

# SENIOR RESOURCE CENTER, INC.

## NEWSLETTER – MARCH 2019

IN OUR ELEVENTH YEAR

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### City Staff Appreciation Luncheon

Wednesday, March 6 11:30 am-1:00

For the first time, we will be showing many of the City of Virginia Beach staff who have provided such wonderful support for the SRC for more than 11 years how very much we appreciate them. We have invited our new Mayor, City Council members, and others who have been so helpful to us. SRC will provide the lunch entrée, but **we'd like you to bring side dishes and desserts.**

### St. Patrick's Day Celebration

Sunday, March 17 3:00 pm

Come out to enjoy some Celtic entertainment . Wear something green and stay to enjoy the corned beef and cabbage that will be provided. Bring desserts to share.



### JOY(Just Older Youth)

#### Lecture and Pot Luck Lunch

Tuesday, March 19 10:00 am

Healthy Living for Your Brain and Body will be the lecture topic, presented by Ellen Clements. This program, sponsored by the Alzheimer's Association, will provide research-based recommendations for taking care of your brain and body in order to age as well as possible. It is intended for healthy individuals who are looking for ways to age well. As usual, you can come at 9:30 a.m. to have your blood pressure checked. Lecture starts at 10. SRC will provide spaghetti for lunch but we'd like you to bring salad or dessert to share.

### Annual SRC Volunteer Appreciation Luncheon

Tuesday, April 9 11:30 am

If you are a volunteer at SRC, save the date of Tuesday, April 9 at 11:30 a.m. to attend our yearly appreciation luncheon. If you lead a class, help with the newsletter, cover desk duty shifts, serve on the Board, or in any other way lend a hand to the Center, please join us. Lunch will be provided----no pot luck donations needed! Call the Center at 385-2175 or email [twingranny05@gmail.com](mailto:twingranny05@gmail.com) to R.S.V.P by April 2.

### AARP Tax Aide

AARP volunteers will prepare your tax returns for free at the Central Library, 4100 Virginia Beach Blvd., VB 23452. Hours are Monday-Sat. 10 a.m.- 4 p.m. No appointments, first come first served. You'll need to bring: your Social Security card or a copy of it; 2018 W-2 or other income/pension statements; 2017 tax return; photo I.D.

### Daylight Savings Time Begins

March 10 2:00 am

It's that time of year again. Seems like we just turned back our clocks! Don't forget to turn your clocks ahead one hour when you go to bed Sat. night, and begin to enjoy a little bit more daylight.

