



Upcoming Social Activities

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

Social Activities Committee Member Shirley Rowe is the hostess for July. She has planned some wonderful activities for LOWLINC members and volunteers. *Do you know someone who has been thinking about joining LOWLINC as a member or volunteer? Invite them along to one of our social activities for fellowship and a chance to find out what we're all about.*

Hello Dolly Hat-Making Contest – Information Session. Monday July 9, 2018, 10:00 a.m. to 10:30 a.m. LOW Community Center.



This meeting will explain, answer questions, display samples, etc.

LOWLINC members and volunteers have been invited by the LOW Players to play an active role in their October production of **Hello Dolly**. The production requires many hats for both costumes and props. LOW Players Manager Marilyn Davis has asked if any of us may be interested in making some hats. Since we had such great success in our hat making party for the Kentucky Derby last year, we accepted the challenge! The winner of the best hat submitted will receive 2 free tickets to the performance (date and time determined by the winner).

This meeting will be an opportunity to find out what is involved in this project. There will be samples and photographs, with two representatives from the Players to demonstrate how to make the hats. (Note: This will not interfere with those enrolled in the Water Aerobics class, as the pool is just across the parking lot.)

Game Day/Social/Pizza Party. Monday, July 9, 10:30 a.m. to 1:00 p.m. Community Center.



It is hot and muggy outside. Come and join us for a great morning of games, playing cards, bingo, dice or just having a cup of coffee with some of your fellow LOWLINC group. We order pizza for delivery at 12:00 noon. We had money left over from the last social so be prepared to bring a few single dollar bills to pay for your share of the pizza. If pizza is not your favorite, feel free to bring a lunch with you. We have several new members who are interested in playing cards. Some play pinochle and others play a variety of games, including Hand & Foot, Yahtzee, Dominoes, Checkers and Scrabble.

Just keep an open mind, and we will see what develops. You'll be pleasantly surprised by how much fun you can have in a few short hours. Call Stacey to let her know you are interested.

Lunch at the Generals' Quarters. Tuesday, July 17, 11:30 a.m. 32345 Constitution Hwy (Route 20), Locust Grove, VA 22508.



We are revisiting one of our favorite local restaurants in Locust Grove. Come out and join in the conversation and good food served at the Generals' Quarters. We all seem to enjoy our lunch visits...let's keep up the tradition!

Please give Stacey a call to let her know you're coming and if you need a ride. We will meet directly at the restaurant for this event.



Ice Cream Social at the Hershey Truck. Wednesday, July 25, 6:30 p.m.

Get your taste buds ready for a real treat: fresh Hershey ice cream at the food truck stationed across from the Locust Grove Post Office. We can enjoy sharing our comparisons to the ice cream offering we had in early June!

Cancellation policy: If it is raining at 6:15 p.m., consider the social cancelled. We will select another date and notify you by email or a phone call what the new date and time will be.

NEW! Lake Fitness Expert Donna Jackson Offers Free Chair Exercise Class to LOWLINC Members

Did you know: Adding resistance exercise leads to lowering blood pressure. Slow deeper breaths can shave 3 to 4 points off systolic blood pressure. Isometric exercise can lower your blood pressure from 10 to 12 points. And best of all, you can gain strength and better balance by just exercising in a chair.

This new chair 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 (2 times a week) offers a variety of different movements to become stronger, more flexible and gain better balance.

This class is offered for free to LOWLINC members and taught by Donna Jackson, a certified Yoga, Tai Chi and Arthritis Foundation Exercise instructor. She understands knee, back and arthritis problems, so don't let that stop you from exercising. For questions about the class, contact Donna at 540-972-1977.

The class will be Mondays and Thursdays from 12:00 to 12:45 p.m. at the Community Center starting September 2018. The first session on Thursday, 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.

We are grateful to Donna for offering this valuable class as a benefit of LOWLINC membership.

A Challenge to Members: *Every Member Get a Member.*

The Member Outreach Committee has challenged LOWLINC members to reach out to their friends and neighbors to talk to them about the benefits of membership and encourage them to join. This challenge will last until the end of this year and has the added fun incentive of a \$50 gift certificate to each member who brings in their first new member. Enclosed is a brochure describing LOWLINC and its purpose, and our List of Services that you can share. We would be happy to join you in a meeting with your prospect or be sure to invite them to an upcoming social activity.