

4th of July Celebration Wednesday, July 4 1:00 pm

Don't miss our biggest annual get together. We'll supply the hot dogs, fresh corn and home-made ice cream but we'd like you to bring a side dish to supplement our picnic menu. Bring along your family members and friends and join in the fun and fellowship and we'll have a patriotic sing-along too. It's the perfect way to celebrate this very special day. We will have a very brief, required annual meeting as well. In addition, we'll have our cookbook and history book for sale. Wear red, white and blue if you'd like and come join the fun. We will eat inside, so come rain or shine.



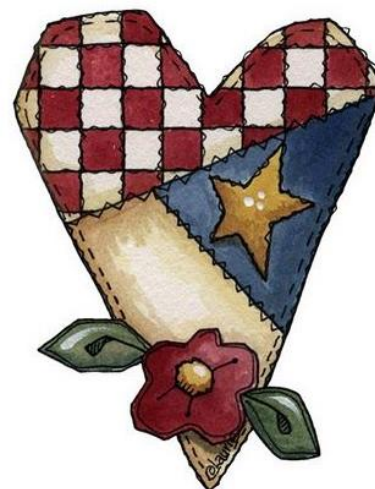
Stroke Awareness and Prevention Lecture and Pot Luck

Tuesday, July 17 11:00.am

Kayla Waterfield, Physical Therapist at Sentara Therapy Center Redmill (2033 Fisher Arch) will be our featured speaker. Come join us for an informative and interactive discussion about one of the country's leading causes of adult disability. Learn the signs of a stroke, as well as what you can do to be proactive about minimizing your stroke risk. Please bring a dish to share.

We Want You and your Crafts

If you are a crafter and/or artist, we'd like to hear from you. We are considering holding a craft fair this fall, in time for holiday shopping, which would include only actual items hand-made by you. So, if you weave, rubber stamp, paint, knit or crochet, make



jewelry, etc., we want you to call us at 385-2175 or email us at info@vbsrc.com to tell us you'd like to participate. There would be no charge for a table as we would like to provide this fall bazaar as a community service and a venue for you to share your talents. No franchised lines of merchandise please- just your own creations. A date will be set for this event once we know we have enough crafters interested in participating.

Farmers Market July Hoedown Schedule

Concerts are free and are held every Friday night from 7 – 9 p.m., rain or shine. Bring a lawn chair or blanket to enjoy free, live, local music.

July 6	Dallas Band
July 13	New City Sound
July 20	Country Rebels
July 27	The Long & Short of It

REGISTER TODAY FOR OUR BUS TOUR: TREASURES OF THE NORTHERN NECK OF VIRGINIA

Wednesday, October 10, 2018

Registration Deadline September 7th

Come, join your friends as they venture northeast toward Virginia's beautiful Northern Neck. Travel to Irvington, VA in the morning for a visit to **Historic Christ Church and Museum**, considered one of America's most beautiful and authentic colonial churches. This church is both a Virginia and a National Historic Landmark completed circa 1735 by Robert King Carter. Known for its cruciform design, it still has its original pews and three decker pulpit. It is the only virtually unchanged Colonial church still in existence in America. It is landscaped by the Garden Club of Virginia. The museum is a hidden gem and features artifacts, documents, displays, and exhibits that tell the story of Christ Church, its builder, and the Church of England in colonial Virginia.

You are in for a luncheon treat at the historic **Lancaster Tavern Restaurant** in Lancaster, VA. Established in 1790 it is a State and National Landmark. Please choose from *Soup & Half Club Sandwich*, *Chicken Salad on a Croissant*, *Reuben*, *large House Salad*, or *Fried Oyster Platter* (approx. 7 oysters). Includes bread pudding for dessert and coffee or tea.

Next, travel further north to the birthplace of Robert E. Lee and one of the great houses of American history, **Stratford Hall Plantation**. Its magnificent setting on a high bluff above the Potomac River and its bold architectural style set it apart from any other colonial house, but its highest distinction is the family of patriots who lived there. The Plantation is still managed as a farm today on 1600 of its original acres. There will be a guided tour as well as time to visit the gift shop.

The motorcoach departs SRC at 7:00 am, West Neck Village Hall at 7:20 am, Quality Suites Lake Wright at 8:00 am, and returns at approximately 7:00 pm.

This trip is organized and managed for SRC by SignaTours, Ltd. of N. Chesterfield, VA, the company that provides motorcoach tours for Sentara. All-inclusive cost is \$116 per person. Registration forms are available at the SRC and via email request from newbillm@cox.net. For questions please contact Mike Newbill, 757-453-6985.

Bullying Even Among Seniors



An article in the May 13, 2018 *Virginian-Pilot* gave food for thought regarding how seniors treat each other. A book written by social work professor Robin Bonifas, *Bullying Among Older Adults*, notes that studies show that about 1 in 5 seniors encounter bullying. The bullying isn't physical, but rather involves name-calling, rumors and exclusion and women are more likely to be bullies than men. At the Senior Resource Center we are known for our southern hospitality and friendliness, and newcomers tell us that they have been made to feel welcome when they first attend a center function. So, let's be mindful of our behavior and attitude and make sure we continue to provide an inviting and cordial atmosphere for everyone who visits the SRC.

Tai Chi

If you didn't sign up for the initial series of tai chi class with Gary Donovan, no worry. You are now welcome to join the group on Friday afternoons from 12 noon -1 p.m.as there is space for you. Tai chi is a great way to exercise gently and is a good way to improve your balance, so why not give it a try?

Your New Medicare Card



Most of you should have received your new Medicare card sometime in May.

Once you get your new Medicare card in the mail, you can start using it right away! Here are 3 things to do when your new card arrives:

1. **Carry your new Medicare card with you.** Your doctors and health care providers know it's coming and will ask for your new Medicare card when you need care.
2. **Destroy your old Medicare card.** No need to hold onto it — it's time to say goodbye!
3. **Keep your Medicare Advantage Plan card.** If you're in a Medicare Advantage Plan,

like an HMO or PPO, keep using your Medicare Advantage Plan ID card whenever you need care. However, you should also carry your new Medicare card — you may be asked to show it.

You might have noticed your new Medicare card looks a little different, but rest assured your Medicare coverage and benefits will stay the same. Visit [Medicare.gov/NewCard](https://www.Medicare.gov/NewCard) to learn more about your new Medicare card.

Note: If you also have a Medicare drug plan card, keep that, too. Also, beware of scammers! Believe it or not, they are calling people telling them that they have to pay for the new card. This is **NOT** true, so don't be fooled by the crooks among us!

Tidewater Winds Concerts

Tidewater Winds is one of the country's few professional, non-profit concert bands performing repertoire ranging from Sousa Marches to Big Band Programming. When you experience these concerts, you are entertained with the highest quality of musical celebration available. Our professional musicians, staff and volunteers are prepared to ensure you are fully engaged and comfortable. With free concerts every summer they welcome your involvement and participation as volunteers, supporters, donors and audience members. Join them for upcoming concerts, special events and fundraisers. We hope you will support this treasured art form and help us maintain the joy of free summer concerts for all to enjoy. **All concerts begin at 7:30 pm.**



July Schedule of Concerts:

*Week 1 4th of July 24th Street Stage
Oceanfront*

*Week 2 "Ella Fitzgerald": July 10 - Spring
Branch Community Branch Church, N. Great
Neck Rd; July 11 - 24th St. Oceanfront*

*Week 3: "A Centennial in the Making" July 17 -
Regent University Chapel; July 18 - 24th St.
Oceanfront*

*Week 4 "America! Let Freedom Ring": July 23 -
Grassfield HS, Chesapeake; July 24 - Regent
University Chapel; July 25 - 24th St. Oceanfront*

*Week 5 "Alone at Last": July 31 - Cox High
School, N. Great Neck Rd.; Aug. 1 - 24th St.
Oceanfront.*

If you attend the Oceanfront concerts, bring your own chair—the concert is outdoors. If you want to attend these concerts, ask your friends and see if you can carpool.

Virginia Beach Housing Resource Center

On June 12th Andy Friedman and Karen Prochilo from the City of Virginia Beach Housing and Neighborhood Preservation Department presented a great lecture about the new housing center that will open sometime in the fall. Located on Witchduck Road, just north

of I-264, it will be a "one-stop" shop for essential services, shelter and housing for homeless families and individuals. The goal of this remarkable resource is to make homelessness rare, brief and nonrecurring. It will provide 49 beds for individual shelter, 10 motel-style units for families and 30 one-bedroom efficiency apartments for permanent housing for single individuals. It will also provide day services, a health clinic, Dept. of Human Services offices, a cafeteria and a learning facility

Mr. Friedman explained that homelessness is not just a problem for those individuals with substance abuse or mental health problems but can result from job loss or layoffs, changes in family makeup and major health problem expenses.

If anyone you know is facing homelessness, tell them to call the **Regional Housing Crisis Hotline at 757-227-5932**

Food Pantry Donations

The Senior Resource Center supports the food pantry at Charity United Methodist Church. That pantry serves the southern Virginia Beach area and is available to anyone, not just church members. We encourage you to bring a non-perishable food item each time you attend an activity at SRC. Since our activities are free, we hope most of our members can afford to provide a can or box of food as a regular donation. The need is constant at the pantry, so your on-going contributions are always welcome.

DONATIONS

Gary and Janice Donovan to help support the activities provided by the Center

Beth Swanner in appreciation for the Center's kindness and concern for the elderly

Cecil and Adabelle Riddick for kitchen expenses

Barbara Vaughan to thank the Senior Resource Volunteers

Helen Lane for paper supplies and water

Nancy Daniels for kitchen supplies

4. Plastic bottles must have a neck or pouring spout and caps can be left on; please no motor oil containers, however.
5. Glass bottles and jars can be any color but please remove and discard lids.
6. The following items are not to be put in your blue can: toys, Styrofoam peanuts, milk or juice cartons, yard debris, take-out containers, bags of garbage, or diapers and medical waste.

NOTICE TO VOLUNTEERS

If you are unable to complete your scheduled duty, please do not expect the person currently on duty to find your replacement. **It is your responsibility to call someone to cover for you if you cannot serve your duty.**

Recycling Tips from City of Virginia Beach



1. Plastic bags should NEVER be put in the recycling bin even if they are clear and contain all paper. If you have recyclable paper that you want to bag, such as shredded paper from a single direction shredder, put that in a paper bag and staple the top closed if closure is necessary.
2. Do not place food-covered paper products in the recycle bin at all. Just put in the regular trash.
3. Tin cans from soup, tomato sauce, etc. should be slightly rinsed.

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 Wilson
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
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 and help save printing and postage costs.

July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	1:00 Dominoes/Cards	1:00 Bingo/ Cards	1:00 PM Join us for 4th of July Celebration & Annual SRC Board Meeting 	8:30 NO BORRD MEETING FOR JULY No Line Dancing	9:30 Yoga (PR Linda T.) 10:45 Conversations (PR Sarah Burke) 12:00 - 1:00 Tai Chi (PR Gary Donovan)	1:30 - 4:30 pm Game Afternoon (PR. Jo Anne R. & Carol Todd)
8	9	10	11	12	13	14
	1:00 Dominoes/Cards 2:00 Photography (Shutterbugs) (PR Sharon Prescott)	1:00 Bingo/ Cards	1:00 History & Cards	9:30 Exercise (PR Rita J.) No Line Dancing	9:30 Yoga (PR Linda T.) 10:45 Writing (Pr Jan Donovan) 12:00 - 1:00 Tai Chi (PR Gary Donovan)	10:00 -12:00 Crafters (PR Pat Jenkins)
15	16	17	18	19	20	21
	1:00 Dominoes/Cards	1:00 Bingo/ Cards 11:00 Stroke Prevention and Symptoms - Kayla Waterfield, Sentara Therapy Pot Luck Lunch to follow, (Pr Nancy A.)	1:00 Cards	9:30 Exercise (PR Rita J.) Line Dance Class Beginners 12:30 - 1:15 pm Regulars 1:30 - 3:30pm (Pr. Rita T)	9:30 Yoga (PR Linda T.) 10:45 Conversations (PR Sarah Burke) 12:00 - 1:00 Tai Chi (PR Gary Donovan)	6:30 - 9:00 pm Game Night (PR Jo-Anne R. & Rita T.)
22	23	24	25	26	27	28
	1:00 Dominoes/Cards	1:00 Bingo/ Cards	1:00 History & Cards	9:30 Exercise (PR Rita J.) Line Dance Class Beginners 12:30 - 1:15 pm Regulars 1:30 - 3:30pm (Pr. Rita T)	9:30 Yoga (PR Linda T.) 10:45 Writing (Pr Jan Donovan) 12:00 - 1:00 Tai Chi (PR Gary Donovan)	
29	30	31				
	1:00 Dominoes/Cards	1:00 Bingo/ Cards	1:00 Cards			