

SENIOR RESOURCE CENTER, INC.

NEWSLETTER — JULY 2025

IN OUR SEVENTEENTH YEAR

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

4th of July Annual Celebration Lunch and Annual Meeting Friday July 4 12 noon



This is our most popular annual event, and one you won't want to miss. Wear your red, white and blue apparel to honor the day, and join us for our traditional hot dog and corn on the cob

indoor picnic. Bring side dishes and desserts to share. No worry if the weather is rainy or hot, as we will be indoors. Bring along your family, neighbors and friends, as this is the day to celebrate our nation's birthday. Our folks are very friendly, so don't worry about coming by yourself- you will feel welcome too.

We will also have a very brief annual meeting, which is required by our bylaws as a non-profit organization, and we'll sing a few patriotic songs as well. Bring a non-perishable food item for the local Food Pantry at Charity United Methodist Church too.

Fond Memories Concert Sunday, July 13 2:00 pm

Our very favorite vocalists, Fond Memories, return to entertain us. These local artists are so talented and always put on a great show, performing oldies but goodies that you are sure to recognize. This group obviously loves to sing, and we love to listen to them. You are welcome to sing and dance along as well or at least tap your feet. Although Fond Memories performs for free, we will pass the hat for donations to show them our appreciation.

We will have a dessert potluck so please bring a sweet treat to share.

Donation from the Pungo Strawberry Festival

It appears that the beloved Strawberry Festival as we once knew it will never return, so some leftover items have been donated to the SRC, including 2 beverage containers, some consumable kitchen supplies (plates, cups, napkins, and utensils). Our thanks to the Directors of the former Pungo Strawberry Festival Committee for these items which will be put to good use.

Library Programs

We are very fortunate to partner with the Pungo-Blackwater Library, which is located immediately next to our center. The library staff continues to do a great job at planning informative, entertaining and fun activities and lectures for us. Be sure to note the location of each activity scheduled by the library, as the craft programs tend to be held at the library, while the lectures are held at the SRC. Pungo-Blackwater Library is located at 916 Princess Anne Road, VB 23457. Also note whether preregistration is required so you'll be able to attend.

Graphic Novel Book Tasting Wednesday, July 9 4:00pm Pungo-Blackwater Library.

Come sample the many varieties of graphic novels written for and geared toward adults. Light snacks and refreshments will be offered as a pairing with selected titles. This program is for adults and registration is required by calling 757-385-0150.



AI Crafting Prompts Artificial Intelligence Part 2

Monday July 14 11:00 am
Senior Resource Center

Generative AI is huge in the news right now, but how can we use it in the workforce and our daily lives, both effectively and responsibly? This Generative AI workshop will give us practical use in learning about and using large language models to assist with various tasks. **Please bring your own tablet or laptop to participate in the exercises.** A few tablets will be available to borrow if needed. The program is for adults and registration is required by calling 757-385-0150. You are welcome to attend this lecture even if you did not attend Part the AI Part 1 in May.

Walk and Talk

Wednesday, July 16 10:00 am
Munden Point Park

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. The walks will last 30-45 minutes. Wear comfortable shoes and remember your water bottle. Adults. Registration is required by calling 757-385-0150. Munden Point Park is located at 2001 Pefley Lane, Virginia Beach 23457.

Handmade Greeting Cards

Fri. July 18 3pm
Pungo-Blackwater Library

Create your own personalized greeting cards with watercolor paints and a felt pen. These heartfelt cards are simple to make and sure to become cherished keepsakes by their recipients. Adults. Registration is required. Call 757-385-0150.

Summer Reading has begun at the Virginia Beach Public Library! Track your child's reading so they can win fun prizes! The library branches also hosting many fun events for children and families throughout the summer, including animal visits, Zumba dance parties, story times, magic shows, and so much more. Stop by your local library or check out their online calendar to view upcoming events. If you get to spend more time with your grandchildren during their summer break, or if you'll have grandchildren visiting you for a few weeks, you will find that the programs the libraries offer will keep the grandkids busy and entertained. Online go to: <https://libraries.virginiabeach.gov> to find the listing for all the branches' schedules.

Farmers Market Hoedown

July Schedule

These free Friday night concerts are held outside, rain or shine, at the Farmers Market at the intersection of Princess Anne Road and Dam Neck Roads, from 7-10p.m. Bring your own chair or blanket and enjoy the great music. Get up and dance or just relax and enjoy the music.

July 4 Country Rebels
July 11 Timeline
July 18 The Country Rockers
July 25 RawBee T's

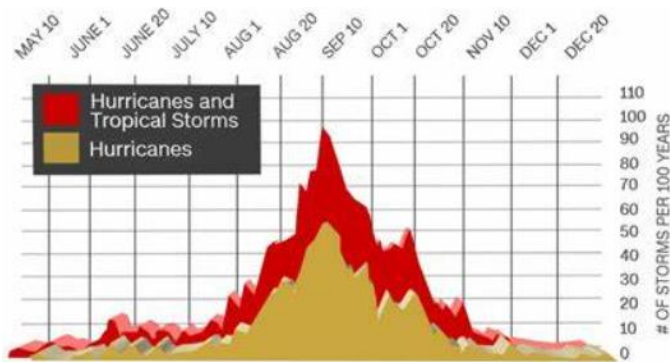
Hurricane Season began

June 1st

Meteorologists are predicting a busier-than-average season, expecting anywhere from 13-19 named storms with possibly 10 becoming hurricanes, so it's more important than ever to be storm-ready. Don't wait until there's a hurricane watch in effect and think you can go out and get your supplies. Preparing days ahead of time is recommended by the experts.

The longer you put off gathering your supplies, the busier stores will be, and the store shelves will be emptier.

Experts recommend that households should have enough supplies to sustain each person for three days, including water, nonperishable food and a way to prepare the food (in case power goes out.) If you own a generator, be sure you know how to safely use it. If you are told to evacuate to a shelter, put your important documents (car title, birth certificate, etc.) in one place, like a waterproof bag and make sure your medications are available. Learn where your nearest evacuation shelter is located. A shelter is considered a measure of last resort—a place to go if it is unsafe to stay at home and there are no other options for you. Depending on the situation, only certain centers may be open during an emergency. The city's website and local TV and radio stations will have up-to-date information.



To find where your nearest shelter is you can text SHELTER and your zip code to 43362. You can also go on the City of Virginia Beach website and obtain more information about hurricane shelters.

Snack Donations

If you are not able or willing to be a volunteer at SRC, you can still do a kind deed by donating snacks for the volunteers. Suggested items are packages of individually wrapped crackers, granola bars, fruit bars and candy. Providing our dedicated volunteers with treats is one way you can show your appreciation to them.

Neptune Seniors Gala

Wednesday, Sep. 3 6:00-9:00 pm
Virginia Convention Center Ballroom

This annual event, part of the City's Neptune Festival, is always a big hit. Tickets are \$20 per person, which includes a buffet dinner, non-alcoholic beverages and live music. Alcoholic beverages may be purchased separately. Reservations with payment must be made in advance and no tickets will be available at the door. Tables for 10 may be reserved for \$200. Tickets go on sale July 15. Call the Neptune Festival Office at 757-498-0215 to make your reservation. Dust off your dancing shoes and get your fancy duds and enjoy a special night out. The Convention Center is located at 1000 19th Street, VB 23451.

Virginia Symphony Concert a Smash Hit

Many thanks to the City of Virginia Beach for providing the funds for this very special musical treat on June 1 at the SRC. Four very talented musicians wowed us with familiar tunes from Broadway's hit shows, and the emcee provided interesting information about each song. We sang along, used their percussion instruments and thoroughly enjoyed ourselves. What a treat! Bravissimo!! Culture in the country is wonderful!

Tidewater Winds Summer Concerts

It's the 40th anniversary of this wonderful group, and they continue to provide free concerts for our community. They will be at Cox High School on Mon., July 7 at 7:30 pm and at the Oceanfront 24th Street Stage on Tuesdays, July 8, 15 and 22 at 7:30pm. For the beach programs you'll need to bring a chair. What a lovely way to enjoy some great

music while you listen to the ocean waves and smell the salty air. Carpool with friends and enjoy.

If you have heard Frank Cubillo sing with Fond Memories at the Senior Resource Center, you will want to attend the Tidewater Winds concert on Thursday, August 14 at 7:30pm at the Oceanfront 17TH Street Stage. "Frank Sings Frank" will be the featured guest star with songs of Frank Sinatra, and it promises to be a grand program. All the Tidewater Winds concerts are free, and it's first come, first serve.

Virginia Energy Assistance Program

helps eligible residents buy or repair cooling equipment and pay electric bills



related to operating cooling equipment. Applications for cooling assistance are accepted online at www.CommonHelp.Virginia.gov or print applications (downloaded from the noted website) can be delivered to the Department of Human Services during normal hours or left in the outside drop box. The agency is located at 3432 Virginia Beach Boulevard.

Senior Cool Care from Senior Services of Southeastern Virginia

Are you struggling to keep your home cool during the summer? If so, we may be able to assist you through the Senior Cool Care Program. Senior Cool Care provides single room air conditioners or fans to income-eligible seniors who need help cooling their homes. It is funded by Dominion Energy and administered through the Virginia Department

for Aging and Rehabilitative Services (DARS). You may qualify for a free fan or air conditioner if you are:

- A Virginia resident living in the Senior Services coverage area of Norfolk, Portsmouth, Virginia Beach, Suffolk, Chesapeake, Franklin, Isle of Wight, and Southampton County
- At or below 150% of the poverty level, and
- Age 60 or older

This program runs May 1 through October 31. Keep in mind, the fans and air conditioners are issued on a first-come basis while funding lasts. Call 757-461-9481 to see if you qualify.

Where is the Senior Resource Center?

We often receive phone calls and email inquiries regarding the location of our unique center. Where the heck is Creeds? Many Virginia Beach residents have no clue that our part of the city exists. To give you an idea of our location, we are at 912 Princess Anne Road, a straight shot down Princess Anne about 9 miles south of the intersection of Upton/Sandbridge Roads (by Food Lion and Harris Teeter), about 7 miles from the sole traffic light at Indian River Road in Pungo, and 4 miles from the end of West Neck Road. We are just past Creeds Elementary School and the Pungo-Blackwater Library. Most new visitors tell us what a lovely drive it is and welcome the ride through the country. We have people attending from miles away, as they like our array of activities. Keep in mind that although we have the word "senior" in our name, we welcome younger folks as well. We have no membership application or fee, so just come on down and enjoy what we offer.

Additional Activity Committee Member

Did you know that only five of us do all the planning and scheduling of all our lectures and special activities? We have been responsible for these tasks for many, many years and we are running low on ideas and energy. Would a few of you be willing to join us on a regular basis? We meet once a month, on the first Thursday of the month, immediately after our monthly board meeting (and yes, we all serve on the board as well.) We usually begin around 9:30 am and finish in an hour or so. Call the center at 757-385-2175 or email us at info@src.com if you are interested.

Annual Angel Tree Project

The SRC has participated in this for many, many years, and we have done a great job providing many items of clothing and toys for needy students at Creeds Elementary School. The need for “someone” to volunteer to oversee this project was mentioned in a previous newsletter, but surprise, surprise, we had no response. Anne Bright has been in charge forever and she is no longer able to do it. Few, if any of us, have any idea how much time she invested in it for us. Can one of you step up and take on the leadership role, to work with the school’s counselor and to set up our Angel Tree? We would like to hear your thoughts about this project, whether you continue to support the center’s involvement, if you are willing to purchase needed items, or if you have thought of another way we could handle this activity. It would be sad to stop our involvement, as the need for help has grown along with the increase in the cost of everything- housing, rent, food, etc.



Donations

Teresa Honeycutt

Beth Swanner

Anonymous

The Pig

Pungo Strawberry Festival

NATIONAL
ICE CREAM
MONTH



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.

July 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		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.)	10:30 - 12:00 Read & Share (PR Angie V.)	*8:30 am BOARD MEETING **Line Dance Class (PR Rita T) 12:30 - 1:45 pm Easy Line 2:00 - 3:30 pm Regulars ***12:30 - 4:00 Mah Jongg (PR Arlis Burney)	HOLIDAY 4th of July 12:00 Noon* SRC Annual Celebration (PR Sharon Prescott)	 1:00 Game Day (PR Jo-Ann R.)
6	7	8	9	10	11	12
		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 B. Henley) Graphic Novel Book Tasting 4:00 pm @ PBL Reg Req (PR Kathryn T)	Line Dance Class (PR Rita T) 12:30 - 1:45 pm Easy Line 2:00 - 3:30 pm Regulars **12:30 - 4:00 Mah Jongg (PR Arlis Burney)	*10:45 am Friday Writers Group **12:30 Cards (Card Group PR)	
13	14	15	16	17	18	19
Fond Memories 2:00 pm-4:00 pm Please bring desserts to share for Dessert Potluck (PR Johnnie W)	11:00 am "How to use AI", Reg. Req. ,Potluck to Share @ The SRC (PR Kathryn T) **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 am Walk & Talk 30-45 min Walk, Reg. Req., Meet @ Munden Pt Park (PR Kathryn T)	No Line Dancing Classes **12:30 - 4:00 Mah Jongg (PR Arlis Burney)	*10:45 am Friday Writers Group **12:30 Cards (Card Group PR) **3:00 pm Handmade Greeting Cards, PBL, Reg. Req. (PR Angie V)	 5:00 to 8:00 PM Game Night (PR Rita T.)
20	21	22	23	24	25	26
	10:00-12:00 SRC Crafters for Charity Crayon Ditty Bag Project (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.)	1:00 History (PR B. Henley)	Line Dance Class (PR Rita T) 12:30 - 1:45 pm Easy Line 2:00 - 3:30 pm Regulars **12:30 - 4:00 Mah Jongg (PR Arlis Burney)	*10:45 am Friday Writers Group **12:30 Cards (Card Group PR)	
27	28	29	30	31		
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Notes: Happy 4th of July!! Our July 4th celebration is starting earlier this year at 12:00 Noon. Thank You.
Childrens Summer Reading Program has begun at the Library, go check it out.