



PERSPECTIVES – JUNE 2025

President's Letter – Garry Archer

I would like to start off with a congratulations to our Pierre Payette who received an AARP State Commendation for all his fund-raising work with our chapter. Pierre has been a driver of revenue for our chapter over the years and his trips which raise the revenue, have been a source of fun for those who have taken them.

This leads me to a reminder that Pierre is having a trip upcoming to Myrtle Beach in December to give us an escape from the cold, well at least a few days of reprieve. Please consider joining your neighbors on this great get-away.

Our June meeting will be a social event with a later start time – 11:30 am – as we have our annual club cookout/lunch at Sweetbriar Park. I am hoping we have a few folks coming in early to help with set-up and cooking. Set-up is at 10 am, grilling starts at 11 am.

Don't forget to bring a dish to pass.

Finally, as we head into those "Dog Days of Summer" let's not forget we are also heading into storm season. Stay informed – either go into settings to get the notifications or download EMA or one of the other weather alert apps. If you do sustain damage to your home remember to take pictures for the insurance company. Also, when dealing with contractors always get the price in writing with a description of the work to be done. It can save you headaches later.

Hope to see you at the lunch on the 16th!



The AARP Picnic – Ann Wood & Rani Manhard

Our annual picnic will be held on Monday, June 16 from 11:30 am to 2:00 pm at Sweetbriar Pavilion by the Community Center. As always, Ann and Rani can use help setting up and taking down. AARP will furnish the hamburgers, hot dogs, buns, condiments, and plates & utensils. We will also have water and lemonade. Please bring a picnic dish to pass, such as salad, baked beans, coleslaw, tossed salad, or desserts of any kind.

Eat the Rainbow – Joan Albertella

Research highlights the benefits of consuming five servings of fruits and vegetables daily by choosing a variety of bright-colored plant foods. This includes beans, nuts, seeds, coffee, tea, whole grains, herbs, and spices as well as fruits and vegetables.

The different colors found in plant foods provide nutrients that can boost your immune system, protect your heart, and decrease your risk of a wide range of diseases.

Examples:

- Red – tomatoes, beets, strawberries, red onions, and red peppers
- Orange and Yellow – Carrots, apricots, sweet potatoes, pineapple, peaches, and oranges
- Green – Spinach, broccoli, Brussels sprouts, avocados, kiwis, asparagus, and kale
- White and Brown – Onions, mushrooms, cauliflower, garlic, and leeks
- Blue and Purple – Blueberries, blackberries, eggplant, figs, Concord grapes, and plums

Source: Mayo clinic Health Letter

Tours & Travel – Pierre Payette

Join the LOW Chapter of AARP on a 4-day, 3-night trip to Myrtle Beach, SC, December 1 through December 4, 2025, featuring two fabulous holiday shows. It includes 3 nights lodging, 3 breakfasts, 3 dinners, holiday shows at the Carolina Opry & Alabama Theater, along with visits to Barefoot Landing and Broadway at the Beach. The bus leaves from and returns to LOW.



Cost is \$769 pp for double occupancy and \$969 pp for single occupancy. A \$25 refundable deposit per person reserves your space. For a flyer and info, call Pierre at 540-972-0519 and leave a clear message, or email at pierre114@verizon.net

"Sound of Music" at Riverside Theater – Barbara Ehlen



Lyn Fogarty and I are arranging a group to go see the "Sound of Music" at the Riverside Center for the Performing Arts in Fredericksburg on Sunday, September 21 for the 3:00 performance.

The tickets are \$81.03 including tax and gratuity for the lunch and show or \$60.00 for the show only. Tickets are refundable until July 14, then are exchangeable.

Please send me an email to confirm your seat. Include the names of those attending with phone and email contact along with your choice of the meal and show or just the show plan. I'm holding tables of 4 on the ground level. Please request who you would like to sit with, or I can assist with seat assignments. Each table must have the same plan. Let me know as soon as possible. Transportation is on your own.

Make your check payable to Lyn Fogarty, hand it to her, mail or drop it off at 111 Woodlawn Trail, LOW. Come join in on the fun.

Riverside Center for the Performing Arts
95 Riverside Parkway
Fredericksburg, VA 22406

Barbara Ehlen
(540) 972-7710 Landline only
(540) 842-7624 Cell - Call or text

Name Tags – Carolyn Durphy

It was brought up at the last Board meeting that the cost of the name tags will be going up as the postage has risen. It was discussed, a motion made, seconded, and voted upon, that the price of the name tags will now be \$9.00 each. This will also give us a little profit for the treasury. They will be on a green background and have white lettering and will NOT have AARP on them allowing you to wear at any function. To save the cost of having them sent separately, we will order them quarterly. The next order will go out in September. We will try to send out a Blast email reminder before the September meeting.



Birthdays – Pam Archer



Bright blooming June Birthday Wishes to Trish Burkes, Jeannie Holder, Joni McKinney, Judy Schrage, and Sandra Wemmerus.



Sunshine – Carolyn Durphy



Don't forget to let me know if there is someone that needs cheering up or that we are thinking of them and miss them at our meetings. Call (540-972-3306) or email me at durphyc@gmail.com).

Opportunities Around the Lake – Carolyn & Pam

If you will be staying at home, don't forget the Fourth of July Celebration on Saturday, July 5, on the Point. Come for the parade in the morning and then come up to the point for all the vendors and also food. Also, the Fire and Rescue will be selling the new 2026 phone books. Price is still the same at \$10.00.

The week of June 9th through the 13th the LOW Players will be holding a drama camp for all our young people. Please see our website www.lowplayers.org for all the particulars. If you have grandkids coming they may like to get involved. There is a limited number of attendees to the drama camp and also a fee is charged. On Saturday, June 14th, they will put on a performance for all to see what they have accomplished.

On June 16th the Orange County Sheriff's Office Triad will host a public presentation focused on the growing impact of scams targeting Orange County citizens. We often have a speaker regarding this topic but in case you might have missed the presentation in the past (or for the latest and newest scams out there). There are two sessions – one from **5:30 pm to 7 pm** – and one from 11:30 am to 1 pm, but of course that's the same time as our picnic! Light refreshments will be provided. The location is at the Orange County Public Safety Building, across from the airport. Full details can be found at www.orangecountyva.gov and scroll down to the calendar.

