

# SENIOR RESOURCE CENTER, INC.

## NEWSLETTER – MARCH 2025

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

## Irish Dance Performance

**Sunday, March 9 2:00 pm**

**Creeds Elementary Cafetorium and Social at SRC Afterward.** The Rhodes Academy of Irish Dance will again perform for us, with dancers of varied ages. Among these talented dancers is Ena Dawson, the very energetic and enthusiastic teen who produces our annual Holiday Luncheon. So don't miss your chance to see this spirited group and to support Ena. She is an award-winning dancer and incredibly talented. The performance is free, but we invite you to donate to the dance troupe. We encourage you to participate in the passing of the hat so we can show these wonderful performers our appreciation. We also encourage you to bring your grandkids. This event attracts a large audience and has become one of our favorite annual events, so join us.

Doors open at the school at 1:30pm and the performance is from 2-3 p.m. After the performance ends at 3 p.m., head over to Senior Resource Center for some treats. We ask our members to bring desserts to share and you can drop them off before you head to the school.

## Military Aviation Museum Lecture and Potluck Lunch

**Monday, March 31 11:00 am**

Keegan Chetwynd, Executive Director of the Military Aviation Museum will share insights with our members on the museum- and why are there dinosaurs? Did you know that the Military Aviation Museum is one of the most highly ranked tourist spots in Virginia Beach, but there are many residents of Virginia Beach who have

not yet visited? Trip Advisor states "Nestled in southern Virginia Beach, the Military Aviation Museum stands as a testament to the indomitable spirit of America, housing one of the world's most expansive collections of operational vintage military aircraft." But the museum is more than just vintage airplanes. Come and hear how this amazing place enriches our community.

Bring a dish to share and enjoy the potluck lunch after Keegan shares insights and fun facts about the museum.

## Walk and Talk New Activity

**Wednesday, March 19 10:00 am**  
**Munden Point Park**

This is a brand-new monthly activity provided by the Pungo Blackwater Library. Engage your body and your mind! Join us for a monthly walk around beautiful Munden Point Park, while enjoying a casual chat about popular books. Talk about titles you like and hear what others enjoy. The group walk will last 30-45 minutes. Wear comfortable shoes and remember your water. This activity is for adults. Registration is required, so call 757-385-0150. The park is located at 2001 Pefley Lane, VB, VA 234577, off of Munden Point Road.

## String Art

**Friday, March 28 3:00 pm**  
**Pungo Blackwater Library**

Make a delightful work of art using nails, string, and your imagination. You'll be amazed at what a few intersecting straight lines can create. This craft program is for adults and registration is required. Call 757-385-0150 to sign up.

## **Creeds Ruritans Club Annual BBQ and Spring Craft Fair Saturday, March 15 11am-5pm**

At the Ruritan Complex, 1057 Princess Anne Rd., VB 23457 \$12 per meal, dine in, drive through, take out. Tickets are available online at [www.creedsruritan.com](http://www.creedsruritan.com), or you can purchase at Pleasant Ridge NAPA Auto, Back Bay Auto Repair and from Ruritan members. The food is terrific, and the variety of beautiful crafts is amazing. The craft fair has no admission cost.

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## **AARP Tax Aide**

This free service is available again, provided by AARP volunteers. It is offered only at Virginia Beach Central Library, located at 4100 Virginia Beach Boulevard. Appointments are required, by calling 757-431-3060. This service will be available until April 15, Monday – Friday from 10am.-4pm and on Saturdays from 10:30am-4pm. Go online to [www.aarp.org](http://www.aarp.org) to see the list of documents you will need to bring with you.

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## **A Note from Your New Board President**

Over 17 years ago when a group of like-minded residents in the southern portion of Virginia Beach got together under the leadership of Councilwoman Barbara Henley and Terry Jenkins, Director of Virginia Beach Human Services, a plan was formed to create something unique where the residents could meet and enjoy activities and learning. The idea was to have a place that was convenient and affordable to all. Residents in the rural area worked in the empty building that now houses the Senior Resource Center and, through their hard work, donations and creative efforts, created a comfortable, welcoming space that

has been enjoyed by so many for all these years.

We are now at a point where some of the furnishings need replacing to better accommodate our activities, and the cost of our insurance, mailings, paper products, kitchen supplies, etc. have all increased. We have always relied on the generosity of our members to keep us afloat and this has always worked. Our goal is to be able to continue with this as we have for the past 17 years and not have a membership fee or fees for activities. So, if you enjoy coming to play cards, enjoy a potluck meal, attend a lecture or participate in some activity, I am asking you to consider donating to the SRC. We are a non-profit and your donation is tax deductible. You can mail a check made out to the Senior Resource Center, Inc. or give your donation to the desk duty person. If you have questions about our finances, please reach out to me at 757-630-2660. Soon, we will be posting our monthly treasurer's report for all to see so you will understand what our expenses are.

To those of you who make regular donations, I thank you for your support of this grand idea that we have made work for all these years. Sharon Prescott

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## **Welcome to Our new Board Member**

The center's Board of Directors welcomed a new board member, Steve Lesinski, at their February 6, 2025 board meeting. Steve has retired from the Virginia Beach Fire Department and lives in the Creeds area. We are very pleased he is joining us and look forward to his participation.

## Future Need for a New Angel

After spearheading our annual Angel Tree Project for many years, Anne Bright is retiring from this position. This project benefits needy Creeds Elementary students at Christmas time, and over the years SRC members have provided an enormous number of wonderful gifts to these students. Anne has devoted more time than we can imagine, working with the school counselor at CES, making up angel tree tags, sorting all the donations, and delivering them to the school. Few of us realize how much she has done. Now we need a new Angel or Angels, ready to take on this program beginning in November, and wrapping up about a week before Christmas vacation begins at school. It would be great to find 2 people to share these duties, and we ask you to step up and answer the call. We also ask you to let Anne know how much we appreciate all she has done. Call SRC at 757-385-2175 or email us at [info@vbsrc.com](mailto:info@vbsrc.com) to volunteer.

## Building Keys

Were you a SRC volunteer in the past but are no longer active? We would like to make sure past volunteers return their building keys to us if they no longer provide any volunteer services. Please drop them by during the week, from 9am-4pm when a desk volunteer will be present.

## Card Tables

We have been asked to provide an additional card playing table and to also consider square tables, rather than round. The three round tables we currently use were in our building when we took it over from the library, so they have been in use for many years. Fortunately, one heavy duty square table has already been

obtained, thanks to Johnnie Williams, and six “new” chairs have been found for us by Tom Morrison.

These tables are used by card, Mahjong, Euchre players and more, so we would like to ask all those who participate in these group table games to donate, if possible, to a fund so three additional square tables can be purchased. Since we do not charge any membership fee to attend center activities, it seems appropriate for those who use the tables to contribute.

If players have preferences about the type of tables they like, please let us know. Standard folding card tables are the least expensive, while sturdier ones with metal bases are considerably higher priced. Let's make this a group project and see what we can do.

## Speaking of Card Players

Although we have welcomed several new desk duty volunteers in recent months, we are still not where we need to be. There have been recent shifts uncovered, so the door is locked and the phone unanswered. We have continually asked, even begged, for more volunteers, but for whatever reason, we still do not have enough.

If those who participate in weekly card, euchre, and mahjong games, whether as leader or player, could agree to actually sign up on the calendar to cover the shift when they are already at the center to play, it would make sense. Informally players have answered the phone if no duty person is present, but if a particular group doesn't meet, such as when too few players appear so no game is played, or when line dancing doesn't meet, then there is no desk coverage. We have asked repeatedly if those players could commit to putting their name down on the master calendar so that one person is responsible for covering

duty, whether a game is played or not. If the player has not formally been oriented for desk duty, that's a short and sweet process.

We appreciate it when group leaders, like Rita Trammell, cover the phone, but it must be annoying to have to interrupt their teaching to answer the phone. It's also not fair when a morning duty volunteer ends up spending the entire day at SRC because there is no afternoon volunteer signed up. We are as tired of bugging you about the volunteer situation as you are about hearing our plea yet again. But something must change if we hope to remain open.

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## Charity United Methodist Food Pantry

Do you ever wonder what happens to the non-perishable food items you bring to our center? By now you probably know that our donations support the food pantry that serves our rural area, located at C.U.M.C. Their pantry feeds an average of 9 families/25 people each week. It is also open from 5-7pm every Wednesday evening, in conjunction with a free community dinner to which everyone is invited.

### Items Most in Demand:

Peanut Butter-16 oz.  
 Jelly  
 Spaghetti Sauce-20/24 oz. jar or can  
 Boxed cereal-low sugar preferred  
 Canned fruit-peaches and pears-low syrup/fruit juice preferred  
 Sugar- 4 lb. bag is OK. We will split it up  
 Evaporated (not condensed) milk  
 Coffee-mild roast in any size-we will split it up  
 Boxed pasta-elbows/penne/bowties/etc.  
 Canned veggies-carrots, beets, and potatoes especially needed. We have tons of green beans and corn!  
 Chicken noodle soup  
 Saltine/similar crackers

Luncheon meat-AKA "Treet" or similar. Walmart has a house brand  
 Dry Beans  
 Pop Tarts-particularly Brown Sugar and fruit variety  
 Toilet paper  
 Paper towels  
 Family-sized items are not needed as many food pantry users are single people.

One last note, we thank **Donna Brehm** for her 15 years of volunteer service as head of the Food Pantry. **Wendy Harris** is their new volunteer program manager. Thanks to **Dianne Greene** also for delivering our food donations to the church every week,

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**Virginia Memory Project** is a survey for all adults in Virginia about brain health, memory and caregiving and is based at Virginia Commonwealth University College of Health Professions. It is the first expansive web-based brain health registry in the Commonwealth. Your answers will help policymakers and public health workers prioritize resources for people with memory loss and caregivers in Virginia. The Virginia Memory Project tracks dementia across the state to identify regions and communities most in need of support.

In the United States, about one in ten older adults are estimated to develop dementia in their lifetime, and this number is expected to increase significantly over the next few decades. At Virginia Commonwealth University, a team of researchers, clinicians, and social workers has made it their mission that no person with memory loss or their caregiver goes unaccounted for in Virginia. Their initiative, known as the Virginia Memory Project, is a partnership with the Virginia Department of Health (VDH) to better understand the collective brain health of the state and support people directly or indirectly impacted by dementia. Through a web-based

registry, the project catalogs cases of Alzheimer's disease and other forms of dementia in the state. The registry also serves to connect Virginians with resources related to memory loss, like screenings, community-based programs, and services for caregivers

The online survey takes only five minutes and is confidential, and providing your name is optional. You do not need to have a dementia diagnosis or be a caregiver- the survey is open to all adults in Virginia. By taking the survey, you will be able to get referrals to services or support. To access the quick survey, search "Virginia Memory Project" online.

## Social Security Assistance

Did you know that you cannot be a walk-in client at the Virginia Beach Social Security office on Sabre Street any longer. If you stop by, hoping to be seen by an agent, you will be told that it is not possible, and an appointment will be made for you instead. In the past, if you were willing to wait in line for however many hours were necessary, you could see a live representative. No more! Save yourself, and instead of driving there only to make an appointment for a later date, call Social Security on the toll free line at 800-772-1213, from 8am-7pm, Monday-Friday. You can use their automated phone service if you don't want to wait to speak to an agent. An appointment to be seen at the Virginia Beach office can be made over the phone at this number. You can also go online to [www.ssa.gov](http://www.ssa.gov) to search for answers to your questions.

## Movies Anyone? Try Kanopy

Did you know you can access movies to stream for free via the Virginia Beach Library? The Kanopy app offers over 300,000 films with new titles added weekly. Once you download the

app and sign up, you can be granted 10 tickets, and each title has a requirement based on viewing time. New tickets are reset at the beginning of each month, and unused tickets do not roll over. The lending period will be provided before the item is checked out. To register you need to enter your library account card information and create a new account. Online go to: [www.kanopy.com](http://www.kanopy.com) to get started, find all the information and help you'll need, and then begin to enjoy lots of great movies from the comfort of your home. What a deal!

## Donations

Beverly Almond -donation for Crafter's Comfort Chicken

Rebecca Salmons – donation and Crafter's Comfort Chicken

Beth Swanner- in memory of Melvin Strawhand and Janet Simons

Rita and Don Trammell- donation

Anne Bright- in memory of Jim Bright


**Our Mission Statement**

The Senior Resource Center aims to provide residents in Southern Virginia Beach educational seminars, physical activities and social interaction needed to live their lives to the fullest.  
This is a collaborative effort with the City of Virginia Beach.

The Senior Resource Center is a 501 (c) (3) corporation, incorporated in the Commonwealth of VA. Contributions to the SRC are tax deductible.


**Responsibility and Oversight**

<p><b>President</b> Sharon Prescott 757 630-2660</p> <p><b>Vice President</b> Johnnie Williams 757 470-7186</p> <p><b>Treasurer</b> Pat Jenkins 757 618-5304</p>	<p><b>Hours of Operation</b> Monday – Friday, 9:00 AM – 4:00 PM</p> <p>During inclement weather, The SRC operates on the local school schedule.</p>	<p><b>Councilwoman</b> Barbara Henley 757 426-7501</p> <p><b>Newsletter</b> Nancy Allan 757 422-1292 Anne Bright 757 426-7832</p>
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# March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b>
						 1:00 Game Day (PR Jo-Ann R.)
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
		9:30 Exercise (PR R. Joyner) *10:45 -12:30 Euchre (PR Marcia H.) **12:30 Cards (Card Group PR) ***1:00 Bingo (PR Jim S.)	10:30 - 12:00 Read & Share (PR Angie V.)	***8:30 am Board Meeting Line Dance Class (PR Rita T) 12:30 - 1:45 pm Easy Line 2:00 - 3:30 pm Regulars  **12:30 - 4:00 Mah Jongg (PR Arlis Burney)	10:45 am Writing: Jan Donovan Conversations: Rita Jones Substitute: Sarah Burke  12:30 Cards (Card Group PR)	
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
Rhodes Irish Dance School Creeds Elem Cafetorium 1:30pm - 4:30 Desserts to Share SRC	6:00-8:00 pm Creeds Athletic Assoc. (PR Brittany Nosay)	9:30 Exercise (PR R. Joyner) *10:45 -12:30 Euchre (PR Marcia H.) **12:30 Cards (Card Group PR) ***1:00 Bingo (PR Jim S.)	1:00 History (PR B. Henley)	Line Dance Class (PR Rita T) 12:30 - 1:45 pm Easy Line 2:00 - 3:30 pm Regulars  12:30 - 4:00 Mah Jongg (PR Arlis Burney)	10:45 am Writing: Jan Donovan Conversations: Rita Jones Substitute: Sarah Burke  12:30 Cards (Card Group PR)	***11:00 am - 5:00 pm*** Creeds Ruritan Club's Annual Bar-b-Que **5:00 to 8:00 PM ** SRC Game Night (PR Rita T.)
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
	10:00-12:00 SRC Crafters for Charity (PR Gaby M)  *2:30 "Game On"at PBL, Reg Req. (757) 385-0150 (PR Angie V)	9:30 Exercise (PR R. Joyner) *10:45 -12:30 Euchre (PR Marcia H.) **12:30 Cards (Card Group PR) ***1:00 Bingo (PR Jim S.)	10:00 am Walk & Talk 30-45 min Walk, Reg. Req. Meet @ Munden Pt Park (PR Kathleen T)	No Line Dance Class (PR Rita T)  12:30 - 4:00 Mah Jongg (PR Arlis Burney)	10:45 am Writing: Jan Donovan Conversations: Rita Jones Substitute: Sarah Burke 12:30 Cards (Card Group PR)	
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
3/24: No Events  ----- 3/30: No Events	3/24: No Events  ----- 3/31: 11:00 Director Military Aviation Museum Lecture & Potluck (PR Sharon P)	9:30 Exercise (PR R. Joyner) *10:45 -12:30 Euchre (PR Marcia H.) **12:30 Cards (Card Group PR) ***1:00 Bingo (PR Jim S.)	1:00 History (PR B. Henley)	Line Dance Class (PR Rita T) 12:30 - 1:45 pm Easy Line 2:00 - 3:30 pm Regulars  12:30 - 4:00 Mah Jongg (PR Arlis Burney)	10:45 am Writing: Jan Donovan Conversations: Rita Jones *12:30 Cards (Card Group PR) **3:00 String Art, PBL Reg. Req. (PR Angie V)	

**Notes:** PLEASE NOTE GAME NIGHT ON MARCH 15TH WILL BE CHANGING FROM 6-9 TO 5:00 PM TO 8:00 PM.