

## Thanksgiving Day Pot Luck Dinner

**Thursday, Nov. 23 1:00 pm**

Sara Schauer has once again offered to host this popular annual gathering and she will provide the turkey. If you would like to join your SRC family for this special celebration, please call the Center at 385-2175 to tell us how many people will be attending with you and what dish/dishes you will provide. This holiday event has grown over the years, so please join us.



## Balance & Fall Prevention Lecture and Pot Luck Lunch

**Wednesday, Nov. 29 11:00 am**

Sentara Red Mill Physical Therapists Lindsay Clark and Kayla Waterfield will share their expertise with us and will also offer hands-on instruction on how to get up off the floor after a fall. Getting up, from the bed or the floor, can be a challenge for lots of us.

Among older adults, falls are the leading cause of injury deaths, unintentional injuries, and hospital admissions for trauma. Falls can take a serious toll on older adults' quality of life and independence. Poor balance, medication side effects and vision problems are possible reasons why people fall. Many folks who do fall don't tell their family and don't let their doctors know, which is a mistake. Many of us have experienced multiple falls and have poor balance, so it will be helpful to learn how to prevent falls and what to do if we do fall. Bring a dish to share at our pot luck lunch following the lecture.

## Save the Date: FaLaLa Friday, Dec. 8 1:00-3:00 pm

Join us for our traditional Christmas gala. Several musicians will treat you with holiday selections interspersed with selected Christmas readings. Meet, greet and chat with friends over a bountiful finger food/dessert buffet hosted by our "elf with the mostest," June Klag.

## Antiques Roadshow

**With Jim Oglesby**

**Wednesday, Nov. 15 10:00 am**

Shake the cobwebs off your keepsakes and bring no more than 3 items for Jim to assess so you can find out if it's trash or treasure.

## Congressional Aide's 1:1 Sessions

**Thursday, Nov. 16 1:00-3:00 pm**

Rep. Scott Taylor's aide, Kathleen Redmond, will be available to meet with you privately to help you with problems or concerns you have with Federal programs, such as Medicare, Social Security and the Veterans' Administration. No appointment necessary.

## Donations

JOY (Just Older Youth) generous donation to SRC for kitchen supplies

Garland Eaton in memory of his wife Shirley – 10 years

Bill and Betty Lehr in support of our Senior Resource Center

June Klag in memory of Marvin Etheridge, Ann Bonney, and Steven Loudermilk