



Senior • Resource • Center, Inc
 serving Southern Virginia Beach
 912 Princess Anne Road
 Virginia Beach, VA 23457
 757-385-2175



SRC Mission

The Senior Resource Center, Inc. is a 501 (c) (3) volunteer organization designed to help older, rural residents remain safely in their homes by providing in-home and community services; to furnish a gathering place for local seniors for socialization and education. It is a collaborative effort with the City of Virginia Beach.

Responsibility and Oversight

General Chairperson

Bill Hess 721-2689

Councilwoman

Barbara Henley 426-7501

City Liaison

Nancy Allan 385-4135

Newsletter

Anne Bright 426-7832

Newsletter Layout

Bob Danner

Weekdays

Daily 9a-4p

To remove your name from the newsletter mailing list, call 757-385-2175
 view newsletter on line www.vbsrc.com



current resident or

You're Never 100 Old

According to a recent NIH newsletter, News in Health, exercise is good for you, whether you are old or young. You're never too old to get moving, to get stronger and to improve your health. Fitting exercise and physical activity into your day can enhance your life in so many ways and can improve your balance as well as boost or maintain your strength and fitness. It may also improve your mood and help you manage or lessen the impact of chronic conditions like diabetes, heart disease, osteoporosis and depression.

Four types of exercise are recommended by experts: endurance, balance, strength and flexibility. Brisk walking is an endurance exercise that can improve the health of your heart, lungs and circulation. Strength exercises like lifting weights or resistance bands can increase muscle strength to make it easier to carry groceries or lift grandkids. Balance exercises can help prevent falls, which are a major health risk for seniors. Stretching or flexibility exercises can give you more freedom of movement for bending to tie your shoes or to look behind you as you back up your car. Even if you haven't been active previously, it's never too late to start but check with your doctor first. And don't forget that SRC offers two weekly free exercise classes, so you have no excuse not to get active!

See pictures of our
 Valentine Pancake Party
www.vbsrc.com

SRC is the
 place to go

