

3 Things that Baby Boomers Should Do to Really Enjoy Retirement

If you are close to retirement or just newly retired, you may worry about saving enough to enjoy the years ahead. Stop stressing about your finances, and start having more fun with these savvy tips.

Health Care

One of the biggest worries Baby Boomers have is whether they will be able to afford their healthcare as they age. Remember, you can change your Medicare plan as your needs change. The Annual Election Period runs from October 15 to December 7 each year and you can **make changes** during this time, including your health and prescription drug coverages.

Enjoy Your Hobbies

Retirement is a wonderful time to take your hobbies to the next level, and you don't have to blow all of your savings in the process. If you are into gardening, for example, you could spend some time **making over your yard**.

Buy Experiences, Not Things

If you want to make the most of your life while making the most of your spending, you should stop buying things and start investing in experiences. Recent research shows that **positive experiences**, like traveling, bring a sense of gratitude to our lives.

Jim McKinley, guest columnist

Angel Tree Donations

We wish to thank all who participated in the very limited number of "angels" we received this year. Some expressed disappointment at not getting a chance to participate, but the guidance counselor at Creeds Elementary said that she had fewer free and reduced price lunch students this year and more people wanting to

participate, so we received only 3 children this year instead of 5 or 6 like usual. That's a good thing I hope because perhaps it means that some people have been blessed with better circumstances this year and do not need to feel dependent on community support. You must know, however, that Angel Tree is not the only way to help the local school. There is need throughout the school year; we keep a box of school supplies ongoing, so you might add to that. The principal has a fund of donations which enables her to see a need, such as a new pair of shoes, and supply it as needed. There are always ways to help. As the coordinator for the Angel Tree drive, I'd like to thank everyone for the prompt return of gifts and for remembering to get gift receipts in case something needed to be returned. We had a pickup load of gifts for just three children, so Christmas morning had to be very special for our three students. I pack each child's gifts in big garbage bags labeled as to Family Number and Child Number so parents don't have to even sort them out. Jim helped me deliver on December 14th, to an astonished counselor and faculty.

Anne Bright

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

Councilwoman

Barbara Henley 426-7501

City Liaison

Shari Williams
385-2175, Tue & Fri

Hours of Operation

Monday – Friday, 9:00 AM – 4:00 PM

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

Newsletter

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