



Upcoming LOWLINC Social Activities and Events

This Fall is packed with social activities, with hosts Susie Wright and Phyllis Sakole. Please call Stacey at (855) 569-5462 to sign-up. There are lots of other events of interest as well – take a look!

LOWLINC Speaker Series: Trinity Senior Village is Coming to Locust Grove. Tuesday, Sept. 24, 1:30 to 3:00, Community Center.



Representatives from the new Trinity Senior Village that is being built in Locust Grove on Route 3 will join us to present information about this new assisted living and memory care community: its mission, vision and values and the services that will be offered. Trinity Senior Village is a project of B&K Properties, a family owned and operated business. Its Executive Director, Kay Close, RN, BSN and Licensed Assisted Living

Administrator and Kerry Reardon of B&K Properties will give the presentation.

Social Gathering: Concert on the Point. Friday, Sept. 27, 7:00 to 9:00 p.m. with Chris and Mark singing for donations for St. Jude's Children's Hospital.

Come join us to enjoy the last concert of the year. We will get 2 picnic tables near the new handicap parking lot. Bring chairs, snacks and drinks if you wish. Call Stacey by Tuesday, Sept. 24 if you would like a ride.



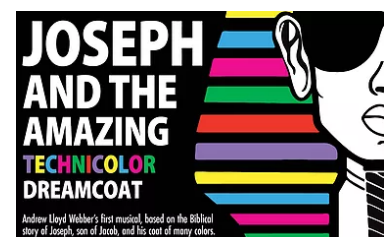
Art of Aging Expo. Tuesday, October 8, 9 a.m. to 1 p.m. Daniel Technology Center, Culpeper



Aging Together will hold its 7th annual Art of Aging Expo October 8. This event features more than 60 health and wellness exhibitors, including home care, health services, insurance and transportation. Flu shots and vision and hearing screenings will be available. See the enclosed flyer. Call Stacey if you'd like to go and need a ride.

Joseph and the Amazing Technicolor Dreamcoat performed by the LOW Players. Sunday, October 20 at 2:00 p.m.

Join us to see the next amazing musical production from the LOW Players! Two tables of ten have been purchased and will be sold to LOWLINC members and volunteers on a first come, first served basis at a cost of \$29 per ticket. Send your check payable to LOWLINC at P.O. Box 518, Locust Grove, VA 22508. Contact Stacey for a ride.



Charity Night at Harry's Ale House. Monday, October 28 at 5:00 p.m.



Join us for dinner at Harry's Ale House at Harrison Crossing, 5737 Plank Road. A percentage of the evening's proceeds will be donated to LOWLINC. Let's all meet in the lower level of the Clubhouse parking lot at 5:00 p.m. Please let Stacey know if you need transportation.

Halloween Party. Wednesday, October 30 from 1:30 p.m. – 3:00 p.m.

LOWLINC Halloween Party featuring Madeline Salustri reading of Edgar Allen Poe at the Community Center. Halloween treats and refreshments will be provided. No costume required. Please let Stacey know if you need transportation.



Stage Alive performance of Dan Millers Cowboy Music Review. Saturday, November 2 at 7:30 p.m.

At Culpeper County High School. Tickets are \$10. We will leave from the Clubhouse lower level parking lot at 6:30 p.m. Please let Stacey know by Wednesday, Oct. 30 if you would like to go.



Volunteer Appreciation Dinner. Wednesday, November 6 from 5:00 p.m. – 7:00 p.m.



Join us in the Marion Pronk Hall at the Community Center to gather and salute the LOWLINC volunteers. There will be dinner and conversation, music and most importantly, recognition for our volunteers. Please call Stacey to reserve a seat and let her know if you need transportation.

Fall Foliage, Apples and BBQ Lunch. Friday, November 8 from 10:00 a.m. – 2:00 p.m.



Jenkins Orchard, Woodville, and Shawn's BBQ in Culpeper. Drive through the Fall foliage with a rest stop on the way to Jenkins Orchard. Several different varieties of apples will be available for purchase, then we'll pack up and head for lunch at Shawn's BBQ. Lunch choices will be from the menu. Expect to pay \$8.00 - \$12.00. We will leave from the Clubhouse LL parking lot. Please call Stacey to register.

Game Day Social. Wednesday, November 20 from 1:30 – 3:00 p.m.

Come and join us for some fun and conversation as we play cards, games and BINGO at the Community Center. Refreshments provided. Call Stacey to sign up and let her know if you need a ride.



Mark Your Calendars – Annual LOWLINC Holiday Dinner

Our annual holiday dinner at the Clubhouse will be Thursday, December 5, starting at 5:30 p.m. Mark your calendars and look for more information in November.

Other Events of Note:

Annual Member Satisfaction Survey

Have you filled out and returned your Member Satisfaction Survey? All members should have received a questionnaire to complete and return in a self-addressed stamped envelope. This year, we would like to receive a completed questionnaire from each member, so we have mailed two copies to household memberships. Deadline is October 1, and we will share the results of the survey at our Member Meeting on October 10.

AARP Annual Food Drive for Wilderness Food Pantry. Saturday, Sept. 21. 10:00 a.m. to 2:00 p.m.

Saturday, September 21 will be the date for the annual collection of food to benefit the Wilderness Food Pantry. Hours will be 10:00 a.m. to 2:00 p.m. The LOW Security Parking Lot will be the collection point. Cash and checks (payable to AARP Chapter 5239) are also welcome.

Chronic Disease Self-Management Program. Once a week for six weeks starting Oct. 1. Tuesdays 1:30 to 4:00 p.m. Community. Co-sponsored by LOWLINC and RRCS.

If you are over age 65, there's a four out of 5 chance you live with a chronic condition. This six-week workshop was developed by Stanford University and is presented in our area by Rappahannock Rapidan Community Services. This workshop has been found to improve healthful behaviors, improve health status, and decrease days in the hospital. Registration for this free event is required. For more information and/or to register contact: bonnired@comcast.net or 540-547-4824 or register online at www.rrcsb.org/cdsmp.

Lake of the Woods Impaired Vision Group. Tuesday, October 1 at 10:00 a.m., Meeting Room 1, Community Center.

This is a discussion and education group for community members with impaired vision that offers the opportunity to discuss common problems and solutions related to vision issues and hear speakers on topics related to impaired vision. **The October meeting features speaker Michael Kelsey, co-founder of the Fredericksburg Chapter of the National Federation of the Blind.** For info, contact group leader, Gail Sauro at 540-972-1629.

Hazardous Waste Collection Day. Orange County Landfill. Saturday, October 19. 8:00 a.m. to 12:00 noon.

Orange County will accept hazardous waste at the county landfill Saturday, October 19. Citizens of Orange County can dispose of household hazardous waste that is normally not accepted at the Landfill, free of charge. Examples are pesticides, paint and batteries (no electronics). Call 540-672-9315 for information about acceptable items.

LOWLINC will collect hazardous waste from members and take it to the landfill. Call Stacey at 855-569-5462 and a volunteer will be in touch to make arrangements. **The deadline to call is October 15.**