

# SENIOR RESOURCE CENTER, INC.

## NEWSLETTER — NOVEMBER 2019

IN OUR ELEVENTH YEAR

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

### **Veteran's Day Celebration** **Flag Ceremony, Speech and Pot Luck Brunch** **Monday, Nov. 11 10:00 am**

Join us for our annual gathering in honor of all those who have served our country. Meet us first in front of Creeds Elementary School for flag raising with our local Boy Scouts, and then come to the Center to enjoy a tasty brunch (if you are one of our members, bring a breakfast dish to share so we can feed the hungry kids.) Rev. John Boyer from Creeds Church of Christ will be our guest speaker on "The Life of a Soldier Doing His Job."

At past Memorial and Veteran's Day gatherings at the SRC, the scouts and their parents have far outnumbered our seniors. We encourage our "members" to attend, whether they are veterans or not, to show our support. If you know a veteran, please invite them to accompany you.

### **Home Winterization Tips** **Pungo- Blackwater Library** **Saturday, Nov. 2 1:00-2:00 pm**



Cold weather is on its way. Want to learn how to keep the cold out and the warm in, and save money at the same

time? Join us as we learn from a home winterization expert from Taylor's Do it Center, who will answer your questions while providing you with ways to stay warm this winter and to save money. Adults. Registration is not required.

### **JOY** **Interactive Presentation and Pot luck Lunch** **Tuesday, Nov. 19 10:00 am**

Just Older Youth attendees will have a chance to try out some fun tech toys from the Pungo-Blackwater Library. This is your chance to become more familiar with technology related devices that your grandkids use and love. Try Virtual Reality headsets and find out how amazing things can look. If you come at 9:30 a.m., you can have your blood pressure checked. The hands-on demonstrations will begin at 10 and the pot luck lunch will follow. Please bring a dish to share.



### **Thanksgiving Day Pot Luck Feast** **Thursday, Nov. 28 1:00 pm**

Please join us for this annual gathering. Rita and Don Trammell will host the pot luck and provide the turkey. **If you would like to attend, please sign up at the Center by November 19<sup>th</sup>, or call the Center at 385-2175** to let us know how many people will be attending and what dish/dishes you will provide. This has become a heart-warming annual celebration, so gather together with your SRC family and enjoy the food and fellowship.