

SENIOR RESOURCE CENTER, INC.

NEWSLETTER – MAY 2019

Phone: (757) 385-2175 | Website: <https://www.vbsrc.com> | Email: info@vbsrc.com
 facebook: <https://www.facebook.com/VirginiaBeachSeniorResourceCenter>

What to Do About Vertigo

Lecture Tuesday, May 7 10:00 am



Do you ever get that dizzy feeling and wish you knew what to do next? Let Crystal Dupilka and Justin Moore, Physical Therapists at Sentara

Therapy Center (located on Healthy Way, off of South Plaza Trail near Princess Anne Road) explain all about vertigo and vestibular disorders while giving you tips and tricks to help you on your way back to health. We know many of us have had dizzy spells and falls, so here's your chance to learn some tricks.

Farmers Market Hoedown Band Schedule for May

Outside at the Farmers Market 3640 Dam Neck Road Virginia Beach, VA 23453 (at the intersection with Princess Anne Road) Friday Nights from 7 - 10 p.m. Rain or Shine. Bring a lawn chair or blanket to enjoy free, live, local music. You can line dance or just sit and listen to the music.

May 3	Dallas Band
May 10	New City Sound
May 17	The Long & Short of It
May 24	Timeline
May 31	The Mann Act



Mother's Day Tea

Friday, May 10 1:00-3:00 pm

June Klag will be the illustrious hostess for this popular annual celebration. If you like to dress up and don a hat, this is your chance to wear your finest, but fancy duds are optional. Please bring a dessert to share. Dads are welcome to attend too.



JOY

Lecture "Meet the Museum"

Tuesday, May 21 10:00 am

Linda McGraw, Master Docent at the Chrysler Museum in Norfolk, will be the guest lecturer. Her presentation begins at 10 a.m. but come at 9:30 a.m. to have your blood pressure checked. Please bring a covered dish or dessert to share at the pot luck lunch after the lecture and try to remember to bring a non-perishable food item to donate to the Food Pantry.

Memorial Day and Pot Luck Brunch

Monday, May 27 10:00 am

Once again, we will begin next door at Creeds Elementary School at 10 for the flag raising by our local Scouts. After the ceremony, we'll return to the SRC for a pot luck brunch, so please bring a breakfast goodie to share. We'd like to have lots of veterans attend so all the scouts and their parents can meet them. If you are a veteran or are active duty, be sure to join us, or if you have a friend or relative who is a veteran, please ask them to come along.