

# SENIOR RESOURCE CENTER, INC.

## NEWSLETTER – MARCH 2020

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

## Time Change Coming March 8

Daylight saving time 2020 will begin at 2:00 AM on Sunday, March 8. Don't forget to set your clocks ahead one hour when you go to bed Saturday night.



## Irish Dance Performance

Sunday, March 15 3:00 pm  
Creeds Elementary School



## WALKER ACADEMY

OF IRISH DANCE

The talented dancers from the Walker Academy of Irish Dance are returning for an early St. Patrick's Day celebration. We will gather next to our center at Creeds ES so we will be better able to see the flying feet of the dancers on the stage. We encourage families to attend- kids and grandkids will truly enjoy this program. The performance is free, but we will accept donations for the dance troop. After the program, we will return to the Senior Resource Center for dessert. Please bring goodies to share. Last year we were thrilled with these dancers, so don't miss this opportunity to see these talented girls again.

# HAPPY ST. PATRICK'S DAY!

## JOY

Tuesday, March 17 10:00 am  
Genealogy: Finding Military Family

Do you enjoy genealogical research? Are you trying to find an ancestor who you think may have served in the military? Join us March 17, at 10 a.m. at the Senior Resource Center, as Virginia Beach Public Library Special Collections Librarian Mary Lovell Swetnam walks us through a variety of military-related resources and websites - where you just might find the records you're looking for.

Everyone is always welcome at JOY get together. If you'd like to have your blood pressure checked, plan to arrive at 9:30. Please bring a dish to share for the pot luck lunch after the lecture.

**Getting to Know You  
Chat Group and Pot Luck Lunch**  
Monday, March 30 11:00 am

*Let's Talk  
about it*

In an effort to have some "fun" activities, instead of

just being reminded of all of the pitfalls of aging, we have decided to have some gatherings this year where all we do is talk and eat! We started the year with our baby photo contest and what a hoot that turned out to be! This month we want to reminisce a bit and talk about who our best friend was in childhood and why we were so close to that person. Be thinking about your childhood pals and bring some good stories to share. As usual, we will have a pot luck lunch to follow so bring your favorite goodies to share with the rest of the gang.