



February 2019 LOWLINC Social Activities and Events

The hosts for February are LOWLINC Volunteers and Social Activities Committee Members Lisa and Chris Ward. They have developed some exciting and creative activities for LOWLINC members. Call Stacey at 855-569-5462 to reserve your spot.

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.

Lunch at Generals' Quarters. Tuesday, February 12, 12:00 noon. 32345 Constitution Hwy, Locust Grove, VA 22508.



We will gather at Generals' Quarters, one of our favorite restaurants, for a pre-Valentine's Day lunch. The back room has been reserved for our group. We'll order off the menu, with separate checks for everyone. We'll meet at the restaurant at 12:00 noon.

Civil War Study Group. Friday, February 22, 10:30 a.m. Clubhouse Great Room.



Do you have an interest in Civil War history? Join Chris at the monthly meeting of the Civil War Study Group. The Civil War Study Group at Lake of the Woods, Virginia, is dedicated to historical research, preservation, and education of the general public on historic events that occurred in Orange County, Virginia, and surrounding communities during the American Civil War. They always have an interesting speaker at their monthly meeting.

LOWLINC Speaker Series. Tuesday, February 19. 1:30 to 3:00 p.m. Community Center. Topic TBD. Look for the article in the February 8 Lake Currents.

Health and Wellness: Chair Exercise Class. The LOWLINC chair exercise class is led by LOW fitness expert Donna Jackson, and you can start any time. The classes are held Mondays and Thursdays, 12:00 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. Here are the next several lectures in the 2019 UMW Great Lives lectures. The lectures are held Tuesdays and Thursdays 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. 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*
- Feb. 14: **Billie Holiday**, Tracy Fessenden, author of *Religion Around Billie Holiday*
- Feb. 19: **Gari Melchers**, Joanna Catron, curator of Gari Melchers Home and Studio
- Feb. 21: **Dale Carnegie**, Steven Watts, author of *Self- Help Messiah: Dale Carnegie and Success in Modern America*
- Feb. 26: **Nelson Mandela**, Richard Stengel, author of *Mandela's Way: Lessons for an Uncertain Age*
- Feb. 28: **Oscar Wilde**, Nicholas Frankel, author of *Oscar Wilde: The Unrepentant Years*



AARP Tax Assistance Begins Feb. 1. The AARP Tax Assistance Program has been providing free and expert tax help to county residents for many years. This year's season gets underway on Friday, Feb. 1. Tax preparation assistance, provided by AARP-trained preparers who are also your LOW neighbors, is free of charge. Call: 540-268-8837. You will be asked to state your name, then you will be transferred to where you leave a message for a return call. There are many changes to the tax laws this year...take advantage of this free help to get your taxes filed.



LOWLINC Directory. The new edition of LOWLINC's quarterly Member Directory was published earlier this month and included with the last monthly flyer. If you did not receive a copy and would like to be included in the next edition of the directory, email lowlinc.communications@gmail.com or call Stacey at 855-569-5462.