



## Social Activities for April 2017

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



**Dr. Elisabeth Robinson. Monday, April 3, 2:30 p.m. to 4:30 p.m. LOW Community Center, Classroom 2. LOWLINC Speaker Series. LOW Community invited. No charge.**

Do your knees hurt? Have you curtailed exercise or outings because of discomfort? Dr. Elisabeth Robinson will review causes of knee pain, steps for diagnosis, and treatment options, including exercise and other non-operative treatments as well as surgical options such as arthroscopy and knee replacement. She will answer questions after the presentation.

Dr. Robinson joined the Culpeper Division of the University of Virginia Department of Orthopedic Surgery in 2015. A graduate of James Madison University, her education includes an M.S. in biomedical engineering, and an M.D. from the University of North Carolina, Chapel Hill. She has had prior practice in orthopedic surgery and sports medicine. Dr. Robinson, an avid runner, who played soccer in college, enjoys exploring the area and attending UVA athletic events with her husband, Will, a vascular surgeon at the University of Virginia, and their one-year old son, William.



**Sergeant York (Warner Bros., 1941). Film at Mt. Pony Packard Campus for Audio-Visual Conservation. Friday, April 7, 7:30 p.m. No charge.**

Gary Cooper won his first Oscar for his dead-on portrayal of Tennessee pacifist Sgt. Alvin York who, in an Argonne Forest World War I battle, single-handedly captured more than 130 German soldiers.

A stirring bit of Americana, *Sergeant York* contains three main segments all masterfully directed by Howard Hawks: York's life in Tennessee, the war scenes, and post-war scenes in New York City where his newfound fame briefly tempts York not to return to his Tennessee home. Black & white, 134 minutes

**Lunch at the General's Quarters Restaurant. Friday, April 28, 11:45 a.m.**



We are going to try once again to have lunch at the General's Quarters Restaurant. The snow will surely be gone by the end of April and we will have a lovely spring outing. A variety of dishes are available, including house specials, appetizers, sandwiches, homemade soups and desserts. The management can accommodate our group in a private room. Please believe that the third time around is the charm. Come and share conversation about how you survived our unpredictable winter and are looking forward to spring.



**Hat Decorating: Getting Ready for the Kentucky Derby. Friday, April 21, 1:00 p.m. to 3:00 p.m. LOW Community Center, Classroom 1.**

See below for a look ahead to the LOWLINC Kentucky Derby Party. Plan to attend this pre-Derby party on Friday, April 21, where Social Committee member Phyllis Sakole will host a hat decorating party!

If you have a hat you would like to decorate and wear to the Kentucky Derby event, please bring it and some scissors. If you have a hat you would like to donate, let Sparkle know. If you don't have a hat, come and use one of the extras we will have. Floppy style large sun hats would work well, but other types of hats will work also. Men generally wear straw type hats with a hatband. Ribbons, flowers, feathers and such will be supplied, but also please bring any other decorations you would like to use on your hat. There will be prizes for hats on Derby Day. **Please let Sparkle know by April 17 if you will be attending.**

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**LOWLINC Kentucky Derby Party, May 6, from 5:00 p.m. to 8:00 p.m. Fareways Cafe at the Woods Center.**

Join your fellow horse racing enthusiasts for the 143<sup>rd</sup> Run for the Roses. We will gather at the Fareways Café for pre-race festivities, then watch "The Greatest Two Minutes in Sports" together at 6:30. When you check in on May 6, you will be given 10 raffle tickets along with your nametag. You will have a chance to choose your favorite horse and place your raffle ticket in a corresponding bucket. The winner will be drawn from the bucket of the winning horse. There will be other raffle prizes as well, including a prize for best hat. Extra tickets for raffles will be available for sale at Fareways on Derby Day.



If you will be attending, send a check for \$10.00 per person payable to LOWLINC, P.O. Box 518, Locust Grove, VA 22508 by April 27<sup>th</sup>. Please note "Kentucky Derby Party" on the check. The fee will cover appetizers, decorations and raffle prizes. Derby-themed drinks and dinner will be available for purchase. A special dinner menu of BBQ sandwich and coleslaw will be served, plus regular menu items. TVs in the Fareways will be tuned to the Derby at 5:00 p.m. for pre-race events and the race starts about 6:30 p.m. **Be sure to wear your hat and come to enjoy the Run for the Roses. Reserve with Sparkle by April 27.**

**Other Happenings at the Lake** (Call Sparkle if you need a ride)

**Lioness Indoor Spring Flea Market and Craft Sale, April 1 from 8:30 a.m. to 1:00 p.m. at the Locust Grove Middle School.** Over 40 vendors, a bake sale and concession stand.

**LOW Vision Support Group. Tuesday, April 4 at 10:00 a.m. in the Community Center.** The group is intended for community members with impaired vision. It offers the opportunity to discuss common problems and solutions related to vision issues. For more information please contact Gail Sauro at 972-1629.

**Civil War Study Group. April 28 at 10:30 a.m. in the Lower Level of the Club House.** The speaker is Peter Rainey who will present, "An artist, a gold miner and a writer in the Battle of the Wilderness."