

Save the Dates

Fond Memories, our favorite singing group, returns on Friday, May 1, at 7 p.m. This very talented quartet brings such energy and enthusiasm to each of their performances--- you don't want to miss it. While their performance is free, we do pass the hat for donations to help them with their needs.

Mother's Day Tea Friday, May 8 from 1 – 3 pm. Ladies and gents welcome. Enter the Bonnet Contest by wearing a hat, but you can come hatless as well.

Special Recycling Drive-Thru Event

Saturday April 18 10:00 am-2:00 pm

Bring your items to Mt. Trashmore, the parking lot adjacent to the YMCA (enter from South Blvd.)

Dispose of hazardous waste like paint and household cleaners, medications, recycle old metal and unwanted electronics, and shred your personal documents. Review the acceptable items list for each type below.

Electronics Recycling - Provided by Goodwill Industries (no tube TVs)

Metals Recycling - Provided by Virginia Beach Public Works Department

Document Shredding - Provided by Eggleston; 6 boxes per vehicle

Household Hazardous Waste Disposal - Provided by Virginia Beach Public Works Department; no more than 5 gallons of liquids or 75 pounds of dry chemicals; must be in original containers with labeling intact

Prescription Medication Take-Back Program – Provided by VBPD

New Walking Group

For those interested in joining our new walking group, the place, times and days to walk on a trial basis for six weeks have been set. After six weeks, we will meet again to make changes to the schedule or add locations. We will walk at our own pace on the days and times, **starting Monday, March 16**, at Munden Point Park, by the office. Mon/Wed/Fri at 8 a.m. or 10 a.m. – you choose which time suits you. For more information, call SRC and leave your name and phone number or check the bulletin board at the center.

We thank our Rita Trammel and AARP member Olivia Dabney for getting this new activity off the ground.

Farmers Market Hoedown Begins a New Season April-October

Do you know about the Virginia Beach Farmer's Market? This unique venue is open year-round and features a variety of agriculturally inspired shops and related businesses that offer seasonal, fresh vegetables and fruit in addition to many other products. It is located at the corner of Princess Anne Road and Dam Neck Road, across from Landstown Commons Shopping Center and near Sentara Princess Anne Hospital.

The market hosts many special events, including Friday Night Hoedowns. These concerts are free and open to the public. They are held outside every Friday night April – October, from 7 – 10 p.m., rain or shine... They provide a fun and festive night of live, local music, and you are encouraged to line dance, so wear your cowboy boots. Bring a lawn chair or blanket and bring the grandkids along.