

SENIOR RESOURCE CENTER, INC.

NEWSLETTER – APRIL 2019

Phone: (757) 385-2175 | Website: <https://www.vbsrc.com> | Email: info@vbsrc.com
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Annual Volunteer Appreciation Luncheon

Tuesday, April 9 11:30 am

Our volunteers should have received their invitations to our annual luncheon and need to remember to R.S.V.P. to Nancy at 422-1292 or email at twingranny05@gmail.com. This is our opportunity to show our gratitude for all that our volunteers do for us and it's not a pot luck!

The Senior Resource Center would not operate without its dedicated volunteers. We are so fortunate that we have "members" who are willing to share their time and talents to keep the SRC open and thriving. Desk duty volunteers, Board members, "class" leaders and instructors, and all the other busy bees are part of the crew that make it possible for so many folks to have a good time. Do you ever stop to think of what it takes behind the scenes to make the center run? Buying supplies, writing and formatting the newsletter, labeling the newsletter for mailing, planning activities, training new volunteers, answering the phone, greeting new visitors, setting up and taking down tables, organizing pot luck meals, decorating for parties, emailing announcements--- all this and more are done by our volunteers. Take the time to thank those who make all this possible.

Ten Reasons to Volunteer

1. It's good for you.
2. It saves resources
3. You gain experience
4. It brings people together
5. It strengthens your community
6. You learn a lot
7. You get to give back
8. It encourages civic responsibility
9. You make a difference
10. You get your groove back

The benefits of volunteering are great and include:

- Making new friends
- Feeling valued
- Honing your skills
- Improving self-esteem and confidence
- Giving you a reason to get out of bed each morning

We continue to need "desk duty" volunteers, which requires only one 3 ½ hour stint each month. How easy is that? If we could only enlist more volunteers, no one would have to cover multiple shifts. Won't you consider stepping up to the plate? Orientation is painless and brief. Call the center at 385-2175 or stop by to sign up. The Senior Resource Center needs you!

JOY (Just Older Youth)

Tuesday, April 16 10:00 am

Tanya Goldsmith-Ruck, Recreational Therapist at the City of Virginia Beach West Neck Intermediate Facility (Biznet) will present "Move It or Pick Three." Do you know the value of movement? As we age, our muscles and metabolism change. Come learn how movement that occurs in everyday life helps you maintain overall general health. There will be examples given and demonstrated to heighten awareness of how simple activity can provide the benefits of exercise. The lecture will begin at 10, but you can come at 9:30 to get your blood pressure check. Don't forget to bring a covered dish or desert for the pot luck lunch following the presentation. And one more thing, bring an item for the Food Pantry.

