



Social Activities for October 2017

You're invited! Please call Sparkle to make a reservation (1-855-569-5462)

Art of Aging Expo and Medicare Information Session. Tuesday, October 3. Daniel Technology Center, Culpeper. Leave LOW at 9:15 a.m. Free.



The Art of Aging Expo focuses on healthy aging for seniors. More than 50 exhibitors will present product information, health screenings and seminars. Of special interest will be an information session on Medicare Parts B and D at 10:15, presented by Poppy Foddrell, Medicare Specialist with the Rappahannock Rapidan Community Services Board. She will be available after the presentation to talk to you one-one-one. Flu shots and health screenings will be available.

The Expo runs from 10:00 a.m. to 2:00 p.m. Your LOWLINC escort will pick you up at 9:15, to arrive in time for the 10:15 Medicare program (if you wish to participate), and will stay with you until you are ready to leave. Some walking involved. The Art of Aging Expo is sponsored by Aging Together.

Dinner and Music at Fareways. Tuesday, October 10. 5:30 – 7:30 pm.



Fareways has become the "in" place to be on weeknights when Norm Allen is singing. We'll have a table there and order dinner from the menu. Norm sings tunes you'll recognize, and there's often an opportunity to sing along. Plan to join us for an evening of food, fun and song. Members pay for their own meals and beverages.

LOW Players Present Back to Broadway. Sunday, October 22, 2:00 pm.



Back to Broadway is a warm and funny story based on LOW resident Louise Fletcher's 30 years of off-Broadway experiences. The show combines some of the most beloved Broadway music with a story about people you know and love into an evening of music, dancing, fun and happiness. Join the all-star cast in the best of community theatre in the region. Croon to songs like "Try to Remember" and "If Ever I Would Leave You" and tap your toes to favorites like "You Can't Stop the Beat", "Hey Big Spender" and "Heart". The show will pay

tribute to the Players' late director, Marion Pronk, who left an indelible mark on this community. LOWLINC has reserved table G for the Sunday matinee, and we will try to purchase seats at a nearby table if table G fills up. Tickets are \$27 and checks should be made out to LOWLINC. Call Sparkle to reserve your seat today!

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Joint Information Session for LOWLINC Members/Volunteers. Tuesday, October 24. 4:30 p.m. to 6:00 p.m. Community Center. Free.



Have you ever wondered how your requests for a service from LOWLINC get fulfilled or heard us talking about “Club Express?” Coordinator Sparkle Capitano will give a demonstration of the scheduling system she uses to engage a volunteer to drive you to that medical appointment, fix your light bulb, walk the dog, or perform one of the many other services LOWLINC offers. Board member Carolyn Rourke, who led the team that developed the system, will be on hand to answer questions. Here’s your chance to find out how Sparkle performs the steps that turn your request into a service. We will be meeting jointly with LOWLINC volunteers at their monthly Volunteers Meeting.

Other Happenings at the Lake (Call Sparkle if you need a ride)

Vision-Impaired Support Group. Tuesday, Oct. 3, at 10:00 a.m. in the Community Center. The group is intended for community members with impaired vision. It offers the opportunity to discuss common problems and solutions related to vision issues. For more information please contact Gail Sauro at 972-1629.

AARP Monthly Meeting. Monday, Oct. 16, 9:30 a.m. Lake of the Woods residents welcome. Popular presenter, LOW resident and former Astronaut Guy Gardner is the speaker. Check the AARP website at <http://www.aarp5239.org/> for information.

Please Save These Dates for Upcoming Events

NEW THIS YEAR: Gift Wrapping. December 1. Time to be determined. Plan to purchase your Christmas gifts early this year so you can join this fun activity when we’ll get creative with paper, tissue and bows. You can wrap your own or we’ll do it for you!

Members Holiday Dinner at the Clubhouse. Thursday, Dec. 7, 5:00 pm. We’ll celebrate the season at a festive dinner in the beautifully decorated Clubhouse.

LOWLINC Holiday Party for Members and Volunteers. Wednesday, December 13, 5:00 pm. Our annual holiday party for members and friends is an event you won’t want to miss.

Your input needed: What social activities would you like us to have in 2018? The Social Activities Committee will meet in October and we’d love to hear from you. Please give Sparkle your ideas when she calls you about the October events.