



New Year's Day Pot Luck Lunch

Tuesday, Jan. 1 11:30 am

Join hostess Carol Todd and start the New Year off on a happy note by socializing with friends at the Senior Resource Center. Doors will open at 11:30 and lunch will be served at 1:00 p.m.

Please bring a dish to share.

JOY Meeting

Lecture and Pot Luck Lunch

Tuesday, Jan. 15 9:30 am

Our guest speaker will be Janie DeSio sharing with us the ideas of Independence Through Mobility. If you'd like to have your blood pressure checked by a Virginia Beach Health Department R.N., come at 9:30 a.m. The program begins at 10 and the pot luck lunch will follow, so please bring a dish to share. This activity is open to everyone and is a great opportunity to make new friends and share in the fellowship.

Scams- How to Avoid Being a Victim

Lecture and Pot Luck Lunch

Wednesday, Jan.30 11:00 am

Our esteemed Commonwealth Attorney, Colin Stolle, will be our lecturer on this very pertinent subject. Even though most of us are aware of some scams, seniors still are easy prey to computer and telephone schemes. Here's your chance to smarten up and protect your money. Our pot luck will focus on soups and chili, so if you are able to provide a pot of one or the other, please call the center at 385-2175 and let us know what you will provide. We also welcome crackers, cheese and desserts.

Charity United Methodist Church Food Pantry

We need to increase our participation by providing more food, as the food pantry at Back Bay Christian Assembly closed on Jan. 1. Charity UMC is the only food pantry in our area now and serves many people each week. It is open to everyone from 10 a.m. – 12 noon every Tuesday

Non-perishable foods that are most needed are canned and boxed foods that might appeal to the whole of the community, including:

- Spaghetti and spaghetti sauce
- Ravioli/Spaghetti-O's, etc
- Tuna fish
- Tuna Helper
- Macaroni and Cheese
- Ramen Noodles
- Peanut Butter and Jam

