

SENIOR RESOURCE CENTER, INC.

IN OUR EIGHTEENTH YEAR

NEWSLETTER — AUGUST 2026

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

Facebook: <https://www.facebook.com/vbsrcevents/>

Annual Joint Potluck Lunch with AARP

Monday, Aug. 10 12:00 noon



We will host the
Princess Anne

Chapter of AARP at this yearly event at the SRC. We look forward to this gathering every August and enjoy seeing our old friends. This year we ask everyone attending to bring either a main or side dish, or dessert to share. If you aren't in the know about this nearby AARP chapter, this is your opportunity to learn more about it. In case you might be interested in attending AARP meetings, the Princess Anne Chapter #5119, meets the 2nd Tuesday at 1p.m. at the Princess Anne Rec Center, except during summer months. Non-perishable food items are always needed for the area food pantry, so bring one or two items to donate.

Cookbook Book Tasting

Monday, Aug. 10 3:30pm

Pungo Blackwater Library

Come sample the many varieties of recipes and cookbooks found in our library's catalog and learn what it takes to create your very own cookbook book club. Light refreshments will be served to sample as well. Please note any specific accommodation required when registering. Registration is required at 757-385-0150.

Coffee and Crafts: Just Add Water

Friday, Aug 28 10:00am

Pungo Blackwater Library

Join us for our Coffee & Crafts summer series where each month this summer we will 'caffeinate and create' various items using coffee as inspiration. In August we will sip on a variety of coffees and use instant coffee to create a rich watercolor painting. Please note any specific accommodation required when registering. Registration is required by calling 757-385-0150.

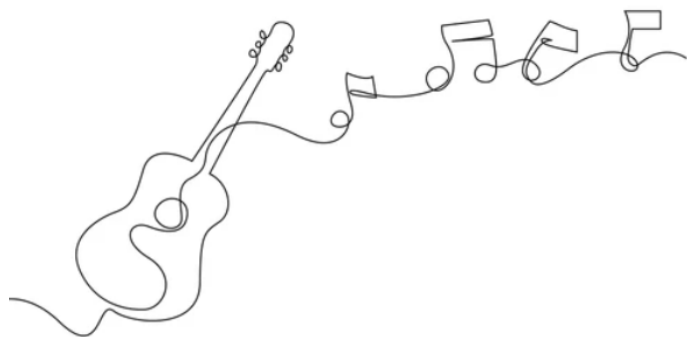
Virginia Beach TRIAD

Community Collaboration

Thursday, Aug. 13 12:00-3:00pm

Central Library

This is a day of resources, fun and connection, open to older adults and the community. It is free and open to the public. This is the second annual event and will provide lots of information for seniors and their families with a wide variety of exhibitors. For more information about TRIAD, see the article in this newsletter.



Music Art and You

Saturday, Aug. 15 11:00am

Join us at SRC for a Music Circle. All ages are welcome and you are encouraged to bring a friend. Join us in making rhythms & sounds on instruments while admiring the art and talent of local artists. No experience is needed. This is a new event, and it should be lots of fun. Instruments will be provided or you can bring your own instrument!

Virginia Beach Neptune Festival Seniors Gala

Wednesday, Sept. 2 6:00-9:00pm
Virginia Beach Convention Center

It's time to dust off your dancing shoes! Don't settle for another night of bunco or bridge — join us for a night of big band sounds, delicious food, and of course, a visit from the King himself as you jitterbug your way through Neptune's Seniors' Gala.

Tickets are \$20/person, and reservations with payment must be made in advance. Tables of 10 may also be reserved for \$200. Ticket includes a buffet dinner, non-alcoholic drinks, and live music. Alcoholic drinks may be purchased separately. Call the Neptune Festival office to make your reservation at 757-498-0215.

All attendees must be over the age of 62 and are subject to ID check at the door.

The Convention Center is at 1000 19th St., VB 23451.

First Day of New School Year Monday, Aug. 24

Virginia Beach Public Schools begin the 2026-2027 school year on Monday, Aug. 24. Staff will have returned a week prior, on Aug. 17. Be mindful as you arrive at and depart from the Senior Resource Center as we share the parking lot with Creeds Elementary School and at parent dropoff and pickup time there are many cars rounding our building. Be mindful too of the 25-mile per hour speed limit on Princess Anne Rd. and be patient with the school buses too.



New Earlier Start Time for Weekly Bingo Games Aug. 25

We'll start at 12:30pm, instead of at 1pm. It was agreed upon by our regular bingo players that the starting time of our bingo games every Tuesday will change as of Tuesday, Aug. 25. We'll start a half hour earlier than in the past, so players won't be delayed in leaving the center while waiting for students' parents to clear the parking lot. We appreciate the players finding a solution, as there really isn't anything more the school can do about the traffic situation.

Sunshine Call Pilot Program



isolated by limited mobility.

The Virginia Beach Public Health Foundation is starting a new pilot program providing daily reassurance calls to seniors living alone or their primary caregivers. These calls will be made Monday-Friday and serve as a connection to those

□ **ENROLLEES:** We are looking for a few individuals interested in joining our pilot. If you are interested in enrolling in our Sunshine Call pilot, please contact Kelly Lee at 757-406-9077.

□ **VOLUNTEERS:** We are also looking for individuals willing to make the daily calls. These are brief calls (1-3 minutes) to check in and make sure the individual is okay and give them someone to look forward to speaking to daily. We provide the training for these calls. This program has been extremely successful in other counties and feedback from most volunteers has been that they get as much out of providing the calls to the recipients as the recipients get from receiving the calls. Please contact Kelly Lee at 757-406-9077.

Farmers Market Friday Night Hoedown Concerts

These free weekly outdoor concerts are held every Friday night from 7-10 pm. It is recommended that you bring a lawn chair or blanket. You can choose to just listen to the great music, but it's even more fun if you get in the spirit and join the line dancers. For those of you unfamiliar with the Farmers Market, it is located at 3640 Dam Neck Road, right across from Landstown Shopping Center at the intersection of Dam Neck and Princess Anne Roads. Come on down.

August 7	Country Rebels
August 14	The Country Rockers
August 21	Timeline
August 28	Raw BeeT's

Virginia Beach Public Libraries Transitioning to Cashless Payments

VBPL has transitioned to cashless point-of-service payments as of July 1st, 2026. Payments for lost or damaged items, meeting rooms, some print jobs, and other fees will be accepted by card only. Cash will still be accepted at Central Library and for Friends of the Library purchases. Provisions will be made for library cardholders with small print jobs. If you have questions or would like more information, please contact library staff at 757-385-0150 for more information.

Pungo-Blackwater Library Puzzle Swap

Pungo Blackwater Library has introduced a new puzzle swap to switch out your old puzzles with new-to-you puzzles. If swapping, please ensure all puzzles are complete before adding them to our collection.

Senior Resource Center's Books

We are happy to announce a reduction in the sales price of the two books the SRC has published. The initial book is *Glimpses of Down-County History: Southern Princess Anne County* and the new book is *Princess Anne County Graves: Fields, Farms and Churches*. The cost of each book is now \$20. You can find the books at the center and can pay in cash or check made out to SRC. The books can also be mailed, with the cost of mailing added on.

Senior Resource Center is Cool

There are still many weeks ahead of very hot, humid weather. If you are uncomfortably warm at home, why not head down to the center so you can cool down? Even if there is no scheduled activity going on, you are more than welcome to drop by and visit for a while. You can bring a book to read, work on the jigsaw puzzle that is in progress, or chat with the volunteer who is on duty. Call first to make sure someone is there-757-385-2175. No need to stay home by yourself and swelter.

Many Thanks to Julie Coppedge

The Board of the SRC expresses gratitude and appreciation for Julie's many years as our Board Secretary. Julie is dealing with several health issues and has resigned from her position. Her dedication and efficiency have been invaluable. Anne Bright has graciously agreed to take over as our Board Secretary. Our thanks go to both Julie and Anne. As Julie deals with her health challenges, we know she will appreciate your thoughts and prayers.

Prestigious Award for Olivia Dabney

Many of us know dear Olivia, through her educational career or as vital founding member of the Princess Anne AARP Chapter. Olivia's amazing community involvement over many years netted her a very special award by the Mayor's Commission on Aging. At this year's Senior Showcase at the Princess Anne Rec Center, Olivia received the Dr. Lanny Hampel Award for Exemplary Service to Seniors. We hope to see Olivia at our August 10 Joint SRC/AARP luncheon, so join us then in congratulating her.

Virginia Beach Public Library Non-Resident Access

Access to some VBPL digital platforms have changed as of July 1st, 2026, for library cardholders **who do not live in Virginia Beach**. Hoopla, Libby, and Kanopy will be available at no cost to Virginia Beach residents only. To continue these services, non-residents will need to purchase a non-resident card. These card types are available for \$15 for 3 months of service, or \$60 for 12 months of service. Residents of Currituck County and any other city/county within the state of Virginia may still obtain a library card for free access to all physical materials. **Only digital library materials are affected by this change.**

Hurricane Season and Preparedness Information

Although hurricane season began June 1, 2026, and ends November 30, 2026, it is never too late to prepare for a possible storm. You will find a variety of free handouts at the center, on the card table right behind the volunteer's desk, that may be helpful to you. While the Senior Resource Center cannot be a storm shelter, we can act as an after-the-event shelter, providing

electricity and refrigeration. We have been very fortunate to have missed any major hurricanes in recent years, but we still need to take steps to be ready in case this year's hurricane season turns out to be worse than forecast.

Virginia Beach TRIAD

Virginia Beach TRIAD S.A.L.T. (Seniors and Law Enforcement Together) is a 501.3c organization consisting of the Virginia Beach Sheriff, Chief of Police, AARP representatives, and other volunteers who have made a commitment to reduce the criminal victimization of senior citizens. The goal of Triad is to reduce the fear of crime and victimization among seniors by increasing awareness of scams and frauds targeting them, strengthening communication between the law enforcement and senior communities, and educating seniors on local and state resources that are available in their community. This goal is accomplished through speaking engagements, community collaborations and targeted training for seniors and law enforcement practitioners.

TRIAD's motto is Stronger Together Better Together Uniting Our Community Building Connections Creating a Better Tomorrow. The Virginia Beach TRIAD chapter meets monthly on the 3rd Saturday at 10am at Marion Manor, 5345 Marion Lane. That facility is behind St. Gregory's Church.

The Virginia Beach TRIAD Council, known as S.A.L.T. (Seniors and Law Enforcement Together), meets monthly in support of the TRIAD to develop, expand and implement effective crime prevention and education programs for older Virginians. TRIAD works to improve the quality of life for seniors by providing an active exchange of information between local law enforcement and seniors.



Citizen Advisory Committees

The Virginia Beach Police Department established this program to enhance its ability to communicate with and better serve the community. These community meetings, using the acronym CAC, are comprised of citizens representing a wide cross section of all neighborhoods and businesses in the four police precincts.

One of the most valuable assets available in keeping neighborhoods safe is the cooperation of alert, concerned residents. These meetings provide a formalized process that facilitates citizen and community cooperation. The City government has many departments that attend these monthly meetings, and these representatives are available to answer the concerns of the citizens.

The meeting that covers the first precinct (the one that covers the rural area of Virginia Beach) meets the first Wednesday every month at 6pm, except for July and August, at the Municipal Center, Building 19, 2405 Courthouse Drive.

Reporting Fraud

If you have been the victim of a scam, by phone, email, or text, it is important that you report it to the authorities. You can contact the United States Federal Trade Commission at 1-800-FTC Help (1-800-382-4357 or online at www.reportfraud.ftc.gov. You can also contact AARP Fraud Helpline at 1-877-908-3360.

Save the Dates

Mon., Sept. 14 at 11am Fall and Balance Lecture by Therapy on the Move and Potluck Lunch

Sun., Sept. 27 1pm at Creeds Elementary School Virginia Opera Performance and Social back at SRC after the performance. Free and open to everyone.

Chuckles

Yesterday I saw an ad that said, "radio for sale, \$1, volume stuck on full." I thought "I can't turn that down!

I'm reading a book about anti-gravity. It's impossible to put down!

What do you call a melon that's not allowed to get married? A cantaloupe!

I went to McDonald's today and ate a Kids' Meal. It was good, but the kid's mom was furious!

I didn't know orthopedic shoes would help. But I stand corrected!

Donations

Kenny and Catherine Davis

Emily Davis in memory of Elaine Etheridge

Rita and Donald Trammell

Thomas and Ann Ackiss in memory of Winky Henley

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

President

Sharon Prescott
757 630-2660

Vice President

Johnnie Williams
757 470-7186

Treasurer

Catherine Heidlebaugh
757 619-2589

Hours of Operation

Monday – Friday, 9:00 AM – 4:00 PM

During inclement weather, The SRC operates on the local school schedule.

Councilwoman

Barbara Henley
757 426-7501

Newsletter

Nancy Allan
757 422-1292
Anne Bright
757 426-7832



To remove your name from the newsletter mailing list, call 757-385-2175. View the full newsletter online at www.vbsrc.com and help save printing and postage costs.

August 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						 1:00 Game Day (PR Jo-Ann R.)
2	3	4	5	6	7	8
		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 Dulcimer Lessons (PR Peggy Nelson) ~1030-12:00 Read & Share (PR Angie V.)	8:30 Board Meeting ~Line Dance (PR R T) 12:30 - 2:00 pm Reg/Easy 2:15 - 3:30 pm Beginners ~12:30 - 4:00 Mah Jong (PR Missy S)	10:45 am Friday Writers Group ~12:30 Cards (Card Group PR)	
9	10	11	12	13	14	15
	12:00 AARP Joint Luncheon Pot Luck (PR Nancy A) ~3:30 pm Cookbook Taste PBL, Reg Req, (Angie V) ~6:00 pm Creeds Athletic Assoc. (PR Brittany N)	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 Dulcimer Lessons (PR Peggy Nelson) ~1:00 History (PR Beth Bangley)	Line Dance (PR R T) 12:30 - 2:00 pm Reg/Easy 2:15 - 3:30 pm Beginners ~12:30 - 4:00 Mah Jong (PR Missy S)	10:45 am Friday Writers Group ~12:30 Cards (Card Group PR)	11:00 am Dulcimer Music Circle (PR Peggy Nelson) ~5:00 to 8:00 PM Game Night (PR Rita T.)
16	17	18	19	20	21	22
	10:00-12:00 SRC Crafters for Charity Ditty Bags/School Supplies (PR Gaby M)	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 Dulcimer Lessons (PR Peggy Nelson) ~10:00 am Walk & Talk 30-45 min Walk, Reg. Req. Meet@ Munden Pt Park	No Line Dancing Class today ~12:30 - 4:00 Mah Jong (PR Missy S)	10:45 am Friday Writers Group ~12:30 Cards (Card Group PR)	
23	24	25	26	27	28	29
30	31	9:30 Exercise (PR R. Joyner) ~10:45 -12:30 Euchre (PR Marcia H.) ~12:30 Cards (Card Group PR) ~12:30 Bingo (PR Jim S.) *	10:00 Dulcimer Lessons (PR Peggy Nelson) ~1:00 History (PR Beth Bangley) ~9:00-4:00 pm Medicare 1:1 Counseling. (PR Eileen C)	Line Dance (PR R T) 12:30 - 2:00 pm Reg/Easy 2:15 - 3:30 pm Beginners ~12:30 - 4:00 Mah Jong (PR Missy S)	10:45 am Friday Writers Group ~12:30 Cards (Card Group PR) ~10:00 Just Add Water PBL, Reg Req (Angie V)	

Notes: * Please notice Bingo will be changing its start time from 1:00 pm to 12:30 pm effective August 25, 2026.

August 24th, 2026 First Day of School for Public School System.

