



## 2009 Triad Central Calendar of Events

*Events listed are subject to change without notice. Please call or email the contact person before planning to attend. Triad anniversary dates are listed for reference, but do not always indicate a special event on that day. To include your meetings or events relating to seniors, send us an e-mail: [seniors@oag.state.va.us](mailto:seniors@oag.state.va.us)*

### JUNE

**9<sup>th</sup>: 2009 Annual Conference on Aging: "Aging Well in Mind, Body and Spirit"**  
Tuesday, June 9, 2009, 8:00 am – 5pm at Lynchburg College. This year's theme is "Fearless Aging." Keynote speakers will be Eve Reid, author of "Fearless Aging" and Dr. Peter Betz.  
Contact: Denise Scruggs (434)544-8456 or e-mail us at [scruggs.dr@lynchburg.edu](mailto:scruggs.dr@lynchburg.edu).

**Fluvanna Triad 2<sup>nd</sup> Annual Senior Safety Day**  
Sponsored by The Fluvanna Partnership for the Aging, Fluvanna County TRIAD, and the Fluvanna Sheriff's Office  
10 AM to 1 PM at the Public Safety Center (Sheriff's Office) on Route 53 in Palmyra. Businesses and community groups are welcome to participate  
Contact Margaret Wachenfeld, Partnership Chairperson (434) 591-0342; [wach1967@earthlink.net](mailto:wach1967@earthlink.net).

- 10<sup>th</sup>: Greenville/Emporia 11<sup>th</sup> Anniversary**
- Scott County Triad Senior Fair**  
9AM ~ Scott County Vocational School  
Contact: Karen Davidson [kdavidson@radainc.org](mailto:kdavidson@radainc.org)
- 12<sup>th</sup>: Let's Do Lunch Benefitting Meals on Wheels**  
11 a.m. - 1 p.m. @ Kazim Temple Ballroom  
628 Campbell Ave., SW, Roanoke  
For more information and to buy a ticket please  
call 540-345-0451.
- Boomers & Beyond Expo at the Lake**  
Smith Mountain Lake Retirement Village  
10am-6pm.  
Contact: 540-520-2334
- 13<sup>th</sup>: Virginia Beach Triad 14<sup>th</sup> Anniversary**
- 14<sup>th</sup>: Rappahannock County Triad 2<sup>nd</sup> Anniversary**
- 16<sup>th</sup>: Mathews County Triad/S.A.L.T. Council Meeting**  
2:00 PM @ Active Lifestyle Center  
Contact: Jack Cranford 804-725-7850
- Orange Triad/ S.A.L.T. Council Meeting**  
Location TBD  
Contact: Elaine Anderson 540-672-1536
- Martinsville/Henry Co. Triad Annual Seniors Picnic**  
11:30 AM ~ Jack Dalton Park  
Contact: Nell Lovell [butterfly364@embarqmail.com](mailto:butterfly364@embarqmail.com)
- 18<sup>th</sup>: Chesterfield Triad 11<sup>th</sup> Anniversary**
- Petersburg Triad/S.A.L.T. Council Meeting**  
2:00 PM ~ Good Shepherd Baptist Church

2223 S. Crater Road  
Contact: Sheriff Vanessa Crawford 804.733.2369

**19<sup>th</sup>: Clarke County Triad 6<sup>th</sup> Anniversary**

**20<sup>th</sup>: Virginia Beach Triad Meeting**  
10:00 AM at Marian Manor: 5345 Marian Lane in Virginia Beach  
Contact: Cathy Townsend Parks 757.385.5840 or [cparks@oca.vbgov.com](mailto:cparks@oca.vbgov.com)

**22<sup>nd</sup>: Loudoun County Triad 5<sup>th</sup> Anniversary**

**23<sup>rd</sup>: NRV Senior Networking Group Meeting**  
8:30 – 9:30 AM ~ Heritage Hall  
Contact: Timi Morgan 540-529-7245

**25<sup>th</sup>: Portsmouth Triad/S.A.L.T. Council Meeting**  
Crime Prevention Unit - 4406 E West Norfolk Road-  
Portsmouth  
Contact: Major Dorothy Clemons (CO) or Sgt. Leon B. Whitehurst, CCPS at 757-686-2565

**Roanoke Valley Triad/S.A.L.T. Council Meeting**  
11AM to Noon  
The Village on Pheasant Run – Community Room  
(on the hill behind Wal-mart; on left going up hill)  
Contact: Don Thorne [dthorne19@cox.net](mailto:dthorne19@cox.net) 540-819-7945

**26<sup>th</sup>: Madison County Triad Meeting**  
1:00 p.m. at the Sr. Nutrition Site behind the Pig & Steak Restaurant  
Contact: Liz O’Neil [e.oneil57@yahoo.com](mailto:e.oneil57@yahoo.com)

## JULY

**??Date: Bristol/Washington County Triad 12<sup>th</sup> Anniversary**

- 1<sup>st</sup>:           Battlefield/Piedmont Regional Triad 5<sup>th</sup> Anniversary**
- 6<sup>th</sup>:           Colonial Heights Triad Meeting**  
Work Session for SALT Council  
2:00 PM ~ Dunlop House – 235 Dunlop Farms Blvd.  
Contact: Eileen Drake 804.520.9220
- 7<sup>th</sup>:           Buchanan Triad 5<sup>th</sup> Anniversary**
- Dinwiddie Triad Meeting**  
2:00 PM ~ Eastside Community Enhancement Center  
Contact: Sgt. James Parker 804.469.4550
- 11<sup>th</sup>:          Roanoke Health & Safety Fair**  
@ Downtown Main Library  
10am-2pm  
Contact: 540-400-9248
- 16<sup>th</sup>:          York/Poquoson Triad 5<sup>th</sup> Anniversary**
- Petersburg Triad/S.A.L.T. Council Meeting**  
2:00 PM ~ Good Shepherd Baptist Church  
2223 S. Crater Road  
Contact: Sheriff Vanessa Crawford 804.733.2369
- 18<sup>th</sup>:          Virginia Beach Triad Meeting**  
10:00 AM at Marian Manor: 5345 Marian Lane in Virginia  
Beach  
Contact: Cathy Townsend Parks 757.385.5840 or  
[cparks@oca.vbgov.com](mailto:cparks@oca.vbgov.com)
- 19<sup>th</sup>:          Southwest Regional Triad 10<sup>th</sup> Anniversary**
- 21<sup>st</sup>:          Mathews County Triad/S.A.L.T. Council Meeting**  
2:00 PM @ Active Lifestyle Center  
Contact: Jack Cranford 804-725-7850

**Orange Triad/ S.A.L.T. Council Meeting**

Location TBD

Contact: Elaine Anderson 540-672-1536

**23<sup>rd</sup>:**

**Portsmouth Triad/S.A.L.T. Council Meeting**

Crime Prevention Unit - 4406 E West Norfolk Road-  
Portsmouth

Contact: Major Dorothy Clemons (CO) or Sgt. Leon B.  
Whitehurst, CCPS at 757-686-2565

**Roanoke Valley Triad/S.A.L.T. Council Meeting**

11AM to Noon

The Village on Pheasant Run - Community Room  
(on the hill behind Wal-mart; on left going up hill)

Contact: Don Thorne [dthorne19@cox.net](mailto:dthorne19@cox.net) 540-819-7945

**24<sup>th</sup>:**

**Madison County Triad Meeting**

1:00 p.m. at the Sr. Nutrition Site behind the Pig & Steak  
Restaurant

Contact: Liz O'Neil [e.oneil57@yahoo.com](mailto:e.oneil57@yahoo.com)

**The Mayberry Deputy Appearance**

Salem Red Sox Professional Baseball

Contact: David Browning [bfifemd@charter.net](mailto:bfifemd@charter.net)

**25<sup>th</sup>:**

**Mecklenburg/South Hill Triad 6<sup>th</sup> Anniversary**

**Tazewell County Triad 6<sup>th</sup> Anniversary**

**AUGUST**

**??Date: Hanover/Ashland Triad 14<sup>th</sup> Anniversary**

**4<sup>th</sup>:**

**Dinwiddie Triad Meeting**

2:00 PM ~ Eastside Community Enhancement Center

Contact: Sgt. James Parker 804.469.4550

**6<sup>th</sup>**

**Mayberry Deputy Appearance**

Bark in the Park Event ~ Bristol, VA

Contact: David Browning [bfifemd@charter.net](mailto:bfifemd@charter.net)

**11<sup>th</sup>: Pulaski Triad 14<sup>th</sup> Anniversary**

**15<sup>th</sup>: Virginia Beach Triad Meeting**

10:00 AM at Marian Manor: 5345 Marian Lane in Virginia Beach

Contact: Cathy Townsend Parks 757.385.5840 or [cparks@oca.vbgov.com](mailto:cparks@oca.vbgov.com)

**18<sup>th</sup>: Mathews County Triad/S.A.L.T. Council Meeting**

2:00 PM @ Active Lifestyle Center

Contact: Jack Cranford 804-725-7850

**Orange Triad/ S.A.L.T. Council Meeting**

Location TBD

Contact: Elaine Anderson 540-672-1536

**16<sup>th</sup>: Grayson County Triad 2<sup>nd</sup> Anniversary**

**20<sup>th</sup>: Petersburg Triad/S.A.L.T. Council Meeting**

2:00 PM ~ Good Shepherd Baptist Church

2223 S. Crater Road

Contact: Sheriff Vanessa Crawford 804.733.2369

**Newport News Triad Shred-It Event**

10AM – 1PM ~ Home Depot in Newport News

Contact: Vicki Gaffney [egaffney@nngov.com](mailto:egaffney@nngov.com)

**22<sup>nd</sup>: Newport News Triad 2<sup>nd</sup> Anniversary (re-signing)**

**Mayberry Deputy Appearance**

Danville Braves Professional Baseball

Contact: David Browning [bfifemd@charter.net](mailto:bfifemd@charter.net)

**25<sup>th</sup>: NRV Senior Networking Group Meeting**

8:30 – 9:30 AM ~ Highland Nursing & Rehab

Contact: Timi Morgan 540-529-7245

**27<sup>th</sup>:**           **Portsmouth Triad/S.A.L.T. Council Meeting**  
Crime Prevention Unit - 4406 E West Norfolk Road-  
Portsmouth  
Contact: Major Dorothy Clemons (CO) or Sgt. Leon B.  
Whitehurst, CCPS at 757-686-2565

**Roanoke Valley Triad/S.A.L.T. Council Meeting**  
11AM to Noon  
The Village on Pheasant Run - Community Room  
(on the hill behind Wal-mart; on left going up hill)  
Contact: Don Thorne [dthorne19@cox.net](mailto:dthorne19@cox.net) 540-819-7945

**28<sup>th</sup>:**           **Orange County Triad 7<sup>th</sup> Anniversary**  
**Shenandoah County Triad 7<sup>th</sup> Anniversary**

**Madison County Triad Meeting**  
1:00 p.m. at the Sr. Nutrition Site behind the Pig & Steak  
Restaurant  
Contact: Liz O'Neil [e.oneil57@yahoo.com](mailto:e.oneil57@yahoo.com)

## **SEPTEMBER**

**8<sup>th</sup>:**           **Dinwiddie Triad Meeting**  
2:00 PM ~ Eastside Community Enhancement Center  
Contact: Sgt. James Parker 804.469.4550

**15<sup>th</sup>:**           **Mathews County Triad/S.A.L.T. Council Meeting**  
2:00 PM @ Active Lifestyle Center  
Contact: Jack Cranford 804-725-7850  
**Orange Triad/ S.A.L.T. Council Meeting**  
Location TBD  
Contact: Elaine Anderson 540-672-1536

**17<sup>th</sup>:**           **Petersburg Triad/S.A.L.T. Council Meeting**  
2:00 PM ~ Good Shepherd Baptist Church  
2223 S. Crater Road

Contact: Sheriff Vanessa Crawford 804.733.2369

**18<sup>th</sup>: Danville/Pittsylvania County Triad 13<sup>th</sup> Anniversary**

**19<sup>th</sup>: Virginia Beach Triad Meeting**

10:00 AM at Marian Manor: 5345 Marian Lane in Virginia Beach

Contact: Cathy Townsend Parks 757.385.5840 or [cparks@oca.vbgov.com](mailto:cparks@oca.vbgov.com)

**22<sup>nd</sup>: NRV Senior Networking Group Meeting**

8:30 – 9:30 AM ~ Carilion Home Care

Contact: Timi Morgan 540-529-7245

**23<sup>rd</sup>: Culpeper County Triad 10<sup>th</sup> Anniversary**

**24<sup>th</sup>: Portsmouth Triad/S.A.L.T. Council Meeting**

Crime Prevention Unit - 4406 E West Norfolk Road- Portsmouth

Contact: Major Dorothy Clemons (CO) or Sgt. Leon B. Whitehurst, CCPS at 757-686-2565

**Roanoke Valley Triad/S.A.L.T. Council Meeting**

11AM to Noon

The Village on Pheasant Run – Community Room (on the hill behind Wal-mart; on left going up hill)

Contact: Don Thorne [dthorne19@cox.net](mailto:dthorne19@cox.net) 540-819-7945

**25<sup>th</sup>: Madison County Triad Meeting**

1:00 p.m. at the Sr. Nutrition Site behind the Pig & Steak Restaurant

Contact: Liz O'Neil [e.oneil57@yahoo.com](mailto:e.oneil57@yahoo.com)

## **OCTOBER**

**5<sup>th</sup>: Alexandria Triad 2<sup>nd</sup> Anniversary**

- 6<sup>th</sup>: Nelson County 10<sup>th</sup> Anniversary**
- Dinwiddie Triad Meeting**  
2:00 PM ~ Eastside Community Enhancement Center  
Contact: Sgt. James Parker 804.469.4550
- 9<sup>th</sup>: Portsmouth Triad 14<sup>th</sup> Anniversary**
- 11<sup>th</sup>: Petersburg Triad 3<sup>rd</sup> Anniversary**
- 15<sup>th</sup>: Petersburg Triad/S.A.L.T. Council Meeting**  
2:00 PM ~ Good Shepherd Baptist Church  
2223 S. Crater Road  
Contact: Sheriff Vanessa Crawford 804.733.2369
- 17<sup>th</sup>: Virginia Beach Triad Meeting**  
10:00 AM at Marian Manor: 5345 Marian Lane in Virginia Beach  
Contact: Cathy Townsend Parks 757.385.5840 or  
[cparks@oca.vbgov.com](mailto:cparks@oca.vbgov.com)
- 20<sup>th</sup>: Mathews County Triad/S.A.L.T. Council Meeting**  
2:00 PM @ Active Lifestyle Center  
Contact: Jack Cranford 804-725-7850
- Orange Triad/ S.A.L.T. Council Meeting**  
Location TBD  
Contact: Elaine Anderson 540-672-1536
- NRV Senior Networking Group Meeting**  
8:30 – 9:30 AM ~ Warm Hearth Village  
Contact: Timi Morgan 540-529-7245
- 22<sup>nd</sup>: Portsmouth Triad/S.A.L.T. Council Meeting**  
Crime Prevention Unit - 4406 E West Norfolk Road-  
Portsmouth

Contact: Major Dorothy Clemons (CO) or Sgt. Leon B. Whitehurst, CCPS at 757-686-2565

**Roanoke Valley Triad/S.A.L.T. Council Meeting**

11AM to Noon

The Village on Pheasant Run – Community Room  
(on the hill behind Wal-mart; on left going up hill)

Contact: Don Thorne [dthorne19@cox.net](mailto:dthorne19@cox.net) 540-819-7945

**23<sup>rd</sup>:**

**Madison County Triad Meeting**

1:00 p.m. at the Sr. Nutrition Site behind the Pig & Steak  
Restaurant

Contact: Liz O'Neil [e.oneil57@yahoo.com](mailto:e.oneil57@yahoo.com)

**NOVEMBER**

**3<sup>rd</sup>:**

**Dinwiddie Triad Meeting**

2:00 PM ~ Eastside Community Enhancement Center

Contact: Sgt. James Parker 804.469.4550

**17<sup>th</sup>:**

**Mathews County Triad/S.A.L.T. Council Meeting**

2:00 PM @ Active Lifestyle Center

Contact: Jack Cranford 804-725-7850

**Orange Triad/ S.A.L.T. Council Meeting**

Location TBD

Contact: Elaine Anderson 540-672-1536

**19<sup>th</sup>:**

**Petersburg Triad/S.A.L.T. Council Meeting**

2:00 PM ~ Good Shepherd Baptist Church

2223 S. Crater Road

Contact: Sheriff Vanessa Crawford 804.733.2369

**20<sup>th</sup>:**

**Madison County Triad Meeting**

1:00 p.m. at the Sr. Nutrition Site behind the Pig & Steak  
Restaurant

Contact: Liz O'Neil [e.oneil57@yahoo.com](mailto:e.oneil57@yahoo.com)

**21<sup>st</sup>:**           **Virginia Beach Triad Meeting**  
10:00 AM at Marian Manor: 5345 Marian Lane in Virginia Beach  
Contact: Cathy Townsend Parks 757.385.5840 or [cparks@oca.vbgov.com](mailto:cparks@oca.vbgov.com)

**24<sup>th</sup>:**           **NRV Senior Networking Group Meeting**  
8:30 – 9:30 AM ~ Corporate Research Center  
Contact: Timi Morgan 540-529-7245

**26<sup>th</sup>:**           **Portsmouth Triad/S.A.L.T. Council Meeting**  
Crime Prevention Unit - 4406 E West Norfolk Road-Portsmouth  
Contact: Major Dorothy Clemons (CO) or Sgt. Leon B. Whitehurst, CCPS at 757-686-2565

**Roanoke Valley Triad/S.A.L.T. Council Meeting**  
11AM to Noon  
The Village on Pheasant Run – Community Room  
(on the hill behind Wal-mart; on left going up hill)  
Contact: Don Thorne [dthorne19@cox.net](mailto:dthorne19@cox.net) 540-819-7945

**29<sup>th</sup>:**           **Franklin/Southampton Triad 3<sup>rd</sup> Anniversary (re-signing)**

## **DECEMBER**

**1<sup>st</sup>:**           **Dinwiddie Triad Meeting**  
2:00 PM ~ Eastside Community Enhancement Center  
Contact: Sgt. James Parker 804.469.4550

**2<sup>nd</sup>:**           **Spotsylvania/Stafford County Triad 11<sup>th</sup> Anniversary**

**4<sup>th</sup>:**           **Wise County Triad 11<sup>th</sup> Anniversary**

**10<sup>th</sup>: Front Royal/Warren County Triad 7<sup>th</sup> Anniversary**

**15<sup>th</sup>: Mathews County Triad/S.A.L.T. Council Meeting**

2:00 PM @ Active Lifestyle Center

Contact: Jack Cranford 804-725-7850

**Orange Triad/ S.A.L.T. Council Meeting**

Location TBD

Contact: Elaine Anderson 540-672-1536

**19<sup>th</sup>: Petersburg Triad/S.A.L.T. Annual Holiday Gala**

9:00 to 2:00 PM ~ Good Shepherd Baptist Church

2223 S. Crater Road

Contact: Sheriff Vanessa Crawford 804.733.2369