



## Upcoming Social Activities

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

**Speaker Series: Dr. Craig A. Reigel of the Virginia Orthopaedic and Spine Center.**  
***Yes! You Can Play Again--Free from Pain.* Tuesday, March 6.**  
**10:30 to noon. Community Center. No charge.**



Has that old shoulder injury from your high school sports days flared up again? Is your shoulder aching from all that time on the LOW golf course or the pickle ball courts? Craig A. Reigel, an orthopedic surgeon with a specialty in sports medicine, may have some answers for you. Dr. Reigel's presentation will focus on issues and injuries related to the shoulder:

- Atraumatic causes of shoulder pain
- Anatomy – What is the rotator cuff?
- Symptoms – When should you see your doctor?
- Diagnosis – MRI's for everybody?
- Treatment – non-operative vs. surgical
- Surgery – less invasive choices
- Rehabilitation – The ball is in your court now.
- Results – Yes, you can golf again.

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, March 12. 10:30 a.m. to 1:00 p.m. Community Center.**



**Welcome to all members and interested volunteers.** We have been working at providing LOWLINC folks an opportunity to get to know one another better. We have a great room at the Community Center for 2 ½ hours to do whatever we would like. In January, three members brought their Majhong boards and began to teach interested folks how to play.

Another group set up a UNO card game, while a third group played a very competitive game of dice! We hope you will consider coming out to see if we can offer an activity you might enjoy. Just sitting at a table with a cup of coffee (provided free of charge) may be a nice break from your normal routine. At noon, we order pizza (\$ 5.00 each) or you can bring your own lunch. We have enjoyed these sessions very much and encourage you to come and see for yourself!



**Lunch at MAMA'S PIZZA & SUBS. Monday, March 19. 11:30 a.m.**



their own meal.)

We'll scoot up Route 20 to Mama's Pizza and Subs in the Locust Grove Town Center. All manner of Italian fare is available: pizza, subs, Stromboli, Calzone and pasta. Seafood, salads and hamburgers also are on the menu. More than 20 members and volunteers came to the February lunch, including a few first-timers. Join us for an enjoyable hour or two of conversation and good food. (Members and volunteers pay for

**Afternoon at the Movies! Tuesday, March 27. Early afternoon. Fredericksburg. \$6.00.**



We are going to go to a matinee at one of the movie theaters in Fredericksburg. The Paragon movie theater at the Spotsylvania Towne Center offers a senior discount on Tuesday afternoon. Tickets are just \$6.00.

We will be in touch with you later in March to let you know which movie(s) will be available. The movie theaters only give two weeks' notice of what features will be available. We will contact you as soon as we know, and you can make your selection.

For members with email capability, we will be contacting you that way. Please respond to the email even if you do not plan to go. For members who don't have email we will be calling you.

Who wouldn't want to spend a dreary March afternoon at a movie theater eating popcorn and candy? We hope to see you then.

**Save the Date: Speaker Series, Wednesday, April 11, 1:00 p.m. to 2:30 p.m. Community Center.** A representative from the Alzheimer's Association will give a presentation on Effective Communication for caregivers and loved ones of people with memory loss. Details will be in the April flyer.

**LOWLINC Member Directory.** There's still time to get your name in the new LOWLINC Member Directory. We will be publishing it soon. If you're a LOWLINC member and would like to be included, return the blue flyer that was in last month's flyer, or call Sparkle.

**AARP Tax Preparation.** Free tax preparation services are available from trained AARP volunteers, Fridays and Saturdays through mid-April. Call 540-972-5339 for more info and an appointment.

**Reminder:** With tax season well under way the scammers are in full swing with increasingly clever ways to try to cheat you. A new scam, just uncovered this month, involves a phony refund from the IRS. If you receive a refund you're not expecting, either by check or deposit to your account, don't cash the check or use the money...call your bank. The IRS will NEVER contact you by email or phone. If you receive an email claiming to be from the IRS, delete it, and don't click on anything in the email. If you get a phone call from someone who says they are with the IRS, hang up.