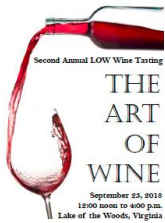




Upcoming LOWLINC Social Activities and Events

This Fall is packed with LOWLINC social activities and other events of interest! Take a look and let Stacey know at 1-855-569-5462 which ones you'll be participating in.

Do you know someone who has been thinking about joining LOWLINC as a member or volunteer? Invite them along on one of the social activities for fellowship and a chance to find out what we're all about.



The Art of Wine. Sunday, September 23, Lions Pavilion, Sweetbriar Park. Noon to 4:00.

Advance ticket sales have ended, but there's still time for a spur of the minute decision to come out and enjoy the beautiful fall weather while sampling wines from 7 of the region's premier vineyards. Tickets are \$20 at the door (cash only).

September 27 Luncheon – Location Changed. Imagine our surprise when we checked on the lunch spot for September to find it closed for business! We consulted with those “in the know” in Culpeper who directed us to the best spot in town for a home-cooked meal. We'll be dining at the **Country Café** on fare such as fried chicken, meat loaf, hot roast beef and other comfort food. Let Stacey know ahead of time if you will be having the fried chicken or meat loaf. As usual, we'll gather at the Club House lower level parking lot, 11:15. Carleen Delio is the host.



Art of Aging Expo. Tuesday, October 2. Daniel Technology Center, Culpeper. 9:00 a.m. to 1:00 p.m.

Aging Together will hold its 6th annual Art of Aging Expo October 2. 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. A mammography van will be there (call 703-369-8073, ext. 3 for appointment). Document shredding will be offered. There will be classes on legal issues, exercise and genealogy. Call Stacey if you'd like to go and need a ride.

Lake of the Woods Impaired Vision Group. Tuesday, October 2, 10:00 a.m. Community Center. LOWLINC member Gail Sauro leads a monthly meeting for LOW residents with impaired vision. October's speaker will be Ms. Maria Cabey who will share the inspiring personal story of her journey with diabetic retinopathy. Ms Cabey was recently featured in an article in the Free Lance Star.



Stage Alive – Maureen McGovern. Thursday, October 4. 6:45 p.m.

Broadway and recording star Maureen McGovern will showcase her beautiful voice as she performs songs from her star-studded 45-year career. Tickets are \$10 each, payable the night of the performance. We will meet at the Club House lower level parking lot at 6:45 p.m., hand in our payment, then carpool to the 7:30 p.m. performance at Eastern View High School in Culpeper. Call Stacey to let her know you're attending and whether you need a ride. Hosted by Social Activities Committee members Phyllis Sakole and Susie Wright.



Know Your Medicare: AARP/LOWLINC Medicare Workshop. Wednesday, October 10. 1:00 p.m. to 4:00 p.m. Clubhouse.

There are a few seats left for the Medicare Workshop, co-sponsored by LOWLINC and the local AARP chapter. Two speakers will provide a refresher course on Medicare and then dig into the details of your critical prescription plans and what you can do to assure you have the best one for your needs. The workshop is presented **free of charge**, but registration is required. Go to www.lowlinc.org for more information and to register or call Carolyn Rourke at 434-602-2508.



LOWLINC Member Meeting and Social. Tuesday, October 16, 1:30 to 4:00. Community Center.

Save the date for a LOWLINC Members' Meeting with the Board and social hour. More information and the program will be communicated separately. Hosted by the LOWLINC Member Outreach Committee.

Fall Foliage, Apples and BBQ Lunch. Jenkins Orchard, Woodville, VA, and Shawn's BBQ, Culpeper. Friday, October 19, 10 a.m. to 2:00 p.m.



We'll have a drive through the fall foliage to the Jenkins Apple Orchard to choose apples. Several kinds of apples will be available for purchase. After that will be a stop for lunch in Culpeper at Shawn's BBQ. We will have a special menu and the cost for lunch will be \$8.00. We'll gather at the Club House lower level parking lot at 10:00 a.m. Call Stacey to reserve. Hosted by Phyllis Sakole and Susie Wright.

LOW Players Present *Hello Dolly!* Sunday, October 21, 2:00 p.m.



Join your LOWLINC friends for the highly-anticipated production of ***Hello Dolly!*** Be sure to notice all the hats: 19 of them were made by LOWLINC members and volunteers, including the one pictured here, made by Social Activities Committee member Shirley Rowe. LOWLINC has two tables for the matinee on Sunday, October 21. Tickets are \$29 each, payable by check to LOWLINC and mailed to P.O. Box 518, Locust Grove, VA 22508. Hosted by Susie Wright.



Craft time at the Community Center, Wednesday, October 24, 1:30 to 3:30 p.m. We will be making fall pumpkin decorations and chalkboard door decorations. Free your inner artist and join us for coffee and crafts! Hosted by Phyllis Sakole and Susie Wright.

National Prescription Drug Take-back Day is October 27. Once again, LOWLINC will collect your expired and unneeded prescription drugs and deliver them to the collection center for disposal. If you have drugs that are past their date, or importantly, left-over drugs you aren't taking any more, call Stacey to get them picked up and disposed of.

Time Change: Fall back for fall on Sunday, November 4. We will mark the end of daylight savings time by offering to change the batteries in your smoke and carbon monoxide detectors. LOWLINC will supply the batteries! Call Stacey to set up the work.

Election Day is Tuesday, November 6. If you need a ride to the polls, LOWLINC volunteers are standing by to take you. They will escort you inside, or curbside voting is available. Don't let the lack of a ride keep you from voting!

Election Day Chicken Dinner. Tuesday, November 6, 4:30 p.m. Community Center.



This traditional election day dinner is sponsored by our local chapter of AARP. Join us for delicious home-cooked barbecued chicken, baked beans, cole slaw and homemade brownies for dessert. All this for just \$10.00 prepaid. The meal includes coffee, hot tea, iced tea, and lemonade. This year, the event has moved to the Community Center.

Susie Wright and Phyllis Sakole are the hosts.

Many members receive tickets for this event. If you need to purchase a ticket, send a check for \$10 to LOWLINC, P.O. Box 518, Locust Grove, VA 22508 by Monday, Oct. 29.



Volunteer Appreciation Event. Wednesday, November 7. Marion Pronk Hall, Community Center. 5:00 to 7:00 p.m.

We will gather to salute the LOWLINC volunteers. There will be dinner and conversation, music and most importantly, recognition for our volunteers. Mark your calendars...more to come.



Games Galore & Pizza. Monday, November 12, from 10:30 a.m. to 1:00 p.m. Community Center.

This event is our bi-monthly get together to socialize and play games. Bingo will be featured this month with some great prizes. Other games, such as cards, Dominoes, and Yahtzee will also be offered. Please bring \$5.00 for pizza or feel free to bring a lunch; we will eat as soon as the pizza is delivered at noon. Susie Wright and Phyllis Sakole are the hosts.