



**Irish Dance Performance  
Patrick's Day Social at SRC  
Sunday, March 8 2:00pm  
Creeds Elementary Cafetorium and 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 the Senior Resource Center for some punch and treats. We ask our members to bring desserts for the social and you can drop them off before you head to the school.

Take note that Ena and her dance troupe will perform at the International Tattoo at Norfolk Scope April 16-19!

**Secret Agent Man is Coming  
to the SRC  
Potluck Lunch  
Monday, March 30 11:00am**

Well, he was a secret service agent until his retirement. Do they really give you a number and take away your name? Have you ever wondered about what goes into protecting a president, especially when traveling? Come and hear John Robey talk about his service under Presidents Carter, Regan, both Bushes and Clinton. This may be your only opportunity to ask a secret service agent those burning questions you might have about working to protect the president.

Potluck to follow. Please bring a dish to share and a nonperishable food item for Charity's Food Pantry.

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**Library Programs**

We are very fortunate that Pungo-Blackwater Library provides several programs for us every month. If a program description shows that registration is required, please call the library at 757-385-0150.

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**Read and Share  
Wednesday, March 4 10:30am**

**At SRC.** Enjoy a casual chat about popular books. Talk about titles you like and hear what others enjoy. Swap favorites old and new or spread the word about your favorite reads. Adults. Registration is not required.

## Produce Stamped Tea Towels

**Wednesday, March 25 3:00pm**

Come to Pungo-Blackwater Library and create a charming, one-of-a-kind stamped tea towel using fresh fruits and vegetables. Adults. Registration is required.

## Walk and Talk

**Wednesday, March 18 10:00am**  
**Munden Point Park**

This unique program started again after a winter hiatus. 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. Walks will last 30-45 minutes. Wear comfortable shoes and remember your water. Adults. Registration is required. Munden Point Park is at 2001 Pefley Lane, at the end of Munden Point Road, which is off Princess Anne Rd. just a few miles south of the SRC.

## Senior Planet Provides Wonderful Free Online Programs

The Senior Planet nonprofit program became affiliated with AARP in 2021. By officially joining the AARP family, Senior Planet has been able to expand their reach and impact, helping more seniors access and use technology to improve their lives. AARP membership is not required to participate in Senior Planet classes, so you can access an array of classes for free!

Senior Planet from AARP is a nonprofit program that brings older adults 50+ together to learn new technology skills and build community. We offer free online and in-person technology classes, exercise sessions and

discussion groups. Senior Planet is about much more than the latest gadgets, apps, and websites. We are a nonprofit organization that brings older adults together. Our free classes, articles, videos, and activities help seniors learn new skills, save money, exercise, make new friends, and so much more. Here's what you can explore daily with Senior Planet:

- Online classes
- In-Person classes
- Original articles for older adults
- Our social media platform Senior Planet Community – exclusive to seniors
- Additional resources, like technology tip videos, how to use Zoom, and more!
- Free newsletter

Wherever you are in the world, you can join over 60 free online classes every week

Focus on fitness with an exercise session, learn about the latest technology, like tablets and smart TVs, get social with a discussion group or book club, and so much more!

Online classes are held Monday-Friday, live over Zoom. Check it all out at [www.seniorplanet.org](http://www.seniorplanet.org) or call 888-713-3495, Mon.-Fri. 9am-8pm and Sat. 9am-2pm EST.

## Creeds Ruritan Club 50<sup>th</sup> Anniversary Bar-B-Que. & Spring Craft Fair

**Saturday, Mar. 21 10:00am-4:00pm**

Join the Creeds Ruritans Club as they celebrate 50 years of hosting their annual barbecue and craft fair. What an accomplishment! This annual event is at the Ruritan Community Complex at 1057 Princess Anne Rd., VB 23457, just past the Back



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## AARP Free Tax-Aide

You can receive free help with your tax return at Virginia Beach Central Library with AARP Tax-Aide volunteers. Appointments are required and are available from Mon. – Fri. from 10am-4pm and Sat. 10:30am-4pm. AARP membership is not required but you must make an appointment. Call 757-431-3060 or make the appointment online at [www.taxaide.aarpfoundation.org](http://www.taxaide.aarpfoundation.org).

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## Crafters for Charity Change in Schedule

Our talented crafters group has decided to meet from January-October, taking a break during November and December when they are busy with holiday doings. As mentioned in a previous blurb, they do meet on the third Mon. EVEN when it falls on a federal holiday,

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## Volunteers to Teach Yoga and Tai Chi

We are sad that we are no longer able to offer these popular classes at the SRC. We were blessed that instructors Linda Tingle and Gary Donovan were willing to lead those classes for free. We would love to find new leaders to fill those vacancies. If you or anyone you know would consider volunteering to start a new Tai Chi or yoga class, please call the center at 757-385-2175.

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## High Heating Bills

This winter has brought unusually cold temperatures, which has a direct impact on energy use. December was the coldest in more than 15 years, and January brought some of the longest stretches of sub-freezing temperatures we've seen. When it's this cold, your heating system has to work harder to stay

warm. The greater the difference between the temperature outside and inside, the more energy your heating system may use, often causing it to run longer than normal and lead to higher energy bills. Most of us have received bills much higher than usual as a result, and there is help if you are struggling to pay them. Call Dominion Power at 1-866-366-4357 to find out if you can make flexible payment arrangements, qualify for energy assistance or Energy Share. You can also consider getting on a budget plan, so your bills are averaged out over the whole year.

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## New Games Available at the Center

Thanks to Donna Sutherland for donating new games, Rummicub and Sequence. New labels are now on the center's games, as a reminder that the games are meant to stay at the center. On the other hand, feel free to borrow any of our jigsaw puzzles from our very large collection.

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## New Marketing Materials

Our Board of Directors has agreed that it's about time that the Senior Resource Center finally obtain some printed items so that we can better advertise our unique center. For the first time in 18+ years we will have real business cards and rack cards (for displaying in a rack on a counter) to distribute in the community. We continue to struggle with finding enough volunteers to cover 10 "desk duty" shifts each week, and we also need to find new, younger members to help us continue to function, and we hope to increase awareness of our center by distributing these items at area events and locations. You can also help spread the word by inviting your family and friends to attend the SRC and to sign up for our free newsletter. As those of us who have been actively involved for as long as the SRC has existed well know, we need new blood!

## New Volunteers

We are happy to welcome several new helpers. Susan Marziani and Jennifer Sieracki are already making our event flyers and Nancy Allan is very grateful. Missy Shearer is now the leader of the Mah Jong group, taking over from Arlis Burney. Thanks to Arlis for starting that new activity, which has become very popular; it meets every Thursday at 12:30pm. The newsletter committee, which prepares the monthly newsletter for mailing, has been faithfully led by Martha Giovanelli for many years. Debby Capps has now taken on that position.

## Jim Bright Memorial Pancake Brunch

I'd like to thank everyone who came out to our Valentine's Day brunch in memory of my late husband. Thanks to all who generously donated fruit salads, pastries, juice, syrup for the pancakes and, most of all, their time. I could not have done this without help from Debbie Boomer, Becky Salmons, and Laura Salmons who cooked pancakes; Don Trammell, who set up tables; Beverly Almond who decorated our Valentine tree and other areas around SRC; and as always, Nancy Allan, who gives us her time so faithfully. To the kitchen elves who washed dishes and helped clean up everything after the meal, many thanks as well. I hope everyone enjoyed the event as much as I did.  
*Anne Bright*

## Strengthening Social Ties

There are more recent findings about achieving longer life expectancy, according to an article in the *Virginian Pilot* 1/18/26, by Richard Eisenberg. A study done by Ken Stern focused on what is behind the longer life span for people in certain countries. and it appeared that having strong social connections is more

important than health or finances to achieve a long life. It's not about being the "life of the party," but it is about having connections and relationships with others. Some suggestions offered in the article that can help you develop those connections are:

- 1) **Get Out and About-** Hopefully you already have connections with family and friends, but even daily interactions with strangers can help. You can chat with the cashier or someone in line with you at the store or while waiting in a doctor's office. It can help if you live near others of different ages and participate in activities that are not just for seniors.
- 2) **Take Advantage of Lifelong Learning Opportunities** Consider signing up for a class and learn something new or sharpen your skills.
  - **Institute for Learning in Retirement (ILR.)** Membership is \$25 per year and there is a \$15 charge for each two-hour class/lecture you attend. There are lectures, discussion groups, trips, and social events with peers. Check them out at [www.ilrvb.org](http://www.ilrvb.org) or call 757-756-4861. Classes meet in the Pungo Auditorium at Tidewater Community College in Virginia Beach and are also broadcast via Zoom.
  - **Adult Learning Center** 5100 Cleveland St., VB 23462 Phone 757-648-6050 Virginia Beach Public Schools oversees this program. A wide variety of classes are offered, with varied fees. Online [www.adultlearning.vbschools.com](http://www.adultlearning.vbschools.com) to find class catalog.
  - **Tidewater Community College and Old Dominion University Free Class Audit** If you are 60 years of age or older and have resided in Virginia for at least one year, you can audit courses without paying any

tuition, if there is space available. That means you can attend a regular class without any cost-what a deal! Although you won't receive any credit for the class, you will enjoy the company of younger students and you will be intellectually stimulated. How neat is that? For more information check TCC out at [www.tcc.edu](http://www.tcc.edu) or call 757-822-1111 or for Old Dominion at [www.odu.edu](http://www.odu.edu) or call 757-683-4425.

### 3) City of Virginia Beach Parks and Recreation Forever Young Programs

These are available at each of the city's seven recreation centers for those 55 and up. You'll need to check with each recreation center to find out which days and hours its Forever Young group operates. You can find a list of the special monthly events at [www.parks.virginiabeach.gov](http://www.parks.virginiabeach.gov) or call 757-385-1100. Rec center membership is required and there is an annual fee of \$120 for adults. However, if you have a Medicare Advantage plan or a Medicare supplement, you may be able to obtain a free Silver Sneakers membership. Check with your nearest center to see if you qualify.

4) **Senior Resource Center-** Our unique program, now over 18 years old, continues to provide activities five days a week and occasionally on weekends, FOR FREE! We provide a variety of free classes and lectures and enjoy frequent potluck lunches. Our monthly newsletter will keep you up to date on special events, the month's special activities and activity calendar, and provides resource information pertinent to seniors. Although we are located in the Creeds area of Virginia Beach, we welcome everyone to attend and we have no age requirement either. Check us out at [www.vbsrc.com](http://www.vbsrc.com), call 757-385-2175 and find us on Facebook at Vbsrc Creeds.

5) **AARP Monthly Chapter Meetings**  
Members of AARP can attend monthly

meetings featuring lectures. The AARP chapter nearest SRC meets at the Princess Anne Rec Center on Nimmo Parkway at 11 a.m. on the 2<sup>nd</sup> Tuesday monthly (but no meeting in July or Aug.) See [www.aarp.org](http://www.aarp.org) for specific information about the AARP chapters that meet at Kempsville and Williams Farm Rec Centers.

## Reminder About Center Closing for Bad Weather and Federal Holidays

We'd like to remind you that we follow the Virginia Beach school system regarding cancellation days due to bad weather, etc. You can find out about school closings by watching local news stations, or you can call the center- if no one answers at SRC, you know we are closed. Crafters for Charity meets on the third Monday each month, even if it's a federal holiday.

## Donations

Teresa Honeycutt  
Larry and Catherine Heidlebaugh  
Pat Tucker  
Kenny E. and Catherine Davis

**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.

<p style="text-align: center;"><b>Responsibility and Oversight</b></p> <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> Catherine Heidlebaugh 757 619-2589</p>	<p style="text-align: center;"><b>Hours of Operation</b></p> <p>Monday – Friday, 9:00 AM – 4:00 PM</p> <p>During inclement weather, The SRC operates on the local school schedule.</p>
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**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](http://www.vbsrc.com) and help save printing and postage costs.

# March 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
			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)	  1:00 Game Day (PR Jo-Ann R.)
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
2:00-3:00 pm Creeds Elementary School Annual Irish Dance Perf. (PR Johnnie W) Coffee & Desserts to follow @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 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)	
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
	10:00-12:00 SRC Crafters for Charity 2026 projects (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 am Walk & Talk 30-45 min Walk, Reg. Req., Meet @ Munden Pt Park	No Line Dancing This Week  ~~12:30 - 4:00 Mah Jong (PR Missy S)	10:45 am Friday Writers Group  ~12:30 Cards (Card Group PR)	10:00-4:00 Creeds Ruritan Comm 50th Annual Fundraising BBQ & Craft Fair*  5:00 to 8:00 PM SRC Game Night
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</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.)	~1:00 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)	.
<b>29</b>	<b>30</b>	<b>31</b>				
	11:00-1:00 pm John Robey Secret Svc Potluck to Share (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.)	*25 March-Continued 3:00 pm Stamped Tea Towels PL, Reg. Req. (PR Angie V)			 