

Memorial Day Gathering

At our annual Memorial Day flag raising ceremony at Creeds Elementary school, we realized that we have lost more of our veterans. Since our last ceremony, Jerry Martin and Garland Eaton passed away. We remember them with love and miss their company. In the nearly 12 years the Senior Resource Center has been open we have lost so many of our original members, and their absence is sorely felt.

held at our Center. Peggy has been with The City's library system for 19 years, with almost 16 of those years at the Pungo-Blackwater branch. We wish Peggy a happy retirement and hope we will still see her at the SRC.

We are so fortunate that our Center just happens to be situated right next door to the school and library and that we have been able to partner with both facilities in joint activities. What a unique relationship!

Two Farewells



It is with sad hearts we will be saying goodbye to two gals who have been wonderful supporters of SRC: **Casey Conger**, Principal at Creeds Elementary School,

will be leaving us to lead Cooke Elementary at the Oceanfront. Casey has been a welcome part of our Board of Directors, with her incredible spirit and enthusiasm. The SRC and Creeds Elementary are sad to see her go.

Peggy Jebavy, Information Specialist II at Pungo-Blackwater Library, is retiring July 31st. Peggy, an extremely gifted master quilter, has been an enormous help to us by assisting JOY (our Just Older Youth monthly group) line up a wonderful array of programs and speakers. She has also arranged for many informative and fun classes that the library sponsored that were

Free “HeartBeats” Ballroom Dance Classes for Folks with Dementia

The Southeastern Virginia Alzheimer's Association is offering a series of ballroom classes, an Early Stage Engagement program for people diagnosed with early stage Alzheimer's disease (or other forms of dementia) and their care partners. These dance classes encourage physical activity and social interaction.

The monthly classes are free and are held at the Arthur Murray Dance Studio every second Monday of the month from 1- 1:45 p.m. The studio is located at 3707 Virginia Beach Blvd., Suite #200 in Virginia Beach, near the Rosemont Road exit of I264. He classes began in June, but you can attend July 8, August 12 and future second Mondays.

To register for the classes and for more information about the Alzheimer's Association's Early Stage Education and Support programs, call 1-800-272-3900.