

# SENIOR RESOURCE CENTER, INC.

## NEWSLETTER — JULY 2019

IN OUR ELEVENTH YEAR

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### 4<sup>th</sup> of July Celebration

**Thursday, July 4 1:00 pm**

Once again, it's time for our most popular annual event. In case you haven't attended before, we always have a very full house. Our holiday celebration is held indoors, so join us, rain or shine. The Senior Resource Center will provide hot dogs, fresh corn and home-made ice cream, but we'd like you to bring a side dish or dessert to share. We welcome your family members, friends and neighbors so we can all enjoy the great food and fellowship, and we'll have a patriotic sing-along too. We are required to have an annual meeting, but it will be as brief as possible. As always, our cookbook and history books will be for sale. Wear red, white and blue if you'd like.

In addition, if possible, bring a non-perishable food item for our local Food Pantry and we will also be collecting for the Virginia Beach Tragedy Fund for the May 31 victims' families (cash or check made out to the fund).

### Positive Thinking Lecture and Pot Luck

**Tuesday, July 16 11:00 am**

Ian Galvin, a Humana sales representative, will be our guest lecturer on the topic "When Life Gives You Lemons." We can all benefit from learning how to concentrate on the brighter side of things, so we'll see the glass at least half full. This topic seems very pertinent considering the tragedy our City

recently experienced. The lecture will begin at 11 and our pot luck will follow the presentation. So please bring a dish or dessert to share and an item for the Food Pantry

### Paint Night in the Afternoon

**Saturday, July 27 1:00-3:00 pm**

Join us to paint a beautiful and colorful "Jellyfish Dance". All skill levels are welcome! Our instructor will guide you step-by-step to create a work of art. All materials are supplied, but please wear clothes you don't mind getting dirty. Adults 18+. Space is limited and registration is required to attend. This encore class is sponsored by Pungo-Blackwater Library, but will be held at the Senior Resource Center. **Call PBL at 385-7790 to register.**

### Farmers Market Hoedown Schedule

Friday nights, 7 – 10 p.m. Rain or shine  
Bring a lawn chair or blanket to enjoy free, live music.

July 5 New City Sound

July 12 Dallas Band

July 19 The Long & Short of It

July 26 Timeline

