

4th of July 24th Street Stage at the Virginia Beach Oceanfront.

Week of July 8th Musical theme “Virginia Legends”: Mon., July 8 Grassfield High, Chesapeake.; Wed., July 10 24th St. VB Oceanfront; Fri., July 12 Regent University, VB

Week of July 15: Theme “I’m Overture It”: Mon., July 15 Spring Branch Community Church, VB; Tues., July 16 Regent University; Wed., July 17 24th St. VB Oceanfront

Week of July 22 Theme “Out of This World”: Mon., July 22, Grassfield high; Tues., July 23 Regent University; Wed., July 24 24th St. VB Oceanfront

Week of July 29 Theme “Bond and Beyond”: Mon., July 29 Hickory High, Chesapeake; Wed. July 31 24th St. VB Oceanfront

New Drapes

In case you’ve been wondering about the new blue drapes in our big meeting room, the Board of Directors agreed it would be a good idea to install drapes to help cut down on the glare when we are having meetings and events. Thanks to your generous donations we are able to purchase what we need to make the Center more comfortable for everyone.



Yoga Classes

Our Friday morning yoga classes are back in session thanks to the recuperation of our wonderful instructor, Linda Tingle. If you are planning to try yoga for the first time, you can call the Center at 385-2175 and provide your name, phone number and if possible, an email address, so that she can contact you to let you know the class will be held.



Senior Resource Center Mailing List

Our mailing list continues to grow, with many copies being mailed via regular mail as well as email. In order to keep our list current and to control expenses, we would appreciate it if you will **let us know if you no longer wish to be on the mailing list.** You can call the Center at 385-2175 or email us at info@vbsrc.com to give us your name and we will delete it from our list. If you are currently receiving our monthly newsletter by “snail mail” (via the U.S Postal Service), but you have an email account, please help us save on postage by providing us with your email address. If you are on our email mailing list, you will receive the newsletter as soon as it’s posted and in full color. Help us save postage and paper by subscribing via email.