



# news & views

Lake Prince Woods

## Golf Anyone?

Lake Prince Woods was well represented at the Hampton Roads Chamber of Commerce Golf Tournament on October 13, 2011 by our team of Donald Dale, Wayne Chronister, Phil Holwager and Bob Zedler. Looking very spiffy in their matching dark green LPW golf shirts our team was without doubt the most "mature" team playing. The combined ages of a team of four young ladies was judged to be less than that of our team's most senior member.



While several of the "20 to 40-something" teams quit due to the iffy weather which alternated between bright sunshine and pouring rain our team persevered and was one of the first three teams finished. The youngsters just couldn't take it!!

The Captains Choice format suited the team well and took advantage of each member's special abilities and erased the problem of an occasional errant shot by allowing other team members to play the same shot and then choose the best one to move forward down the fairway. The result at the challenging Sleepy Hole layout was a very respectable total score of 74 (just 2 over par), composed of 4 birdies, 8 pars and only 6 bogies. The team just missed winning its division by ONE STROKE.

Phil Holwager merits special recognition because, of the 120 or so players who took a shot at par 3 hole number four, Phil's shot landed closest to the cup, only 8 feet 11 inches from being a hole-in-one. He received a gift certificate for that feat.

The team looks forward to representing Lake Prince Woods against all comers and believes it played well enough to deserve an invitation to play in the Master's next April in Augusta, GA.

*Submitted by Donald Dale, Resident of Lake Prince Woods*



## Blessing of the animals

October 14th was a perfect fall day for our annual Blessing of the Animals, presided over by our Chaplin, Dr. Woodie Rea. Residents gathered in the courtyard with their pets and photos of beloved past pets to receive a blessing and remember our best friends. The dogs and cats were remarkably well behaved and enjoyed the meet and greet with all their four legged neighbors. It was a joyful morning in our community, where pets are part of our family.



## Good Zen

Exercise options are abundant at Lake Prince Woods, and one popular option is the Friday morning Yoga class, taught at Lake Prince by local YMCA staff instructor Michelle Folsom. “We never want to miss a class!” said Doris Gaddis. Her husband John agreed,” As you get older, your muscles become stiffer and yoga is so good for flexibility”. Both Gaddis’ agreed that the class was surprisingly relaxing. With specially designed movements, some performed seated in chairs rather than on the floor on mats, yoga is just one more way Lake Prince Woods is “Adding Life to Years”



Class participants left to right; Doris Gaddis, John Gaddis, Bobbie Thrasher, Larry Thrasher, Ann Litterst, Ray Hartless, Peggy Shackelford, Fred Appleton and Bobbie Appleton.



welcome  
new residents

**Rosemarie Conover**  
*Smithfield VA*

**Jan Gates**  
*Virginia Beach, VA*

**Marjorie Shelton**  
*Midlothian, VA*

