



## Upcoming Social Activities

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

**LOWLINC Speaker Series. Travis H. Stoner, Doctor of Physical Therapy, *PT: A Critical Component of Your Overall Well-Being.* Wednesday, May 9. 1:30 p.m. to 3:00 p.m. Community Center.**



When you think of physical therapy, what probably comes to mind is a limited-term stint with a PT professional for help recovering from an injury, surgical procedure or temporary condition. An equally important part of physical therapy focuses on treatments for chronic, longer-term conditions such as mobility impairments caused by diseases like Parkinson's, and problems of balance like vertigo and dizziness... conditions that can appear and affect us as we age.

Dr. Travis Stoner of Fusion Physical Therapy will speak about these issues, including how communication happens between you, your physical therapist and other health care providers, and current research on exercise as we age. Dr. Stoner graduated from Shenandoah University with a Bachelor of Science in Kinesiology in 2002 and a Doctor of Physical Therapy in 2005. He has experience in a variety of physical therapy areas, including neurological, vestibular (balance), total joint replacement rehabilitation and aquatic physical therapy.

The LOWLINC Speaker Series is open to LOWLINC members, volunteers and Lake residents. Please tell your friends and neighbors and invite them to come.

**Member Social & Pizza. Monday, May 14. 10:30 a.m. to 1:00 p.m. Community Center.**



Join some of your fellow members at the Community Center where we gather every other month to enjoy getting to know one another. It is very casual! We have coffee, bottled water and usually some kind of surprise. We have a mahjong group that loves to play and is anxious to teach others. Some folks enjoy a game of bingo, while others have a dice game that is fun and quick to learn. There are lots of cards and board games to choose from. The room is large, interests are varied, and some folks like to just watch or chat with other members.

What we do is create a place for LOWLINC members to come and socialize according to their own personal preferences. We sure do wish some of our new members would give it a chance.

We order pizza (\$5.00 per person) but if pizza is not one of your favorite dishes, feel free to bring a bag lunch or snack. We have a refrigerator where we can store your lunch. Hope to see you there. This month Nancy Strain will be your hostess.



**Lunch at TWO BROTHERS. Wednesday, May 23. 11:30 a.m.** 5390 Lyndon Drive, Locust Grove VA 22508 (formerly Eleni's) across from McDonalds.



The new owners are looking forward to having our LOWLINC group come to their restaurant. They seem very capable and eager to please. The restaurant provides Italian food, appetizers, soups and salads, entrees, sandwiches and subs, pizzas, calzones and desserts. Prices range from \$9.99 to \$16.99 for entrees, \$6.99 to \$8.49 for sandwiches and subs, \$8.99 to \$18.95 for pizza. Desserts are \$3.95 and \$4.95.

They also offer two daily lunch specials including a soft drink for \$5.95. We think it will be a lot of fun to try out the new restaurant and draw our own conclusions.

**Ice Cream Social. Wednesday, May 30. 6:30 p.m. Route 3 – Germanna Highway – Just outside LOW's front gate**



Do you like traditional ice cream or soft serve ice cream? We are most fortunate to have two ice cream trucks right outside the LOW front gate. They park right on Route 3 and create an ice cream duel for us to enjoy.

We will start with the soft serve ice cream in the car wash parking lot. There are picnic tables where we can sit, and everyone can order what they want from the menu posted on the truck.

We will follow up in July with a tasting of the traditional ice cream offered at the truck across the street. We will take a casual vote and return in August to the winner's truck and perhaps award a blue ribbon from our group 😊

We all look forward to seeing you there. Nancy Strain will be your hostess for this event.



### **Other Events, News and Tidbits**

**We Want Your Opinion!** The Social Activities Committee would like to get your feedback and advice on future social activities and events. Please take a moment to complete the **enclosed survey** and return it to us in the stamped envelope. Even if you don't currently participate in many of LOWLINC's social activities, we'd like to hear from you. Thanks so much.

**Joint Meeting with LOWLINC Volunteers: LOWLINC's Preferred Service Providers Program.** Here's your chance to learn more about how you can take advantage of LOWLINC's service that gives you referrals to contractors and vendors who have been checked out by the Preferred Service Providers Committee. Mary Hannon, committee chair, will be on hand to tell you about the program and answer your questions. Monday, May 7, 4:00 p.m. Woods Center. Fareways will be open afterwards if you'd like to have dinner.

**New LOWLINC Member Directory Enclosed.** Back in January, we asked you if you'd like to be included in a new LOWLINC member directory. That directory is now available and has been included in this mailing for members who responded they would like to be included in it. If you responded in the affirmative but didn't receive a copy, please contact Carolyn Rourke at 540-972-3901 or email [lowlinc.communications@gmail.com](mailto:lowlinc.communications@gmail.com). If we missed anyone, we'll republish in June, and then quarterly after that.

**New Medicare Cards Being Mailed Soon.** If you are a Medicare enrollee, you will soon be receiving a new card that no longer contains your social security number. For security reasons, the SSN is being replaced by a new unique identifier that is a combination of letters and numbers. Make sure Medicare has your current address, and otherwise **you don't need to do anything to receive your new card.** Be aware that the scammers are already working to defraud you with phone calls, emails and demands for money. Medicare says it can let you know when your new card is in the mail if you enroll at: [www.medicare.gov/newcard](http://www.medicare.gov/newcard)

**Dispose of Your Expired Prescriptions.** A number of businesses and agencies in our area will be collecting your unused and out-of-date prescriptions on Saturday, April 28 from 10:00 a.m. to 2:00 p.m. The closest one to Lake of the Woods is the Spotsylvania Company 5 Fire Station on Route 3. LOWLINC volunteers will take your prescriptions for you to be destroyed (they are incinerated). Call 1-855-LOWLINC (569-5462) to arrange.

**Bus Trip to Nationals Baseball Game.** The Lake of the Woods Lions Club is putting together a bus trip of fans to see the Nats beat their Beltway rivals, the Orioles, on Tuesday, June 19. The chartered bus will leave the Clubhouse lower level parking lot at 4:30 p.m. to arrive for the 7:05 p.m. start. The bus will drop you off directly adjacent to the First Base Gate, which provides direct elevator access to the concourse of the stadium. A block of tickets has been set aside on the first base side of the field in the lower seating bowl. The cost is \$75, which includes your game tickets and the bus. This is a Lions' event. For more information or to reserve a spot, contact Lion Jim Zavrel at 703-869-5281, ([zavlake@comcast.net](mailto:zavlake@comcast.net)) or Lion Reggie Gavett at 703-505-7179, ([liongavett@gmail.com](mailto:liongavett@gmail.com)).

**New LOWLINC Coordinator.** Your LOWLINC Board of Directors is hard at work finding a new coordinator to take care of scheduling your service requests. We will be interviewing candidates over the next few weeks and expect to have someone by early May. In the meantime, a few volunteers have offered to help Carolyn Rourke and Mary-Jane Atwater step in to fill Sparkle's big shoes. Starting May 1, you will be hearing new voices on the phone and new people will be finding those dedicated volunteers to fill your requests. Thanks in advance for your patience and understanding as we work through the transition.