

SENIOR RESOURCE CENTER, INC.

NEWSLETTER — JUNE 2026

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

Hooked on Butterflies (and Moths)!

Lecture and Potluck Lunch
Monday, June 1 11:00am

Butterfly experts, Karen and Steve McCurdy, return for an encore lecture. This presentation will discuss the Lepidopteran life cycle, some of the most common butterflies and moths seen in Tidewater VA, and the plants needed to support their habitats. There will be plenty of show and tell from these two wonderful presenters. Bring your questions and be prepared to be stunned by the wealth of information and photographs that will be shared.

By the way, Lepidopteran refers to an insect order containing around 180,000 species of butterflies, moths and skippers. Skippers are a family of butterflies known for their rapid darting flight and distinctive hooked antennae.

Please bring a non-perishable food item for the Charity Methodist Food Pantry and a dish to share for lunch.



Chenille Stem Flowers

Friday, June 5 10:00am
Pungo-Blackwater Library

Create beautiful flower arrangements made out of colorful chenille stems. The perfect craft that everyone can make! Adults. Registration is required so call 757-385-0150.

Clay & Café

Wednesday, June 10 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 the inspiration. In June we will sip on a variety of coffees and add used coffee grounds to air dry clay to mold a piece of art with a textured, ceramic appearance. Please note any specific accommodations required when registering. Adults. Registration is required. 757-385-0150.

Summer Reading Challenge

will kick off at the Pungo-Blackwater Library on June 8th for 8 weeks of special programs and prizes! Children aged 0-11 can participate in our youth challenge for a chance to win a \$200 Lego gift card. Teens aged 12-18 can participate in the summer challenge to win a Pizza Hut swag bag, or they can join our 100 Books Before Graduation challenge to win even more prizes. Adults can join the Annual Reading Challenge and earn a tote bag after reading 12, 24, or 52 books in 2026. Contact the library for more information about Summer Reading.

Public School Year Ends June 12

It's hard to believe that another school year is coming to an end. 5th grade graduation at Creeds Elementary School will be on the very last day of school, **Friday, June 12, at 10a.m.** **Our parking lot will be very full during that time.** We thank our members who have been patient getting in and out of our parking lot

when school has been in session, as the long line of parents' vehicles dropping off and picking up students makes it hard for us to attend our regular activities.

Brain Health in Action in Virginia Beach Free AARP Presentation

Thursday June 18 11:00am-1:00pm

Central Library, 4100 Virginia Beach Blvd., VB 23452. Learn how small, everyday actions support brain health in this interactive experience exploring the six pillars of brain health, with engaging activities focused on movement, stress relief, social connection, and steps you can use daily. Discover how small, everyday actions can support your brain health. This interactive experience introduces the Six Pillars of Brain Health, followed by the opportunity to explore activities designed to promote movement, stress relief, social connection and more. Choose your own adventure and leave with the knowledge to build lasting, healthy habits. **Registration is required so call 877-925-8300 or go online at: <https://events.aarp.org/bhvb0618>**

The Loss of Another Beloved Member

We were saddened to hear of the death of June Klag on May 8. After retiring from a long career as a schoolteacher, June became a very valuable member of the SRC. We nicknamed her the "Martha Stewart of Creeds" as she was the most talented and creative decorator and made so many of our special events so beautiful. She also was famous for the annual FaLaLa, an amazing Christmas program with music, readings and June dressed as an elf. She was also very involved in the History Group that met twice a month. Our condolences go to her husband Louis, her sons and grandchildren. She will be greatly missed.

Rose Talbott Receives Prestigious Wayne D. McCoy Spirit of Virginia Beach Award

We congratulate Rose for being recognized for her incredible service to the City of Virginia Beach 4H Program and the City's Agriculture Department. She was presented with this award by the Mayor at City Hall on April 23 with her family in attendance. This recognition celebrates volunteers who exemplify "service above self" who have made a meaningful impact through their dedication to the City of Virginia Beach. Rose is also a very devoted volunteer at the Senior Resource Center, and we also applaud her for willingness to support our efforts.

Ongoing Need for Supplies for Kitchen

We don't charge any membership fee at the SRC, so please consider donating in other ways. We can always use coffee, both regular and decaf, plastic zip-lock storage baggies, both quart and gallon size and paper towels.

Donations Needed for Other Local Charities

We also encourage you to bring non-perishable food items for the Food Pantry at Charity United Methodist Church. Regular size items are preferred because many of the food pantry users are single people, so jumbo containers of food aren't practical.

We also support another local charity, Connect With a Wish, that provides a wealth of items to foster kids. While Connect With a Wish has special annual events, like Back-to-School Supplies and Winter Coat Drive, they also need other items year-round.

You will find plastic bins for donations on your left as you enter the building for these charities, and there are copies of the lists of items needed for both charities on the oval table to your right as you enter. Your generosity in supporting these worthwhile charities is greatly appreciated and makes a huge difference for those in need.

Kudos to:

Dianne Greene, a woman of many talents, who makes a weekly trip to Charity United Methodist Church to deliver our food pantry donations.

Tom and Gaby Morrison for planting so many donated irises that now grace our front garden around our marquee and the garden behind our great room. Gaby is also responsible for our flourishing certified butterfly garden facing our parking lot. Take time to inspect the plants and see how many caterpillars you can find.

Farmers Market Friday Night Hoedown Schedule

The hoedown season is now in full swing, so head on over to the Farmer's Market for music, dancing, and fun. 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

June 5	Dallas Band
June 12	Timeline
June 19	Country Rockers
June 26	Country Rebels

Caring With Creativity-The Nightingale Ministry

There are dozens of residential nursing facilities in Virginia Beach that care for hundreds of the city's senior citizens. Many of these seniors do not have regular contact with family members or friends. They spend their days without connections or conversations. In 2001, a group of 5 women, along with their leader Susan Saunders, received a small grant to form the Nightingale Circle at St. Nicholas Church. Their mission was to hand-craft greeting cards for as many nursing home residents as possible for each of the major holidays of the year. The group has since grown to over 20 members who gather to make an average of 100 cards each week. They use items such as scrapbook paper, stickers, computer clipart and donated materials such as used greeting cards to create colorful and cheerful cards. The cards are then bundled with bows and delivered by the members of the group to several nursing homes in Virginia Beach. The Nightingales were especially proud of their efforts this past Christmas when they created and delivered over 3,000 beautiful cards to seniors who eagerly anticipate the cards each delivery day. Without a doubt, the growth and development of the Nightingale Circle have been significant and admirable. In fact, 3 additional chapters of the group have been formed in Hampton Roads, including one consisting of school-age children who visit facility residents to personally deliver their cards. Mrs. Saunders continues to lead the efforts of the Nightingales and was honored last year with T.V. Channel 3's "Hometown Heroes" award for her dedication to and support of senior citizens.

The scope of the Nightingale greeting card ministry continues to grow while the feedback from facilities staff and residents is overwhelmingly positive. However, the need for materials grows as well and rising costs are a challenge. If you would like to help this worthy cause, please consider donations for items such as:

*Scrapbooking paper pads (decorative paper of any size)

*Stickers, both seasonal and general use

*Glue sticks, ink pads, markers

*Fronts of new or used greeting cards

*Embossing supplies, card embellishments

*Postage stamps, gift cards (e.g. Hobby Lobby or Michaels)

Please know that your interest and support are much appreciated! Don't hesitate to contact the Nightingales with any questions or for more information by calling Susan Saunders at 757-572-3140.

Virginia Beach Poll Workers Needed

Our area needs poll workers! Consider becoming one today to help your neighbors and community. Go to www.voter.virginiabeach.gov Click 'Election Officials' or call 385-8683 and give us your email address and we will send information. Earn \$240 for election day, and \$25 for training!

Kindness Doesn't Cost a Cent

In any group of seniors, kindness and consideration help create a warm and welcoming environment. As people grow older, friendship, respect, and understanding become even more important. Small acts of kindness—such as listening patiently, offering help, or including everyone in conversations—can make a big difference in someone's day.

Being considerate also means understanding that each person may have different experiences, abilities, or challenges. Speaking clearly, showing patience, and treating others with dignity help build trust and comfort within the group. When seniors support one another,

they create stronger connections and a greater sense of belonging.

A caring group encourages positivity and reduces loneliness. Whether during social gatherings, community activities, or simple daily interactions, kindness helps everyone feel valued and respected. In the end, a thoughtful and compassionate attitude strengthens friendships and brings joy to the entire group.

What to Say to Someone Who is Grieving

Most of us are lost for words when trying to convey love and comfort to a griever. We want to say the "right words." The truth is that the "right words" don't really exist when we seek to express our support to someone who is grieving. There is no easy answer or checklist. You don't need to say the right thing. In fact, you don't need to say anything at all. You just need to 'be there. When someone you love loses a person they love, it can be hard to know what to say. You want to show your friend you love and support them, but you also know there really isn't much you can say to heal their pain.

DON'T say "I can't imagine what you're going through. You can imagine the pain and heartache the griever is experiencing. Instead say "I can imagine how difficult your journey must be and I just want you to know I'm here for you."

DO say "I don't have the right words." It's OK to acknowledge that you don't know what to say. Your friend will understand that it's hard to get the words right. It also addresses the loss and shows you're not trying to avoid talking about what happened.

DON'T say anything that starts with "at least." That includes "at least they're in a better place" or "at least they are no longer suffering." When you start with "at least," you are minimizing your friend's experience. Be

willing to talk to your grieving friend about their loss if they are open to talking about it.

DO say " there's no need to respond." Let the person know you don't expect a response to your message or card. Releasing the other person from any pressure or expectation to reply can make it easier for them to feel supported without any obligation or guilt to have to reciprocate.

DON'T use cliches or platitudes. Avoid saying phrases like "time heals all wounds," or "everything happens for a reason." They can sound hollow and impersonal, like you're simply checking a box to fulfill your obligation of saying something. Phrases that are focused on healing or moving on are also not helpful. Everyone has a different timetable while grieving so don't impose your expectation on them.

DO tell them you love them, that it's hard and that you're sorry. If the person who is grieving is not somebody you have a close relationship with, you can say something like, "I heard that [person who died] passed away and I'm holding you in my thoughts."

DO walk down memory lane. You may not want to talk about the person who has died for fear of making your friend sad. But don't be afraid to share stories you remember about them, even months or years later.

DO keep checking in over time. In the days and weeks after a loss, the grieving person is often getting texts and phone calls. Typically as time goes on, the social support dwindles. To the grieving heart, that can be devastating, so keep reaching out to your friend, even months after the death. Grief is a long road, and each person grieves at their own pace and in their own way. Sometimes a hug, a hand held or just sitting in silence can be all your friend needs.

Adapted from articles by Julia Furian, NPR Life Kit 5/8/2026 and Carol Bowman, Grief and Loss Center.

Save the Dates:

Sat., July 4th 12 noon Our annual 4th of July party and cookout and our required, brief Annual Meeting

Sept. 27 Virginia Opera Performance

Donations

L.E. and R.M. Cullipher
Sharon Prescott
Julia Coppedge
Charles Small
Teresa Honeycutt
Johnnie and Rae Williams in memory of Jim Morrissette

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



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June 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	11:00 Hooked on Butterflies & Moths Karen & Steve McCurdy Pot Luck Lunch to Share	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.)	1030-12:00 Read & Share @ SRC (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 ~10 am Chenille Stem Flowers, PBL, Reg. Req. (Angie V)	1:00 Game Day (PR Jo-Ann R.)
7	8	9	10	11	12	13
	6:00 - 8:00 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.)	1:00 pm History (PR Beth Bangley) ~10 am Clay & Café PBL, Reg. Req. (Angie V)	~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)	
14	15	16	17	18	19	20
Flag Day	10:00-12:00 SRC Crafters for Charity Projects thru Aug 2026 (PR Gaby M)	*Exercise Cancelled ~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	*No Line Dance this Week ~12:30 - 4:00 Mah Jong (PR Missy S)	10:45 am Friday Writers Group ~12:30 Cards (Card Group PR)	5:00 to 8:00 PM Game Night (PR Rita T.)
21	22	23	24	25	26	27
Fathers Day		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 pm History (PR Beth Bangley) ~1:00-4:00 pm Medicare 1:1 Counseling. Schedule Time Slot (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)	
28	29	30				
		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.)				

Notes: Library Summer Reading Challenge kicks off Jun 8th for 8 weeks of special programs and prizes at the Pungo-Blackwater Library.

High School Graduations Jun 9-13 2026

* Denotes a Class cancelled per instructor.

