

SENIOR RESOURCE CENTER, INC.

IN OUR NINETEENTH YEAR

NEWSLETTER — NOVEMBER 2026

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

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

Better Brain Health

Lecture and Potluck Lunch

Monday, Nov. 9 11:00am

Amanda Hansen, Community Educator Volunteer with the S.E. Virginia Alzheimer's Association, will provide research, resources and tools to help us incorporate brain-healthy habits into our daily lives, learn about the brain-heart connection and why brain health is important. Many of us are concerned about getting some kind of dementia, so take advantage of this opportunity to learn about how we can try to avoid that.

Bring a dish to share at the potluck lunch and non-perishable food items for the Charity Methodist Food Pantry.

Thanksgiving Day Potluck Dinner

Thursday, Nov. 26 1:00pm

We are blessed that Daryl and Rebecca Aldridge have once again offered to host this annual gathering. They will provide the turkey and ham, but attendees are asked to bring side dishes and desserts. We ask that you sign up in advance- either stop by the center or call us at 757-385-2175 and tell us how many people in your party and what dish you will bring. This is a wonderful way to enjoy the holiday in the company of others. **Please register by Nov. 20.**



Simmer Pots for the Seasons

Friday, Nov 6 10:00am

Pungo-Blackwater Library

Discover the cozy world of simmer pots as we explore how simple ingredients can fill your home with delightful, seasonal scents. Join us for a hands-on workshop where you'll create your own aromatic blend to take home and enjoy. Adults. Registration is required by calling 757-385-0150.

Cookbook Club

Monday Nov. 16 11:00am

Join our Cookbook Club, at the SRC, to discuss all things cooking! Read from our highlighted selection or choose your own. This month's theme is Family Holiday Cooking. Our highlighted cookbooks are *"The Pioneer Woman Cooks: A Year of Holidays"* by Lee Drummond, and *"All Time Best Holiday Entertaining"* by Cook's Illustrated. Please bring your favorite holiday recipe card or cookbook to share with the group. Adults. Registration is required at 757-385-0150.

Walk and Talk

Wednesday Nov. 18 10:00am

Munden Point Park

Last Walk and Talk of the season! 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. 757-385-0150.

Benefits Counseling

Wednesday, Nov. 18 9:00am-2:15pm

Eileen Churchill, from Senior Services of Southeastern Virginia, will again be at the center all day, during the open enrollment period, to help you find the best Medicare coverage and save you money. Appointments are required so call to reserve a spot. Her last appointment will begin at 2:15.

We Want Your Two Cents

We'd like to know your thoughts about what activities, lecture topics and classes you would like to see at the SRC. We have been very fortunate to have members volunteer to lead new activities like euchre and Mahjong, as well as our long-standing weekly bingo, exercise, line dancing, games, writing and history discussion leaders and groups. However, we know there are other activities we could be offering. We are considering starting our own chapter of the Nightingale card making ministry, and a rubber stamp/card making classes would be a possibility. There are other games and activities you may enjoy and we'd like your suggestions. Of course, we also would like to hear from you if you would be willing to lead a new group and serve as its contact person.

As far as lectures go, what topics haven't we covered or do we need to present again? We try to stay up to date on pertinent subjects to our senior population, and if you know a speaker about a particular topic, please let us know.

SRC Monarch Way Station

by Gaby Morrison

What is that? What does the sign to the left of the entrance of the building, by the round pavers mean? Monarch Way Stations are places that provide resources necessary for monarch butterflies to produce successive

generations and sustain their migration. Monarchs would not be able to produce the successive generations that culminate in the migration each fall, without milkweed throughout their spring and summer breeding areas in North America.

Similarly, without nectar from flowers, these fall migratory monarch butterflies would be unable to make their long journey to overwintering grounds in Mexico. The need for host plants for larvae and energy sources for adults applies to all monarch and butterfly populations around the world.

In November 2023, we asked the SRC Board if we could take the small area and create a small pollinator garden, a small, effective corner of the garden, with full sun, somewhat sheltered and not heavily used. Specific host plants were put in and maintained seasonally to help local Monarchs and other butterflies and moths.

Donated plants from members were added to the gardens surrounding the SRC to enhance the other gardens.

In March 2024 SRC became a Registered Monarch Way Station and named SRC Pollinators Roost, MWS # 46768. The certificate hangs on the wall near the service desk. Since then, the roost has been host to Eastern Black Swallowtails, Monarch, and this year Giant Swallowtails. Over the past 3 years we have raised over 76 Eastern Black Swallowtail from eggs. The Monarch count is low for us at present but will improve. We have raised about 15 Monarchs. Yearly totals are turned into the Butterfly Society of Virginia for the Citizen Science Project.

It only takes a small corner of one's garden to be part of the conservation effort.

Creating a Monarch Way Station can be as simple as adding milkweed, rue and nectar sources to existing gardens or maintaining natural habitats with milkweed.

No effort is too small to have a positive impact.

The SRC is very appreciative of all the blood, sweat and tears Gaby and Tom Morrison have generously given to many projects at the center- maintaining the gardens, creating the butterfly station, making minor repairs, carpet cleaning, etc. Gaby got our Crafters for Charity group off the ground as well, and Tom has donated to the Nightingale Card Ministry with devices to help Jean Powers make her job easier. They have done a lot for us and we appreciate the creativity and hard work they have invested in the SRC.

November is National Family Caregivers Month

This is an annual observation to call attention to the estimated 53 million unpaid family caregivers in the U.S. Take a few minutes to read this touching poem by Jerry Ham and then consider what you can do to show your appreciation and admiration to a relative or friend who is one of these caregivers. Caregiving is one of the most demanding and stressful jobs in the world, and we can all make a difference in caregivers' lives by being thoughtful and understanding.

We Are Not a Machine

We are the caregivers, but wait, there is more.
 So please hear us out before closing the door.
 No, we're not perfect, but we're doing our best.
 We just want to get some things off our chests.
 When was the last time you called, if only to say hi?
 Do you really realize just what we do here?
 And just how often we are driven to tears?
 Our loved ones and we are in worlds far apart,
 And their verbal abuse can tear at the heart.
 Their physical care can at times be a pain.
 And the emotional struggle can be quite a drain.
 What is it exactly we are trying to say?
 What would it take to really brighten our day?
 A card in the mail, "I'm thinking of you."
 Or a phone call to ask, "Hey! What can I do?"

Even better, a visit from family and friends,
 To laugh, to talk and smile once again.
 We must be honest, and we don't want to demean.
 But please understand we are not a machine.

Mayor's Commission on Aging

We were delighted to host the monthly meeting of this City Commission at the SRC in Sept. It was the first time many of the commission members visited our center, so we were glad to have the chance to introduce them to everything we do. They were very impressed with the array of activities we provide and how we operate with only volunteer staff. Hopefully they will help to spread the word about us.

Culture in the Country

We have been very fortunate to have had some wonderful musical events at the SRC:, and all of them were free!

- **The Virginia Opera**, through a grant, provided an incredible quartet of up-and-coming opera singers and a gifted pianist who provided opera highlights and showtunes. They were fantastic!
- **Drum Circle and Photography Exhibit**
 August 15 Peggy Nelson, our resident musician, and Arthur Lopez, owner of Drum Your Dreams, provided an incredibly fun afternoon for us amateur musicians. They supplied drums and rhythm instruments for everyone and somehow got us to all "play" several numbers. We especially enjoyed the participation of Miles, a very gifted drummer and the young grandson of dulcimer student Connie McCarthy. Many of us were skeptic about participating in the drum circle but found out how invigorating, yet relaxing it was. Members of the Virginia Beach Photography Club brought photos they had taken, which were displayed around the

room, so we were surrounded by music and art. We hope to have a repeat performance. Photography Club member Sharon Prescott, our SRC President, wrote a very nice piece about this program, along with great photographs, in their club's newsletter.

- **19th Anniversary Party Music-** On Oct. 4 we were treated to the first performance by members of Peggy Nelson's new dulcimer class, a new weekly activity at the center. We were impressed by their talent. We also enjoyed the harmonica playing by Pat Riddick, accompanied by his daughter, Angela Gregory's lovely singing. Such talent in our midst!

Rural Area Home Care Help

We'd like to see if we can begin to build a list of caregivers in the area around the center who do homecare, home health aides, companions, etc. We would not act as a health agency in that we would not check references and certifications, but rather just provide names and phone numbers to members looking for in-home help. It would be up to the person looking for help to check references, etc. It is almost impossible to find a licensed home-health agency that can provide such helpers to areas like Creeds, Blackwater and Sandbridge, due to the distance the helpers need to travel. If you are this kind of helper or know of someone who is, please let us know.

Your Older Self May Hold Key Answers

by Soren Kaplan Virginian-Pilot Sept. 27, 2026

Research on regret, aging and happiness suggests that your perspective changes when you recognize that your time is limited. Things that seemed incredibly important years ago may matter a whole lot less as you grow older. Other things that you barely thought about before may turn out to be a lot more in later years.

Some research has found that in the short term, you're more likely to regret something you did in the past. Over the long term, however, your bigger regrets come from the things you wished you had done but didn't do-the opportunities you passed up, the bucket list items you didn't achieve.

When you believe you have plenty of time ahead of you, you're more likely to focus on external things like work, travel and accomplishments. But as you age you recognize your remaining time is limited and your priorities may shift toward more emotionally meaningful goals and relationships. You don't need to face a terminal diagnosis to change your priorities. When you are younger, you may focus more on work and achievements while as you age, you probably want better, deeper relationships with family and friends.

Side note: Have you noticed that time seems to pass more quickly the older you get? Perhaps that's because we feel like we are running out of time to do all the things we want or need to do, so the weeks fly by, even though we are retired and no longer tied down by our jobs. working.

Got Junk?

A Virginian-Pilot article (Oct. 4, 2026) titled *The Great Junk Transfer* by Donna LeValley, focused on a subject most of our families will face when we pass away: What will happen to all our belongings? A recent study revealed that the next generation is not interested in inheriting heirlooms. Our children and grandchildren now prefer to receive just a few intentional items tied to personal stories rather than an entire house full of possessions. The objects that once signaled status and care simply don't mean much to the next generations. In the past, passing down an entire household of physical possessions was considered an act of love. So, we worked hard, built a life, and knew that one day our family would inherit our mahogany dining room set,

fine China service and collections of knick-knacks. That's not the case anymore.

In the study people said they'd like to inherit fewer things and would rather receive items with sentimental value and personal connection. It's meaningful treasures that matter the most. Some families have early conversations and may even ask the future heirs what specific items they want. Talking about this issue in advance can make the process much easier and allow your kids and grandkids to pick a few important items ahead of time. Many of us are thinking more about paring down and decluttering as we age, and during that process we might think about the legacy we want to leave and how we can best achieve that. When we focus on the memories that truly matter, we give our families permission to hold on to the love and let go of the rest.

Donations to the SRC

Financial donations help keep the center running and are always welcome. However, we have limited space for donated items. Before dropping anything off, please call 757-385-2175 and leave your name and phone number so a board member can speak with you. Items left at the door may not be usable, so please check with us first.

Save the Date

Wed., Dec. 9 2:30 pm Creeds Elementary Chorus and Tree Decorating with Art Class

Sat., Dec. 19 12-2pm Annual Christmas Party Hosted by Ena Dawson

Dec. 31 2pm New Year's Celebration

Donations

Kenny and Catherine Davis

Teresa Honeycutt

Food for Thought

by Mary Davis from everydayspirit.net

Be kind, be calm, be joyful, be helpful, be thankful.

Today I choose calm over chaos, serenity over stress, peace over perfection. grace over grit, and faith over fear.

Be present

Let the day flow with grace

Expect joy, be positive.

Serve with compassion

Speak only kindness

Impart only love.

Never forget you're not alone.

Give thanks for everything.

See goodness in others.

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.

November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
		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 ~1:00 -3:00 pm Mixed Level Line Dancing (PR R T) ~~12:30 - 4:00 Mah Jong (PR Missy S)	10:00 Simmer Pots, PBL, eg. Req. (PR K) 10:45 am Friday Writers Group ~12:30 Cards (Card Group PR)	 1:00 Game Day (PR Jo-Ann R.)
8	9	10	11	12	13	14
	11:00 Building Brain Health Habits & Potluck to Share (PR Nancy A)  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.)	10:00 Dulcimer Lessons (PR Peggy Nelson) ~1:00 History (PR Beth Bangley) Veterans Day	~1:00 -3:00 pm Mixed Level Line Dancing (PR R T) ~~12:30 - 4:00 Mah Jong (PR Missy S)	10:45 am Friday Writers Group ~12:30 Cards (Card Group PR)	
15	16	17	18	19	20	21
	11:00 Cookbook Club @ SRC, Reg. Req. (PR KT)  SRC Crafters for Charity No Meeting Nov & Dec 2026 Happy Holidays	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 ~10:00 am Walk & Talk Reg. Req., Meet @ Munden Pt Park ~~9:00-2:15 pm Medicare 1:1 Counseling. Schedule Time Slot	No Line Dancing until January 2027. ~~12:30 - 4:00 Mah Jong (PR Missy S)	10:30 Hindu Lantern, PBL, Reg. Req. (PR Angie) ~10:45 am Friday Writers Group ~12:30 Cards (Card Group PR)	 5:00 to 8:00 PM SRC Game Night
22	23	24	25	26	27	28
		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.)	No Dulcimer Lesson ~1:00 History (PR Beth Bangley)	SRC Thanksgiving Potluck 1:00-3:00 pm Please bring Side dishes and Desserts Sign Up Sheet for RSVP (PR Rebecca & Daryl A) THANKSGIVING 	10:45 am Friday Writers Group ~12:30 Cards (Card Group PR)	
29	30					
						