



## March 2019 LOWLINC Social Activities and Events

***A hearty welcome to LOWLINC new members who have joined in the last few months, and hello to long-time members. Here are your social activities for March, developed and hosted by Social Activities Committee member Nancy Strain. The back page of this flyer features other events and news of interest. Call Stacey at 855-569-5462 to reserve your spot at one of these great activities.***



**Bingo Party and Games.** Wednesday, March 6, 1:00 to 3:00 p.m. Community Center, Meeting Room 2.

It's time for another LOWLINC Game Day! This one will feature "The Many Faces of Bingo." Do you know how many different Bingo patterns can be played? Other card, board and dice games will be available for your choosing. Spend an afternoon with your fellow LOWLINC-ians playing games and getting to know each other. Fun, snacks, beverages and great conversation await during this afternoon get-together.

**Lunch at Bella J Cucina.** Tuesday, March 12, 12:00 noon. 4444 Germanna Hwy # 130, Locust Grove.

We're going to Bella's! Daily specials, subs, sandwiches and pizza, ranging from \$7 to \$9 (18% gratuity added to check). This will be a great chance for new LOWLINC members to come out and meet their fellow members! We will gather at the restaurant at 12:00 noon. Call Stacey to reserve and get a ride.



**Essential Oils.** Tuesday, March 26, 1:30 to 3:00 p.m. Community Center, Meeting Room 2.

Essential oils have been used for many thousands of years for physical and emotional health and wellbeing and are currently enjoying a new popularity. Presenter Paula Fincham will tell us what essential oils are and the wide variety of uses they have. Join us for an informative afternoon that will teach you about lavender, tea tree oil, rosemary, bergamot, eucalyptus, and many more.

**A Reminder of LOWLINC's Snow/Bad Weather Policy:** If Orange County schools are closed due to weather, social activities will be cancelled.

**LOWLINC Speaker Series: *Slips, Trips and Falls Prevention*.** Wednesday, March 19, 1:30 to 3:00 p.m. Community Center, Meeting Room 2. A representative from Mary Washington Healthcare's Physical Medicine and Rehabilitation team will be with us to present tips on minimizing falling risks in the home.

**Lake of the Woods Impaired Vision Group: *U.S. Currency Reader Program*.** Tuesday, March 5, 10:00 a.m. Community Center, Meeting Room 1. The U.S. Department of the Treasury's Bureau of Engraving and Printing (BEP) provides currency readers, free of charge, to eligible blind and visually impaired people. The device is small, compact, and runs on a triple-A battery. BEP representative Tracy Garrett will present the currency reader program. If you qualify and RSVP by Monday, Feb. 25, Tracy will complete your application and give you your device at the March 5 meeting. Contact the Impaired Vision Group leader and LOWLINC member Gail Sauro at [gail.sauro@yahoo.com](mailto:gail.sauro@yahoo.com) or 540-972-1629 for more info and to RSVP for the March 5 meeting.

**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 8:45 p.m. at Dodd Auditorium, UMW Fredericksburg campus. Call Stacey if you'd like to go and would like a ride.

- 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*
- March 12: **Lucille Ball**, Kathleen Brady, author of *Lucille: The Life of Lucille Ball*
- March 14: **Radium Girls**, Kate Moore, author of *The Radium Girls: The Dark Story of America's Shining Women*
- March 19: **Rocket Girls**, Nathalia Holt, author of *Rise of the Rocket Girls: The Women Who Propelled Us, From Missiles to the Moon to Mars*
- March 21: **J.R.R. Tolkien**, Devin Brown, author of *Tolkien: How an Obscure Oxford Professor Wrote The Hobbit and Became the Most Beloved Author of the Century*

**AARP Tax Assistance.** 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.