

# SENIOR RESOURCE CENTER, INC.

## NEWSLETTER – MAY 2026

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

## Witch of Pungo Tea and Tribute: Celebrating Our Witches

**Saturday, May 2 1:00 pm**  
**Pungo-Blackwater Library**

Enjoy an afternoon of sweet memories, tea, and gracious company as we pay tribute to the Honorary Witches who shaped Pungo. This gathering is a time to honor their spirit, generosity, and the special role they play in our community. This position was created in 1984 for the first Pungo Strawberry Festival as a means of recognizing women who were active contributors to their community. The same was true for the Honorary Mayor of Pungo who was considered a valued asset to the rural community. Before the end of the Strawberry Festival in 2019, there were 36 women and men chosen as tribute to their positions in the rural community.

## Parkinson's Lecture and Potluck Lunch

**Monday, May 11 11:00 am**

Dr. Howard Weinberg, a retired physician who has Parkinson's, will share with us information about Parkinson's disease and all the great resources provided by the Parkinson's Foundation. This lecture was originally scheduled for January but was postponed due to bad weather. Most of us either are related to someone with Parkinson's or know someone diagnosed with it, so don't miss this chance to learn more about the disease and the help that is available. If you have attended lectures at the Senior Center, you know the drill- bring a dish to share, entrée, side dish or dessert and bring a non-perishable food item or two for the Charity Methodist Food Pantry.

## Pungo-Blackwater Library Program Mini Zen Garden

**Friday, May 22 3:00 pm**  
**Pungo-Blackwater Library**

Come into Pungo-Blackwater Library and de-stress with your own mini-Zen Garden. We will supply all the components to make your very own portable relaxation station. For adults only and registration is required at 757-385-0150.

## Senior Advocate Active Aging Expo

**Friday, May 8 900 am-12:45 pm**  
**Sandbridge Fire Station**

This free event will feature education lectures, and a slew of vendor exhibits, as well as lunch. The keynote speaker will Dr. Victor Archie on "Living Well with Dementia: The Montessori Way." There will be 4 additional speakers on subjects pertaining to seniors. Registration is required, so RSVP to [www.senioradvocatelive](http://www.senioradvocatelive) or call 757-724-7001. The fire station is located at 305 Sandbridge Rd, VB 23456 at the corner of Sandbridge Road and Sandpiper Road.

## Deadline Reminder

If you are 65 years old or a veteran on 100% disability and are a Virginia Beach resident in your own home, the deadline to apply for City real estate tax relief or exemption is June 3. You must make an appointment by calling the Commissioner of the Revenue at 757-385-4385. It's worth seeing if you are eligible, especially with our real estate taxes continuing to increase.

## Farewell to Winky Henley

We at the Senior Resource Center would like to express our condolences to Barbara Henley and her family in the death of her husband, whom we knew as Winky. From his teen years when his father died, Winky ran the family farm. In December of 1962, he married Barbara who was studying to become a teacher. Several of us knew them from elementary and high school (and some of us even double-dated with them). Winky was innovative in deciding to offer pick-your-own strawberries to expand his farming operation. When he realized how popular “coming out to the country” for fresh products was becoming, he expanded his operation to include other tasty items of produce. When their boys joined the family, they continued to expand. As long as he was able, Winky enjoyed being a steward of the land, and we will all miss him.



## Mayor's Commission on Aging Senior Showcase

**Wednesday, May 27 9:00 am-12 noon**  
**Princess Anne Recreation Center**

This free event features a resource fair of vendors for senior residents, entertainment and lunch. This year's theme is “Virginia Beach: Riding the Wave of the Silver Tsunami.” Attendees will also be able to pick up a hard copy of the Senior Resource Guide which has been newly updated. This guide is also available online. Doors open at 9am and lunch will be served at 11 am. The center is located at 1400 Nimmo Parkway, just off General Booth Blvd. Registration is required by calling City Information at 311 or going online to Mayor's Commission on Aging. Registration opened April 15- May 26.

## The History of the Witch of Pungo

Records in the old courthouse at the Virginia Beach Municipal Center tell the



story of Grace Sherwood, a beautiful, non-conforming woman of the late 1600s/early 1700s in Princess Anne County. Not content with the role of docile housewife but preferring to “wear the pants in the family,” quite literally, Grace not only dressed in men's trousers to do her outside chores, but because she could read and write and her husband could not, she also entered into business negotiations with her neighbors, a role not generally afforded women in her time. Blessed with a sense of humor to accompany her notorious beauty, Grace delighted in shocking her neighbors with tales of sailing to England in an eggshell, and as a result, she became an object of envy and scorn in her neighborhood. Anyone who has ever uttered under his/her breath that a cantankerous neighbor or a teacher is a witch might marvel at how literally such a charge was taken in colonial days when belief in witchcraft offered explanations for phenomena that scientific knowledge or common sense of the day seemed to lack. As long as her husband James lived, he protected and defended Grace, but upon his death in 1701, she had no male protector so the charges of witchcraft by her neighbors became more serious. Several charges were brought against her to no avail, but finally in 1706, the court ordered Grace to be examined by her female peers for signs of witchcraft such as moles or skin tags, etc. and those ladies had no trouble finding such signs! In July of 1706, Grace agreed to trial by ducking, a procedure in which the right thumb was tied to the left big toe and the left thumb tied to the right toe and then the accused was thrown overboard. In their infinite wisdom, jurors believed that if the person floated, he/she

must be a witch and if they drowned, then OOPS! The jurors had made a mistake! Grace floated in the Lynnhaven River, so she was sent to jail for nine years before being released to live out her days in the Creeds area until she died in 1740. Grace was not the only person in Princess Anne County to be charged with witchcraft, but she was the only person ever convicted on that charge. Today, Witchduck Road and Witchduck Point in the Pembroke/Independence Boulevard area of Virginia Beach bear witness to these events of history. Incidentally, when he was Governor of Virginia, Tim Kaine commuted Grace's conviction and declared her free of all charges.

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## Ongoing Need for Snacks for Volunteers

If you are not able to physically be a center volunteer, you can show your support of those who volunteer by providing snacks for them. Individually wrapped crackers, cookies, nuts, and treats are always welcome.

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## Farmers Market Hoedowns

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!

Hoedown Band Schedule:

**May 1** RawBeeT's  
**May 8** Country Rebels  
**May 15** The Dallas Band  
**May 22** Timeline  
**May 29** Country Rebels

## Senior Scams

Colin Stolle, Our Commonwealth Attorney, presented such a valuable lecture on April 6. His knowledge about all the scams and fraud perpetrated against seniors was priceless. His style of presenting was just what we needed- no notes, no PowerPoint slides, with lots of examples and lots of advice about what we should and shouldn't do to protect ourselves. Some tidbits from his presentation:

- Modern technology can make anyone sound like someone else, and AI (Artificial Intelligence) can make any photograph or video look like how the scammer wants to appear in order to fool you.
- If you receive a phone call supposedly from a relative or friend who needs money or a gift card- do not fall victim to this scam. Instead, hang up immediately and instead, call the person who the scammer is pretending to be and check out if everything is ok. Most likely your son, granddaughter or friend is not in jail or in the hospital and does not need airfare home. They also don't need you to go buy a gift card because they can't get to the store.
- Avoid answering the phone if you do not recognize the number or if your phone identifies it as a spam call. Unfortunately, scammers can make the number they are calling from look like a familiar number or company name, but in most cases, it's a scam. Don't waste your time talking to a scammer trying to fool with him/her- it's better to never answer the call.
- Microsoft will never call or email you to tell you that your computer has a virus and they need to get access to it to clear the virus. Ignore their warning that you should not exit their warning. Shut down your

computer totally, and you'll find that things are back to normal.

- Do not heed any phone calls or emails that advise you that you have to pay a fine for missed jury duty, pay for highway toll fees you know you did not incur, traffic violations with a fine due, or threats from IRS or Social Security about some issue they claim you have. The courts do not issue an arrest warrant for missed jury duty, and agencies like IRS, DMV, Medicare and Social Security only contact you by letter, not by phone or email.
- If you use QR codes only scan them if you are familiar with the sender.
- Your bank and credit card companies will never call you or email you claiming they need your account number- they already have that information so you should never provide it.
- Learn about "romance scams", where a usually lonely widow or widower believes some stranger online has fallen in love with him/her. The scammer shares fake pictures and stories, while wooing the victim and obtaining money for supposed emergencies that the scammer continually encounters. The scammer is most likely a criminal living in someplace like Russia or Africa, enjoying obtaining lots of your money illegally.
- Avoid unsubscribing to emails but instead send the messages to your spam. If you get texts that offer an option to reply with the word "STOP", ignore it and just delete it.
- Don't click on any links or respond to any unexpected texts or emails. If you are concerned the information sent to you may be valid, instead of directly replying, contact the company directly by phone or

on their website to confirm that the message in the text or email is correct. Scammers can make emails and websites look identical to the real thing, so don't be fooled by a fake.

- Remember that once you fall prey to scammers and they either assume your identity or cheat you out of your savings, that money is most likely gone for good.
- To report a scam call the Commonwealth Attorney's Office at 757-385-4401, the VBPD Crime Prevention at 757-385-4141, AARP Fraudline 1-800-687-2277 and/or the FTC's Hotline at 1-877-382-4357. You can click on the email sender's address at the start of the message and see what the sender's true address is. The scammer's real address does not usually appear as a legitimate company address that the scammer claims is contacting you.
- It is a sad note that in our current society we now need to mistrust most of what we see and hear! The best advice is not to react in a panic to any contact by phone or computer that warns you of immediate action. but take deep breaths and check it out. Don't be afraid the deputies will soon appear to arrest you! Scammers love to scare you into acting or reacting in a hurry, so instead just hang up.

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## VB311 Service Portal Link

If you are a computer user, are you aware of this nifty online link from the City of Virginia Beach? You can easily submit issues, concerns, problems and questions online at [www.vb311.virginiabeach.gov](http://www.vb311.virginiabeach.gov). You can request a service for assistance, report a problem, and be kept-up-to date on the status of your request. The list of all the options you can

report on is enormous, including things like potholes, storm drain maintenance, streetlights that aren't working, traffic signs that are missing or damaged, City Council agendas, and bulk item pickup, and many more.

The steps the City follows via this online system include the reporting by you of the issue, the review of your request and the assignment to the appropriate department for response, the work is done to correct the issue and the tracking to find out the status of your request. You can submit a request as a guest, or you can establish an account to track your request. No more sitting on hold on the phone or waiting to be transferred to the right City office, but a concise method of getting your concern addressed. You can also view a Virginia Beach map of requests with options to filter by type and status.

If you don't use a computer, simply call 311 and talk to Citizen Services.

## Donations

Linda Griffin

Arlene Landon

Kenny and Catherine Davis

Mike Newbill

Teresa Honeycutt



## Getting Your Ducks in a Row

Some of you may be familiar with a financial adviser, Terry Savage, who does weekly newspaper columns about financial issues. She provides a free, online downloadable 4-page Personal Financial Organizer. It provides you with a concise list of all your financial information. Completing this list will make it very easy for your family or close friend to deal with your finances when you are incapacitated or when you die. You should share that information with the person who will handle your finances and store the information in a safe place, not a safety deposit box. Go to [www.terrysavage.com](http://www.terrysavage.com) to obtain the form.



### 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](http://www.vbsrc.com) and help save printing and postage costs.

# May 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					10:45 am Friday Writers Group  ~12:30 Cards (Card Group PR)	 1:00 Game Day (PR Jo-Ann R.) Witch of Pungo Party@PBL  1:00-4:00 pm
3	4	5	6	7	8	9
		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 (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)	
10	11	12	13	14	15	16
 <b>Mothers Day</b>	11:00 Parkinson-Dr Weinberg Pot Luck to Share.  ~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 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)	 5:00 to 8:00 PM <b>Game Night</b> (PR Rita T.)
17	18	19	20	21	22	23
	10:00-12:00 SRC Crafters for Charity Ideas for Seton Derby Day (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 Dance this Week  ~12:30 - 4:00 Mah Jong (PR Missy S)	10:45 am Friday Writers Group ~12:30 Cards (Card Group PR) 3:00 Zen Garden@ PBL, Reg Req. (PR Angie V.)	
24	25	26	27	28	29	30
31	<b>Memorial Day</b> <b>Federal Holidays</b> <b>SRC &amp; Schools Closed</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)	

Notes: Memorial Day Federal Holidays May 25th, 2026 SRC Closed.  
 Princess Anne Recreation Center is hosting the Senior Showcase, on May 27th, 2026, 9:00-12:00

