

# SENIOR RESOURCE CENTER, INC.

## NEWSLETTER – DECEMBER 2021

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

### Christmas Concert and Tree Decorating

Wednesday, Dec. 1 11:40 am

Creeds Elementary 5<sup>th</sup> grade chorus will make their treasured annual visit to SRC. We encourage you to attend. This is our chance to show our partner, CES, how much we appreciate them, so we need lots of our “members” to appear. In the past, few of us seniors have attended, so we need to do better this time around. The kids love to visit and entertain us, so won't you take the time to come cheer them on?

Their sweet voices and great enthusiasm will get this holiday month off to a great start. The kids won't have time to stay for hot chocolate this year, but we can still send them back with a bag of treats to enjoy. So, **please stop by SRC between now and Nov. 30 and drop off your donation of individually wrapped goodies (nothing with nuts.)** We will sort and bag your treats for the kids.



### Christmas Carol Sing-Along and More

Monday, Dec. 6 1:00 pm

Join us for our very first Christmas carol sing-along. Peggy Nelson, a gifted pianist, will accompany us and we will provide lyrics, so you don't have to worry about remembering the words. No try outs necessary, just bring your Christmas spirit and join in the fun. Pastor Chuck Mosely will play the dulcimer and Beth Swanner will provide a holiday reading. Stay after to enjoy hot chocolate and **bring cookies to share.**

### Chinese Gift Exchange

Wednesday, Dec. 15 10:30 am

Ever been to a Chinese gift exchange? You're in for a lot of laughs and great fun. Bring a wrapped Christmas gift, worth no more than \$10. Each person will have a chance to choose a gift. You will be given a number at the start, and in order, each attendee will get a turn to pick a gift. However, although #1 may choose any gift, #2 can choose either the already opened gift, or unwrap another gift. #3 gets to

select another gift from the pile, or take the gift #1 or #2 already opened. The guests who had their gifts taken away from them may select any gift, except the one they just lost. This may sound totally confusing, but you'll get the swing of it. Please bring finger foods to share.



### Special Library Program

Altered Book Workshop

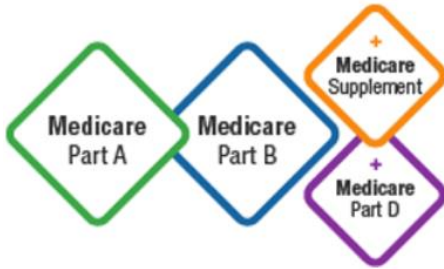
Saturday, Dec. 18 2:00-4:00 pm

Back in the day, did you ever fold the Sears Catalog to make what has since been called an "altered" book? Well, now it's time to make your own unique altered book sculpture to display photos, cards and personal memorabilia. We will show you how!

All materials provided. Adults 18+. Register online at [www.vbgov.com/libraries](http://www.vbgov.com/libraries) or visit the Pungo-Blackwater Library

## Benefits Counseling

Wednesday, Dec. 22 1:00-4:00 pm



Bonnie Dozier, from Senior Services, will be available to meet with you 1:1 to assess your various Medicare options and to

see if there are other benefits that may be of interest to you. There is room for one more appointment on this date, at 3 p.m., so call SRC at 385-2175 register for that slot. If you think you had already signed up for an appointment on this date, please let us know ASAP, as there was some confusion as to whether a December appointment sheet had been displayed ahead of schedule. Bonnie will continue to come throughout 2022, the 4<sup>th</sup> Wed. of every month from 1-4 p.m., so if you are getting ready to retire and begin Medicare, plan on meeting with her and make an appointment..



## Angel Tree Gifts

We are pleased to know we can once again provide actual gifts for needy students at Creeds Elementary School. Our members have been incredibly generous in past years, so we hope many of you will have already picked an angel from our “tree” and have gone shopping. We would like you to bring your wrapped gifts, with the angel tag and a gift receipt attached, back to SRC no later than Dec. 3<sup>rd</sup>. After not being able to act as Santa during the pandemic, we are tickled we can once again help to spread some joy.



## Christmas Day Pot Luck Lunch

Christmas Day, Sat., Dec. 25 1:00 pm

This is another SRC annual tradition, and you are invited to enjoy a lovely Christmas Day feast with your friends. No need to be home by yourself. Please bring food to share and be sure to wear some Christmas colors.



## New Year's Eve Celebration

Friday, Dec. 31 2:00-4:00 pm

Come ring out the old and ring in the New Year. You can still be home before dark! Dress up for the occasion if you'd like, but sweats are allowed too. This has been a year we may not be sad to see end, so join your friends and look forward to better times ahead. Bring finger food or treats to share.



## Social Security Cost of Living Raise

Yippee, we're getting a 5.9% increase in our monthly Social Security benefit for 2022! That is the highest increase since 1982! That translates into about \$92 more per month on average! With the ever-increasing price of gas, food, utilities, taxes, etc.—we can use every penny we can get.

If you happen to have money left over at the end of the month, consider making a deductible contribution to the Senior Resource Center. We operate on donations and always welcome your cash or check



## Local Parkinson's Resources

If you have Parkinson's disease, or take care of someone with that diagnosis, you may be interested in learning about some great local resources. The American Parkinson's Disease Association has a Virginia Beach chapter. Call 495-3062 to see what they have to offer.

They have a Zoom support class for those with Parkinson's, meeting every Wed. at 10 a.m. and it includes an exercise session. You need to call the above number in order to be emailed the Zoom link. There is also a Zoom caregiver support group the 1<sup>st</sup> and 3<sup>rd</sup> Mondays from 2-3 p.m. and you may call 339-3833 to register for that Zoom link. Another neat resource is a Saturday walk at Red Wing Park for those with Parkinson's and their families. Call 339-3833 for more information about walking, but you do not need to pre-register.

One other interesting resource is a special exercise class for people with Parkinson's, Rock Steady Boxing. Call Wendy Wilkerson at 474-6300 for information about her classes at her gym at 4402. Princess Anne Rd., VB VA 23462



## Charity United Methodist Church Food Pantry

We have been supporting this local resource and encourage you to bring just one non-perishable food item when you attend a special event at SRC. According to church volunteer Donna Brehm, who heads up their pantry, certain items are most in demand:

- Canned chicken, instead of tuna
- Peanut butter in small jars
- Pasta and tomato sauce
- Dry cereal- low sugar
- Canned fruit
- Coffee Sugar
- Flour- they re-package these items into smaller servings

They prefer small sizes of food items, as many of the people who use the pantry are single and cannot easily use up the large family size containers you might get at Sam's Club, B.J.'s, etc.,.

Since our "members" don't have to pay any joining fee at SRC, this is one way we can give back to the community.



## Thank You to Two Special Volunteers

We will be forever grateful to two of our long-term volunteers, who, due to health problems, are not able to be as actively participating in center events.

**June Klag** has been our Martha Stewart of Southern Virginia Beach and the amazing hostess of our annual Mother's Day Teas and the Christmas Fa La La programs. Her creativity in decorating for many of our special events is unmatched.

**Sarah Burke** has been a dedicated "Desk Duty" volunteer for many years and has often

filled in last minute. Her career at Social Services allowed her to be very knowledgeable about resources, so she has been very helpful in making suggestions and referrals to callers and visitors. She has also been an important part of the writing group and facilitator of the conversation group.

Our hats are off to these two gals who have done so much for the SRC! We hope to still see you at our events.



## Tech Tutoring at Pungo-Blackwater Library



Need help with your phone, laptop, electronic device, or any other technological gadget? The Pungo Blackwater Library is here to help. We will work with you one-on-one to

answer questions about basic computer tasks, troubleshooting issues on your personal device, downloading eBooks or audiobooks, creating email accounts, getting started with social media, navigating online forms and applications, and more. Please visit the library for assistance. We may be able to assist you on the spot. If not, we can schedule an appointment for further assistance.



## Food for Thought Did You Know?



Your brain will constantly rewire itself to suit the information that you feed into it. If you constantly complain, gossip, find excuses, etc., it will make it much easier to find things to be upset about, regardless of what is happening around you.

Likewise, if you constantly search for opportunities, abundance, love and things to be grateful for, it will make it much easier to find a reflection of those things around you. It takes practice, but over time it's a very powerful way to reshape your attitude and your life.

It's paradoxical that the idea of living a long life appeals to everyone, but the idea of getting old doesn't appeal to anyone. *Andy Rooney*

Life is so ironic. It takes sadness to know happiness, noise to appreciate silence, and absence to value presence.

Before you assume, learn the facts. Before you judge, understand why. Before you hurt someone, feel. Before you speak, think.



## Chuckles

Today is the day that I do everything tomorrow!

May the light always find you, on a dreary day

When you need to get home, may you find your way.

May you always have courage to take a chance

May you never find frogs in your underpants!

## History Group Takes a Field Trip

The Great Bridge Battlefield and Waterways History Foundation is a nonprofit organization dedicated to the preservation and presentation of the historical significance of the Battle of Great Bridge, the Albemarle and Chesapeake Canal, and the Dismal Swamp Canal. On Wednesday, October 27<sup>th</sup>, the history group got together for a tour of the museum at Great Bridge in Chesapeake. The morning weather was cloudy, chilly and windy, but later on the sun appeared and the day was pleasant. The best part of the trip was the joy of being with good friends and meeting others. We shared lunch at Lockside Restaurant and then went to the Chesapeake Library to meet in the Wallace Room, where we were greeted by Robert Hitchings, who gave a delightful orientation of our local history events with fellowship discussion to follow. We greatly appreciate the efforts of Barbara Henley and her helpers for organizing this local historical outing.

*good  
bye &  
good  
luck*

### A Sad Farewell

Many of you probably did not realize that Sarah Bell Sindlinger, the head librarian at Pungo- Blackwater Library, is taking a new position with the Kempsville Library at the end of

November. This is a promotion for Sarah, and we certainly wish her well, but we do hate to see her go. Sarah has been instrumental in supplying us with many interesting programs as well as serving on our Board. As her position is advertised and interviewed, we can look forward to help from Denise, our neighbor on Morris Neck Road, who will serve as interim library head until Sarah's position is filled.

## Donations

Thomas L. Ackiss in memory of Leslie Ackiss Griffin

E. Alexander and Jean Lewis to be used as needed

Beth Swanner to be used as needed

Col. Hugh C. West, Ret. And Molly West to be used as needed and thanks for help in securing a book for his sister

Johnnie and Rae Williams in memory of JoAnn Arnold and to be used as needed

2022  
2021

LOADING...

### Our Mission Statement

The Senior Resource Center aims to provide residents in Southern Virginia Beach educational seminars, physical activities and social interaction needed to live their lives to the fullest. This is a collaborative effort with the City of Virginia Beach.

The Senior Resource Center is a 501 (c) (3) corporation, incorporated in the Commonwealth of VA. Contributions to the SRC are tax deductible.

### Responsibility and Oversight

**President**  
Johnnie Williams 470-7186  
**Vice President**  
Sharon Prescott 630-2660  
**Treasurer**  
Pat Jenkins 618-5304

**Hours of Operation**  
Monday – Friday, 9:00 AM – 4:00 PM

During inclement weather, The SRC operates on the local school schedule.




**Councilwoman**  
Barbara Henley 426-7501  
**City Liaison**

**Newsletter**  
Nancy Allan 422-1292  
Anne Bright 426-7832  
**Newsletter Layout**  
Tom Shearer 426-7831



To remove your name from the newsletter mailing list, call 757-385-2175. View the full newsletter online at [www.vbsrc.com](http://www.vbsrc.com) and help save printing and postage costs.

# December 2021

| Sunday | Monday   | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday  |
|--------|--|---|--|---|--|---|
|        |  |   | 1<br>11:40 Kids from Creeds will be decorating our Christmas Tree and entertaining us with Christmas Music. (Parents and grandparents are always Welcome) (PR Nancy G.)                  | 2<br>8:30 Board Meeting<br>Line Dance Class (PR Rita T)<br>12:30 - 1:45 pm Beginners<br>2:00 - 3:30 pm Regulars | 3<br>9:30 - 10:30 AM Tai Chi (PR Gary D.)<br>10:45 am Conversations (PR Sarah B.)<br>1:00 Cards (PR TBD)   | 4<br><b>1:00 Game Day (PR Jo-Ann R.)</b>  |
| 5      | 6<br>1:00 PM Christmas Carol Singalong and More (PR. Peggy Nelson )<br>1:00 PM Dominos (PR Linda A.) | 7<br>9:30 Exercise (PR R. Joyner)<br>1:00 Bingo (PR Wanda S.)<br>1:00 Cards (PR TBD)<br><b>Pearl Harbor Remembrance Day</b> | 8<br>10:30 - 12:00 Reading Group (PR Marcia H.)<br>1:00 History (PR B. Henley)   | 9<br>Line Dance Class (PR Rita T)<br>12:30 - 1:45 pm Beginners<br>2:00 - 3:30 pm Regulars                       | 10<br>9:30 - 10:30 AM Tai Chi (PR Gary D.)<br>10:45 Writing (PR Jan D) 1:00 Cards (PR TBD)   | 11  |
| 12     | 13<br>1:00 PM Dominos (PR Linda A.)  | 14<br>9:30 Exercise (PR R. Joyner)<br>1:00 Bingo (PR Wanda S.)<br>1:00 Cards (PR TBD)                                       | 15<br>10:30 AM. Chinese gift exchange (PR Barbara H.) Bring \$10.00 gift and Finger Food to Share<br> | 16<br>Line Dance Class (PR Rita T)<br>12:30 - 1:45 pm Beginners<br>2:00 - 3:30 pm Regulars                      | 17<br>9:30 - 10:30 AM Tai Chi (PR Gary D.)<br>10:45 am Conversations (PR Sarah B.)<br>1:00 Cards (PR TBD)  | 18<br>2:00-4:00 PM Special Program From Central Library, Subject: Altered Book Workshop                                       |
| 19     | 20<br>1:00 PM Dominos (PR Linda A.)  | 21<br>9:30 Exercise (PR R. Joyner)<br>1:00 Bingo (PR Wanda S.)<br>1:00 Cards (PR TBD)                                       | 22<br>1:00 History (PR B. Henley)<br>1:00 to 4:00 PM Bonnie Dozier - 1:1 sessions to help our members with Medicare choices.   | 23<br>No Line Dancing   | 24<br>The SRC will be Closed all Day   | 25<br>Christmas Day<br>1:00 PM Christmas Pot Luck Join in the holiday spirit. (PR-Rose Doucette)                              |
| 26     | 27<br>1:00 PM Dominos (PR Linda A.)  | 28<br>9:30 Exercise (PR R. Joyner)<br>1:00 Bingo (PR Wanda S.)<br>1:00 Cards (PR TBD)                                       | 29   | 30<br>No Line Dancing   | 31<br>2:00 - 4:00 PM New Year's Eve Party (PR Barbara H.)<br><b>Ring in the New Year!</b><br> | Jan 1. 2022<br><b>New Year's Day</b><br> |