



Chapter 3396 Newsletter

The Power to Make it Better

www.aarp3396.org

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Vol 13. No. 8

TO SERVE, NOT TO BE SERVED

September 2013

Next Meeting: Tuesday September 3, 2013

When: 9:30 AM

Where: Dorothy Hart Community Center

Program: Randy Davis – VA AARP – Abuse of Seniors

From Your President

As a result of the survey taken at the picnic and the August meeting, we will institute a new policy on our newsletter starting in January. Every member can select how they want to receive the newsletter. Their choices will be direct by email, retrieve/view from our website, pick up their paper copy at the next meeting, and lastly by first class mail. This last option, should you select will incur an addition of \$6.00 to your dues to cover the postage. Our dues are very inexpensive at \$12/year and paying postage for only what needs to get mailed will save the chapter money that can go to better causes.

We hope you will support this effort by giving the chapter your current email address if that is your selected method of receiving the newsletter. Providing your email address also enable us to send time sensitive information such as changes in meeting place or time or other info that is helpful. We will not SPAM you or give out your email address. If you don't have a computer then most libraries have them and you can access our website that way to get the newsletter.

Hopefully we have members that have volunteered to be officers and board members for 2014 and I thank them for being willing to serve their chapter. If you haven't volunteered there is still time to get on board. Remember that part of our mission is to volunteer to help others.

Sincerely,
Your Outgoing President

Birthday/Anniversaries -- Don Colt

Thanks go to all who have provided birthday information so you could be recognized in our fine monthly Newsletter and receive "hugs and kisses" at our general meetings. Members celebrating their birthdays in September are as follows: Mack Cline (1st); Julie Wisner (4th); Diane Rhodes (7th); George Nixon (10th); Edd Houck & Marlene Lawson (11th); Pat Hackley (13th); Shirley Keister (14th); Moses Burt (15th); Dorothy Thompson (17th); Kaye Loucks (20th); Timothy Hogan (21st); Marge Pulliam (23rd); Jeanette Cox & Bernadine Crown (26th); Janie Lewis (27th); and Don Colt (28th). Happy Birthday to all!!!

As previously reported, we have also developed an Anniversaries database for those members celebrating at least 50 years of wedded bliss -- which presently stands at eight. One of these couples -- Danny & Mary Baffo -- will be celebrating their 67th on September 10. Now, we're sure there are many of you out there who we should be recognizing, so get those cards and letters in the mail.

Anniversaries Less Than 50 Years -- Something New -- Don Colt

It has been suggested that we begin recognizing all wedding anniversaries -- not just those of 50 years or more. So if you wish to be recognized in our monthly newsletter please e-mail me at dgc1306k@cox.net. To date, I have only received input from two members.

Food Donations (Repeated from previous Newsletters) -- Don Colt

Hey there food shoppers! If you patronize supermarkets which offer "Buy One, Get One Free", why not bring in the "free" one to one of our General Meetings for donation to one of our designated charities?

"Don's Corner" – A New Feature Appearing on our Website (www.aarp3396.org)– Don Colt

Our Webmaster, Sally Cooney Anderson, has added a new feature to our Website – "Don's Corner" containing the joke(s) told at the most-recent general meeting(s). This will provide members who were unable to attend these meetings the opportunity to "hear" the funny stories for themselves.

Riverboat Trip – Scheduled for October 8.-- Don Colt

As previously announced, we have made a group reservation for Tuesday, October 8 for a luncheon cruise aboard the City of Fredericksburg paddlewheeler. This is a special activity and is in addition to our regularly-scheduled October General Meeting. So far 27 Chapter members have signed up. For those of you who have not yet done so, we will have a sign-up sheet available at the September meeting. Deadline for signing up and paying will be Friday, September 27. Our luncheon cruise is a two-hour trip down the Rappahannock River and back, with a delicious buffet lunch served along the way. The riverboat leaves City Dock at 12 Noon, but attendees need to be there by no later than 11:30 a.m. to be checked in, with boarding soon after.

Walk to End Alzheimers – Saturday, September 28 – Don Colt

The annual Walk to End Alzheimers will be held on Saturday, September 28, on the campus of the University of Mary Washington. Although your Chapter will not be a Sponsor this year, we will still be passing around donation envelopes at both our August and September General Meetings. Please be as generous as you have been in the past. Checks should be made out to the Alzheimer's Association. Cash is always welcome. A total of \$304 was collected at the August meeting. Thanks to all who contributed.

Annual Luncheon – Tuesday, December 3 – Don Colt

Mark your calendars now. We have once again scheduled our Annual Luncheon at the Fredericksburg Country Club – thanks to the continued sponsorship of Jack Farrington of Merrill-Lynch. Entertainment will be provided by the Voices of the POPS singing group under the direction of Mandy Carr. A sign-up sheet will be available at the October general meeting, with further details included in the October Newsletter.

Drivers Safety Program – Shirley Keister

SPOTSYLVANIA COUNTY PARKS AND REC

(540) 507-7533 (Call To Register)

[8800 COURTHOUSE RD. SPOTSYLVANIA, VA 225532514](#)

09/19/2013 09:00 AM & 09/20/2013 09:00 AM (4 hours each day)

SPOTSYLVANIA COUNTY PARKS AND REC

(540) 507-7533 (Call To Register)

[8800 COURTHOUSE RD. SPOTSYLVANIA, VA 225532514](#)

10/17/2013 09:00 AM & 10/18/2013 09:00 AM (4 hours each day)

LAKE OF THE WOODS

(540) 208-1914 (Call To Register)

[110 SWEETBRIAR PARK ROAD, LOCUST GROVE, VA 225085441](#)

10/31/2013 09:00 AM & 11/01/2013 09:00 AM (4 hours each day)

SPOTSYLVANIA COUNTY PARKS AND REC

(540) 507-7533 (Call To Register)

[8800 COURTHOUSE RD. SPOTSYLVANIA, VA 225532514](#)

11/14/2013 09:00 AM & 11/15/2013 09:00 AM (4 hours each day)

Refreshment Providers – Fran Keith

Those signed up for refreshments for August are Joyce Cronk, Mary Ann Henry, Stephanie Sloan and Fran Keith.

TRIPS

The following overnight trips are offered by King George Parks & Rec. For further information, call Janine Paulsen 540-775-4FUN

Chicago October 14-20 6 Days/5 Nights \$679 pp/Double

Mackinac Island, Mich. September 13-19 7 Days/6 Nights \$739 pp/Double (add \$239 Single)

Orlando, FL Nov 10-16 7 Days/6 Nights \$589pp/ Double (add \$189 single)

Trips you don't want to miss. For more info, call Janine Paulsen 540-775-4FUN.

Christmas Time In New York City Dec. 11th and 12th

\$339 per person double occupancy 2 Days & 1 Night

Includes Radio City Music Hall Christmas Spectacular with the Rockettes

Wheeling - Greenbrier West Va Dec 3 - 5th

\$345 per person double occupancy

2 Dinners , 2 Breakfast

Historic Hotel Tour w/ lunch at the hotel

Casino Club \$20 free play

Culinary demo

Oglebay Park Festival of Lights.

MORE TRIPS:

If you are interested in any of the following trips, please call the Travel Office at Fredericksburg Senior Center 371.2429

Barksdale Dinner Theater to see Goodnight Gracie (about George Burns and Gracie Allen) September 25

Western Maryland Railroad trip from Cumberland to Frostburg. Lunch will be served on the train. October 17.

Graves Mountain Lodge (fried chicken meal), stop at Yoder's Country Store and the Apple Barn October 22

Lunch Bunch – Kathy Corley

The Lunch Bunch outing for September 24 is to Lucio in Culpeper. There is still room in the cars. Sign up at the September meeting or contact Kathy Corley if you want to join us

Membership – Kathy Corley

Welcome to our newest member Christel Walls.

TREASURER'S REPORT - Shirley Keister	Current Month	Year to Date
Beginning Balance January 1, 2013		\$1,937.23
Checkbook Balance July 25, 2013	\$2,572.35	
Receipts:		
	Picnic Guests (July)	\$9.00
	Chicken sold (July)	\$12.00
	50/50 (July)	\$34.00
	Alzheimers (Aug)	\$304.00
	Refreshments (Aug)	\$15.00
	50/50 (Aug)	\$24.00
	Community Ser. (Aug)	\$1.00
	Membership (Aug.)	\$12.00
	Riverboat (Aug)	\$60.00
Total Receipts:	\$471.00	\$2,136.00
Disbursements:		
	Copy Ctr Plus (Aug NL)	\$34.00
Total Disbursements	\$34.00	\$1,063.88
Checkbook Balance August 26, 2013	\$3,009.35	\$3,009.35

RAFFLES – Shirley Keister

50/50 was won by Johnny Creech and door prize was won by Linda Long. Congratulations to both.

AARP CHAPTER 3396
PO BOX 3396
FREDERICKSBURG VA 22402-3396
RETURN SERVICE REQUESTED

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DATED MATERIAL

Next General Meeting: September 3, 2013
Newsletter Deadline: September 18, 2013
Next Board Meeting: September 23, 2013

FALL PREVENTIION OPEN HOUSE

Orthopedic & Sports Physical Therapy Associates is pleased to announce our 2nd Annual Fall Prevention Open House. On Friday, September 20th, our clinicians will be providing screenings to determine a patient's individual risks of falling. Those risks include a loss of mobility, loss of balance, weakness, lack of coordination, ambulation problems, home environment hazards, and decreased confidence. According to the Centers for Disease Control and Prevention, more than one third of adults aged 65 and older fall each year in the United States. Falls are the leading cause of death due to injuries and the most common cause of nonfatal injuries and hospital admissions for trauma in the older adult population.

Patients **MUST** register by calling 540-373-3031. No insurance will be billed, no co-pay or payment will be accepted. No referral is necessary.