REGISTER TODAY FOR OUR BUS TOUR: TREASURES OF THE NORTHERN NECK OF VIRGINIA

Wednesday, October 10, 2018

Registration Deadline September 7th

Come, join your friends as they venture northeast toward Virginia's beautiful Northern Neck. Travel to Irvington, VA in the morning for a visit to **Historic Christ Church and Museum**, considered one of America's most beautiful and authentic colonial churches. This church is both a Virginia and a National Historic Landmark completed circa 1735 by Robert King Carter. Known for its cruciform design, it still has its original pews and three decker pulpit. It is the only virtually unchanged Colonial church still in existence in America. It is landscaped by the Garden Club of Virginia. The museum is a hidden gem and features artifacts, documents, displays, and exhibits that tell the story of Christ Church, its builder, and the Church of England in colonial Virginia.

You are in for a luncheon treat at the historic **Lancaster Tavern Restaurant** in Lancaster, VA. Established in 1790 it is a State and National Landmark. Please choose from *Soup & Half Club Sandwich, Chicken Salad on a Croissant, Reuben, large House Salad, or Fried Oyster Platter (approx. 7 oysters)*. Includes bread pudding for dessert and coffee or tea.

Next, travel further north to the birthplace of Robert E. Lee and one of the great houses of American history, **Stratford Hall Plantation**. Its magnificent setting on a high bluff above the Potomac River and its bold architectural style set it apart from any other colonial house, but its highest distinction is the family of patriots who lived there. The Plantation is still managed as a farm today on 1600 of its original acres. There will be a guided tour as well as time to visit the gift shop.

The motorcoach departs SRC at 7:00 am, West Neck Village Hall at 7:20 am, Quality Suites Lake Wright at 8:00 am, and returns at approximately 7:00 pm.

This trip is organized and managed for SRC by SignaTours, Ltd. of N. Chesterfield, VA, the company that provides motorcoach tours for Sentara. All-inclusive cost is \$116 per person. Registration forms are available at the SRC and via email request from newbillm@cox.net. For questions please contact Mike Newbill, 757-453-6985.

Bullying Even Among Seniors



An article in the May 13, 2018 Virginian-Pilot gave food for thought regarding how seniors treat each other. A book written by social work professor Robin Bonifas, *Bullying Among Older Adults*, notes that studies show that about 1 in 5 seniors encounter bullying. The bullying isn't physical, but rather involves name-calling, rumors and exclusion and women are more likely to be bullies than men. At the Senior Resource Center we are known for our southern hospitality and friendliness, and newcomers tell us that they have been made to feel welcome when they first attend a center function. So, let's be mindful of our behavior and attitude and make sure we continue to provide an inviting and cordial atmosphere for everyone who visits the SRC.