

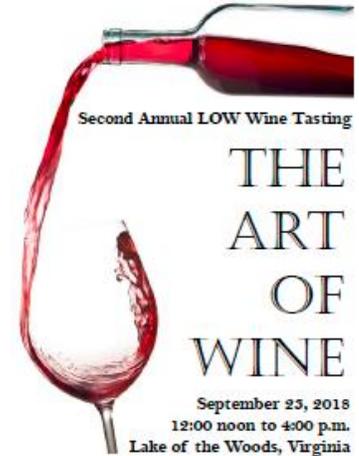


September 2018 LOWLINC Social Activities

GIVING BACK on a Beautiful Fall Afternoon

This month's social activities center around the members, volunteers and the LOW community **GIVING BACK**. On **September 23**, **LOWLINC** will sponsor **The Art of Wine** as its annual fund raiser. This special event will be held in conjunction with **LOW Visual Arts Show and Sale**, a yearly showcase by talented members of the Lake. Sampling wine, eating gourmet food, viewing art.....what a great combination! **Please come and join us and GIVE BACK.**

In addition, your social committee has activities planned for good rousing fun, for pertinent information and the joy of socializing! Social Activities Committee member **Carleen Delio** is the hostess for September.



Games Galore & Pizza. Monday, September 10, from 10:30 a.m. to 1:00 p.m. Community Center.

This is an opportunity to socialize and play card games like Hand & Foot, Pinochle, Bridge, Bingo or a variety of other games such as Dominoes, Connect 4, Checkers, Yahtzee. Please bring \$5.00 for pizza or feel free to bring a lunch; we will eat as soon as the pizza is delivered at noon.

LOWLINC Speaker Series with Orange County Chief Deputy Major Mike LaCasse and Neighborhood Watch Coordinator Randy Schwabenbauer. Wednesday, September 12, 1:30 p.m. to 3:00 p.m. Community Center.

Chief Deputy LaCasse will talk about police enforcement and safety-related issues in our community and explain how the Sheriff's Office works with LOW Security. Neighborhood Watch Coordinator Randy Schwabenbauer will discuss how this citizen's group operates in the Lake and the coordination between it and the Sheriff's department.

LOWLINC Benefit: The Art of Wine. Sunday, September 23, 12:00 noon to 4:00 p.m., Lions Pavilion, Sweetbriar Park.

Come sample wine on a lazy, dazy fall afternoon. The ticket price of \$15.00 in advance (\$20.00 cash only at the door—no credit cards) gets you free tastings and a wine glass. Wine from 7 different wineries will be available for purchase by the glass, bottle and case. Two food trucks will feature both family fare and gourmet food for purchase. Tickets are on sale now until Sept. 19 on the LOWLINC website, www.lowlinc.org. Members may also call the Art of Wine number (540-360-1496) and Mary Jane Oldham can make the reservation for you. Advance payment by credit card or check is accepted.



Radishes & Roses Café for Lunch in Culpeper, 106 W. Cameron St., Thursday, September 27 at 12:00 noon.

A small little space with cooks who make everything to order! Shopping and window browsing after lunch for those who want to stay a bit longer. We will gather at the lower level of the Clubhouse at 11:15 a.m.

Please give Stacey a call to let her know you're coming to (ALL) events, and if you need a ride (1-855-569-5462)

UPCOMING EVENTS:

Chair Exercise class. LOW fitness expert Donna Jackson is offering a free exercise class to LOWLINC members on Mondays and Thursdays 12:00 noon to 12:45, starting Thursday, September 13. The first day will be an information session where Donna will talk about and demonstrate the exercises, discuss needed equipment (minimal) and have members who decide to participate sign a waiver. If you are interested, call Stacey and plan to attend the information session. Members who want to participate will be signed up in the order in which they made their reservations until the class maximum of 15 to 20 is reached.

AARP Monthly Meeting. Monday, September 17. Coffee at 9:30 a.m. with meeting starting at 10:00 a.m. Clubhouse.

LOWLINC member **Madeline Salustri** is the featured speaker at the September AARP monthly meeting. Anyone who has heard Madeline speak knows they are in for an educational and entertaining time! Madeline's topic will be "You Mean I Have to Stand Up and Say Something?" It is a practical, informative and humorous approach on how to tame those butterflies in your gut when speaking before a group. It is research based with real life stories, some famous, about public speaking experiences. The meeting is open to all. Call Stacey if you want to go and need a ride.

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. Go to www.lowlinc.org for more information and to register starting August 24. Or call Carolyn Rourke at 434-602-2508.