

SENIOR RESOURCE CENTER, INC.

NEWSLETTER —OCTOBER 2026

IN OUR NINETEENTH YEAR

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

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

SRC 19th Anniversary Party and Concert

Sunday, Oct. 4 2:00 pm



HAPPY BIRTHDAY!

Join us as we gather to mark this milestone, with music and refreshments. For our entertainment, the SRC Players, the group that has been taking dulcimer lessons at SRC with Peggy Nelson, will play, Larry Heidlebaugh will play the piano, and Pat

Riddick will play his harmonica with his daughter Angela Gregory singing. What a treat we're in for! No need to bring any food- we'll provide drinks and dessert.

Senior Resource Center's Success

How is it possible that we will celebrate having survived 19 years as a center? When we opened in October 2007, we had little idea of what we were supposed to be or do, yet here we are in 2026, continuing to grow and thrive. We are blessed that the City of Virginia Beach welcomed us as a program and we are also blessed that ALL of our wonderful volunteers have made it all possible. From the original founders, Barbara Henley and Terry Jenkins, along with a small group of nearby seniors who came up with the original concept, to the present-day Board and volunteers who provide day-to-day ideas and manpower, the center has become known as a great place to find socialization, education and fellowship. The fact that we continue to provide a wealth of activities, lectures, education, resource information, a monthly newsletter and great

potluck meals, concerts, socials and more, all for free, is mindboggling. What a deal! We also appreciate all the folks who attend our various activities and programs, as well as those volunteers who lead the activities.

We appreciate the support of our members and the community who generously fund our efforts with financial donations and volunteer hours. We are also thankful that we have wonderful partners with Pungo-Blackwater Library and Creeds Elementary School.

No other area in all of Virginia Beach has a program like ours, and we are proud of what we have accomplished. To continue to exist, we need more active volunteers to cover "desk duty" Monday-Friday, from 9am-12:30pm or 12:30pm -4pm. With an ongoing shortage of these volunteers, there have been too many time slots uncovered, which means the doors are locked and the phone unanswered. Can you please consider donating just 3 ½ hours once a month to help keep the center open?

First Responders

Appreciation Luncheon

Wednesday, Oct. 21 11:00am-2:00pm

This is one of our biggest annual events, when we show our gratitude for the service and care provided by our local Fire Department, Police Department, Sheriff Department and Emergency Services/Rescue Squads. The SRC will provide the main entrée, but we ask our members to bring sides and desserts. We always get a very good turnout, so extra portions of whatever dish you provide will be appreciated. We encourage our members to also take time to meet and greet all the attendees and take this opportunity to get to know them and to say thank you. Help us roll out the red carpet for our First Responders.

All Day Benefits Counseling Appts

Thursday, Oct. 29 9:00am-4:00pm

Eileen Churchill, our favorite Benefits Counselor from Senior Services, will be at the SRC October 29, for appointments from 9am-4pm. This year Open Enrollment runs from October 1-December 7, the period when you can shop for better medical insurances and make changes. This free counseling is by appointment only, so call the SRC at 757-385-2175. Eileen has helped many of our members save money on their premiums, so take advantage of her wealth of experience. She will also be at the center all day on Thursday, Nov. 19. You can also reach Eileen at Senior Services at 757-963-9232.

Filipino Parol

Friday Oct. 23 10:30am
Pungo-Blackwater Library

A *parol* is a star-shaped lantern from the Philippines displayed during the holidays as a welcoming beacon and symbol of unity. In this program you will learn of the origins of these decorations and make your own star to honor this cultural tradition and enjoy during your own celebrations. Registration is required. Call 757-385-0150.

2026 Creeds Ruritan Club Fish Fry & Fall Craft Fair

Saturday, Oct. 24 10:00am-4:00pm

Fish Fry Lunch 11am- 4pm (dine-in or take-out.) Enjoy a fun day in the country at the Creeds Ruritan Community Complex, 1057 Princess Anne Road, VB 23457. Meal consists of fried fish, French fries, coleslaw and iced tea, for a donation of \$15. Tickets are available online at www.creedsruritan.com, from club members or at Pleasant Ridge NAPA.

Line Dancing Class Changes

Starting October 1st, we will only have one line dance class. A new Mixed Level line dance class will begin October 1st through November 12, 1 - 3 pm. There will be no class Oct. 15 when the liners go out for lunch. The new class will be open to both beginners and experienced dancers. We will vary the dances so you can participate as you like and sit out for what seems too advanced. This is a great way to have fun, make new friends and exercise, and it's free! Many thanks to Rita Trammell for leading this popular activity for so many years. **November 12 will be the last line dancing class until 2027.**

Trace and Paint: Capture Your Cottage

Thursday Oct. 8 3:30pm
Pungo Blackwater Library

Discover the beauty of architectural landscapes in watercolor as we guide you through tracing techniques that make painting approachable for all skill levels. Learn simple methods to transform photographs into color-rich artwork. You may use provided photos or bring one of your own. Registration is required. Call 757-385-0150.

New Library Project

Virginia Beach Voices: South of the Spotlight

We want to hear from you! Share your personal stories about the Senior Resource Center. The Pungo-Blackwater Library is collecting an oral history of our lives and experiences here in Virginia Beach. The year-long project will involve recorded interviews with different guided topics to be discussed each month. October will theme around the Senior Resource Center itself, including its founding, notable

members, and the journey the SRC has taken these last 20 years. Interview spots are available for sign up at the SRC desk. Groups are welcome to speak together, up to 4 people. Additional time slots may be available upon request by contacting Kathryn Thoemke at kthoemke@vbgov.com or calling the library at [757-385-7790](tel:757-385-7790). This is an important project in that it will capture our history while we are still around to share it. Be sure to consider participating.

Virginia Opera Lunchtime Follies

Here's a new offering from Virginia Opera- free midday concerts! How neat is that? Lunchtime Follies brings aging adults together for

live music, storytelling, and performances by Virginia Opera artists. Inspired by WWII-era lunchtime concerts, this new series celebrates connection, lifelong learning, and the joy of live performance.

Each concert is at 12 noon at the Harrison Opera House 160 W. Brambleton Ave., Norfolk. Concerts will be on October 20, January 19, 2027, and February 23, 2027. The concerts are free, but registration is required. Limited complimentary lunch will be provided or bring your own brown bag lunch. For more information, visit vaopera.org or

call 866-673-7282. Perhaps interested SRC members could carpool

Medication Disposal Bags

Do you have bottles of medications that you no longer take? Pick up free disposal bags you can use to safely dispose of your pills at home. You'll find them in a basket on the table to your right as you enter the center. Protect our environment and don't flush the pills down the toilet or put them in the trash.

Final Friday Night Hoedown Schedule

October is the final month for this year's weekly, free concerts with local artists at the Virginia Beach Farmers Market. Limited seating is available or bring your own chair or blanket. The Farmer's Market is located on the corner of Princess Anne Road and Dam Neck Road.

Oct. 2	The Dallas Band
Oct. 9	TimeLine
Oct. 16	The Country Rockers
Oct. 23	Rob Oliver
Oct. 30	Rob Oliver

Free Fit Pop Fitness Classes

Just a friendly reminder that Virginia Beach Parks and Rec continues to provide free exercise classes at varying sites around the city, and you don't have to have a Parks and Rec membership to participate. Registration is recommended but not required. You can check out their full schedule and see the wide variety of activities they are offering by going online at www.vbgov.com/fitpop.

One interesting class, Restore Through Nature will be held Sat., Oct. 10 from 9-10am at West Neck Creek Natural Park, just across from the Municipal Center. It is a guided walk, guided reflection, gentle movement and mindfulness practices. You can call 757-385-6194 for more information.

Ongoing Needs at SRC

You can show your support of the center by donating snacks for volunteers (individually wrapped crackers, cookies, munchies, candy) coffee (regular and decaf) and post it notes. If we can get in the habit of bringing our own water bottles and using the filtered water fountain, we can avoid having to spend money on store-bought water.

Are You Registered to Vote?

It's important that we all vote in local, state and federal elections. Are you registered? To confirm that you are registered, you can go online to the state at www.vote.elections.virginia.gov. On that site you can confirm your voting status, find out where your polling place is located, and find out what district you are in (your precinct, Federal Congressional, State Senate, House of Delegate, and District numbers.) To vote in the election November 3 you must be registered by October 23. Be careful about using VoteSafe.org as it is not a legitimate government site.

Know When to Call 911 and 311

Virginia Beach Communications and Citizens Services would like us to be aware of which number to call when. There are three ways to call for help in our city. Using the correct number can ensure you reach the right assistance faster and help keep the emergency line open when seconds matter. ECCS wants residents and visitors to know the three ways to connect with the right help for each situation — urgent emergencies, service information and public assistance.

911 is the primary public safety answering point for Virginia Beach. 911 is staffed by dedicated telecommunicators who answer all emergency and non-emergency calls, for Police, Fire, and Emergency Services. Residents should call 911 only for emergency situations where an immediate response is required from public safety personnel. Some emergency situations include fires, serious injuries and medical emergencies, serious accidents with injuries, crimes in progress and suspicious activities involving an immediate threat or danger.

311 is the City's information line, available 24 hours a day, 7 days a week for any information pertaining to the City of Virginia Beach. This department processes service requests and general inquiries from residents. If you're not sure what city department handles a concern or a request you have, call 311 and they will connect you with the proper office. Dialing "311" will work from landlines and cellphones within Virginia Beach city limits. Cellphone users or callers outside of city limits need to call 757-385-3111. You can also email them at vb311@vbgov.com

757-385-5000 is the non-emergency number to call for public safety assistance that is not an emergency, when there is no immediate threat to life or safety, like theft or vandalism, suspicious activity with no immediate threat, or minor accidents with no serious injury.

Smart911 (Provided by VBAAlert) Residents are encouraged to create a safety profile at www.smart911.com which will allow you to provide information about the residents of your home. Your profile can include details about you and your family with phone numbers, addresses, medical conditions, medications, mobility issues, pets and emergency contacts. Your stored information will be available to 911 dispatchers when call 911 from a registered phone number. You can obtain the Smart911 app for free on your cellphone.

Protecting Yourself from Falls

As a follow up to our September lecture about balance and fall prevention, here are some tips to consider from the Virginia Beach Fire Department Life Safety Office:

- Arrange furniture to allow maximum open space and clear walkway.
- Discard throw rugs or use non-slip tape underneath.

- Avoid clutter on the floor and staircase and make sure electrical cords are out of the way.
- Wear low-heeled shoes with rubber soles. Avoid wearing just socks on slippery floors.
- Be sure not to stand up too quickly. If you become dizzy getting out of bed or a chair, take a few minutes to get your balance. Getting up too quickly can cause your blood pressure to drop, which can make you feel faint.
- Use a cane or walker if you need help keeping your balance. If possible, have someone assist you when you walk outside. Don't be embarrassed to be seen using these devices.
- Have regular checkups for your eyes and ears and follow the doctor's advice about using hearing aids and eyeglasses. Changes in sight and hearing can make you less stable.
- If you wear no-line bifocals, be extra careful climbing down stairs as the corrective lenses can distort your vision.
- Talk to your doctor about the side effects of your medication, including drowsiness, disorientation, or dizziness.
- Reduce or eliminate consuming alcohol. Even a small amount can affect your balance and reflexes.
- Install timers on lights and use night lights.
- Install handrails on both sides of staircases.
- Don't use both hands carrying something up or down the stairs. Keep one hand free to hold onto the handrail.
- Use a "reacher" to grab items that are on the floor or that are too high to reach easily.
- Be very careful using a step-stool or ladder and ask someone else to help.
- If you are prone to falls, and especially if you live alone, consider buying a home monitoring safety system, usually a necklace or watch that can be used to contact emergency help if you fall.
- Be cautious when walking outside, especially on rough ground or uneven pavement.

Seasonal Tree Decorating

We are very fortunate to have our active volunteer Beverley Almond taking care of decorating the white tree in our foyer. We hope you take a few minutes to admire her handiwork as she spends time and money decorating the tree to match the changing seasons. We appreciate her creativity and style.

Donations

Teresa Honeycutt
Arlene Landon
Kenny and Catherine Davis



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.

October 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				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)	10:45 am Friday Writers Group ~12:30 Cards (Card Group PR)	 1:00 Game Day (PR Jo-Ann R.)
4	5	6	7	8	9	10
2:00 pm  SRC 19th Anniversary Celebration* Refreshments provided.		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.)	~1:00 -3:00 pm Mixed Level Line Dancing (PR R T) ~12:30 - 4:00 Mah Jong ~3:00pm Trace & Paint, PBL, Reg Req. (Katherine T)	10:45 am Friday Writers Group ~12:30 Cards (Card Group PR)	
11	12	13	14	15	16	17
	6:00 - 8:00 pm Creeds Athletic Assoc.	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)	No Line Dancing Class today ~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 Game Night (PR Rita T.)
18	19	20	21	22	23	24
	10:00-12:00 SRC Crafters for Charity Bookmark Workshop Last Meeting of the Year (PR Gaby M)	No Exercise Class This Week (PR R. Joyner) ~10:45 -12:30 Euchre (PR Marcia H.) ~12:30 Cards (Card Group PR) ~1:00 Bingo (PR Jim S.)	11:00 1st Responders Appreciation Luncheon (PR Sharon P)  ~10:00 am Walk & Talk 30-45 min Walk, Reg. Req. Meet@ Munden Pt Park	~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) ~3:00pm Philippine Parol PBL, Reg. Req. (Angie V)	10:00-4:00 Creeds Ruritan Fish Fry & Craft Show @Creed Ruritan Complex
25	26	27	28	29	30	31
		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 Class (PR Peggy Nelson) ~1:00 History (PR Beth Bangley)	~1:00 -3:00 pm Mixed Level Line Dancing (PR R T) ~12:30 - 4:00 Mah Jong ~9:00-4:00 pm Medicare 1:1 Counseling. Schedule Time Slot* (PR Eileen)	10:45 am Friday Writers Group ~12:30 Cards (Card Group PR)	Happy Halloween

Notes: * SRC Players will provide the music for SRC's 19th Anniversary Celebration.

*Medicare 1:1 Counseling. Select Time Slot all day from 9 am to 4 pm per Eileen. Sept 27 Health Assessment.

