



Social Activities for June 2017

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

LOWLINC Speaker Series: Nutrition as We Age. Presented by Registered Dietician Maureen Watts, Thursday, June 1, 10:00 a.m. at the LOW Community Center, Game Room. Free. LOW Community invited.



As we get older our lifestyles often change. Maureen Watts' presentation will help us understand that our nutrition needs also change with age. Maureen will include information on what our bodies require as we get older and the nutrients of special concern. She will focus on food groups, healthy meal patterns, serving sizes, and how to deal with life changes that create nutrition challenges. In addition, Maureen will address the benefits of regular activity, with information about how much and what kinds of activity are required to keep us healthy. Maureen emphasizes that even small changes in daily habits can go a long way toward better health.

Lunch at The Rapidan Grille, Rapidan Golf Club. Tuesday, June 6, 12 noon.



We are going to have lunch at a golf club. Spring is finally here and we have ordered a sunny day to go along with the beautiful view from the Clubhouse at the Rapidan Golf Club! A variety of burgers, salads, and hot and cold sandwiches are available to order from the menu, as well as fries, coleslaw and potato salad. The management can accommodate our group in the main dining area or out on the patio depending on the weather.

Turn right at the Walmart onto Somerset Ridge Rd, Locust Grove. Stay on Somerset Ridge Rd until you come to the large yellow Clubhouse at the top of a hill (35448 Somerset Ridge Road).

Pontoon Boat Ride for LOWLINC Members. Wednesday, June 14, 3:30 p.m. to 5:00 p.m. Rain Date: June 21. Meet at the Clubhouse Dock at 3:15 p.m.



We will cruise around the Lake on pontoon boats. Each boat will have a Volunteer driver, a Volunteer first mate and a Volunteer escort for members who need assistance. It is very different as well as beautiful to view the homes and beaches from the water. Everyone will have an assigned life preserver and the ride will be like a sightseeing tour. Bring your sunhat, sunglasses and sunscreen as we are imagining a beautiful sunny day. It might be a bit breezy so you should also bring along a jacket. Call Sparkle early to reserve.

Concert on the Point, Clubhouse Point. Friday, June 23. 6:30 to 9:00 p.m.

LOWLINC will serve as Hospitality Host for this concert and it is not supposed to rain this year! LOWLINC members and volunteers will sit together and enjoy the concert as the sun sets.

If you want to have dinner at the concert, you can bring your own picnic or order a take-out box dinner from the Clubhouse. If you order a box dinner, please let Sparkle know so we can pick it up for you.



Conversation and Company: Member Get Together at the Home of Gail and Joe Sauro, Monday, June 26. 2:00 – 4:00 p.m.

LOWLINC members Joe and Gail Sauro have graciously invited fellow members to join them in their home for a chance to get to know one another better. The Sauros will provide light snacks and drinks, and an opportunity for six to eight members to join in shared conversation. Volunteers will take members to the Sauro's home and then return for pick-up at 4:00 p.m. Please call Sparkle early to reserve a place at this small gathering. This could be a first in an ongoing activity. It's always good to try new ideas and we so appreciate the Sauros offering this opportunity.

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

LOW Vision Support Group. Tuesday, June 6 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. Friday, June 23 at 10:30 a.m. in the Lower Level of the Club House. The speaker is Carolyn Jones Elsner who will present "Burying the Dead: J. Horace Lacey and the founding of the Fredericksburg Confederate Cemetery."

Looking Forward to JULY

Independence Day Celebration. Saturday, July 1.



LOWLINC will participate in the Lake of the Woods Independence Day July Parade. A vintage red pick-up truck will be decorated with thousands of paper flowers as well as balloons. Music will entertain and volunteers walking alongside the truck will hand out candy along the parade route. After the parade, LOWLINC will participate in the afternoon celebration on the Point, hosting an information table and talking to Lake residents about membership and volunteer opportunities. Contact Sparkle if you can participate.