



January 2019 LOWLINC Social Activities and Events

Happy New Year! LOWLINC's Social Activities Committee has some great events lined up for the coming year. Take a look at the January events on this page and let Stacey know at 1-855-569-5462 which ones you'll be participating in. We also have a sneak peak at an early February activity.

Lunch at Basilico Italian Bakery and New York Deli. Tuesday, January 22. 11:30 a.m.



Basilico New York Deli at Harrison Crossing has been receiving rave reviews since it opened last spring. The menu features salads, grilled paninis, hero subs, Italian specialties and pizza. And everyone is raving about the great desserts that include Italian favorites like tiramisu and cannoli, and (drum roll, please!) homemade gelato! We'll gather at the lower level Clubhouse parking lot at 11:30 and ride together. Basilico, 7011 Harrison Rd., Fredericksburg. (540) 412-6244. Hosted by Maureen Callahan and Mike Rugless.

National Museum of the Marine Corps. Quantico, Virginia. Monday, January 28. 8:45 a.m. to approximately 2:30 p.m.



A visit to the Marine Corps Museum was the top-rated day trip in LOWLINC's recent survey of members' interests. This fascinating and inspiring museum chronicles the long and distinguished history of the Corps, from its founding in 1775 to the present. We have engaged a former marine Sergeant Major, who is also a Marine Corps historian, to lead us on a tour. Our visit will begin with a 13-minute movie followed by an approximately 90-minute tour. The museum has two restaurants to choose for lunch: the Tun Tavern restaurant featuring gourmet sandwiches and entrees (meals \$10 to \$15); and the Devil Dog Diner, a cafeteria-style eatery featuring sandwiches, soups and pizza (\$5 to \$8). There will be time to visit the museum store after lunch. Departure time from the museum will be 1:30 p.m.

The museum has nine wheeled chairs available for us to use, as well as light, folding "cane chairs" that can be carried and used for temporary seating along the way. There are benches throughout.

Members and volunteers will gather at the Clubhouse lower level parking lot by 8:45 a.m. sharp for the 45-minute trip to Quantico. Wear comfortable clothing and walking shoes. You will be required to pass through a security check. The tour size is limited to 30. If you prefer, you may take a self-guided tour. When you reserve with Stacey, let her know if you want to go on the docent-led tour. Hosted by Maureen Callahan and Mike Rugless.

LOWLINC Speaker Series: Downsizing: Daunting Endeavor or New Beginning?

Wednesday, January 16, 1:30 to 3:00 p.m., Community Center.



What do I do with all this stuff? Learn the answers with **Kim Sawyer**. She will offer practical tips to help you downsize your own belongings, assist loved ones with organization or relocation, and manage estate settlement. As the owner and operator of *A Better Move*, a senior move management company, Kim has a wealth of valuable insights that will make these tasks simpler. Clearing out the house doesn't have to be a daunting endeavor—it can be your chance for a new beginning!

Kim presented the LOWLINC Speaker Series inaugural talk two years ago. We are very pleased to have her back. The Speaker Series is open to all Lake residents. Invite your neighbors and friends to attend.

Super Bowl Party. Sunday, February 3 at the home of LOWLINC Volunteers Lisa and Chris Ward. Start time 5:00 p.m.



Save the Date: Super Bowl party, 5 p.m., at the home of Chris and Lisa Ward, Great event for both members and volunteers to get together. Transportation available and please note that there is an elevator for those who can't do stairs. Bring whatever you want to drink and a snack to share. There will be a football pool so bring plenty of quarters if you wish to participate. Limited to 20 people.

Health and Wellness: Chair Exercise Class. Is exercising included in your New Year's resolutions? There is always room in the LOWLINC chair exercise class led by LOW fitness expert Donna Jackson, and you can start any time. The classes are held Mondays and Thursdays, noon to 12:45 p.m. in Meeting Room 2 at the Community Center. Call Stacey or just drop by the next class to try it out.

University of Mary Washington Great Lives Lecture Series. Listed below are the first five of 18 lectures in the 2019 UMW Great Lives lectures. The lectures are held Tuesdays and Thursdays, January through April, from 7:30 p.m. to about 8:30 p.m. at Dodd Auditorium, UMW Fredericksburg campus. Call Stacey if you'd like to go and would like a ride.

- Jan. 15: **Rodgers and Hammerstein**, Todd S. Purdum, author of *Something Wonderful: Rodgers and Hammerstein's Broadway Revolution*
- Jan. 22: **Bruce Lee**, Matthew Polly, author of *Bruce Lee: A Life*
- Jan. 29: **Mikhail Gorbachev**, William Taubman, author of *Gorbachev: His Life and Times*
- Feb. 5: **Benedict Arnold**, Joyce Lee Malcolm, author of *The Tragedy of Benedict Arnold: An American Life*
- Feb. 7: **Jane Goodall**, Dale Peterson, author of *Jane Goodall: The Woman Who Redefined Man*