



## Upcoming LOWLINC Social Activities and Events

**Join your fellow LOWLINC members and volunteers for festive fun in the merry month of May. Call Stacey at 855-569-5462 to reserve your spot at one of these great activities.**

**Live Bluegrass Music and Picnic Fare at the Fredericksburg VFW.** Saturday, April 27. 5:00 p.m. to 8:00 p.m. Hosted by Social Activities Committee Members Elizabeth Arndt and Kathy Fish.



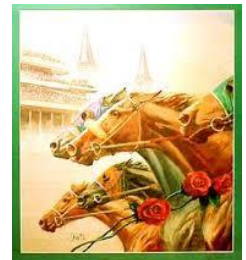
Join us at the VFW hall in Fredericksburg for grilled hamburgers and hot dogs with sides and plenty of fabulous desserts, while we are treated to live bluegrass music played by area musicians. Those who have been say it's some of best live bluegrass around. A \$10 donation for the meal is customary.

We'll meet at the Clubhouse lower level parking lot at 4:00 p.m. for the ride into town. Reserve with Stacey and let her know if you would like a ride.

**Kentucky Derby Party.** Saturday, May 4, 5:00 p.m. to 7:30 p.m. Fareways Café. Hosted by Maureen Callahan, Mary Ann Rogers, Phyllis Sakole and Susie Wright.

The 145<sup>th</sup> Run for the Roses! There will be prizes for Win, Place and Show winners, a Derby trivia contest and a contest for best hat: create your own, wear the one you made two years ago, or use one we will have on hand courtesy of the LOW Players.

Admission is \$10.00 per person, which includes dinner and tickets for win, place and show picks. Dinner is an unlimited hot dog buffet, including chili, sauerkraut, coleslaw, chips and all the usual fixings.



Prepayment is required. Deadline is April 26. The options for payment are:

1. Send a check for \$10.00 per person payable to LOWLINC to: LOWLINC, P.O. Box 518, Locust Grove, VA 22508. Note "Kentucky Derby Party" on the check and the envelope.
2. Register and pay by credit card on-line at LOWLINC's secure website: [www.lowlinc.org](http://www.lowlinc.org) (Call Maureen Callahan at 540-972-6883 for assistance in registering on the website.)

**Lunch at Meadows Farms Gold Club.** Wednesday, May 15. 12:00 noon. Hosted by Elizabeth Arndt and Kathy Fish.



We will visit our neighbor, Meadows Farms Golf Club on Flat Run Road, and enjoy a springtime lunch on the terrace overlooking the golf course and ponds. If the weather doesn't cooperate, we will eat in the dining room inside. The menu is regular lunch fare of, burgers, sandwiches and wraps. Attendees pay for their own meals. Join us as we welcome spring back to Virginia. We will meet at Meadows Farms at 12:00 noon.

**LOWLINC Speaker Series: The Rappahannock Rapidan Community Services.** Tuesday, May 21, 1:30 p.m. to 3:00 p.m. Community Center. RRSC Executive Director Jim LaGrafte.



Most people have heard about the Rappahannock Rapidan Community Services Board, and are familiar with at least one of its services, for example the Care-a-Van medical transport service. But most people probably are not aware of the wide array of programs and services that fall under the umbrella of this combined Area Agency on Agency and community services organization. RRCS Executive Director Jim LaGrafte will be with us to talk about RRCS' services, focusing on those that benefit seniors, e.g., health insurance counseling and assistance, chronic disease management, home-delivered meals, and more.

### **LOWLINC Offers Planting Days for Members in May**



Perhaps you have a small area in your yard where you would like some cheery annuals or reliable perennials, or maybe you have a few containers that need to be refreshed with new plants. LOWLINC volunteers have offered to brighten your yard or containers with new plants in early May. You will purchase the plants, containers, potting soil, or other soil amendments and volunteers will spend up to two hours planting at your home. Contact Stacey. Volunteers will then contact you to discuss what you are going to purchase and find a mutually good time to schedule the planting. This new service is organized by the Member Outreach and Volunteers committees.

**There's still time to sign up for and enjoy these April events:**

**LOWLINC Speaker Series: Research Your Genealogy for Free. Wednesday, April 17, 10:30 a.m. to 12:00 noon. Community Center Game Room (note time/room change).**

Many members have expressed an interest in genealogy, and we have engaged Katie Derby, a professional genealogist who is currently a reference librarian with the Culpeper County Library. Those of us who have heard Katie present know that attendees are in for a real treat...she's knowledgeable, personable and makes her subject fun and understandable. Katie's talk will be: **The Price is Right: Free Online Research.** This presentation is great for both seasoned Internet surfers and for beginner surfers.

**Basic Calligraphy - The Foundational Hand.** Tuesday, April 23, 1:00 to 3:00 p.m. Community Center. \$5 fee for supplies.



Presented by LOWLINC volunteer, Marilyn Davis, who will teach the basics of calligraphy: what it is, tools to use, and how to get started. She will go over basic calligraphic strokes that make up the Foundational hand...also the starting point for learning other hands like Italic.

All you need for this class are (if you have them) some pencils, an eraser, a ruler, and most importantly, your enthusiasm and willingness to learn something new. Good handwriting is not a prerequisite for calligraphy! Participants will leave with a handmade bookmark and an appreciation for the calligraphic arts.