

Veterans' Day Celebration **Saturday, Nov. 11 1:00-3:30 pm** **Pungo-Blackwater Library**

Since Veterans' Day is on Saturday this year and the SRC is closed, we decided to join with Athena Dabbs and the Pungo-Blackwater Library staff to celebrate this very special day. Starting at 1 p.m. with the Boy Scouts doing their traditional Flag Raising ceremony and Jimmy Whittemore playing *Taps*, there will be a Quilts of Honor presentation in the school cafeteria, crafts for children and adults, veterans sharing their experiences and display tables for your enjoyment. Adults will have a chance to sew some squares for future Quilts of Valor, youth will have the opportunity to make cards to send to our military members overseas, and collections will be made for care-packages to be sent to deployed military. We will have a collection box with suggestions of items to include in the care packages at the SRC as well as the one at the library. Our SRC contributions will involve snacks for all attending. We need donations of small snack bags of chips, cookies and/or brownies as well as sodas to be made available to those attending. Athena has a sign-up sheet at the library so we can get a "guestimate" of how many will attend, so if you can join us please give her a call at 385-7790. We will have a sign-up sheet at SRC for whatever you feel that you can contribute toward the snacks. Come out and help to make this a noteworthy celebration for our veterans.



The Art of Healthy Aging Forum and Expo

Wednesday, Nov. 1 9:00 am-2:30 pm
Virginia Beach Convention Center

This is an annual event sponsored by Senior Services of Southeastern Virginia. This year's theme is "Aging Loud." There will be workshops, vendor displays, health screenings and entertainment. Call 461-9481 or go online to www.sseva.org to register. Cost is \$20 per person, which includes lunch.



Free Flu Shots **Tuesday, Nov. 14** **11:00 am-1:00 pm**

Sentara will once again be at SRC to provide free flu shots. No proof of insurance is needed. Many of you will be getting your flu shots from your doctor, but this is your opportunity to get the shot close to home and without a long wait.

JOY: Aging Fabulously **Lecture & Pot Luck Lunch** **Tuesday, Nov. 21 10:00 am**

Shawn Buckon from Senior Corps will tell us how to be healthy and fabulous as we navigate the ups and downs of growing older. Be the best that you can be regardless of your age. Bring a dish to share for lunch and come at 9:30 if you'd like to get your blood pressure checked.