



August Social Activities

**You're invited! Please call Stacey to make a reservation (1-855-569-5462).
Social Activities Committee Member Lea LeBar is our host for August.**

Create a Ceramic Masterpiece. Friday, August 16, 12:30 to 3:30 p.m. Glazed Up Pottery, Culpeper.



Release your inner artist during this fun afternoon of pottery painting. Wide variety of pieces and prices (\$8 to \$30) to choose from. Paints and glazing provided. Create your work

or art, leave it for firing and it will be delivered to you a week later. Snacks and beverages will be provided. Gather at Clubhouse lower level parking lot for trip to Culpeper.



Lunch at Red Lobster. Thursday, Aug. 22, 11:15 a.m. to 1:30 p.m. Spotsylvania Town Center.



Red Lobster has been serving up seafood for more than 50 years. Shrimp, crab, lobster and fish prepared in a seemingly endless variety of ways to please your palate. Summertime means seafood!

Meet at the Clubhouse lower level at 11:15 a.m.

Summer Concert Series: Quantico Marine Corps Band. Thursday, Aug. 29, 5:30 to 9:30 p.m. National Museum of the Marine Corps.



If you were on our January trip to the museum you remember how excited we were to hear about the summer outdoor military band concerts and how we promised to come back to enjoy one. The Quantico Marine Corps Band will be playing, and the concert is free. Outdoor concessions will be available or bring your own eats. Bring a camp/lawn chair for seating. The museum sponsors these concerts as a wonderful way for friends and family to come

together and enjoy performances by talented military musicians. We'll meet at the Clubhouse lower level parking lot at 5:30. Reserve with Stacey by Friday, August 23 so we can ensure enough drivers.

Soft Serve Ice Cream Social at the Icebox Creamery Truck. Friday, August 30, 6:30 p.m.



Second ice cream social of the summer season—soft serve ice cream from the Icebox Creamery Truck at the Route 3 carwash. Who would have thought that hanging out at the carwash would be so much fun! Plenty of seating available. We'll meet at the ice cream truck at 6:30 p.m. Call Stacey if you would like a ride. We had a great time at the July social...let's do it again!

Summer Socials at Fareways. Tuesday, August 6 and Tuesday, August 20. Come any time between 4:30 p.m. and 6:30 p.m.



This summer we are hosting informal gatherings at the Fareways café. This is a great opportunity to visit with your fellow LOWLINC members and volunteers and enjoy a meal together. Chris and Mark provide entertainment in the background starting at 5:30 with the open mic night. We have had a grand time at the July gatherings. Bring guests you think may be interested in joining as well.

Upcoming LOWLINC Events and Activities for Members

It's hard to believe we're into the second half of 2019 already! It's been quite a year so far and the rest of the year promises to be just as great. Here are some important dates for you to mark on your calendars. Look for more info in the future.

Free CPR/AED Workshop. Thursday, Sept. 5, 4:00 to 6:00 p.m. Community Center.

The Art of Wine – Third Annual LOW Wine Tasting. Sunday, September 29, 12:00 noon to 4:00 p.m. Lions Pavilion, Sweetbriar Park. A fundraiser for LOWLINC.

Chronic Disease Self-Management Workshop. Starting Tuesday Oct. 1 and running through Tuesday, Nov. 12. A once-a-week six-week course co-sponsored by LOWLINC and Rappahannock Rapidan Community Services.

Annual LOWLINC Member's Meeting. Thursday, October 10, 1:30 p.m. Community Center.

New Member Gathering. Thursday, October 24, 3:00 p.m. Woods Center. Gathering for new LOWLINC members who joined April to September 2019.

Charity Night at Harry's Ale House. Monday, October 28. Fundraiser for LOWLINC.

Volunteer Appreciation Dinner. Wednesday, November 6. Marion Pronk Hall. Join us to honor LOWLINC's volunteers.

Holiday Dinner. Thursday, December 5 at the Clubhouse.

Updated Member Directory Available

LOWLINC issues a quarterly Member Directory and distributes it to *members who have elected to be listed in it*. If you have not received a copy and would like to be listed in the directory, please contact Stacey at 855-569-5462.

Reminder: Service Scheduling

A reminder that you may be hearing another friendly voice when you call LOWLINC for services as 5 volunteers are now assisting Stacey with calls. And our ongoing thanks for scheduling services as soon as you know about them and at least two business days ahead of time.