



Upcoming LOWLINC Social Activities



Here's wishing you the happiest New Year! 2020 will bring a wealth of social activities for LOWLINC members and volunteers, including traditional favorites and new offerings. Call Denise at (855) 569-5462 to sign-up and request a ride if you need one. **Note: This flyer covers activities for both January and February.**

Game Day/Lunch. Wednesday, January 15. 11:30 to 2:00. Community Center. Room 2.



In 2020, LOWLINC will host a Game Day/Lunch on the third Wednesday of every month. Lunch will be pizza, subs, or sandwiches that are brought in, or you can bring your own lunch. Cost typically will be \$5 or less.

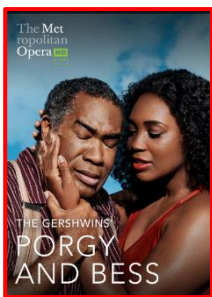
Games can be whatever participants fancy, including bingo, card games and dice. We also are planning to show an occasional movie. This monthly social will be a great opportunity to get out of the house for a few hours, have some fun and socialize with your LOWLINC friends. Call Denise to let us know you're coming and for a ride.



Lunch at Basilico Italian Bakery and New York Deli. Tuesday, January 21. 11:30 a.m.

We're going back to Basilico New York Deli at Harrison Crossing! The menu at this popular eatery features salads, grilled paninis, hero subs, Italian specialties and pizza. Not to be missed are the great desserts that include Italian favorites like tiramisu and cannoli, and homemade gelato! We'll gather at the lower level Clubhouse parking lot at 11:30.

Afternoon at the Opera—Porgy and Bess. Saturday, February 1, 12:00 noon. \$27.73



The New York Metropolitan Opera simulcasts its live productions at selected movie theaters. Experience the opera just as if you were sitting at the Lincoln Center in New York! We will see *Porgy and Bess*, music by George Gershwin, libretto by Ira Gershwin and DuBose Heyward. *James Robinson's stylish production transports audiences to Catfish Row on the Charleston waterfront, vibrant with the music, dancing, emotion, and heartbreak of its inhabitants.*

The broadcast is about 3 hours 40 minutes, with an intermission. We will meet at the Clubhouse lower level parking lot and drive together to the Regal

Theater in Fredericksburg for the 12:55 p.m. start. Tickets are \$27.73 prepaid, and seats are reserved. Send your check payable to LOWLINC to P.O. Box 518, Locust Grove, VA 22508 by Monday, January 20. LOWLINC Social Activities Committee members Chris and Lisa Ward are the hosts for this activity. Call Denise to reserve and request a ride.

Cooking Class Presented by Joya Lord. February 5, 11:30 a.m. to 1:30 p.m.



Would you like to learn ways to prepare easy yet nutritious meals, especially on a smaller scale, for one or two people? Great news! Joya Lord will present a cooking class for members in which she will discuss ways to cook without fuss yet with fresh and nutritious ingredients. Participants will prepare, then eat, a delicious lunch while learning and discussing good, healthy eating. This is a free class limited to 8 participants. Call Denise at 855-569-5462 for a seat at the table.

Lunch at Bella J Cucina. Thursday, February 13, 12:00 noon. 4444 Germanna Hwy # 130, Locust Grove.

We are all so happy that Bella's has re-opened and the food is just as good as ever. Daily specials, subs, sandwiches and pizza, ranging from \$7 to \$9. We will gather at the restaurant at 12:00 noon. Call Denise at 855-569-5462 to reserve and get a ride. Chris and Lisa Ward are hosting.



Game Day/Lunch. Wednesday, February 19. 11:30 to 2:00. Community Center. Room 2.



Game Day/Lunch on the third Wednesday of every month. Lunch will be pizza, subs, or sandwiches that are brought in. Cost typically will be \$5 or less. Games can be whatever participants fancy, including bingo, card games and dice. We also are planning to show an occasional movie. This monthly social will be a great opportunity to get out of the house for a few hours, have some fun and socialize with your LOWLINC friends. Chris and Lisa Ward are hosting. Call Denise to let us know you're coming and request a ride.

Other Events of Note

Grease at Riverside Dinner Theater. Sunday, February 16. Matinee. \$62.

LOWLINC has teamed up with member Karen Kovarik join her group for a Riverside production of *Grease* on February 16. This is a Sunday matinee and the cost is \$62 (excluding alcoholic drinks and a tip). We will carpool and leave from the lower level at 12:15 to arrive by 1:00 when the doors open. This is a dinner show and we will have a selection of four entrees, usually one beef or pork, one chicken, one seafood, and one vegetarian. The performance starts at 3:00, will be over around 5:30 and we will be home by 6:30.

To make a reservation, call Karen at 540-972-7866 or email dkkovarik@aol.com. Your check for \$62 should be made out to Karen Kovarik and mailed to 501 Wakefield Dr., Locust Grove, VA 22508. **Deadline: January 31.**

Movie at Mount Pony. Saturday, January 11, 2:00 p.m.

Interested in a free Mount Pony movie on a winter afternoon? We don't often know the schedule in time for this flyer, but the movie described on the next page is being advertised. Call Denise at 855-569-5462 and we'll go. Carolyn Rourke hosting.

BALTO (Universal, 1995) -- This family-friendly animated film begins with a live-action intro to set the stage for the story of Balto (voiced by Kevin Bacon), a stray who's half dog and half wolf and is shunned as a half-breed outcast by both humans and his own kind. Balto eventually becomes a hero when he guides a medication-carrying sled to a townful of sick kids in the wilds of Alaska. This epic drama adventure directed by Simon Wells is loosely based on a true story about the dog of the same name who helped save children from the diphtheria epidemic in the 1925 serum run to Nome. The voice cast includes Bridget Fonda, Jim Cummings, Phil Collins (in a dual role), and Bob Hoskins with Miriam Margoyles in the live-action sequence. 35mm archival film print. 78 min.

Walking at Walmart. We are pleased to announce we are starting a new health a wellness program we are calling *Walking at Walmart*. Accompanied by volunteers, members will walk, socialize and if needed do light shopping on Wednesday mornings beginning January 15. Members will be picked up at 11:00 a.m. and brought back to their homes by 12:30 p.m. each week. This is a great chance for a small group of walkers and shoppers to exercise and socialize. Weekly participation is encouraged, but not required. Volunteer Janet Ervin is leading this activity. Call Denise at 855-569-5462 to let her know you want to participate.

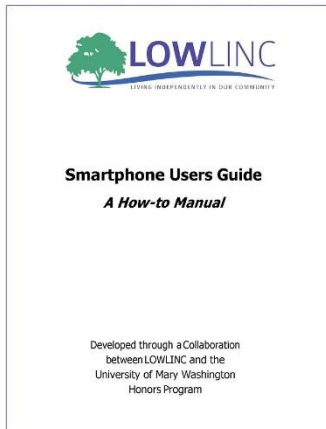
Great Lives Lectures. Mary Washington University. Tuesdays and Thursdays, 7:30 p.m. January through April.

Once again, we will sponsor trips to the William Crawley Great Lives Lecture Series at the University of Mary Washington Dodd Auditorium, pending availability of a volunteer to drive. Below are the lectures for the entire series. If you see one you're interested in, call Denise at 855-569-5462. See <https://www.umw.edu/greatlives/>.

Date	Topic	Date	Topic
January 21	Ronald Reagan	February 27	Frederick Douglas
January 23	Tiger Woods	March 10	Female Internet Inventors
January 28	D-Day Girls	March 12	C.S. Lewis
January 30	JFK/James Bond	March 19	America's Notorious Pirates
February 4	Francis Gary Powers	March 24	Karl Marx
February 6	The Beach Boys	March 31	Hedy Lamarr
February 11	Dr. Seuss	April 2	Sandra Day O'Connor
February 13	John & John Quincy Adams	April 7	Nikita Krushchev
February 18	Stephen Hawking	April 14	Pioneer Female Aviators
February 20	American Duelists		

Smartphone User Guide Available for Members

Have you received your Smartphone User Guide?



As has been announced in the LOWLINC newsletter and elsewhere, the Smartphone Users Guide that LOWLINC developed jointly with students from the University of Mary Washington Honors Program is available free to members who have smartphones. The three-ring-binder user guide is presented in an easy-to-read format with plenty of pictures to illustrate the instructions. The guide covers smartphone operations for both iPhone and Android (Samsung, LG, etc.):

- Basic phone features
- Calendar
- Camera
- Clock
- Email
- Messaging/Texting
- Phone Calls
- Glossary

If you are a LOWLINC member, have a smartphone and have not yet received a copy of this How-to Manual, contact Denise at 855-569-5462 and we will get a copy to you. Volunteers may download an electronic copy of the manual via the LOWLINC website (log in required) or purchase a printed copy for \$20.

Reminders about Requesting Services:

Request services no less than 2 business days before the service (e.g., if a service is Friday, request it by Tuesday)

The LOWLINC phone number is 855-569-5462.

Calls are handled between 10:00 a.m. and 3:00 p.m. Monday through Friday. Please leave a message outside those hours for a return call the next business day. The LOWLINC phone line is monitored on the weekend. Critical calls regarding service scheduling will be responded to and routine calls will be returned the next business day. As always, if you have a health emergency, dial 911.

Generally, all communications with LOWLINC should be made through the 855 number. If a service needs to be cancelled on short notice, call the volunteer who is providing the service in addition to the LOWLINC number.

For transportation services, it may be possible to add stops with prior arrangement through Denise. Please don't ask volunteers for additional stops as the volunteer may not have time to accommodate them.

LOWLINC is **your** organization. If you have questions about these reminders or any other procedures, or if you have suggestions for improvements, never hesitate to contact us.