



August Social Activities

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

Social Activities Committee Member **Lea LeBar** is the hostess for August. She is offering three exciting venues for your selection. *Do you know someone who has been thinking about joining LOWLINC as a member or volunteer? Invite them along for fellowship and a chance to find out what LOWLINC is all about.*

Lunch in Fredericksburg at Carrabba's Italian Grill. Thursday, August 9 at 11:30 a.m.



Our August lunch will be at Carrabba's Italian eatery in Central Park, Fredericksburg. If you have not been to Carrabba's Grill and you like Italian food, don't miss this opportunity. There's something for everyone on the menu of this popular restaurant! We will gather at the lower level of the Clubhouse at 11:00 a.m.

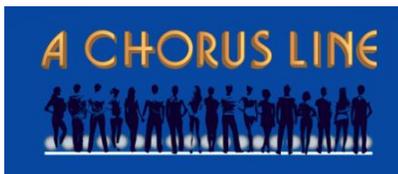
Last Ice Cream Social of the Season. Wednesday, August 15, 6:30 p.m.



Soft serve ice cream or traditional ice cream? What's your favorite? In June we sampled soft serve at the ice cream truck near the car wash. In July it was ice cream at the truck across from the post office. For our final Ice Cream Social of the summer, we'll go back to the one we liked best! We will meet at the clubhouse lower level parking lot, vote on which ice cream supplier we like and carpool over to the winner. Majority wins! We will have a blue ribbon for the winner of our contest.

Cancellation Policy: If it is raining at 6:15 consider the social cancelled. We will notify all with a new date and time.

A Chorus Line at Riverside Theater. Sunday, Aug. 26. Dinner at 1:00 p.m. Show at 3:00.



Broadway favorite **A Chorus Line** is playing at the Riverside Center for the Performing Arts. Broadway gypsies bare their souls and put their lives "on the line" as they audition for an unnamed Broadway musical. The 1975 show won the Pulitzer Prize and the Tony Award for Best Musical. Music by Marvin Hamlisch and book by James Kirkwood & Nicholas Dante.

Tickets for the dinner and show are \$64 each. Send your check, payable to LOWLINC, to P.O. Box 518, Locust Grove, VA 22508 by August 10. We will purchase the tickets on August 13 to ensure availability and either distribute them ahead of time or make them available at will-call.

Please give Stacey a call to let her know you're coming and if you need a ride.

Upcoming LOWLINC Events You Won't Want to Miss

LOWLINC Speaker Series, Wednesday, September 12, 1:30 p.m. Community Center. We are pleased to have Orange County Sheriff Mark Amos as our featured speaker. Sheriff Amos will talk about police enforcement and safety-related issues of interest to the community and discuss how the Sheriff's office works with both LOW Security and Neighborhood Watch. We are inviting a representative from Neighborhood Watch to join us.

Chair Exercise with Donna Jackson. Starts Thursday, September 13, 12:00 noon to 12:45, Community Center. As announced in last month's flyer, LOW fitness expert Donna Jackson is offering a free exercise class to LOWLINC members. This new class offers a range of movements while sitting in a chair or standing behind a chair and using it as a stabilizer. You can become healthier and gain more strength, flexibility and balance. Each 45-minute lesson, held on Mondays and Thursdays, offers a variety of different movements to become stronger and more flexible, and gain better balance. September 13 (changed from Sept. 6) will be an information session where Donna will talk about and demonstrate the exercises, discuss needed equipment (minimal) and have participants sign a waiver. Contact Stacey at 1-855-569-5462 to sign up.

The Art of Wine. Sunday, September 23, 12:00 noon to 4:00 p.m. Lions Pavilion, Sweetbriar Park. The second annual LOW Wine Tasting will be sponsored by LOWLINC and is our annual fund raiser. Seven local wineries will present their best wines for sampling. The ticket price of \$15 in advance (\$20 cash at the door) gets you free tastings and a wine glass for tasting. Wine will be available for purchase by the glass, bottle and case. Two food trucks will feature both family fare and gourmet food for purchase. Like last year, the event is being held in conjunction with the LOW Visual Arts Council's annual Art Show and Sale. Plan to come out on a beautiful fall afternoon to sample wines, visit with your LOW friends and neighbors and go to the art show in the Community Center.

Tickets go on sale Friday, July 27 at www.lowlinc.org. For more information, email lowlincwine@gmail.com or call 540-360-1496.

Know Your Medicare – AARP/LOWLINC Medicare Workshop. Wednesday, October 10. 1:00 p.m. to 4:00 p.m. LOW Clubhouse. Nearly 60 million Americans are Medicare recipients. If you are one of them and you signed up a while ago, the details of your coverage and what you are entitled to may have become murky over time. The several parts of Medicare contain many provisions and regulations that affect when and how you get medical care when you need it.

LOWLINC and the local AARP chapter are co-sponsoring a workshop in October to help sort through these questions and provide you with information you can use. We will have two speakers who will provide a "refresher" course on Medicare and then dig into the details of your critical prescription plans and what you can do to assure you have the best one for your needs. For all of us this will be an opportunity to become informed about Medicare, including its provisions, changes and even its "mysteries."

The workshop is presented **free of charge**, but registration will be required, starting August 24. Mark your calendars now...more details will be forthcoming.