



## Legal Issues for Seniors

lecture by:

**Attorney Angela Manz**

**Tues. March 27, 10 am**

Virginia Beach attorney Angela Manz will educate us regarding Powers of Attorney, health care directives, trusts and wills, and she will field your questions about these important documents.

If you have not executed or reviewed these documents, you need to learn what they are and why you need them. You can give your adult children a gift by getting your legal "ducks in a row" regarding your estate and making your wishes known.

Take advantage of this opportunity and learn where and how to start.



Angela Manz

### *Armchair Yoga ---New Exercise Group*

Linda Tingle, a local yoga instructor, will provide the first yoga class ever at SRC. No need to worry if you can get down on the floor- you'll do these exercises seated. Learn how to stretch and relax. See page 3 for details.

### *JOY Group Tuesday, March 20 9:30 am*

Special Guests: Preschoolers from Charity Methodist Church Preschool – the adorable kids will make their annual visit from CUMC. If you'd like your blood pressure checked, come at 9:30 a.m. The kids will visit at 10 and then a potluck lunch will follow. Please bring a covered dish or dessert to share.

## **BRIGHT FOOD** *Cooking with Anne Bright*



**Tuesday**  
**March 13**  
**9:30 am**

Have you ever used a whisk? How do you know just how much to prepare to serve a certain number of people?

As our families have decreased in size, sometimes we are at a loss to know just how much of a dish to fix for our particular needs so that we don't have to eat leftovers for a week.

Would you like to join a make-and-take cooking class? We will be preparing some classic breakfast/brunch items with hands-on practice. Each participant will actually help to make the items and then receive a small container to take home to have another day.

Due to the nature of this project, there will be a fee to defray costs of cooking supplies and take-out containers.

Depending on the numbers who sign up to participate, the fee will be no less than \$5.00 and no more than \$10.00. Please add your name to the sign-up sheet by March 9, 2012 if you wish to participate. Call 385-2175.