



September Social Activities

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

Wine Tasting, Food Trucks and Art Sale. Sunday, September 29. Noon to 4:00 p.m.

You don't have to leave LOW to sample some of Virginia's best local wines! Join us on Sunday, September 29, at the Art of Wine, LOW's third annual wine tasting. This event is a LOWLINC fundraiser. Come to the Lions Pavilion at Sweetbriar Park from noon to 4 pm to taste wines from seven local wineries. Pair your favorite wine with crab cakes, tacos, or sliders purchased from two food trucks or enjoy a cheese plate with your wine. Plus, you won't want to miss the LOW Visual Arts Council Art Sale next door at the Community Center.



Wine-tasting tickets (\$15) are on sale now through September 27. Just go to lowlinc.org and follow the instructions to register and purchase your ticket online. Or you can call 434-602-2508. Your ticket entitles you to free tasting with the seven participating wineries. You also can purchase a bottle of your favorite wine to enjoy with your food, or a case to take home. Tickets purchased the day of the event will be \$20. You'll need to present a photo ID to taste wine (yes, even if you are 100 years old!). Event is for LOW residents and their invited guests.

Game Day Social. Tuesday, September 10. 1:30 p.m. to 3:00 p.m. Community Center, Social Activities Committee Member Carleen Delio is our host.



Come join us for another fun LOWLINC Game Day! We'll have cards, board, and dice games, along with a big favorite – bingo! Spend the 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. Hope to see you there!

Lunch/Shop at Spotsylvania Town Center. Wednesday, September 18 at 11:15 a.m. Social Activities Committee Member Carleen Delio is our host.



Come through the door for choices galore! Join us for a trip to Spotsylvania Towne Center for lunch with delicious choices like Great Steak & Potato Co., Curry & Kabob House, Villa Italian Kitchen, Dairy Queen, Surf City Squeeze, and last but not least: Chick-Fil-A!

Please let Stacey know if you would like to attend, and if you would like to stay and shop after lunch. We will meet at the lower parking level of the Clubhouse parking lot at 11:15 a.m.

LOWLINC Speaker Series: Trinity Senior Village is Coming to Locust Grove. Tuesday, Sept. 24, 1:30 to 3:00, Community Center.

Representatives from the new Trinity Senior Village that is being built in Locust Grove on Route 3 will join us to present information about this new assisted living and memory care community: its mission, vision and values and the services that will be offered. Trinity Senior Village is a project of B&K Properties, a family owned and operated business. Its Executive Director, Kay Close, RN, BSN and Licensed Assisted Living Administrator and Kerry Reardon of B&K Properties will give the presentation.

Free Chair Exercise Class for LOWLINC Members and Volunteers.

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 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.

For the second year, this class is offered for free to LOWLINC members and volunteers. It is 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 Thursday, September 5.** You can contact Stacey at 1-855-569-5462 to sign up. Walk-ins are welcome too. If you are new to the class, you will review and sign a waiver.

LOWLINC is very grateful to Donna for offering this valuable class to LOWLINC.

Lake of the Woods Impaired Vision Group. Meets the first Tuesday of the month at 10:00 a.m., Meeting Room 1, Community Center.

This is a discussion and education group for community members with impaired vision that offers the opportunity to discuss common problems and solutions related to vision issues and hear speakers on topics related to impaired vision. **After a summer break, the group starts its meetings again on Sept. 3.** For info, contact group leader, Gail Sauro at 540-972-1629.

Check out the enclosed flyers for two upcoming Health and Wellness programs:

Sept. 5: CPR/AED Workshop

Starting Oct. 1: Chronic Disease Self-Management Program.