

11th Anniversary Celebration and Fond Memories Concert Friday, Oct. 5 7:00 pm

Can you believe it? The Senior Resource Center will be celebrating its 11th year of operation! We are very proud that we have survived so long and that we are continuing to offer new and exciting opportunities, like ballroom dancing and tai chi. Some of our “classes,” such as exercise and line dancing, and activities such as JOY and the history group, have been meeting for many years, with the same dedicated instructors and facilitators. How fortunate we have been to have so many wonderful and talented volunteers who have given so much time in order to keep SRC alive and well. But in order for us to continue to thrive, we need new blood-- new volunteers, as well as new ideas. We invite and encourage you to step up to the plate and help. We are also always trying to find new “members,” so be sure to help spread the word about all that we have to offer.



Our favorite musical group, Fond Memories, will make this anniversary celebration special by serenading us. If you haven't been lucky enough to have heard them before, they are 5 extremely talented vocalists. While they perform free for us, we suggest that you **come prepared to make a cash donation to Fond Memories**, to help cover their ongoing expenses. \$5 per person donation is a

suggested amount, but it's up to you to decide what you would like to give.

We will be providing cake, ice cream and punch, so no need for you to bring snacks.

JOY(Just Older Youth) Lecture and Pot Luck Tuesday, Oct. 16 10:00 am

Susan French, City of Virginia Beach Arborist, will be the guest speaker, lecturing on Urban Tree Composition. If you want to have your blood pressure checked, arrive at 9:30 a.m. The lecture will begin at 10 with a pot luck to follow, so please bring a dish to share.



Senior Showcase Wednesday, Oct 31 9:00 am-2:00 pm Princess Anne Rec Center

Sign-in starts at 9 a.m. and will provide you time to visit all the vendors before the program begins. This is an annual event produced by the Mayor's Commission on Aging and attracts a large number of seniors. You can gather lots of local resource information, get some free goodies, attend breakout sessions and enjoy entertainment. It's all free, **but you need to call to pre-register so you can enjoy a free box lunch. Call 385-4581 or email mayorsoffice@vbgov.com to reserve your space.**

SENIOR SHOWCASE
Information Fair