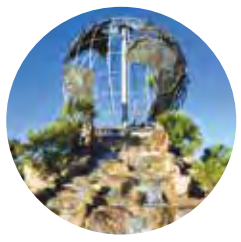
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July 2020



Leisure World News

The Official News Publication of Leisure World Arizona



Enjoy the Scoop!
Page B1

Virtual Town Hall Meeting
Page A4

Avoid Emotional Investing
Page A10

Leisure World Foundation Grant Recipient Helps Homeless Veterans

The lack of affordable housing in the Valley has always been a problem. But as a result of COVID-19 and the ensuing economic downturn, this is an even bigger problem for homeless people, especially veterans.

Save the Family, a Leisure World Foundation grant recipient, wants to change this. The nonprofit offers a variety of programs designed to empower families to conquer homelessness and achieve lifelong independence.

Save the Family recognizes that families need more than safe housing to conquer homelessness. They also need skills and confidence to lead productive, self-sufficient lives. That's why they provide adults with parenting skills, literacy support and financial education. They also assist youth and children by offering tutoring, after-school classes and many extracurricular activities.

Similar to House of Refuge (another Leisure World Foundation grant recipient), Save the Family has special programs specifically designed to help veterans with housing. The Leisure World Foundation is bestowing them with an $11,000 grant to assist with this endeavor.



Save the Family Marketing Coordinator Jamie Podratz picks up Leisure World donations from her mother, resident Carolyn Ford.

Veterans Helping Veterans

According to the National Coalition for Homeless Veterans, community-based nonprofit veterans' groups are the most effective at helping homeless and at-risk veterans. Programs that work best include housing with fellow veterans who are succeeding at bettering themselves. Structured, substance-free environments help foster camaraderie and personal growth.

Unfortunately, female veterans — who consist of 17% of the entire veteran population — are four times more likely to become homeless compared to their male counterparts. For those with children and a service-related disability, the cost of childcare, transportation, food and children's health care exacerbate their downward spiral into homelessness.



Valor on Eighth is located on 1001 East 8th Street in Tempe.

Valor on Eighth

A partner of Save the Family, Valor on Eighth is a unique community in the heart of Tempe, Arizona. Since its inception in February 2018, it encourages housing for veterans with a focus on women.

Valor on Eighth is an apartment complex with stunning views of the city, state-of-the-art amenities and room for recreation and building community. It includes 45 affordable units and five live-work units.

Residents receive a full range of supportive services, including specialized case management support for veterans, career development, and financial literacy and parenting classes.

The community includes a playground, a teen room, computer lab, several community rooms and meeting spaces, a fitness center, dog run and on-site bike storage.

"Valor on Eighth is one of the first communities like it in the nation focused on providing affordable housing for military veterans and their children, with a special focus on women veterans," says Save the Family Marketing and Outreach Coordinator Jamie Podratz.

Families living at Valor on Eighth strive to remain stably housed, increase their income, complete financial education, participate in career development services and access supportive services. Children also receive special support provided by Save the Family's Community Youth Advocate.

Ultimately, families at Valor on Eighth aspire to attain homeownership and lifelong stability.

Foundation Flashes continues on page A4.

Evelyn Paitl 100 Years Young!

Submitted by Sharon Trapp

On July 27, Leisure World resident Evelyn Paitl will turn 100 years young! She will celebrate this milestone with family and friends.

Bingo has been a huge part of Evelyn's entertainment and enjoyment. Her passion for the game began in her Chicago hometown. For many years, she played bingo every Friday evening at the American Legion with several girlfriends.

When Evelyn and her husband Dick moved to Arizona in October 2013, one priority was finding a place that offered bingo. Leisure World fit the bill! Although bingo has been suspended due to COVID-19, Evelyn looks forward to getting back to the regular bingo schedule soon.

Evelyn also loves Christmas. One reason for this is that got married to Dick on December 26, 1942. The dressed tree, colorful lights, decorations and all the sights and sounds of the holidays bring her great pleasure. In the evening, she enjoys relaxing in her recliner and admiring the Christmas tree. Another tradition Evelyn enjoys is eating pickled herring on New Year's Eve.

For many years, Dick and Evelyn were avid bowlers. They participated in many leagues and traveled throughout the Midwest for many tournaments.

Evelyn is one of the very rare people who has been retired longer than she worked. She often talks about the Slovene National Benefit Society where she worked as a secretary. After Evelyn retired in 1985, she became an avid Chicago Cubs fan.

Currently, Evelyn is watching reruns of games in prior years. She looks forward to seeing the Cubs play again this year. Her big dilemma now is who to root for when the Cubs play the Diamondbacks!

Happy Birthday, Evelyn!



Evelyn at the Phoenix Zoo in 2014.



Don't forget! The speed limit on all streets in Leisure World is 25 mph.

Contacting Leisure World

During the Leisure World closure, our staff is still available by phone Monday through Friday during normal business hours. Please do not hesitate to contact us at **480-832-0000**. Dial the extension for the department that will best address your needs.

For all emergencies, call 9-1-1 before notifying the LW Security Department at ext. 601.

LWCA Directory

Main Number: 480-832-0000

Effective as of June 3, 2020

Administration Reception	**Ext. 101** reception@lwca.com
Compliance Office	**Ext. 115**
Facilities Department	**Ext. 109** facilities@lwca.com
Finance Department	**Ext. 119** finance@lwca.com
Fitness Center	**Ext. 212**
Golf	**Coyote Run: Ext. 301** **Heron Lakes: Ext. 400**
Health Office	**Ext. 215**
Landscape Department	**Ext. 201** landscape@lwca.com
LW News/Communications	**Ext. 118** news@lwca.com
Outreach Office	**Ext. 126**
Recreation Department	**Ext. 209** recreation@lwca.com
RE/MAX Classic	**Ext. 705**
Security Department	**Ext. 601** security@lwca.com

Welcome New Owners



Michael and Carri Bornitz	1440
Greg and Kathy Herman	34
David and Martha Doubblestein	1027
Jack and Rena Huber	804
Katherine Kilbourne	2641
Janice Davis Morgan	1181
James and Lolita Cox	1138
Douglas Johns	373



LWCA Closed

Leisure World Offices will be closed on Friday, July 3 in observance of Independence Day.

What's Inside

Calendar **B8**
Card and Game Clubs **A21**
Classified Ads **A22**
Clubs (general interest) **A19**
Comics **A25**
Fitness Center Class Schedule **B17**
Golf **B21**
Home Sales **A16**
Horoscope **A23**
Life Tributes **A26**
LWCA **A3**
Music and Dance Clubs **A21**
Oasis Health Spa **B12**
Puzzles **A24**
Recreation Department **B2**
Sports Clubs **A21**

Leisure World News

Owned by the Leisure World Community Association. Published monthly on the 1st

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DEADLINE FOR ARTICLES: 10th of the month submitted by email at news@lwca.com.

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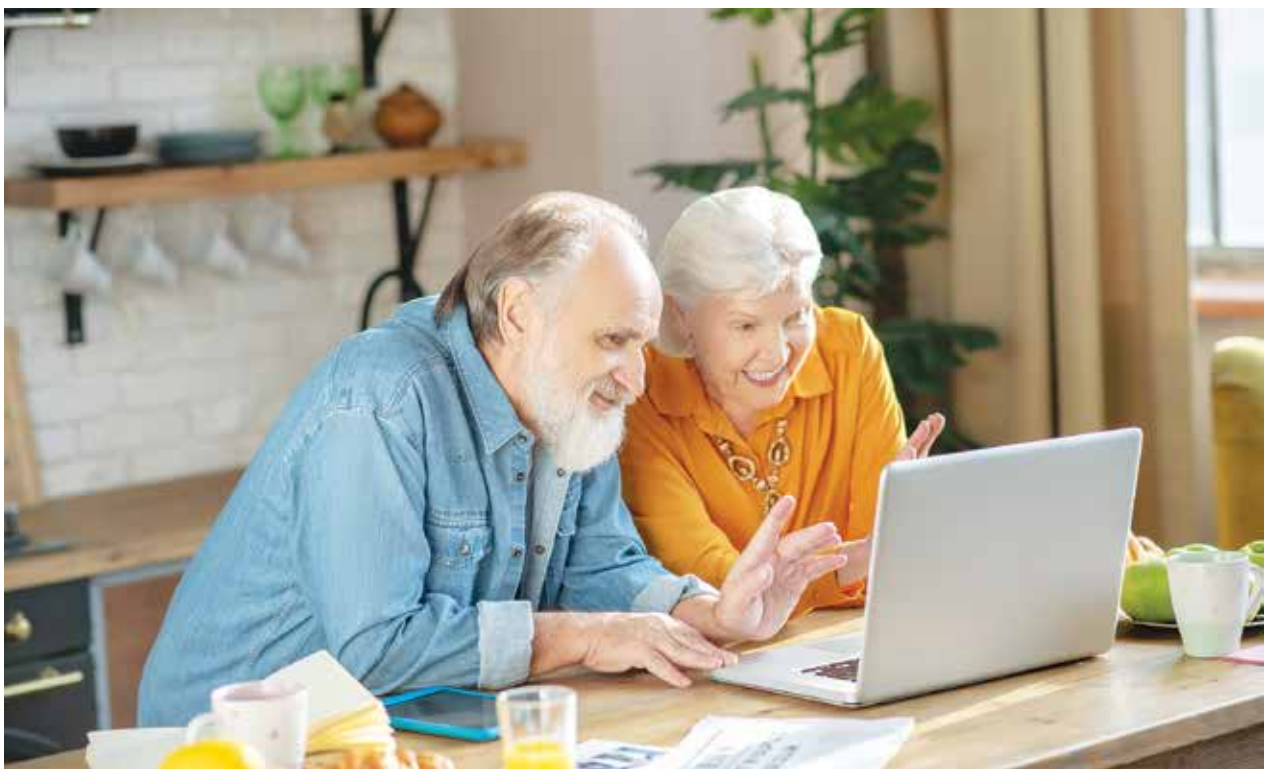
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Administrative Announcements

July Zoom Meetings

All meetings subject to change. Updates will be provided.



Meetings	Date	Time	Location
Wednesday Morning Coffee	July 1	8:00 – 9:00 a.m.	Zoom
	July 8	8:00 – 9:00 a.m.	Zoom
	July 15	8:00 – 9:00 a.m.	Zoom
	July 22	8:00 – 9:00 a.m.	Zoom
	July 29	8:00 – 9:00 a.m.	Zoom
Community Chat Meeting	July 28	2:00 p.m.	Zoom

COMPLIANCE CORNER

Summer Rules

Please be aware of the following summer rules. According to Leisure World's Rules and Regulations:

- Removal of ripe fruit from trees by July 1 is required.
- To deter vermin and reduce the risk of fire and property damage it is required that palm trees be trimmed of dead fronds and foliage annually by August 31.

Violation of these rules may lead to fines.
Thank you for your cooperation!

Meeting Minutes



Go to the resident website to find information on Board meetings, District meetings and our Governing Documents: https://residents.lwca.com/governing-board/.

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Administrative Announcements

Virtual Town Hall Long-Range Planning Meeting

The Long-Range Planning Committee (LRPC) has set a new date for the previously scheduled Town Hall Meeting in March, which was postponed due to COVID-19. The new date for the Future of Leisure World Town Hall is Tuesday, November 9, 2020 at 6:00 p.m. There will be one more interesting change to the format: it will be a virtual Town Hall via Zoom. It is anticipated to be a two-hour-plus meeting.

Due to uncertainty about when and how many people will safely be allowed in the Hopi-Pima Room, the LRPC decided to pivot and move the event to Zoom. This will also allow residents who are away to join in the meeting.

Prior to the November 9 event, the committee will distribute a short survey via our Communications Department (LW News and/or eblast) that will give residents a voice in possibly adding topics to the session.

Topics that were scheduled for the original Town Hall covered a variety of issues, including future land use, maximum use of resources, HOA fees and revenue generation, community amenities and emergency preparedness.

Due to the expected large number of residents who would like to participate, the LRPC will set up an online pre-registration process later this summer.

More details to come!

For more information, send the committee an email at LRPC@lwca.com.

Foundation Flashes

...continued from page A1

"Valor on Eighth is a unique, bright and welcoming place that embraces veterans who need a family-oriented environment and that contributes to our community's quality of life," said Tempe Council member Robin Arredondo-Savage, a U.S. Army veteran, after touring the complex.

Carolyn Ford, a Leisure World resident who is also Jamie's mother, is also trying to make a difference. On behalf of Save the Family, Carolyn is taking donations of food and household essentials to help veterans. She collects these items in a box in front of her garage at manor 648.

"We are so grateful for this support from the Leisure World Community and the Foundation," concludes Jamie.

For more information or to schedule a tour, contact Jamie Podratz at 480-466-7706 or Jamie.podratz@savethefamily.org.

LW Foundation Donors May 2020

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No-Bake Key Lime Pie

By Stephanie Singer-Koebel



Looking for a dessert that's easy, decadent and won't require you to heat up the oven during this hot weather? Look no further! Our No-bake Key Lime Pie only requires a can opener and a refrigerator. It is perfect for entertaining because you can make it the night before and it is ready to serve whenever you are! It is just the right blend of creamy sweetness combined with tart and refreshing citrus flavor. It's the perfect treat for any day!

Recipe
(Makes 2 pies)

(2) 9-ounce graham cracker crusts
1 cup key lime juice (or lemon juice)
8 ounces Whipped topping
(1) 14-ounce can sweetened condensed milk

Bake the 2 graham cracker crusts in the oven at 350 degrees for 5 minutes. Mix key lime juice into condensed milk. Fold one 8-ounce whipped topping into mixture until smooth and put half of mix into each crust. Spread half the other 8-ounce whipped topping over each pie. Cool overnight and serve, or eat one and freeze one for later!

-Stephanie Singer-Koebel is a Leisure World alumni and the devoted daughter of resident Ruth Singer.

Stay Healthy During a Dust Storm



Arizona is known for its sunshine, but it also has a unique monsoon season from June to September with haboobs. Haboobs are intense dust storms carried on an atmospheric gravity current, also known as a weather front. They occur regularly in dry land area regions throughout the world.

These storms are nothing to scoff at. In 1971, a group of scientists witnessed an Arizona dust storm so huge that they proposed calling it a "haboob," the term used for the infamous dust storms in Sudan.

These dust storms occur when winds from dying thunderstorms push downward and pick up sand and dirt across desert areas. These winds – also known as microbursts and downbursts – create dust storms that push outward and spread low visibilities across large areas.

They wreak havoc on property and roads, creating a safety hazard — which is why it is best not to drive in one.

But the large clouds of dust can also be harmful to your health. As the dust particles fly around, the wind also carries pollutants, allergens, bacteria and other fungi. These particles can get in your nose, mouth and upper respiratory tract, causing respiratory disorders like asthma, bronchitis, other lung diseases, and pneumonia. They can also reduce your body's ability to fight other infections. This is most hazardous to those with pre-existing conditions and seniors. That's why it is important to protect yourself.

Here are a five ways to stay healthy during a dust storm.

1. **Remain Indoors:** The best way to stay safe is to avoid it from the start. As soon as you see a dust storm coming or hear a weather announcement, head indoors. Stay indoors until the storm has passed.
2. **Keep Doors and Windows Closed:** While you are staying inside, don't let any of that dusty bacteria fly into your home. Be sure to close all your doors and windows tight. Take extra care to seal any cracks in the doorways.
3. **Stop Strenuous Physical Activity:** Until the storm passes, stop any activity that will require you to take deep breaths to avoid inhaling any pollutants.
4. **Get Air Purifier:** Consider purchasing an air purifier for your home. Turn it on during or after a dust storm to help remove any debris that may have found its way inside. This way, you will be breathing in clean air.
5. **Use Nasal Rinses:** Cleaning out your nasal passages will also help. You can do so with a nasal rinse, which is essentially a bottle filled with a salt-water solution and a nozzle. When you place the nozzle near your nose and squirt the solution lightly into each nostril, you can clean out any pollen, mold, fungi or dust that is in your nose. This will prevent it from spreading into your respiratory system. You can purchase nasal rinses from any drug or retail store.

During monsoon season and haboobs, remember to avoid driving and remain indoors. Take these necessary precautions to protect your health. Remember, an ounce of prevention is worth of pound of cure!

The Three R's: Reduce, Reuse, Recycle Limit Plastic Waste

Did you know that globally we produce more than 310 million tons of plastic annually, mostly from fossil fuels. A great deal of this plastic is used only once, then discarded. And unfortunately, it is too durable to biodegrade. Once in our landfills, these plastic items can leach harmful chemicals into the groundwater.

But we can make a difference! Here are a few ways we can:

- Try not to buy items in plastic packaging. If you do, reuse the package at least once.
- Seek out products with bio-plastic packaging.
- Congratulate businesses (like restaurants) that use biodegradable straws, take-home containers, silverware and other one-time use items.
- Carry your own personal water bottle and refill it from a tap.
- Find and use products made of recycled plastic. For example, plastic lumber for park benches or decks that reuse plastic bags, and shoes, t-shirts, or insulation for jackets made of recycled water bottles.

If every single person did one or more of these things, we would help improve the environment! Do your part and make a difference!



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Extraordinary Times, Extraordinary Measures

By Charlene Ingerson

We all would love to go back to normal. But unfortunately, as I write this, Arizona hospitals are taking emergency measures because of the increasing spread of the coronavirus. As a result, we are advised to continue social distancing, which is one of the primary ways to prevent the spread.

Since our residents are the most vulnerable due to their age, we will be implementing some virus-safe practices and taking baby steps toward fully reopening the Leisure World Library. Optimally, these small steps will let patrons use the library while helping protect the health of our community members.

Reopening Guidelines

When we reopen the library again for patrons, our available times and services will be limited to maintain social distancing. Unless things change, the library will be open Monday through Friday only from 8:00 - 10:00 a. m. We will be able to allow a maximum of 10 people at a time into the library. To ensure we don't exceed this, access to Rec. 1 will be confined to the front door. A volunteer will be at the door to direct library traffic.

Because of our decreased hours and access, we are asking that residents limit their time in the library to 15 minutes. During this time, you are welcome to browse books and give your selections to the library volunteer for checkout. Self-checkout is temporarily suspended. The librarian will fill out the cards with your name, manor number and date stamp the books for you.

For the time being, library seating will be unavailable. We have also suspended our subscription to the Wall Street Journal.

Returning Books

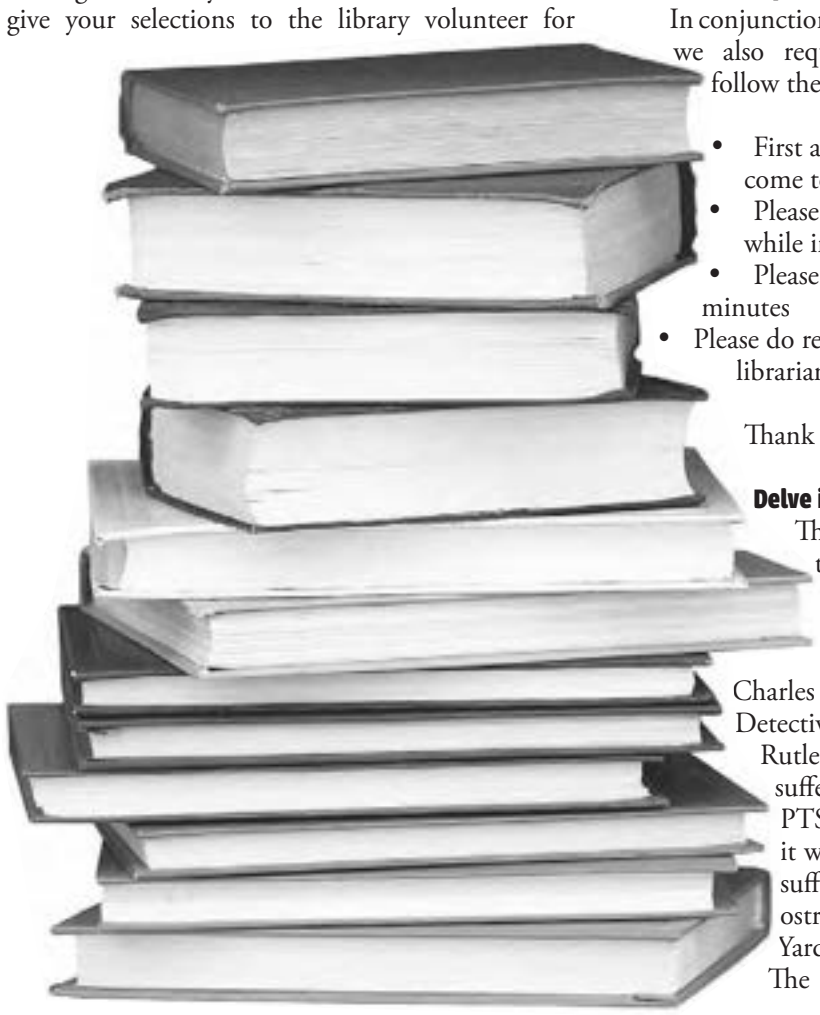
There are two options for returning books. First, you can drop books into the box next to the front entrance. However, our most vulnerable residents may not be comfortable spending any time in a public place. That's why we will continue to have a collection box at manor 259 for individuals who would like to return books there instead. We will be keeping all returned books for a week before re-shelving them to help prevent the spread of the virus via the surface of the books.

Patron Cooperation

In conjunction with these efforts, we also request that patrons follow these guidelines to ensure everyone's safety:

- First and foremost, we ask that you do not come to the library if you feel sick.
- Please do continue to practice social distancing while in the library,
- Please do limit your browsing time to 15 minutes
- Please do remember to check books out with the librarian.

Thank you for your cooperation!

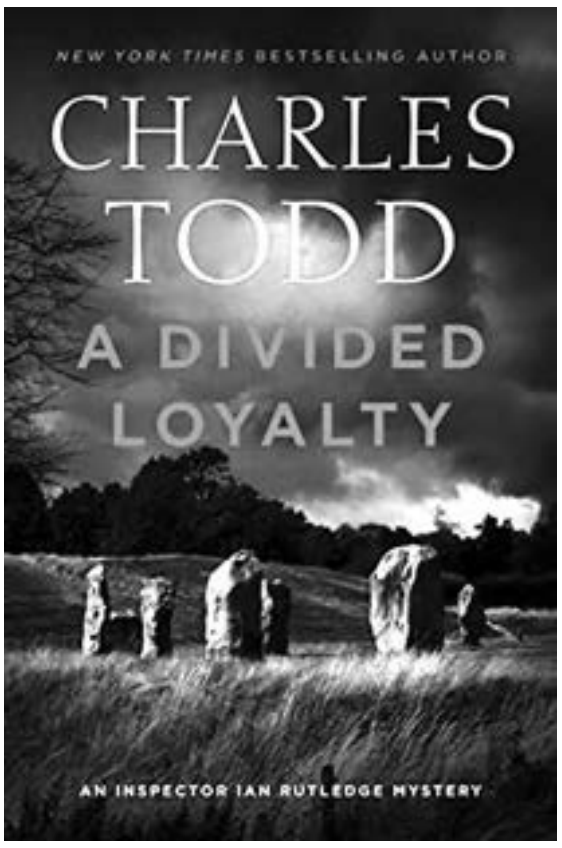


Delve into Mystery

The tables in a horseshoe at the center of the library holds books that are the most recent additions to our collection. One that I'd like to invite your attention to is the mystery, "A Divided Loyalty," by Charles Todd, which is part of the series featuring Detective Inspector Ian Rutledge.

Rutledge is a survivor of World War I and suffering from PTSD. Now, we recognize PTSD as a trauma condition, but in 1921, it was stigmatized as cowardice. So, Rutledge suffers varying degrees of disdain and ostracism from his colleagues in Scotland Yard despite successively solving crimes.

The mystery opens when Chief Inspector Leslie, a respected colleague and friend of Rutledge, is sent to Wiltshire where an unidentified woman has been fatally stabbed. Leslie recognizes the victim but keeps the information to himself. As the officer in charge of the investigation, he controls the inquiry and fails to solve the murder.



Then, in a move to justify his firing, Rutledge is assigned the case. He struggles to find the clues he needs. And when he does, he realizes the real difficulty he faces if he is to bring the murderer to justice.

This book was extremely gripping. It is my first Charles Todd mystery and I found it unnecessary to have read any of the previous books in the series to have an appreciation of the characters and situations. But after reading "A Divided Loyalty," I can hardly wait to delve deeper into this series.

Author Series

We are often asked which other books are part of series, so the Leisure World Library has assembled an Author Series notebook that details the series and standalone works of over 100 authors in our library.

Normally, the series books will be listed in published order. However, if the story timeline of a series is critical to the series, then the books will be listed instead in chronological (i.e., timeline) order.

The Author Series notebook is kept in the reference section behind the checkout desk. It is available for all library patrons to use, but like all reference material, cannot be taken out of the library.

A special thanks for those who made a donation in honor of others this past month. Your donations, especially during this time of pandemic, are especially welcome.

Donor	In Honor of
Lee and Wendy Weber	Rae Farley

Statistics for March

164 Volunteer Hours

-Charlene Ingerson is Publicity Chair of the Leisure World Library Board.

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VETERAN SPOTLIGHT

Tee It Up for the Troops

Tee It Up for the Troops was founded in 2005 in Burnsville, Minnesota, by James (J.B) Ball to honor one soldier's selfless request of his father: to do something — not for him — but for the soldiers and their families at home.

Founded by James (J.B.) Ball, Vice President of BC & I Wealth Management, J.B. is familiar with the challenges soldiers and their families encounter because the military is engrained in his family—he's a son, brother, friend and father of a solider. That's why J.B.'s passion runs so deep.

A Game of Golf Leads to Great Things

Tee It Up for the Troops helps our military men and women with charitable support from local golf tournaments. Support includes providing monetary grants, equipment, time and talent that meets the psychological, physical and emotional needs of veterans and their families.

Tee It Up provides support through grants to approved 501(c)(3) organizations who offer support in one of six areas.

- Employment
- Family/Caregiver Support
- Housing and Homelessness
- PTSD and Traumatic Brain Injury Treatment
- Sports Rehabilitation
- Suicide Prevention

Since its inception, the organization donated over $7 million to local veteran organizations, including the national charities of Fisher House Foundation, Warfighter Sports, Disabled Sports USA and Hope for the Warriors. And, less than 14 percent of funds collected go toward overhead.

The organization's impact has yield significant results.

- Over 27,000 military families received lodging, transportation and food assistance.
- More than 10,000 severely wounded veterans benefitted by taking part in over 50 different sports, at no cost.
- Through a shared initiative with Anytime Fitness, two military families started their own business and staffed it with other veterans and family members.
- Over 230 wounded veterans, separated because of injuries, change in rehabilitation or other reasons, were reunited with one another.

The golf tournaments are held across the country and 50 percent of funds raised remain with the hosting community.

Upcoming Phoenix Tournament

Interested in an inspiring and fun way to help veterans in your community? Join Tee It Up for the Troops – The Legacy Golf Resort golf event on July 5! This local military charity event is held at The Legacy Golf Resort in Phoenix, Arizona.

The event is meant to be fun, while at the same time always remembering the sacrifices our military heroes and their families make daily. Tee It Up for the Troops combines an exciting golf event with an inspiring opening ceremony and tribute to our nation and military and ends the day with a rousing reception and auction to raise more funds for our American heroes.

Sponsors, other golfers and veterans enjoy a day on the golf course together and then an exciting reception supporting our veterans and their families.

For more information, contact Matt Nebel at mnebel@golflegacyresort.com.

Get Involved

If you want to get involved, Tee It Up for the Troops is always looking for volunteers. For more information and volunteer opportunities, please visit Tee It Up for the Troops at www.teeitupforthetroops.org. Put your love of golf to work for those who love serving our country, and tee it up for the troops!

**If you are a veteran who would like to be featured in LW News, please contact us at news@lwca.com. Female veterans encouraged!*

Don't Be Duped: Verify Charity Before Donating

During the current coronavirus pandemic, you might be inundated with pleas for help. Maybe it is money for medical supplies, face masks, food or even a miracle cure for COVID-19.

Regardless of who is asking, your due diligence is required before proceeding. Many legitimate non-profits have a greater need now more than ever. But unfortunately, scammers will try to take advantage of this crisis to trick you into sending them money.

So, before you open your checkbook or give out your financial information, verify the organization or cause you want to send money to is legitimate.

Here are four ways to help you verify if you are donating to a reputable cause.

Tax-Deductible Donation: Non-profit organizations who request donations must file with the Internal Revenue Service (IRS) as a 501(c)(3) tax-exempt organization. You can fact-check this with "The Exempt Organizations Select Check Tool" provided by the IRS. To verify their status, simply enter the name of the organization. If the organization is not exempt, your donation will not be tax-deductible. For more information, visit https://apps.irs.gov/app/eos/.

Safe Forms of Payment: Sometimes the way a scammer requests payment is a tell-tale sign they are fraudulent. If they ask for gift cards, a wire transfer or even transfer via a mobile app, it's most likely scam.

Some may ask for your credit card number over the phone or even online. Although some legitimate organizations will take donations over the phone, ask if they provide other secure payment options and see how they respond. A legitimate charity will allow you to mail a check or provide via a secure site.

Contact Organizations Directly: If you receive an email, online message or a phone call requesting your financial support, contact the organization directly to verify its authenticity. Browse the organization's website to ensure they are who they say they are and have outlined their mission and programs. If there is no website or if there is very little information and no contact number, beware. This is a red flag they may be acting nefariously.

Check Charity Guides: Several organizations rate charities based on transparency, commitment to their mission, customer service, etc. To get information on a non-profit, read the Better Business Bureau Wise Giving Alliance report at www.give.org/. You can also learn more about the charity at following:

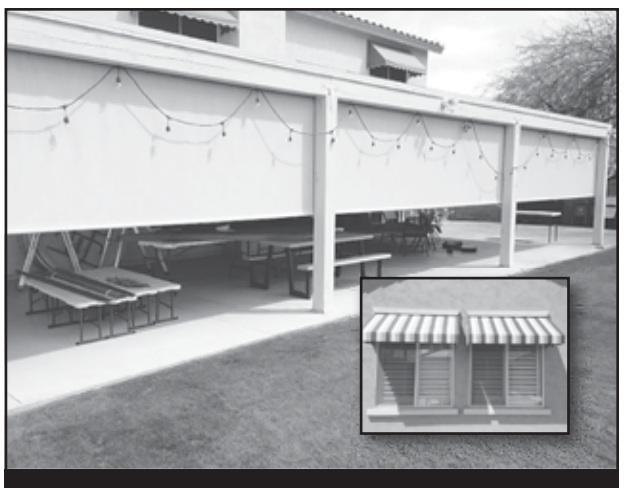
- Charity Navigator at www.charitynavigator.org/
- CharityWatch at www.charitywatch.org/.
- GuideStar at www.guidestar.org/.

Remember, new or small charities may not be listed on these sites. If they are not, try contacting them directly via phone and ask others if they know about this group.

Most importantly, trust your instincts. Ultimately, giving your hard-earned money to legitimate organizations and causes is the goal. Verify before doing so. Be safe, not sorry! This way, only good triumphs!

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CELEBRATING EVERYDAY BEAUTY

Discovering a New Rhythm in Quarantine

By Charlene Ingerson



The coronavirus pandemic is oppressive. I'm normally very comfortable for extended periods in my own company. But the lockdown and limited activities have made me feel a little depressed, especially as this drags on. I have a pre-existing condition, so I choose to stay in fairly strict quarantine. Fine at first, but not so fine after six weeks.

My sister suggested that I start a daily journal and pick out one thing to celebrate each day. Then, share what I am celebrating with her via text. "Worth a try," I thought, and began the next morning. The process has changed my perspective.

Celebrating the Ordinary

Celebrations — almost by definition — are for things that are special and meaningful. When I deliberately started looking around for these things, it made me ask what was so special about something that I should celebrate it? And a remarkable thing happened. I started noticing all the seemingly ordinary things around me that ***were*** special if I gave them even the slightest thought.

I realized that what my sister was encouraging me to do was to stop chafing against how life was no longer "normal" and to find whatever might be positive in how I was living now. It made being in quarantine a period of exploration instead of the social distancing prison it had become.

A New Rhythm Emerges

Observing is hard to do when there are distractions. Ironically, I found that my time alone was optimal for shifting my awareness. I stopped trying to distract or entertain myself and embraced a more meditative pace for my days. Maybe I had this change of pace in mind more than I realized because one of my earliest celebrations was "Rhythm."

We are used to having many rhythms in our lives. Our heartbeats, the regular sound of steps in a morning walk, the pace of conversations and language. We hardly notice these.

Yet others are more apparent. Think of the rhythms of a workday, even a workweek — from the thrum of rush hour to the rituals of getting coffee, tapping out emails and so on.

Even in retirement, there are regular rhythms — morning news, fitness center, club meetings. The rhythms of our day carry us along so much that we sometimes use them to define ourselves. Any change in them is jarring and we struggle with the shift in cadence.

In my quarantine, I have learned to build new rhythms in my life. Quarantine is a different song and it needs a different tempo — like the difference between the rhythms of Queen and Mozart. And now, I'm finally starting to adjust to the newer, more deliberate tempo that surrounds me.

As they might have said on American Bandstand, "It's got a different beat, but you can dance to it." A slower, beautiful dance, for sure, but not a quivering stop.

-Charlene Ingerson is a Leisure World resident.

Hand Sanitize Correctly



Are you using hand sanitizer correctly? The Centers for Disease Control and Prevention (CDC), recommends using hand sanitizer to combat COVID-19. As you rub it on your hands, it can remove pathogens and inactive traces of the virus.

But for sanitizer to help keep you safe, it must be used properly. Unfortunately, many people do not.

Here are three key tips to get the most benefit out of your sanitizer.

- **Alcohol Content:** Before you use it, check the alcohol content. The CDC recommends a sanitizer with greater than 60 percent ethanol or 70 percent isopropanol. Otherwise, it won't be as effective.
- **Rub it In:** Don't simply wipe the hand sanitizer on your hand. You must actually rub it into your palms and around your fingers, so it can eliminate any pathogens.
- **Sing Happy Birthday Thrice:** When the pandemic first began, health officials had to remind the public to wash their hands for at least 20 seconds. Many used the popular example of singing the Happy Birthday song two times. But for hand sanitizer, it's recommended to rub the solution into your hands for 30 seconds or the Happy Birthday song three times.

After a previous shortage of hand sanitizer, stores have restocked thanks to many businesses helping with reproduction across the country. If you don't have any, head to your local grocery store. But please don't hoard! Many places are even limiting how much you can purchase at one time.

Keep a small hand sanitizer in your purse, bag or pocket. After a shopping trip, doctor's appointment or travel, apply sanitizer to your hands help curb the spread of the virus. It's always better safe than sorry!

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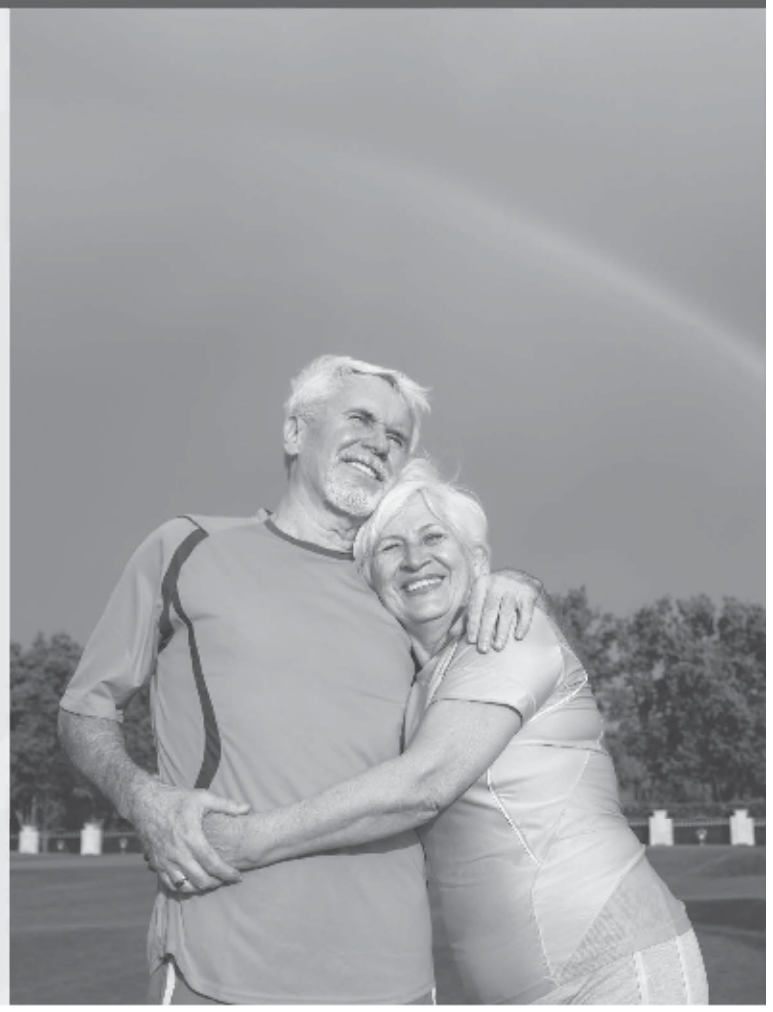
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Celebrate July 4 in Style!



Get creative and celebrate this Fourth of July in patriotic style! Make your party the talk of the town and host with style and flair. Add extra creative spice to your traditional celebration with some of these tips.

1. **BBQ and Lemonade:** Mix up your traditional barbecue with a pitcher of lemonade, Arizona's official state drink, to cool off from the summer heat. Invite your neighbors and enjoy the grub.
2. **Red, White and Blue Desserts:** Get creative with patriotic desserts. Add red, white and blue sprinkles to cupcakes, or make a dish with blueberries, strawberries and bananas. Start a contest with your neighborhoods to see who can get the most creative.
3. **Decorate your Home:** Banners, garland, wreaths galore! There are all sorts of ways your home can show off its patriotic spirit. While you can always head to a store and purchase already made items, you also dare to be creative and practice your best Do-It-Yourself techniques. Collect all your crafting supplies and dream it up. Head to Pinterest for creative ideas.
4. **Handmade Cards:** If you enjoy crafting, this is the perfect way to get creative. Make a batch of invitations to invite party guests to your home. That special touch will make them smile, and you'll enjoy it too. Instead of invitations you can also create personalized thank you notes to thank friends for celebrating the holiday with you.
5. **Party Favors:** These aren't just for kids. Create party favors for your guests. You can easily find small party bags at convenience or dollar stores. Then add themed goodies like small flags and noise makers. Get silly with little toys. Candy is always a fun add too. Then decorate the bag! If you only have a couple of guests, you can personalize them with their initials too.

Whatever your style, give it your unique personalized touch. Enjoy it and have fun. Then challenge your friends to top your ideas next year!

Fourth of July Tribute

By James Amodeo

One of the biggest events in United States history was the war to be free from England,
To be free of English rule and its decadence and all the adversity that they planned.
On July 2nd, 1776, the Continental Congress voted to be free of English interference,
And on July 4th, delegates from the 13 colonies adopted the Declaration of Independence.

One of the best known acts of protest against English rule was the Boston Tea Party,
Where colonist, disguised as Mohawk Indians, dumped in the harbor 343 crates of British tea.
The colonist won the Revolutionary War, the colonies were free, and our country was new,
And since then, men and women fought bravely wherever needed as the country grew.

In 1941, Independence Day became a Federal Holiday and is revered in many a different manner,
Parades in cities and towns, fireworks in the sky, and bands playing The Star Spangled Banner.
Yet behind all this history, the War of Independence, and all the celebration there be,
We know that these United States draws people, from around the world
People come to see all of the opportunities it has to offer…
And most of all, the chance to live free.

-James Amodeo is a poet and Leisure World resident.



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YOUR POCKETBOOK

Don't Let Emotional Investing Cloud Your Judgement

By Steven M. Rabin

It is important to maintain a level head during market turbulence. This is easier said than done, especially in the heat of market volatility. Even with best intentions, investors are challenged by their own bias and emotions when it comes to making investment decisions.

Emotional investing may be amplified during periods of market stress. But by understanding your emotions and biases, you can better avoid common pitfalls and stay on track with your investment goals.

Common investment biases fall into four major categories:

- Overconfidence
- Aversion to Loss
- Anchoring
- Pattern-seeking Behavior

1. **Overconfidence:** Overconfidence implies that investors overestimate their ability to generate a return and underestimate the risk associated with a particular investment. For example, imagine you are an investor who has recently had success picking winning shares. You may conclude this success is due solely to your investment skill. This may be the case, but it's also possible results were due to market forces outside of your control. In either case, recent success may encourage you to take greater risks. Although this may lead to greater profits, it may just as likely result in greater losses.

   Herding mentality — which is the tendency for investors to follow and copy what other investors are doing — also tends to distort near-term risks in up markets. Thus, investors can mistakenly discount the volatility and chance for loss as they seek higher returns. Investors are best served by following objective information and expecting stocks to not move in a straight line.
2. **Aversion to Loss:** Aversion to loss is innate. It is said that one feels the pain of a loss twice as strongly as the joy of a gain. To minimize the pain associated with an investment loss, investors may be more prone to take action that can lead to the derailment of their long-term investment success. In market drawdowns, investors can be quick to react by selling stocks and over-allocating to bonds or cash to avoid further losses and protect their nest eggs.

   Many investors sold down their stock funds in favor of bond funds and cash during the 2008-2009 financial crisis. Unfortunately, some of these investors missed out on the subsequent rallies that propelled stocks to new highs.

   Although it is tempting to move to the sidelines during market stress, investors may want to avoid over-allocating to cash and locking in investment losses that they would not otherwise incorporate into their regular portfolio. More importantly, if people maintain a well-diversified investment mix and own high quality stocks and bonds, they will be able to stomach near-term losses and ride out market cycles.
3. **Anchoring:** Anchoring implies that investors rely too heavily on specific information or lean on recent circumstances to make decisions. Our minds can "anchor" information. This is used as a reference point moving forward, regardless of relevancy. For example, investors may hang on to poor investments by waiting for them to break even at the purchase price.

   If you are trying to decide whether to sell or hold a stock, are you basing your decision on what you know about the company and the state of the market? Or, are you basing your target price on the purchase price or other less relevant measures of the stock's future course?

   To help combat such biases, it is important that investors accept that market circumstances routinely change and sometimes suddenly. Therefore, your outlook needs to change accordingly. Investors can adjust to new market developments by seeking objective information, consulting with a financial advisor and setting realistic assumptions for potential returns.
4. **Pattern-seeking Behavior:** Pattern-seeking behavior describes our brain's desire to find ways to compartmentalize information to make sense of the world quickly. Since our brain is hardwired to do this, investors can mistakenly believe they see patterns in market trends that prove false. Since the future can be unpredictable and patterns are not always present, investors may want to incorporate the following:

   - Establish realistic expectations for your portfolio, both from a return and risk perspective.
   - Expect markets to move in unpredictable ways, particularly during periods of market stress.
   - Although the near-term is unpredictable, generally, stocks move up and to the right over the long-term.
   - Society is aging and growth is slower. This means past patterns may be harder to apply to the future, or possibly, not be relevant.

Truly understanding your risk tolerance and your threshold for loss will go a long way in helping you maintain a level head during market volatility.

If you suspect your personal investing bias and emotions are interfering with your investment decisions, defer to the experts. Ask a financial professional to conduct an objective review of your portfolio, with an eye to performance and your financial goals. Together, you can look for opportunities to grow your investments through disciplined investing strategies.

-Steven M. Rabin, CFP, CRPC, APMA, ChFC, is Managing Director of Rubin, Barker and Associates.

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LEGACY FILES

When to Start Estate Planning?



By Rilus M. Dana



When is the best time to create an estate plan? In short: It's never too early.

If the global coronavirus pandemic taught us anything, it's that fear of the unknown is often the inspiration for estate planning. With the world practicing social distancing and entire countries on lockdown, there was a rush to begin, finish or update estate planning documents. Although we never want to emphasize fear — especially in times like these — we will always be here for you no matter what motivated you to create an estate plan to begin with.

Estate Plan Defined

An estate plan is a plan of action that protects your assets if you should become incapacitated or die. It allows you to control what happens to your estate and who will handle it. Everyone's situation is unique, but it is important to consider creating an estate plan today. Here are a few reasons why:

Prepare for the Unexpected: One of the basic truths about life is that no one can ever know the future. It is impossible for us to know when or where something may ultimately go wrong. Whether it's a lawsuit, a car accident or even an unexpected divorce filing, events can happen at any time and take us by surprise.

With an estate plan, you can prepare for some of life's most unexpected surprises. By starting sooner rather than later, you will have greater freedom, peace of mind and more advantages. The faster you get started on creating your estate plan, the easier it is to recover. And, the sooner you prepare, the more benefits become available.

Avoid Taxes and Court: One of the many benefits of preparing an estate plan is that it offers a better alternative to probate court. This saves your family the stress while offering several of the following legal protections.

Resolve Quickly: Probate can take anywhere from a few weeks to a few years to resolve. Generally speaking, the larger the estate or the more it's contested, the longer and more hostile the probate process can be. With a clear estate plan, your loved ones can cut through many complicated legal issues. Your estate can be resolved in weeks rather than years, allowing your family to reap your legacy peacefully.

Save Money: Without an estate plan, your assets are at the mercy of probate courts. During this time, your estate is subject to many fees. This includes court filing fees, state taxes and even compensation for the executor of the will — all of which must be paid *before* distributing anything to your family. An estate plan acts as a distribution guide, so there's no need for probate. Thais means no court fees or fines for your loved ones to deal with.

Minimize Conflict: The internet is filled with tragic tales of families falling apart over bitter court battles during probate. Often, families fight over drastically reduced estates if the assets have been seized or taxed during probate. Tensions rise, resentment brews and some relationships are permanently damaged. Most of this can be avoided with a clear estate plan.

These are only a few of the benefits of starting your estate plan early.

Book a Free Consultation

Choosing to prepare an estate plan is a serious decision that requires careful consideration. Given the legal nature of these plans, many choose to discuss their options with an attorney. Although it is possible to create your own basic estate plan, there are many legal clauses and nuances that can send your plan awry. With the right lawyer by your side, early planning can be fast, easy, and affordable.

To schedule a free legal consultation, don't hesittate to contact the offices of Dana and Associates, LLC. We are happy to help!

-Rilus M. Dana, J.D. is the Managing Partner at Dana and Associates, LLC.



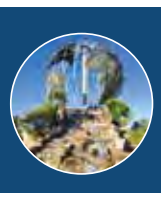
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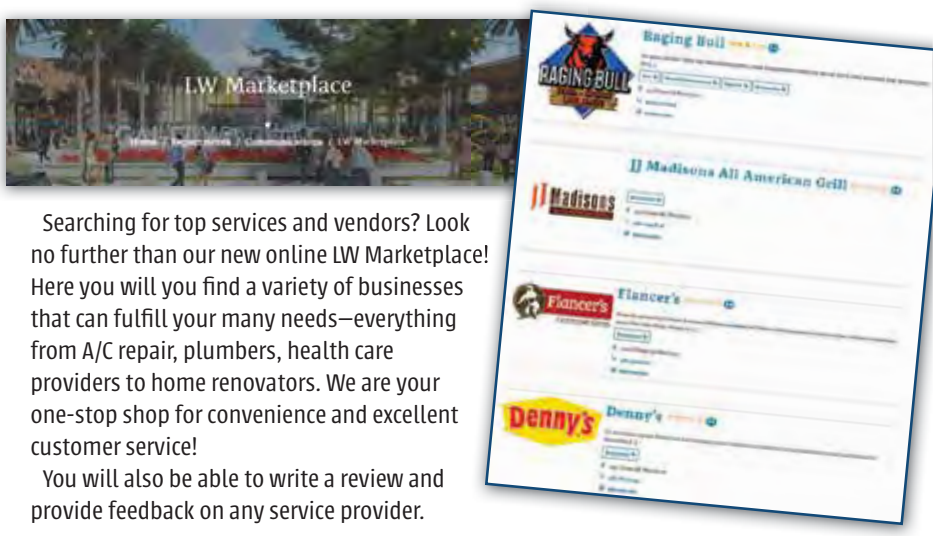
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WEDDED BLISS

Jimmy and Blanche Tribby: Faithfully Together for 62 Years



Faith and farming go together like love and marriage. Just ask Leisure World residents Jimmy and Blanche Tribby, two former farm kids, who celebrated their 62nd wedding anniversary on April 5.

"How have we lasted? Through a lot of prayer," explains Blanche. "We both have a strong faith that has helped us through the hard times.

Jimmy agrees their union is divine.

"Every year, he always says how blessed he was that God sent me to him," says Blanche gratefully.

Harvesting Love

Sparks flew in July 1957 when Blanche and Jimmy met as young adults while attending a church event in Chandler.

"He had the prettiest blue eyes and black hair," recalls Blanche. "He also had a great personality and was a lot of fun."

"I was attracted to her right away and enjoyed her laugh," says Jimmy.

Upon talking, they discovered they both grew up on a farm; Jimmy in Chandler and Blanche in her hometown in Pennsylvania. Bonding over cattle and crops sealed the deal.

"She was the one and that was it," says Jimmy.

After a litter more than a year of dating, they got married on April 5, 1958.

Six Decades Strong

While married, Blanche worked as a registered nurse and Jimmy earned his bachelor's degree in agronomy (chemical agriculture) in 1960.

"My father had various illnesses growing up," explains Blanche. "So, ever since I was young, I knew I wanted to help others as a nurse. I never thought of being anything else."

Upon graduating, Jimmy worked for farms managing field pesticides and herbicides. It was a perfect fit given his roots.

"I like to be around things that grow," shares Jimmy. "I've always enjoyed the fields to make sure they're getting the right nutrients."

In 1967, Jimmy was transferred to California and then back to Arizona in 1978.

Faithful Empty Nesters

Harmoniously, Blanche and Jimmy raised three children. When their youngest left home, the couple looked for their next chapter as empty nesters. Seeking a secure senior adult community, they moved into Leisure World in 1986.

"We chose Leisure World for the security," says Blanche. "I was home alone when Jimmy was working and I wanted to feel safe."

In 1998, Blanche retired while Jimmy continued to work until 2004.

But the duo still keep themselves busy. They are very involved with the Brown Road Baptist Church, supporting bible studies and other activities. Blanche has attended annual mission trips for six years traveling to Ecuador, Guam, Spain and more. Jimmy, on the other hand, shares his agricultural talents by caring for the church's rose garden.

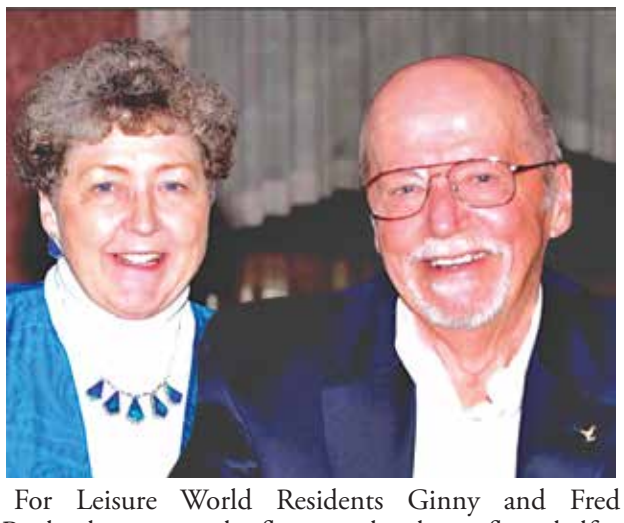
Together, they cherish time with family. Thankfully, their two daughters live nearby in Mesa and their son lives in California. They now have five grandchildren and five great-grandchildren.

To celebrate their 62nd anniversary, their daughter treated them to Bobby Q's barbecue takeout.

"We are so blessed and cherish having our family so close," concludes Blanche.

Happy Anniversary, Blanche and Jimmy.

Ginny and Fred Rockenhauser: A Golden 50 Years Together!



For Leisure World Residents Ginny and Fred Rockenhauser, sparks flew on the dance floor half a century ago. The in-step duo will be celebrating 50 years of wedded bliss on May 23.

"We met at an employee party and I was immediately attracted to her," recalls Fred. "When she took off her heels, I stole them so she couldn't dance with anybody else."

"Since he had my shoes, I didn't have much of a choice but to talk to him," adds Ginny laughing. "Turns out, we had the same interests in music and theater. Plus, we were both looking for a partner at the time."

Their love soon bloomed.

Direct Flight to Love

Although Fred and Ginny lived in different cities, they would serendipitously meet in Las Vegas at an employee holiday party in 1969.

At the time, Ginny was working as a Reservations Manager for Frontier Airlines in Phoenix and Fred was a crew scheduler for United Airlines in Youngstown, Ohio.

After the party, Ginny knew they should be together. Since she didn't know Fred's last name, she wrote to his manager to find him.

"Fred was very outgoing and we really clicked," muses Ginny. "I just couldn't let it go."

Her sleuthing paid off and the couple began a long-distance romance. They wrote each other letters and even flew out to their respective cities.

Six short months later, they tied the knot on May 23, 1970.

Flying High Together

Upon getting married, the globetrotting couple lived in California where Fred had been transferred. Not wanting to be two ships passing in the night, Ginny decided to switch careers and became a Registered Nurse in 1976.

"I worked in emergency rooms, safety education and information systems and more," says Ginny. "I liked the variety."

In 1980, Fred was transferred again, this time to Illinois, where they lived for the next 18 years. They now have two children and three grandchildren.

After 41 years in the airline industry, Fred retired in 1998. Ginny followed suit shortly thereafter from her career.

Upon retiring, the couple decided to make Phoenix home since they had friends there. They first lived in a Mesa neighborhood before settling into Leisure World in 2002.

"We enjoy living in a gated, safe environment," says Ginny. "We also love the amenities."

Ginny is very involved with the Computer Club and helps residents with their computer skills. Fred, on the other hand, likes to volunteer for the Mesa Arts Center, Mesa Police Department, Banner Medical Center and the Phoenix Sky Harbor International Airport. Together, they enjoy many Leisure World social events.

So, what's the key to their longevity?

"We never fought a lot and agree on most things, even money," says Ginny.

"And if we didn't agree, we talked it out," chimes Fred.

To celebrate their anniversary, Fred and Ginny enjoyed takeout dinner from Red Lobster and a bottle of wine.

Happy Anniversary, Fred and Ginny!

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95 Leisure World	$213,000	Sheila
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2345 Leisure World	$270,000	Judy
1138 Leisure World	$290,000	Dan
1440 Leisure World	$300,000	Dan
2337 Leisure World	$305,000	Babs/Dan
1501 Leisure World	$308,500	Cherie
1335 Leisure World	$337,500	Judy/Babs
2780 Leisure World	$350,000	Babs/Judy
2033 Leisure World	$355,000	Cherie/Cherie
1181 Leisure World	$390,000	Dan
44 Leisure World	$171,000	Cherie
1264 Leisure World	$202,000	Dennis
537 Leisure World	$243,900	Dan
586 Leisure World	$304,900	Jill
2128 Leisure World	$325,000	Jill/Jill
1549 Leisure World	$425,000	Sue
2598 Leisure World	$538,800	Sheila
2691 Leisure World	$349,900	Judy
1282 Leisure World	$300,000	Dan

TRANSPLANTED GARDENER

Leisure World Plant Scavenger Hunt

By Sherry Rindels-Larsen

Since many activities have been cancelled or limited by COVID-19, here is a fun scavenger hunt you can do right here in Leisure World.

Are you familiar with the plants in Leisure World — many of which are commonly planted throughout Arizona landscapes? As you make your way along Leisure World Boulevard, see how well these plants are adapted for our community desert areas. Get up close and examine their features. Who knows, you may decide to add some to your landscape!

Here are some clues for your plant scavenger hunt. Find answers on p. A18.

1. Cinderella should look at me for something she lost after the party.
2. If you have been burned, you might want to find me.
3. The term "one and done" describes me perfectly.
4. For the gang's all here.
5. I have a common insect pest called Cochineal that is used to make a valuable red dye. The pest doesn't really hurt me.
6. The character Cordell Walker played by Chuck Norris is the common name of this popular plant.
7. Caution, I am poisonous!
8. Looking for a living fence?
9. Want to attract butterflies and hummingbirds, plant me.
10. I am not a yucca or an aloe, but my scientific and common names might have you thinking otherwise.

If you are looking for desert adapted plants to add to your landscape, these and many others can be found at http://www.amwua.org/plants. An informative booklet is also available. Arizona Municipal Water Users Association offers many resources for homeowners who wanting to learn more about desert landscaping, plant selections, and proper irrigation.

-Sherry Rindels-Larsen is a Maricopa Master Gardener.

Answers on page A18





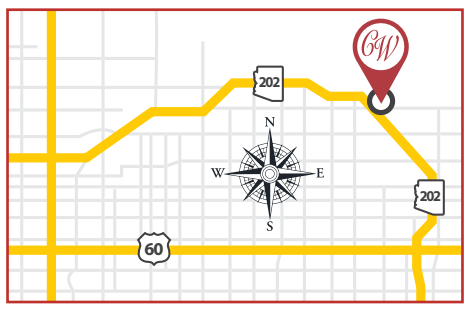


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Five Unique Arizona Foods

Arizona is home to many one-of-a-kind items like the Saguaro cacti, roadrunners and giant canyons. Our culinary scene is no exception. Our unique blend of Native American, Mexican, Pioneer and contemporary flavors all combined to create tasty dishes that can only be found in our state. We recommend you try them all!

1. **The Chimichanga:** Often considered the unofficial food of our state, this deep-fried dish was born of a happy accident. Legend has it that Monica Flyn, founding chef of the El Charro café in Tucson, accidentally dropped a burrito into the deep fryer one day in the mid-1950s. Thank goodness for happy accidents! You can enjoy them filled with all kinds of meat and beans, smothered with cheese, guacamole and salsa.
2. **Navajo Taco:** Navajo tribe members were forced from their native lands in New Mexico in 1864 on the "Long Walk." Using the few resources they had at hand, they created Fry Bread from flour, sugar and salt, fried in lard to a golden-brown crispiness. This is served traditionally with beef or mutton, tomatoes, lettuce and cheese. Fry bread can also be enjoyed as a dessert topped with cinnamon, sugar and honey.
3. **Sonoran Hot Dog:** Originally from Mexico, it quickly became a staple with street vendors in Phoenix and Tucson. It consists of a bacon-wrapped hot dog, nestled in pillowy Bolillo bread and topped with beans, tomatoes, onions, mayo and mustard.
4. **Prickly Pear:** Native Americans knew that both the green paddles and the vivid pink fruits of the Opuntia Cactaceae were edible and they served it as a traditional food source since ancient times. Today, the juice from the fruits can be found in syrups, candies, jelly and even margaritas!
5. **Date Milkshakes:** While the prime Medjool date-growing region of our state can be found near the California border in Yuma, dates can be purchased throughout the state. You can go out for the creamy, calorie-laden treat or just break out your blender and make one at home! All you need are some chopped dates and vanilla ice cream!

If you haven't indulged in any of these unique foods, don't delay! Take advantage that you can get them right here in our beautiful state!

Scavenger Hunt Answers

From page A16

1. **Slipper Flower** (Pedilanthus macrocarpus) offers an upright form. It can take full sun or part shade and is great for containers and attracts hummingbirds.
2. **Aloe** (Aloe spp.) includes more than 500 different species plus varieties and hybrids. Only a few like Aloe vera are used medicinally. Aloes add color to the winter landscape and attract hummingbirds.
3. **Agave** (Agave spp.) includes more than 300 different species from small to large. Many can tolerate full sun. When they are mature enough to flower and set seed, the main plant dies. Don't worry! Plants send out pups, form miniature plants along the flower stem or set seed to ensure survival.
4. **Barrel Cactus** (Ferocactus and Echinocactus spp.) are slow growing and provide interesting accent to landscape. Golden barrels are quite common, but others like Fishhook and Blue barrel are equally beautiful.
5. **Prickly Pear** (Opuntia spp.) all have flattened pads and can tolerate cold. The pads and fruit, known as tuna, are widely used in Mexican and Southwestern cooking. Many species are available.
6. **Texas Ranger** (Leucophyllum frutescens) bursts into beautiful purple blooms following monsoon rains. Plants thrive with little moisture and can take full sun. Another bonus, no thorns!
7. **Oleander** (Nerium oleander) is widely planted in Leisure World and throughout the Valley. Plants make an excellent screen and bloom from spring through fall. There are many varieties to choose from.
8. **Ocotillo** (Fouquieria splendens) is used as living fencing because its spines stop people and animals. Ocotillo are long-lived (more than 60 years) and grow quite tall, reaching heights of up to 20 feet. They respond to moisture by quickly leafing out. Flowering occurs from March through June.
9. **Yellow, Red and Mexican Bird of Paradise** (Caesalpinia spp) are three different species of plants widely planted in the Valley. All attract hummingbirds and are excellent for the landscape. The larger growing Mexican Bird of Paradise can easily be grown as a small tree.
10. **Red Yucca** (Hesperaloe parviflora) tolerates tough conditions, doesn't have thorns and is relatively litter-free. Another plus, it attracts hummingbirds.

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Gleaning Hope from the Past: COVID-19 vs. 1918 Spanish Flu

Is history repeating itself? When COVID-19 emerged and infections and death became widespread, many began making comparisons to the fatal Spanish flu – also known as the 1918 flu pandemic. Although humanity has lived through several pandemics — one in 1957, 1968 and most recently in 2009 — none have been as deadly as the virus in 1918.

According to the Centers for Disease Control and Prevention (CDC), 500 million or one-third of the world's population became infected, with at least 50 million deaths worldwide. We want to ensure the same does not happen with COVID-19.

1918 Flu Origin

The CDC states the 1918 flu was caused by an H1N1 virus with an avian, bird origin. However, there is no consensus to how and where this flu began since medical records were not consistent. At the time, World War I was ongoing and many countries had news blackouts. To keep morale high, flu stories were censored.

Spain, on the other hand, was neutral in the war and had free media. Since the Spanish media was the only country reporting the flu outbreak, many believed it originated there. Hence the origin of the popular term, "Spanish Flu."

Historians are unable to pinpoint a country of origin based on inconsistent records, but don't believe the virus began in Spain. Spain's first case was reported in late May of 1918, though others identified cases in early spring.

Symptoms and Spread

During the first wave in the spring of 1918, many people experienced headaches, fatigue, loss of appetite, a dry hacking cough, chills and a fever. It then caused respiratory issues, and later pneumonia, which often was fatal.

This disease affected those with compromised immune systems, and surprisingly, was fatally attacking healthy 20- to 40-year-olds in large numbers.

With an ongoing war, the flu was able to spread quickly. As military troops traveled overseas and then back to their home cities, the virus flu was able to spread quickly, creating a global pandemic. In fact, the first known case in the United States occurred at a Kansas military base in March 1918. After that, the flu spread across the United States.

Due to the war, medical personnel and hospital beds and other equipment were limited. They also didn't have ventilators or many pharmaceutical drugs. Countries knew they had to do something to slow the spread.

The government began encouraging good hygiene, limiting public gatherings and implementing quarantines. Schools, churches, theaters and other public places were shut down. Citizens were told to wear masks and to avoid shaking hands. Businesses were also forced to close, causing an economic slump.



During Spanish Flu, employees wore masks while working.



Closures occurred to prevent the spread of the Spanish Flu.

Second and Third Waves

These efforts worked. Death rates and infections slowed. Many cities loosened their restrictions, believing the worst was over. But unfortunately, this was not the case.

In the fall of 1918, a second wave hit. This time, the influenza appeared with more vengeance. Victims died within hours or days of developing symptoms. Fatality rates soared higher than before. Closures and restrictions were then put back in place.

A third wave hit in the winter of 1918, lasting until the spring of 1919. The pandemic eventually cleared in early 1920.

Learning from the Past

According to studies, preventative measures like face masks, isolation and eliminating public gatherings worked. Death rates were 50 percent lower in cities that followed these protocols early on, versus those that did so later. For example, New York City was one of the first U.S. cities to react and experienced the lowest death rate on the Eastern seaboard. And cities like Philadelphia, who prematurely lifted restrictions, had severe relapses.

COVID-19 Differences

Today's pandemic is a different virus with similar symptoms. The novel coronavirus, SARS-CoV-2, commonly referred to as COVID-19, causes a fever, a dry cough and shortness of breath. It can lead to severe respiratory distress. Elderly and those with a pre-existing condition like diabetes and lung disease are most susceptible.

As of June 15, 2020, the virus has infected 7.69 million people resulting in 428,000 deaths worldwide.

After officially labeled as a pandemic in March 2020, government and health organizations across the globe began using strategies learned a century ago. Business shutdowns, quarantines, face masks and good hygiene have been implemented and encouraged. Efforts are being made to slow the spread of the disease and prevent a second wave.

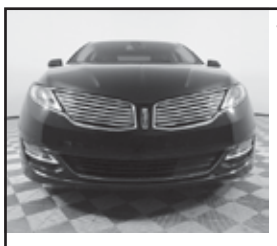
Thankfully, unlike a 100 years ago, humanity is not dealing with a world war. We also have the advantage of superior advancements in technology, which will hopefully usher a cure or vaccine soon.

With restrictions being lifted, we are beginning to see a glimmer of hope. We should also remember that humanity has weathered similar storms and conquered. The 1918 flu is a case in point. This, too, shall pass.

Let us continue to have faith and hope in better days to come. Together, we will forge a stronger Leisure World community!



Theatres were also closed.



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Clubs



Ceramics Club

Submitted by Laura Krever

The Ceramics Club is open year-round to all Leisure World residents. We meet on Tuesdays and Fridays from 9:00 a.m. to noon in the Arts and Crafts Building. No experience necessary, everyone is welcome. Annual membership fee is $15.

We have an instructor two Fridays a month who brings us new projects and trains us in different techniques. There is a fee based upon the project. This fee includes the item to be worked on, all the paints and/or other materials, plus guided instruction.

Tuesdays are an open workshop where we finish projects started on Friday or work on something of our own.

For more information, call Dave Clegg at 480-854-0991.



Leisure World Art Association

Submitted by Pat Billingsley

The Leisure World Art Association (LWAA) thanks you for the season! The LWAA will hold its next monthly meeting on the second Thursday on November 12 at 3:15 p.m. A regular board meeting is held the first Thursday of the month at 3:15 pm on November 5. All meeting are in the Art Studio.

Our Art Studio is being remodeled this summer. We are looking forward to a fresh new space!

The Art Association is trying some creative ways to teach. In June, Dean Troutman did three Sketch and Drawing Classes via Zoom.

Later this summer, we plan to offer additional classes in color pencils and painting.

Be creative during the off-season and check out videos on YouTube, where you can review techniques or learn something new. Subscription is free. Subjects include drawing, oil painting, watercolors, acrylic painting, collages and more.

Time to become a LWAA member! Membership is $20 per year and allows you to take art classes and attend our events.

Leisure World had some wonderful colorful rocks, paintings and gnomes appear magically overnight and are free for the taking — a bright spot in these uncertain times!

Leisure World Lions

Submitted by Joy Kosterman

Leisure World Lions meetings were suspended due to COVID-19 concerns and will resume in the fall when gatherings are again permitted. In the meantime, we can look forward to resuming Pancake Breakfast in the winter under the leadership of new President Dennis Heimpel.

Other new officers as of July 1 include 1st Vice President Barry Jacobsen, Secretary Kathy Hilger, Treasurer Peter Vaglio, Treasurer and Membership Chair Jill Heimpel.

Jane and Jason Blanchard were acknowledged for their years of dedication to our club with a lifetime subscription to the Bob Hutton Fly the Flag program. This program is under the direction of Ken Steele and costs $40 annually to have a flag flown at your manor five times per year.

Joy Kosterman is accepting sign-ups for mailbox painting at $25 for updating the box and standard and new numbers. We will be painting again in the fall. We are looking forward to resuming our usual activities and being of service to the Leisure World community.

LW Metaphysical Club

Submitted by Glenda Pearson

We meet on the second Saturdays of the month from 1:00-3:00 p.m. at the Navajo Room, east door of Heron Lakes Club House.

We meet in a "circle" for conversation and our range of topics are metaphysical. We do not have a leader, dogma or specified belief. Rather, we focus on allowing the potential of the conversation and circle to unfold with the intention of "exploring and sharing our personal metaphysical experiences...being more fully human."

We are not a debating society. We are not a therapy group. We are not a platform for building your business or giving your dissertation. We may disagree, but we don't attack or fall out with each other.

We are simply a circle, holding safe, respectful space for conversation, exploration and sharing. Typically, we all go home feeling nourished and better for the experience.

If this appeals to you, please join us and bring the gift of your presence.

Pottery Club

Submitted by Bonnie Rausch

The Pottery Studio has reopened as of June 15 for Club members. Only eight members at a time will be admitted during regular club hours.

For requirements and reservations, please contact Vice President Judy Cooley at 512-470-9456 or Treasurer Diane Tyndal at 480-924-0876.



Republican Club

Submitted by Diane Andersen

Future plans are being made for anticipated club meetings. Hopefully, this will happen sooner than later!

Two very important elections are just ahead: The Primary Election will be held August 4, 2020 and the General Election on November 3, 2020.

Early ballots will be mailed July 8, 2020. The last day to request a ballot by mail is July 24, 2020. It is mandatory to sign the outside of the envelope in which the ballot will be returned.

Political yard signs for some candidates are now available and free of charge. Call Gene Klund at 480 985-5705 for sign delivery and/or installation. Be a good citizen and display the signs of your chosen candidates. Remember to also be a good resident and follow Leisure World signage rules. You may look up the law on signage. It is Senate Bill 1482, ARS 22-1261.

If you are new to Leisure World, want to register to vote, update your voter registration, be added to our club email list or have suggestions, please contact Diane Andersen at 480 395-5515 or azpatriot13@yahoo.com.



San Tan Investment Club

Submitted by Shelly Begel

The San Tan Investment Club is a partnership consisting of Leisure World residents who are interested in investing in stocks and securities for growth. We are connected with Better Investing, a national organization that helps members build wealth through educational tools. The goal of the club is to increase our education and knowledge of investing. We study various investments before buying or selling stocks.

During the winter season, the club meets every third Thursday of the month at 9:30 a.m. in the Queen Card Room in Rec. 1.

For more information, contact Alan Forbes at 808-497-8109.

Got News?

Send your club news to us at news@lwca.com by the 10th for publication in the next issue!

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Sports Clubs

Lawn Bowling Club

Submitted by Tish Murphy

The Leisure World Lawn Bowling Club greens are still a "watch and wait" until the grass grows through the sand that leveled the playing field (pun intended).

Our best guess is that the greens will be ready for use sometime in July. But we must see how long it takes for the Bermuda tiff to revive itself after maintenance. Meanwhile our greens perimeter remains protected by yellow caution tape as the grass grows.

We look forward to getting back to our Leisure World games and the social aspect it provides!





Music and Dance Clubs

Moonlight Serenade Dinner Dance Club

Submitted by Clarice and Joe Chism

"Dance is the hidden language of the soul" - Martha Graham

Let freedom ring throughout our land and in our hearts! I hope all members and friends are healthy, safe and enjoying this summer.

Times have changed for everyone, but the Moonlight Serenade Dinner Dance Club continues to plan for the 2020-2021 season. We hope to resume dancing with our first dance on November 14 in Hopi Room with Myron Sommerfeld Orchestra music. The sit-down dinner dances are catered by Premier Catering with an entree choice. Setups provided with BYOB.

Membership dues of $248/couple per season (four dinner dances) and $80/single per dance are to be sent to: Mrs. Shiserley Rake, Membership, 1560 Leisure World, Mesa, AZ 85206

Save the dates:

- Jan 19, 2021: Lonny Lynn Orchestra
- Feb 13, 2021: Howard Schneider Orchestra
- Mar 20, 2021: Danny Kealey Orchestra

There are a few openings in this dynamic enjoyment club. You are welcome to join and experience one of the best evenings offered in Leisure World!

For more Information, visit http://moonlightserenade.yolasite.com or email moonlightserenade@cox.net.

Leisure World Cloggers

Submitted by Joyce Loland

The Leisure World Cloggers are in their summer schedule of informal practice sessions. Whether you are a clogger from the recent or distant past or someone who has never clogged before, this is the time to give the group a try because all summer sessions are free!

Fran Dusek will teach the basics to any newcomers at noon on Fridays, provided they contact her at 602-684-9353 by Thursday of each week. For those who wish to continue working on steps and dances learned last year, Intermediate I sessions start at 1 p.m., Intermediate II at 2 p.m., and Intermediate III at 3 p.m.

Normally classes are held in the classroom next to the Fitness Center. But that room will be closed during the month of June during the renovation of the Fitness Center, so clogging sessions will be held on the stage in the Rec. 1 Ballroom.

Besides having fun, you'll find that clogging is a great way to exercise!

Card and Game Clubs

Bunco

Submitted by Laura Krever



Our Bunco group meets the first Thursday of the month in the King Card Room. We play all year-round and everyone is welcome to come join us. We start playing at 6:30 pm.

Hopefully, our next Bunco night will be on Thursday, July 2, depending on Leisure World guidelines for when our buildings can safely open again.

The cost is $3 per person to play. Please bring exact cash/nothing larger than a $5 bill. All money collected is paid out in cash prizes.

Bring your own drink and wear your Leisure World name tag if you have it. Please come early since the game starts on time. We can accommodate a maximum of 40 people.

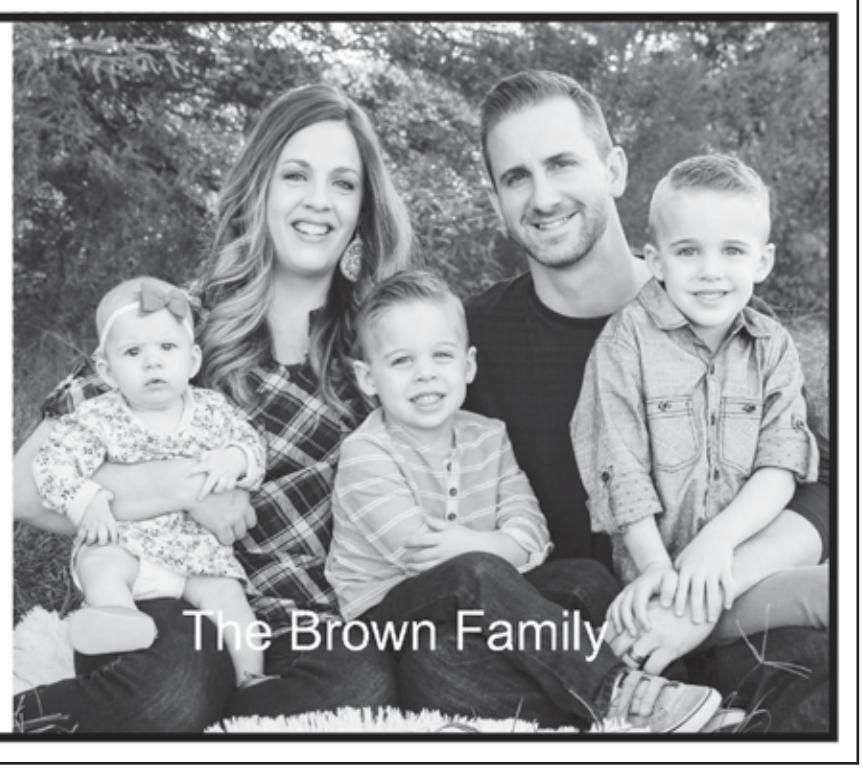
For more information, call Laura Krever at 310-916-8105 or Dana Bourque at 602-757-4348.

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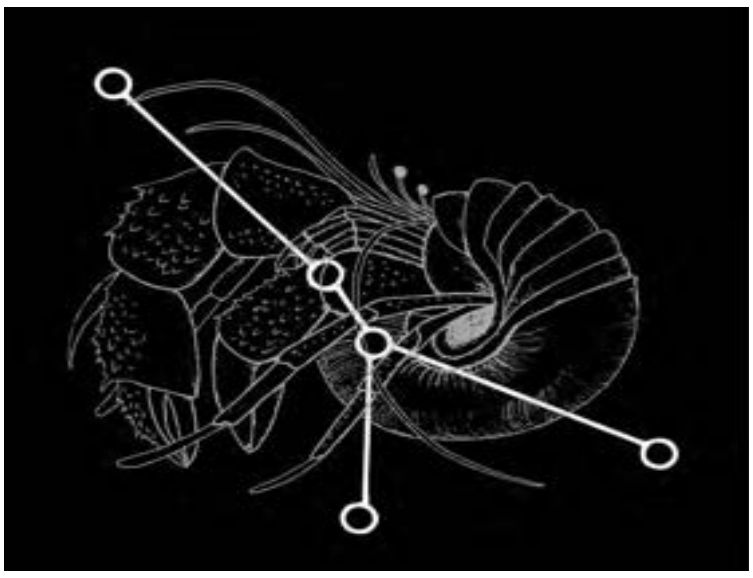
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ASTROLOGY

July Horoscope



ARIES (March 21 to April 19) Still operating under a full head of self-esteem makes you want to tackle a matter you had shied away from. OK. But be sure to arm yourself with facts before you make a move.

TAURUS (April 20 to May 20) That smart move you recently made caught the attention of a lot of people, including some with financial deals to offer. Use your Taurean wariness to check them out thoroughly.

GEMINI (May 21 to June 20) Shyness might keep you from asking for more information on a potentially important matter. But your curiosity grows stronger by midweek and gives you the impetus for data-gathering.

CANCER (June 21 to July 22) Taking on too many tasks may not be the wise thing to do at this time. You might overspend both your physical and emotional energy reserves, and have to miss out on some upcoming events.

LEO (July 23 to August 22) Try to keep your spending at an affordable level. Splurging now -- especially on credit -- could create a problem if your finances are too low for you to take advantage of a possible opportunity.

VIRGO (August 23 to September 22) You might not approve of a colleague's behavior during much of the week. But don't play the judgmental Virgo card here. As always, check the facts before you assume the worst.

LIBRA (September 23 to October 22) Coping with an old issue that has suddenly re-emerged could take a big toll on your emotional energies. Decide whether you really want to pursue the possibilities here.

SCORPIO (October 23 to November 21) For all your skill in keeping your secrets safe, you could be unwittingly letting one slip out by the way you're behaving in that new relationship. Are congratulations soon to be in order?

SAGITTARIUS (November 22 to December 21) Good old-fashioned horse sense could help you get around those who unknowingly or deliberately put obstacles in your way. Ignore the confusion and follow your own lead.

CAPRICORN (December 22 to January 19) A puzzling attitude change in a colleague from friendly to chilly might stem from a long-hidden resentment suddenly bubbling up. An open and honest talk should resolve the problem.

AQUARIUS (January 20 to February 18) This week, many ever-generous Aquarians might find themselves feeling an acquisitive urge. If so, indulge it. You've earned the right to treat yourself to wonderful things.

PISCES (February 19 to March 20) Expect to get a lot of advice on how to go about implementing your plans. But once you've sorted it all out, you'll probably find that, once again, your way will be the best way.

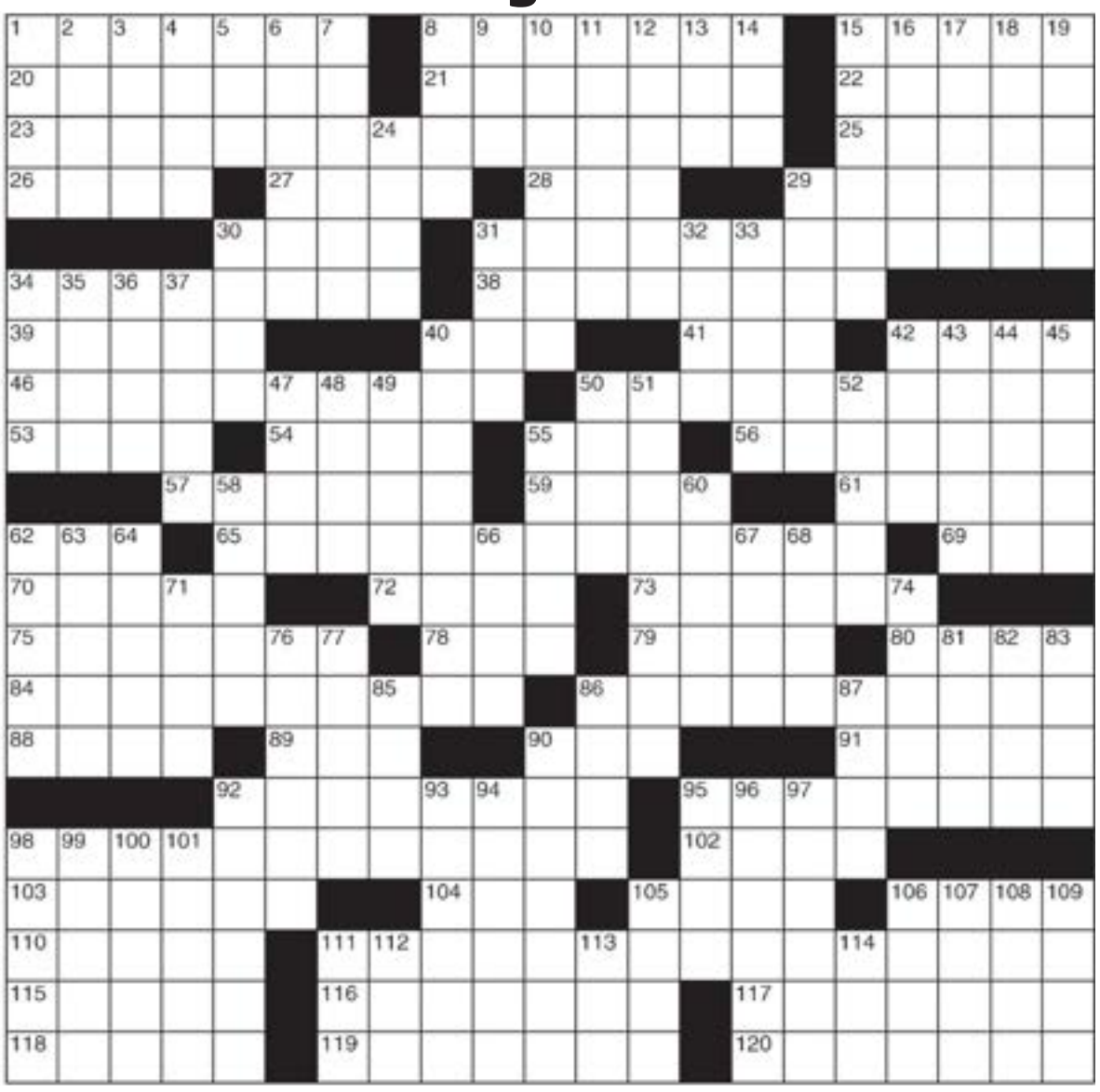






SUPER CROSSWORD

Holding the Line



ACROSS

1 Boat docks
8 Mere penny
15 Stair face
20 Generally
21 Infused with carbon dioxide
22 Cosmetics queen Lauder
23 Holiday tree brighteners
25 Figure skating category
26 Baby blues, say
27 Detroit loc.
28 By way of
29 - Babies
30 Info on a library slip
31 Thing swung on a court
34 Undermined
38 Federal case, so to speak
39 Countrified
40 See 42-Across
41 German's "one"
42 With 40-Across, headwear for doing laps
46 William Tell wielded one
50 Nine-footer with 88 keys
53 Game with a cue stick
54 "Cat on - Tin Roof"
55 Bakery treat
56 Atypical pets
57 Taco sauce brand
59 Everyone, in German
61 Topic in question
62 Beddy-bye clothes
65 Gravity-defying party decoration
69 Have a go at
70 Reply to "You are not!"
72 Spoiled stars' problems
73 Running back Smith
75 Pro at PR
78 Crude abode
79 "Hud" actress Patricia
80 Morales of film and TV
84 Pinocchio, for one
86 Rosary's nonreligious relative
88 Like a spud-slicing GI
89 Aide to Santa
90 Some small batteries
91 Holiday tree topper
92 Really mad
95 Film director Martin
98 Alternative to drapes
102 Merit
103 Spanish province capital
104 Cellular stuff
105 Rick's love in a 1942 film
106 Farmland unit 110 Cleaned up some leaves
111 What eight of this puzzle's answers have
115 Saw wood
116 Capital of New Jersey
117 Paying to stay at
118 Disburdened
119 Like mustard
120 Post-Trojan War tale

DOWN

1 Knight's club
2 White-faced
3 Seldom seen
4 Pupil site
5 Greek letters
6 "Nashville" director Robert
7 Arab, e.g.
8 Unduly quick
9 Slender fish
10 Force to rise
11 Shutting in
12 Fuel gas
13 Court divider
14 Grid stats
15 Annul
16 Sci-fi's Asimov
17 Smell awful
18 Uncanny
19 Turn to 000
24 Did perfectly
29 Secret taste-test label
30 Strike mark
31 Defreeze
32 Conception
33 Fisher's net
34 Tinfoil, e.g.
35 Irish money
36 BP gas brand
37 Painter Frida
40 Instructed jointly
42 Uses a divan
43 Belt's place
44 Acquire, as debt
45 Stroll
47 Be worthy of
48 Kids' writer Silverstein
49 Bacall's first hubby
50 - monster
51 Chiles - (Mexican dishes)
52 Gist
55 Blatz brewer
58 West Virginia's state flower, for short
60 Fudd of cartoondom
62 California's - Beach
63 Osaka's land
64 Smarmy smile
66 Pouty face
67 Epps of TV's "House"
68 Smarmy
71 Barber's cut
74 Some minors
76 Boxing combo
77 H'wood type
81 Wise soul
82 Some Snapple products
83 Cruise stop
85 Big brand of nonstick cookware
86 Joking types
87 Cowshed site
90 It's faster than adagio
92 Laid down the lawn?
93 "The Queen" star Helen
94 Seventh- - stretch
95 Ward of TV
96 Fidel of Cuba
97 Sounded off
98 Poorer
99 Donald's first wife
100 "Zorba the Greek" novelist Kazantzakis
101 John - (tractor maker)
105 Lacks entity
106 Play units
107 Greek letters
108 Artist Magritte
109 Irritable
111 Fuel additive brand
112 Mr. Capote, to his pals
113 Weed B - (lawn care product)
114 In - case

Sudoku

							4	
		9		3				7
		8			9	6	3	
3	7			9			2	
	9	6				4	5	
	2			5			7	9
	8	3	6			2		
2				8		5		
	5							

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To complete Sudoku, fill the board by entering numbers 1 to 9 such that each row, column and 3x3 box contains every number uniquely. For many strategies, hints and tips, visit www.sudokuwiki.org.

Word Search

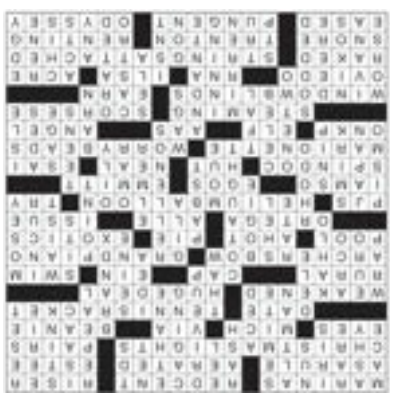
4th of July

V	K	U	T	B	N	K	R	R	R	B	A	S	E	B	A	L	L	G	Z
W	V	I	W	B	E	X	Z	E	A	P	P	L	E	P	I	E	U	F	W
A	F	Z	C	J	L	G	J	V	Q	R	G	B	O	S	T	O	N	Y	U
E	J	I	J	E	A	U	C	E	D	P	I	F	O	U	O	L	V	P	G
T	Q	T	R	L	C	N	W	R	B	N	X	I	H	O	Y	I	A	D	N
E	I	H	F	E	E	R	K	E	D	L	A	J	U	L	Y	T	O	I	I
U	X	F	T	F	W	A	E	E	V	U	T	L	W	S	R	T	R	Q	M
Q	Y	T	A	L	R	O	P	A	Y	N	K	X	G	I	U	E	A	Q	M
E	D	S	X	J	D	E	R	K	M	X	O	K	O	N	P	O	C	M	I
B	N	I	E	P	N	A	E	K	Z	U	K	T	P	D	E	U	I	F	W
R	N	F	S	D	E	N	F	D	S	Y	I	X	G	Q	Z	W	R	D	S
A	U	I	E	D	U	T	N	A	O	C	U	G	K	N	O	Z	E	W	S
B	V	N	A	W	U	H	W	O	N	M	O	K	L	M	I	A	M	N	D
M	C	R	L	I	B	E	R	T	Y	F	Q	A	W	R	C	H	A	A	K
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Q	W	Q	O	Z	N	A	M	D	E	C	L	A	R	A	T	I	O	N	W
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FIREWORKS
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PATRIOTIC
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PHILADELPHIA
NEWENGLAND
BOSTON
TAXES
TEA
REVERE
WASHINGTON
HOLIDAY
ICECREAM
APPLEPIE
USA

Created with TheTeachersCorner.net Word Search Maker

Puzzle Answers



8	6	7	3	1	2	4	5	9
3	1	5	4	8	9	7	6	2
4	9	2	5	7	6	3	8	1
9	7	3	6	5	8	1	2	4
1	5	4	7	2	3	6	9	8
6	2	8	1	9	4	5	7	3
2	3	6	9	4	7	8	1	5
7	8	1	2	3	5	9	4	6
5	4	9	8	6	1	2	3	7

Comics

The Spats

By Jeff Pickering



They'll Do It Every Time

By Al Scaduto



Amber Waves

By Dave T. Phipps



Just Like Cats & Dogs

By Dave T. Phipps



Grin and Bear It

By Fred Wagner



"Organic is definitely healthier, judging from the size of the bugs."

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Life Tributes

Sarah Jane Fick Boschi



Sarah Jane Fick Boschi was born in Beloit, Wisconsin on May 24, 1931. When Sarah was 19, she met Robert Boschi. From that first day she met him, she knew he was the one for her. They married on September 9, 1950.

Sarah was a member of the Church of Jesus Christ of Latter-day Saints. She worked very hard at everything she was asked to do. If she was supposed to bring bread to a bake sale for the church, Sarah would make 20 to 40 loaves of bread for the sale. Working on genealogy was a passion of hers.

In the 1960s, Bob and Sarah bought a small child care center that met in a church. Six children attended the first day. "Teaching Centers," a Milwaukee area based company grew to 20 child care centers with 3,500 children enrolled.

Sarah is preceded in death by her husband, Robert Boschi.

You Can Ease the Pain

By James Amodeo

Sometimes you'll see someone that has pain in their heart that
you do not know.
Struggles and despair in them, especially in days we now share,
that by their appearance doesn't show,
Though you don't know it with a kind gesture, a nice smile or
a simple hello that you say,
You can give them a lift, shine a little light in their dark day.
It hardly takes any real thought, and only takes a second for you,
But it could really help someone, you don't even know, with this
small thing that you do.
And just the idea that you may make someone's day better by a
simple kind act,
Will not only make their day better but will make your day better,
and that's a fact.

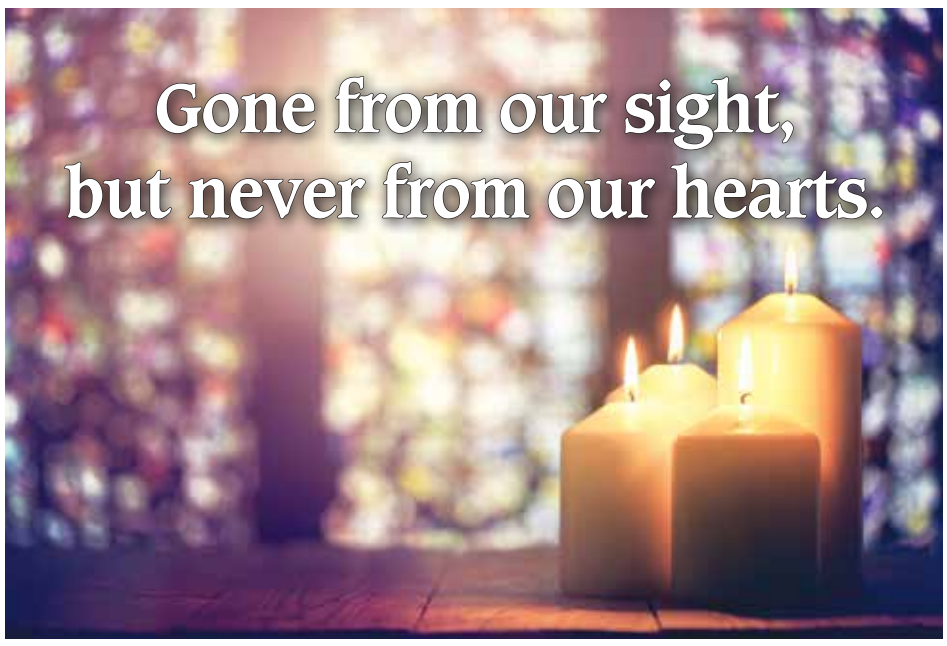
-James Amodeo is a poet and Leisure World resident.



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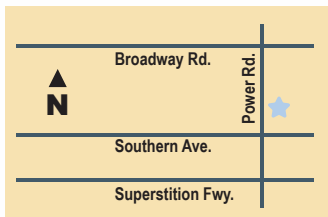
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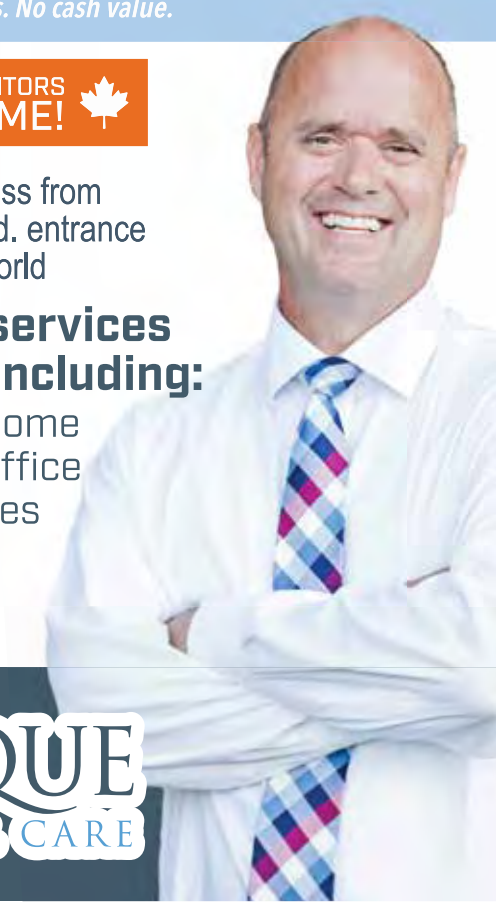
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6220 East Broadway Road
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Leisure World

LIFESTYLE

Recreation, Wellness and Golf



Fit Kits
Page B10

July 4th Activities
Page B2

Protect Against Skin Cancer
Page B14

It's Never Too Late to Learn to Swim!



Have you always wanted to learn to swim? If so, now is your chance! Perhaps you never had the opportunity to learn to swim when you were a child? Maybe you had a negative experience early in life that prevented you from spending time in the water. You are not alone!

Approximately one third of adults in the United States cannot safely swim the length of a pool. The good news is that you can learn to swim at any age! Starting in July, the Leisure World Oasis Health Spa will be offering swim lessons. These classes will be open to all skill levels and are perfect for those who have never learned to swim or if simply want to improve your stroke.

The benefits of swimming are endless, regardless of your fitness level. Swimming provides a total body workout, improves cardiovascular fitness, burns calories, helps improve sleep, boosts your mood and helps with stress management. If you would like to take advantage of the physical, mental, emotional and social benefits of swimming, join us for lessons!

Lessons will be tailored to the needs of the participants. Classes will be held in a small group exercise format. Sign up early to ensure your spot in one of these classes.

Beginner classes will follow Red Cross Guidelines for combining water exploration, primary skills, and stroke readiness. Participants can expect to work on:

- Water Adaptation
- Buoyancy and Breath Control
- Moving Through the Water Comfortably (Locomotion - The goal is to swim 5 to 10 yards front and back crawl)
- Safety Considerations
- Turns (front to back)

Dates: July 7 - August 25
Days: Tuesdays
Time: 8:00 a.m. - 8:45 a.m.
Place: Rec. 2 Therapy Pool
Cost: $120 per person

Intermediate/Stroke Development classes will follow Red Cross Guidelines for combining stroke development and stroke refinement. Participants can expect to work on:

- Front Crawl
- Back Crawl
- Breaststroke
- Sidestroke (The goal is to swim length of the pool or 25 yards)
- Turns (reverse direction while swimming)

Dates: July 9 - August 27
Day: Thursdays
Time: 8:00 a.m. - 8:45 a.m.
Place: Rec. 2 Pool
Cost: $120 per person

Here's the Scoop!

The Rec. Department will be offering a variety of single serve ice cream novelties like drumsticks, ice cream sandwiches and more! Give in to your temptations and come by the Rec. 2 Pool Pavilion to cool off with a little sweetness.

Please help us practice social distancing while waiting in line. If you choose to stick around, know that seating is very limited.

Date: Thursday, July 16
Time: 2 p.m.
Place: Rec. 2 Pavilion
Ice Cream Novelty: only $1 each



Check Off Bucket List Item: iFLY Indoor Skydiving

"One day your life will flash before your eyes. Make sure it's worth watching"
– The Bucket List (2007)

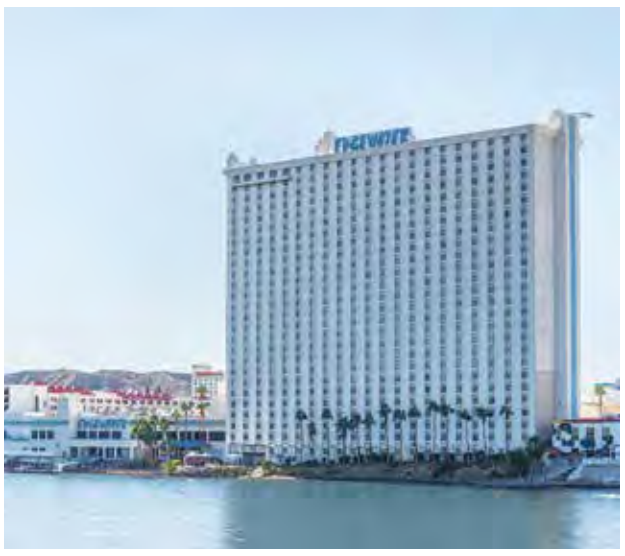
This summer, let's check off sky diving from your bucket list! If you are 3 years-old or 103, indoor skydiving is for you! You don't need to be athlete or in the best shape of your life — anyone can fly! iFly's world-class instructors are pros at making flying fun for everyone. The chamber can move air in a precise, sophisticated fashion that empowers you to fly. Your iFLY experience, including check-in, orientation and flying, will last over an hour.

This is a physical trip, which means, you may feel some muscle soreness afterwards, but you will be filled with a lifetime of memories! Minimum six participants to go.

Date: Thursday, August 13
Motorcoach Departs: 10:30 a.m.
Cost: $130
Spectator cost: $30
Deadline: Monday, July 13



Overnight Getaway to Laughlin and Oatman



Flirt with Lady Luck in Laughlin for two fun-filled days. Enjoy a wonderful stay at the Edgewater. Try your luck either on the slots, William Hill Race Lounge or table games. Take a break with a meal at any of the five restaurants on property. The next day, visit the historic Route 66 mining town of Oatman, Arizona. One meal is included. The minimum is 10 guests to go.

Dates: Thursday, Sept. 24 - Friday, Sept. 25
Motorcoach Departs: 6:00-8:30 a.m.
Tickets: $99 per person/double or $119/single
Deadline: Monday, August 24

Leisure World

Recreation Department

Exciting July Fourth Activities!



Looking for something to do this Independence Day? Then take a look to plan ahead and make your day of celebration the best yet!

- **Hometown Fireworks Celebration:** This includes free watermelon, game booths, bike and wagon decorating contests, water games and live entertainment at Apache Junction High School. www.ajcity.net/700/4th-of-July
- **The City of Chandler's 4th of July Fireworks Spectacular:** This is a high-energy "party in the park" that includes live music, food vendors and children's activities at Tumbleweed Park. www.visitchandler.com/events/annual-events/4th-of-july
- **Gilbert's Centennial 4th of July Party:** Family, friends and neighbors are welcome to join this party, featuring food trucks and fireworks at Higley High School. Bring blankets, chairs and lawn games. www.gilbertaz.gov/departments/parks-and-recreation/special-events-and-permits/gilbert-s-july-4th-celebration
- **Schnepf Farms-Queen Creek:** Enjoy live music, watermelon-eating contests, a National Flag Service, artisan vendors, food trucks, lawn games and a 30-minute firework show to end the night. www.schnepffarms.com/4th-of-july/?v=e748b7c8fd06

Performing Arts Series

2020-2021 Season Update

Ticket sales will remain on hold. There are talks within the industry for trying to work out performer agreements to possibly hold two shows at 50% seating capacity. These negotiations will take some time. We will keep you informed with any updates. Thank you for your patience!

Game Show Night!

You know who you are – we all do it. We are the ones that shout out the answers at your TV screen. Well, we're giving you a chance to participate in a game night right from the comfort of your own home.

Amazing Dental and Mountain View Funeral Home will be hosting their version of the Price Is Right game show on Zoom.



Date: Monday, July 20
Time: 6:00 p.m.
Place: Online via Zoom

Advance Registration Required:
https://us02web.zoom.us/meeting/register/tZErcuyvrDIqH9YRFrVxKTNxSLtdAeBIHIci

After registering, you will receive a confirmation email about joining the meeting.

Amazing Dental Care

Mountain View Funeral Home & Cemetery

Leisure World Recreation Department Staff



Rhonda Cap
Lifestyle Director



Pene Mathison
Scheduling/Office Manager



John Stickling
Recreation Supervisor



Jamie Knowlton
Recreation Programmer



Carla Nicely
Administrative Assistant

480-832-0003 ext. 224 • Hours: 7:15 a.m. to 3 p.m. Monday - Friday • recreation@lwca.com

Arizona Snow Day



Have you ever built a snowman in the summer? Does this sound impossible? Come pack your best snowball and let's play together! The best place to cool off is right here in Leisure World this August. Have some fun and make snow angels while you can.

Event lasts until the snow melts. Enjoy the day with some food, fun and a snow cone!

Date: Saturday, August 22
Time: 11:00 a.m.
Place: Coyote Run 16th Hole (corner LW Blvd. and 61st St.)



Hoping to resume soon…
Classics of the Silver Screen and Sunday Movie Matinées!

Daytrip to Arcosanti

In 1970, Arcosanti was developed and continues to grow as an experimental learning center. Walk through a demonstration of how to pursue efficient "lean" alternatives to urban sprawl. You will tour this experimental town and molten bronze bell casting community created by Italian-American Architect Paolo Soleri.

Check out the Windbell Gallery featuring an awe-inspiring collection of hand-crafted, one-of-a-king bells. Relax as you enjoy lunch in the new culinary hot spot of Cottonwood, Arizona.

Date: Monday, October 26
Motorcoach Departs: 6:00-8:30 a.m.
Tickets: $99 per person
Deadline: Monday, September 21



All Aboard to Broadway!

Announcing Leisure World 2020-2021 Broadway Across America season at ASU Gammage. All shows include roundtrip transportation with show tickets in Orchestra A seating. Date information and tickets will be on sale starting in August at the Recreation Office. If you are away for the summer, do not worry, you can purchase tickets via credit card by calling the Recreation Office at 480-832-0000 ext. 209.

Watch for performance dates and ticket cost via e-blast. You will not want to miss any of these great Broadway shows!



"Hamilton"
Date and Cost: TBA

"Hamilton" is the story of America's Founding Father Alexander Hamilton, an immigrant from the West Indies who became George Washington's right-hand man during the Revolutionary War and was the new nation's first Treasury Secretary. Featuring a score that blends hip-hop, jazz, blues, rap, R&B, and Broadway, "Hamilton" is the story of America then, as told by America now.



"Oklahoma!"
Date and Cost: TBA

Over 75 years after Rodgers & Hammerstein reinvented the American musical, this is Oklahoma! as you've never seen or heard it before – reimagined for the 21st century. Stripped down to reveal the darker psychological truths at its core, Daniel Fish's production tells a story of a community circling its wagons against an outsider, and the frontier life that shaped America. Upending the sunny romance of a farmer and a cowpoke, this Oklahoma! allows the classic musical – and our country – to be seen in a whole new light.



"My Fair Lady"
Date and Cost: TBA

Boasting such classic songs as "I Could Have Danced All Night," "The Rain in Spain," "Wouldn't It Be Lovely" and "On the Street Where You Live," "My Fair Lady" tells the story of Eliza Doolittle, a young Cockney flower seller, and Henry Higgins, a linguistics professor who is determined to transform her into his idea of a "proper lady." But who is really being transformed?



"Jersey Boys"
Date and Cost: TBA

They were just four guys from Jersey, until they sang their very first note. They had a sound nobody had ever heard… and the radio just couldn't get enough of. But while their harmonies were perfect on stage, off stage it was a very different story – a story that has made them an international sensation all over again. Go behind the music and inside the story of Frankie Valli and The Four Seasons in the Tony and Grammy Award®-winning true-life musical phenomenon, "Jersey Boys."



"To Kill a Mockingbird"
Date and Cost: TBA

All rise for Academy Award® winner Aaron Sorkin's adaptation of Harper Lee's Pulitzer Prize-winning masterwork. The New York Times Critic's Pick "To Kill a Mockingbird" is "the most successful American play in Broadway history. It has not played to a single empty seat" (60 Minutes). Rolling Stone gives it five stars, calling it "an emotionally shattering landmark production of an American classic," and New York Magazine calls it "a real phenomenon. Majestic and incandescent, it is filled with breath and nuance and soul.

Don't miss these exciting Broadway shows!



Limited classes, clubs and activities resumed in June!

Please contact club presidents below to inquire on temporary changes to club hours and restrictions to participate.

These clubs are now functioning on a limited activity level:

Music and Dance: Clogging

Arts and Crafts: Jewelry and Lapidary, Knit-A-Long, Quilters and Twiddlers, Ceramics, Pottery and Stained/Fused/Mosaics/Glass Programs

Cards and Games: Clubs not currently allowed to return due to their close proximity and inability to social distance.

Bingo

Every Friday at 7 p.m. • Rec. 1 Ballroom



3 on Sets: $2, 6 on Sets: $4, 9 on Sets: $6
Daubers $1 (cards on sale at 6 p.m.)
Free refreshments at break!

Meet friends and neighbors! You also might take home some cash! All residents and their guests (18 and older) are invited to play. No alcoholic beverages or anyone under 18 is allowed in Ballroom during Bingo.

Music and Dance

Ballroom Dance Classes - (C) Contact: Bill Goss, 480-275-4647.

Clogging Classes (C) Contact: Fran Dusek, 602-684-9353 or Joyce Loland, 480-588-5789.
Fridays, 12 - 4 p.m. and Wednesdays 3:30 - 5:30 p.m.
Fridays start with Beginners at 12:00 p.m. Intermediate 1 at 1:00 p.m., Intermediate 2 at 2:00 p.m. and Intermediate 3 at 3:00 p.m. Wednesdays "Introduction to Advance at 3:30 p.m. and Advanced at 4:30 p.m.

Line Dance (HOPI/C) Contact: Dee Dee Dougherty, 480-510-3318.
Sundays starting in November, 1:30 p.m. Brand New Beginners, 2:00 p.m. Beginners 3:00 p.m. Easy Intermediate.
Come out and learn how to line dance! If you already know how, then learn new dances and have fun socializing with new friends while learning new steps and dances. First lesson for beginners is free. $5 per person other classes.
Check Month Calendar for location, either Hopi Room, Rec. 2 or Classroom, Rec. 1

Line Dance (BR) Contact: Susan Tuttle, 602-329-2213
Mondays 11:30 a.m. - Beginners
Mondays 12:30 p.m. - Advanced
Enjoy line dance lessons taught by former Zumba instructor, Susan Tuttle. Beginners are taught easy to follow steps to the "New Pop Country" songs you hear on the radio. Advanced dancers wanting to learn the higher tempo Pop Country Songs will be taught some 3/4 turns, faster shuffling and toe-heel stomping fun. These year-round classes are taught in the Rec. 1 Ballroom. $5 per person per class.

Line Dance (BR) Contact: Marjorie (Gramma) Jones, 480-984-3791
Wednesdays, 2:00 - 3:00 p.m.
Famous Worldwide Instructor/Choreographer, Gramma Jones has 20+ years. 14+ years at Leisure World. "great gramma jones line dancing YouTube". Press on "Videos" or "Eldergym.com line dancing with gramma jones" press on her picture to see her interview Worldwide. See over 200-line dances Marjorie has choreographed plus hundreds of songs. Beg. Int. Adv. All in each class. Year-Round Classes. $3 per person per class. Please come.

Music Makers – (C) Contact: Marty Maciejewski, 480-307-8061.
Tuesdays at 1:15 p.m.
This fun group is open to anyone who plays or wants to play an instrument.

ReFit*-Lvl 3 (C) Contact: Janet Jenson, 605-884-6523
Tuesdays & Thursdays 12:45 to 1:45 p.m.
A TOTAL-BODY fitness for all. A workout that leaves you smiling. **REFIT** is a "movement+ music" experience that adds resistance-training elements to give you a total-body workout. $4/class or $17/month. Sign up in the Fitness Center.

Round Dance Classes (BR) Contact: Bill Goss, 480-275-4647.

Shall We Round Dance – (HPG) Contact: Larry Tracht at 480-325-1054 or rddancer@aol.com.

Tap Dancing – (C) Contact: Judy Free, 480-396-3103
Monday, Wednesday and Friday, 8:00 to 9:20 a.m. Free open workshop.
Beginning tap class will start when Leisure World re-opens and will run through October when the participants will merge into the workshop.

Ukulele Practice Group – (MR) Contact: Karen Robinson, 480-807-6487
Fridays at 10 a.m.
Like to play the Ukulele or always wanted to learn? Come and join up with others who love to play this amazing instrument.

Arts and Crafts

Decorative Arts

Art Assoc. (AS) Contact: Carol Pope, 480-628-4134
Classes are being designed for the summer.
Sign up in Rec. Office.

Jewelry and Lapidary (LAP) Contact: Colleen Bodnar, 734-693-4386, Thursday, 9 a.m.-12 p.m.

Photography Club (AS/T) Contact Jan Kelly, 480-634-8878

Rubber Stamping (AS) Contact: Mickey Dent, 480-634-4574.
Monday, 6:30 p.m.-8:30 p.m.

Fabric Arts

Knit-A-Long (QCR) Contact: Carolin Lowy, 480-641-4626
All interested knitters, beginners to experienced, join in. We teach beginners to knit and help those who having difficulty with a pattern. Join us and knit-a-long. No charge. Friday, 9:00 a.m.-11:00 a.m.

Open Sewing (SR) Contact: Carolin Lowy, 480-641-4626
Open to all residents who do hand sewing Friday, 1:00 p.m.-3:00 p.m.

Pillowcase Dresses (AR) Contact: Darlene Footh, 701-339-8491. Make little girls dresses out of pillowcases for charity.

Quilters (BR/CLR/SR) Contact: Merrilly Strom 480-699-9352.
Join our group of quilters to experience the fun of sewing a class project and learn new techniques. Hope to see you! Thursday 9:00 to 11:30 a.m.

Twiddlers (QCR) Contact: Carolin Lowy, 480-641-4626
Any hand work done with a needle or needles, i.e. knitting, crocheting, cross stitch, needle point and applique. Monday, 9 a.m.-11 a.m.

Fired Arts

Ceramics (CER/SG) Contact: Dave Clegg, 480-854-0991
Beginners, newcomers, everyone welcome!
Open Workshop/Firing: Tuesday, 9:00 a.m.-12:00 p.m.
Pouring: Thursday, 12:00 p.m. - 5:00 p.m.
Ceramics Class: Friday, 9 a.m. - 12 p.m.

Porcelain Painting (POT) Contact: Barbara Culver, 480-924-6871 or LuCyle Seiler, 480-981-1894
No teacher, no lessons. Work on your own. A semi-annual fee of $5 for firing. All china painters are welcome. Open Studio: Wednesday and Friday, 9:00 a.m.-12:00 p.m.

Pottery (POT) Contact: Marcia Steele, 480-641-9082
Open Studio: Sunday, Tuesday and Saturday, 9:00 a.m.-10:00 p.m. Open Studio: Monday, Wednesday, Thursday and Friday,12:00 p.m.-10:00 p.m. Firing and Unloading: Monday and Thursday
Class with instructor Larron Lerdall: Monday and Thursday, 9 a.m. -12 p.m.

Glass Program

Stained/Fused/Mosaics (CER/SG) Contact: Kay Eakin, 480-641-8719 Open Studio: Monday, Wednesday 1:00-4:00 p.m.

Cards and Games

Card groups listed are open games and residents are welcome to come and join the group.
Reserved room is subject to sharing if less than 20 in attendance

Poker Groups

5 and 10 Cent (LC) Contact: Ann Bachner, 480-641-5197
Tuesday, 6:30 p.m.

Dealer's Choice (NAV) Contact: Jim Munkwitz, 803-747-1677
Tuesday, 6:00 p.m.. Wednesday 6:00 p.m. (APA)

Men's (QCR) Contact: Corey Walraven, 480-391-9503
Tuesday and Thursday, 6:30 p.m.

5 Cent (NAV) Contact: Diana Milgrom, 480-981-6085
Wednesday, 6:30 p.m.

Texas Hold 'Em (QCR) Contact: Barb Vert, 480-278-1065
Monday, 12:30 p.m.

Other Card And Game Groups

Bunco (CLR) Contact: Laura Krever, 310-916-8105 or Dana Bourque, 480-699-2199
1st Thursday, 6:30 p.m.

Cribbage (LC) Contact: Ted Jackson, 518-248-2052
Friday, 1 p.m.

Cribbage (QCR2) Contact: Ted Jackson, 518-248-2052,

Euchre (APA) Contact: Bob Coleman, 480-474-7732
Tuesday, 6:45 p.m.

Game Night (LC) Contact: Lillian Carlson, 480-290-9396
Friday, 6:15 p.m.

Hand and Foot (LC) Contact: Lillian Carlson, 480-290-9396
Wednesday, 6:15 p.m.

Hand and Foot (LC) Contact: Sandy Callahan, 480-988-2655
Tuesday, 1 p.m.

Hand and Foot: Samba (LC) Contact: Lillian Carlson, 480-290-9396
Thursday, 6:15 p.m.

Mah Jong (APA) Contact: Neesa Galanti, 206-356-2727
Thursday, 1 p.m.

Mah Jong: Beginning (APA) Contact: Donna Thompson, 303-594-0124
Monday, 1:30 p.m.

Pinochle (QCR) Contact: Jackie Anderson, 480-985-8503
Tuesday and Wednesday, 12:45 p.m.

Pinochle (QCR) Contact: Lillian Carlson, 480-684-2441
Sunday, 6:15 p.m.

Rummikub (APA) Contact: Barbara Young, 480-273-2536
Thursday, 6:15 p.m.

Scrabble (LC) Contact: Carolin Lowy, 480-641-4626
Monday, 6:30 p.m.

Bridge Groups

ACBL (CLR) Contact: Marilyn Stavros, 480-737-9279
Monday, 12:30 p.m.

Duplicate (CLR) Contact: Marilyn Stavros, 480-737-9279
Thursday, 12:30 p.m.

Int. Duplicate Practice (APA) Contact: Bobbie Stearns, 480-218-5918
Friday, 8:15 a.m.

Partner (LC) Contact: Lynn Peters, 262-853-4870
Sunday, 6:30 p.m.

Party (APA) Contact: Lynn Peters, 262-853-4870
Thursday, 6:30 p.m.

Progressive (QCR) Contact: Phyllis Hallatt, 480-396-7398

Progressive (QCR) Contact: Marilyn Peters, 480-292-3639
Monday, 6:30 p.m. and Saturday, 6:30 p.m.

Wednesday Shufflers (NAV) Contact: Joyce McClanahan, 480-243-8145
Wednesday, 12:30 p.m.

Some Clubs Now Meeting!

The Recreation Department is pleased to have worked closely with the clubs below to develop safety guidelines for their Phase One Reopening. These clubs are operating under strict social distancing and sanitary guidelines with club monitors to ensure parameters are followed. Please contact the club president to find out how to participate.

CLUB NAME	DAY	HOURS	LOCATION
NOTE: The "Earliest the Day the Club MAY Open" does not necessarily mean the club IS open on that day. Club presidents are responsible for notifying their members of their club's specific details.			
Art Association	M-F	7 a.m.- 12 p.m. and 1-3 p.m.	Art Studio
Billiards	M-F	8 a.m. - 3 p.m.	Billiard Room
Ceramics	T/F	9 a.m. -12 p.m.	Craft Building - Ceramics
Cloggers	F	11:45 a.m. - 3 p.m.	Classroom
Glass Club	M/W	10 a.m. - 2 p.m.	Craft Building - Ceramics side
Jewelry/Lapidary	M-F	10 a.m. - 1:30 p.m.	Jewelry/Lapidary Lab
Knit Along	F	9 -11 a.m.	Queen Card Room
Pottery	M/Th	8 a.m. - 12 p.m.	Craft Building - Pottery
Quilters	T/Th	8:30 a.m. - 12:30 p.m.	Sewing Room
Table Tennis	T/Th	8 - 9:45 a.m.	Classroom
Twiddlers	M	9 - 11 a.m.	Queen Card Room
Water Volleyball	M/W/Sat	2 - 4 p.m.	Rec. 1 Pool
Woodworking	M-F	9 a.m.-12:30 p.m.	Wood Shop

If you are a part of a club not listed above and believe you can meet social distancing requirements, please contact your club president to discuss the possibilities. Club presidents may reach out to the Recreation Office and submit Phase One guidelines for consideration.

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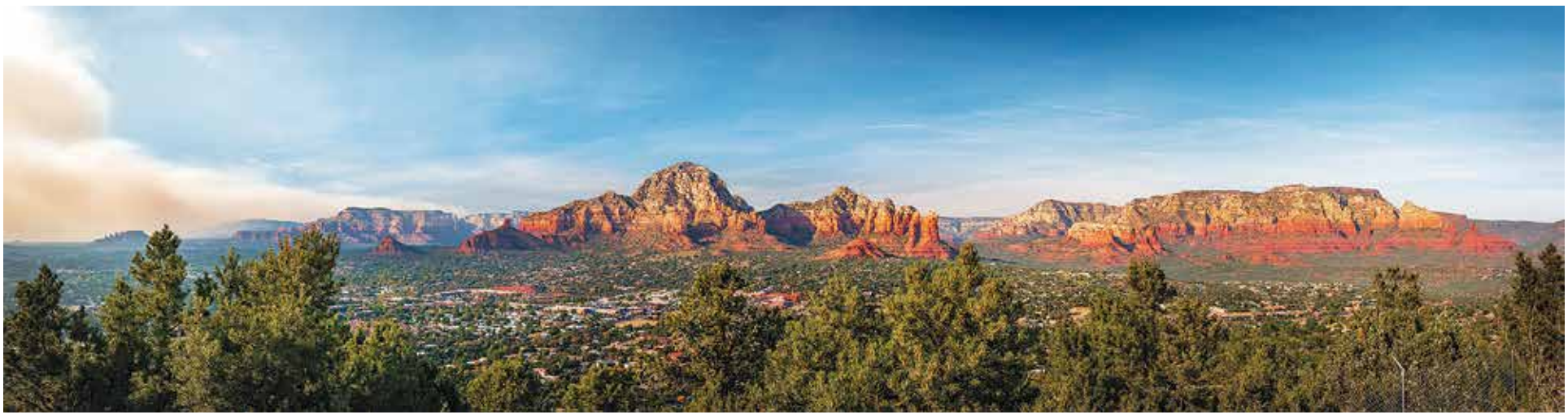
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Upcoming Trips and Tours



Deadlines are fast-approaching for August events!

August 13 (Th) iFLY Indoor Skydiving
Depart at 10:30 a.m.
See page B1
Cost: $130 per person
Spectator cost: $30
Deadline: Monday, July 13

September 9 (W) Shop Sedona and Lunch*
Motorcoach departs between 6-8:30 a.m.
Take in the views as you travel to Sedona, home to over 300 artists that are inspired by the quiet, colorful, and spectacular physical environment. The red rocks, drifting clouds, towering pinnacles, and sheer canyon walls lend incredible beauty to this area. Shop in the many shops and galleries. Lunch is included.
Tickets: $99 per person
Deadline: Monday, August 10

September 16 (W) Williams and Bearizona*
Motorcoach departs between 6-8:30 a.m.
Travel to the historic Route 66 town of Williams. Bearizona is approximately 160 acres. Visitors will drive through more than three miles of Ponderosa Pine Forest viewing North American animals in natural habitats when they visit. More animals are exhibited in Fort Bearizona, a beautiful 20-acre walk-thru area, along winding paths which is more of a "zoo" type setting. Enjoy a wide variety of wildlife, from majestic bison and nimble big horn sheep to stealthy wolves and adorable bear cubs.
Tickets: $99 per person
Deadline: Monday, August 17

September 24-25 (Th-F) Laughlin and Oatman Overnight*
Motorcoach departs between 6-8:30 a.m.
Flirt with Lady Luck in Laughlin for two fun-filled days. Enjoy a wonderful stay at the Edgewater. Try your lucky either on the slots, William Hill Race Lounge, or table games. Take a break with a meal at five restaurants on property. The next day visit the historic Route 66 mining town of Oatman, AZ. One meal is included. The minimum is 10 guests to go.
Tickets: $99 per person/double $119/single
Deadline: Monday, August 24

October 24 (S) Wine with a Bit of Foliage*
Motorcoach departs between 6-8:30 a.m.
Travel to Elgin and visit Autumn Sage Winery, 16.5 acres of high desert bliss with 7,500 Sagrantino, Alvarinho, Counoise, Cabernet Franc, Aglianico, and Malvasia Bianca grape vines. Enjoy an educational tasting, entertainment and picnic lunch. Stops will be made at two additional wineries for anyone wanting to taste and purchase (additional cost).
Tickets: $99 per person
Deadline: Monday, September 21

October 26 (M) Arcosanti with Lunch in Cottonwood *
Motorcoach departs between 6-8:30 a.m.
Arcosanti, begun in 1970, continues to be developed as an experiential learning center, walk-through demonstration of how to pursue efficient "lean" alternatives to urban sprawl. Tour Arcosanti, an experimental town and molten bronze bell casting community developed by the Italian-American architect Paolo Soleri. Check out the Windbell Gallery features an awe-inspiring collection of our hand-crafted, one-of-a-kind bells. Enjoy lunch in Cottonwood, a new culinary hot spot in Arizona.
Tickets: $99 per person
Deadline: Monday, September 21

November 9 (M) First Responders Tour and Lunch *
Motorcoach departs between 6-8:30 a.m.
The Hall of Flame Museum is home to the National

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Upcoming Trips and Tours

Firefighting Hall of Heroes and has over 100 fully restored pieces of fire apparatus on display (dating from 1725 to 2004). The Glendale Police Museum, dedicated to Glendale's finest, spans police history from the early days of the territorial sheriff to the present day. View early police equipment and items. A tour of the US Military Museum and lunch are also included.
Tickets: $99 per person
Deadline: Monday, October 5

November 12 (Th) Frank Lloyd Wright Taliesin West & Lunch *
Motorcoach departs between 6-8:30 a.m.
Taliesin West is a National Historic Landmark nestled in the desert foothills of the McDowell Mountains in Scottsdale, AZ. It is also the home of the Frank Lloyd Wright Foundation and the School of Architecture at Taliesin. Lunch is included.
Tickets: $125 per person
Deadline: Monday, October 5

November 13-14 (F-S) Verde Valley Overnight *
Motorcoach departs between 6-8:30 a.m.
Highlights of this overnight getaway include first-class seating on the Verde Canyon Railroad and more. Depart this morning for the Verde Valley Railroad. Begin with a stop in Jerome before arriving at the depot. First class train is included. Continue to Cottonwood and check into the Best Western Cottonwood for the evening. Dinner at Blazin' M is included this evening. Breakfast is included this morning at the hotel. Tour the Copper Art Museum this morning before shopping and lunch on your own in Historic Downtown Cottonwood. Continue to Alcanterra Winery for a tour and tasting before returning home.
Tickets: $360 per person/double; $415/single
Deadline: Monday, October 5

November 19 (Th) Martin's Auto Museum and Turf Paradise*
Motorcoach departs between 6-8:30 a.m.
Created in 2005, the Martin Auto Museum is the brainchild of owner and founder Mel Martin. Mel saw a need to share a collection of vehicles that represent significant periods in automotive history. The museum features over 75 vehicles, including classic cars, hot rods, customs, imports, and much more. After the fascinating Martin's Auto Museum, enjoy a delicious lunch, clubhouse seating and lunch at Turf Paradise.
Tickets: $105 per person
Deadline: Monday, October 19


Martin's Auto Museum exhibit of pre-1950s vehicles.

February 20-28, 2021 Tropical Costa Rica*
Lush forests and stunning waterfalls…rumbling volcanoes and endless coastlines…Costa Rica is a paradise teeming with exotic plants and incredible animals. Luxuriate at a resort for two nights at Playa Carrillo, Guanacaste, known for its breathtaking beauty and fine sandy beaches. Spend two nights in Monteverde's lush cloud forest. Experience the forest canopy on your choice of a hanging bridges nature walk or an exhilarating zip lining tour. Explore part of the 20,000-acre nature preserve of Cano Negro on a riverboat adventure. Enjoy the tranquil views of the Arenal Volcano from your hotel. Explore San Jose's Plaza de Cultura and view the magnificent National Theatre. You will find a slice of paradise and so much more. For more information, call 877-253-3058 and refer to booking number 1019052.

June 25 - July 3, 2021 Highlights of Norway*
Venture to a place where crashing ocean meets craggy mountains, forging the awe-inspiring majesty of the Norwegian fjords. Start in Oslo, where ancient history greets you at the famous Viking Ship Museum. Journey on one of the world's steepest train rides, the legendary Flåm Railway, past rushing waterfalls, looming mountains, and picturesque valleys. Relax in the Norwegian countryside, where you'll wake up amongst breathtaking mountain vistas and fjords. Go deep into the heart of the fjord region to the Briksdal Glacier. Cruise the crystal waters of the Geirangerfjord. Walk the ancient streets of Bergen's trading port. From Oslo to Bergen, you'll be awestruck by the grandeur of Norway. Call 877-253-3058 refer to booking number 1018926 for more details.

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July Calendar

Per the Leisure World Governing Board, we will remain closed until further notice. We will assess the situation weekly and follow federal, state and local guidelines. See eblasts for event updates!

			WED 1	THUR 2	FRI 3	SAT 4 *4th of July*
SUN 5	MON 6	TUES 7 1:00 p.m. Grief Support (Zoom)	WED 8 8:00 a.m. Wednesday Coffee (Zoom)	THUR 9	FRI 10	SAT 11
SUN 12	MON 13	TUES 14 9:00 a.m. District 4 & 6 (BQ)	WED 15 8:00 a.m. Wednesday Coffee (Zoom)	THUR 16 2:00 p.m. Ice Cream Social (PAV)	FRI 17	SAT 18
SUN 19	MON 20 Game Night: The Price Is Right" (Zoom)	TUES 21 1:00 p.m. Grief Support (Zoom)	WED 22 8:00 a.m. Wednesday Coffee (Zoom)	THUR 23	FRI 24	SAT 25
SUN 26	MON 27	TUES 28 2:00 p.m. Community Chat (BR/Zoom)	WED 29 8:00 a.m. Wednesday Coffee (Zoom)	THUR 30	FRI 31	

Weekly or Monthly Event Calendar Corrections/Changes

Contact Pene Mathison in the Recreation Department:
480-832-0003 ext. 234 or pmathison@lwca.com.

Recreation Center 1

AR - Anniversary Room
AS - Art Studio
BQ - Banquet Room
BR - Ballroom
B – Billiard Room
BRD - Board Room
BRG - Ballroom/Kitchen
C - Classroom
CER/SG - Ceramics/Stained Glass
CC – Computer Classroom
CLR – Clubroom
CLRG - Clubroom/Banquet Room
CY - Rec. 1 Courtyard
FC - Fitness Center
LAP - Lapidary
LBG - Lawn Bowl Green
LC - Lakeside
LDL - Lost Dutchman Lake
LIB - Library
MC - Motorcoach Trip
P - Swimming Pool
PC – Pickleball Court
POT - Pottery
PROM - Promenade
PROMG - Promenade/Kitchen
QCR - Queen Card Room
R1PL - Rec. 1 Parking Lot
REC - Recreation Office
SHB - Shuffleboard Court
SC - Sports Court
SR - Sewing Room
T - Theater
TC - Tennis Court

Recreation Center 2

HOPI - Hopi Room
HOPIG - Hopi Room/Kitchen
HPG - Hopi/Pima/Kitchen
MR - Music Room
PIMA - Pima Room
PIMAG - Pima Room/Kitchen
PO - Swimming Pool
PAV - Pavilion
TPO - Therapy Pool
R2PL – Rec. 2 Parking Lot

Recreation Center 3

Located at Heron Lakes Golf Course

APA – Apache Room
APA/NAV – Apache/NavaJo Rooms
NAV – Navajo Room

Regular Weekly Events July 2020

Limited Availability Depending on Club and Activity. See page B5.

SUNDAY

9:00 a.m. Lawn Bowls (LBG)
9:00 a.m. Pottery Open Studio (POT)
4:00 p.m. Movie Matinee (T)
6:15 p.m. Partner Bridge (LC)
6:15 p.m. Sunday Pinochle (QCR)

MONDAY

6:45 a.m. Early Bird Stretch (C)
7:00 a.m. Lap Swimming (PO)
8:00 a.m. Tap Dancers (C)
9:00 a.m. Heron Lakes Men's Golf (APA/NAV)
9:00 a.m. Lawn Bowls (LBG)
9:00 a.m. Pottery Class (POT)
9:00 a.m. Swim Exercise (P)
9:00 a.m. Twiddlers (QCR)
11:30 a.m. Line Dance - Beginner (BR)
12:00 p.m. Pottery Open Studio (POT)
12:30 p.m. ACBL Monday Bridge (CLR)
12:30 p.m. Texas Hold 'em (QCR)
1:00 p.m. Stained Glass/Fused/Mosaics Open Studio (CER/SG)
1:30 p.m. Beginning Mah Jong (APA)
2:00 p.m. Water Volleyball (P)
6:30 p.m. Progressive Bridge (QCR)
6:30 p.m. Scrabble (LC)
7:00 p.m. Swim Club (PO)

TUESDAY

7:00 a.m. Lap Swimming (PO)
8:00 a.m. Table Tennis (C)
9:00 a.m. Ceramics Open and Firing (CER/SG)
9:00 a.m. Lawn Bowls (LBG)
9:00 a.m. Pottery Open Studio (POT)
9:00 a.m. Swim Exercise (P)
10:00 a.m. Computer Lab Open (CC)
12:30 p.m. ACBL Bridge (CLR)
12:45 p.m. Pinochle (QCR)
12:45 p.m. ReFit - Dance Fitness (C)
1:00 p.m. Hand and Foot (LC)
1:00 p.m. Watercolor Classes (AS)
6:15 p.m. 5 and 10 Cent Poker (LC)
6:30 p.m. Men's Poker (QCR)
7:00 p.m. Swim Club (PO)

WEDNESDAY

6:45 a.m. Early Bird Stretch (C)
7:00 a.m. Lap Swimming (PO)
8:00 a.m. Tap Dancers (C)
8:00 a.m. Wednesday Coffee (CLR)
9:00 a.m. Donut League (APA/NAV)
9:00 a.m. Lawn Bowls (LBG)
9:00 a.m. Porcelain Painting (POT)
9:00 a.m. Swim Exercise (P)
10:00 a.m. Computer Lab Open (CC)
11:30 a.m. Line Dance (BR)
12:00 p.m. Pottery Open Studio (POT)
12:30 p.m. Shufflers (NAV)
12:45 p.m. Pinochle (QCR)
1:00 p.m. Stained Glass/Fused/Mosaics Open Studio (CER/SG)
2:00 p.m. Line Dance (C)
2:00 p.m. Water Volleyball (P)
6:00 p.m. Dealer's Choice Poker (APA)
6:15 p.m. Hand and Foot - Samba (LC)
6:30 p.m. 5 Cent Poker (NAV)
7:00 p.m. Swim Club (PO)

THURSDAY

7:00 a.m. Lap Swimming (PO)
8:00 a.m. Ladies Billiards (B)
8:00 a.m. Table Tennis (C)
9:00 a.m. Heron Lakes Men's Golf (APA/NAV)
9:00 a.m. Lawn Bowls (LBG)
9:00 a.m. Pottery Class (POT)
9:00 a.m. Quilters (CLR/SR/BR)
9:00 a.m. Swim Exercise (P)
10:00 a.m. Computer Lab Open (CC)
12:00 p.m. Ceramics Pouring (CER/SG)
12:00 p.m. Pottery Open Studio (POT)
12:30 p.m. Duplicate Bridge (CLR)
12:45 p.m. ReFit - Dance Fitness (C)
1:00 p.m. Mah Jong (APA)
3:30 p.m. Genealogy (CC)
6:15 p.m. Hand and Foot - Samba (LC)
6:15 p.m. Rummikub (APA)
6:30 p.m. Men's Poker (QCR)
7:00 p.m. Swim Club (PO)



FRIDAY

6:45 a.m. Early Bird Stretch (C)
7:00 a.m. Lap Swimming (PO)
8:00 a.m. Tap Dancers (C)
9:00 a.m. Ceramics Class (CER/SG)
9:00 a.m. Drop in Art (AS)
9:00 a.m. Knit-A-Long (QCR)
9:00 a.m. Lawn Bowls (LBG)
9:00 a.m. Porcelain Painting (POT)
9:00 a.m. Swim Exercise (P)
10:00 a.m. Computer Lab Open (CC)
11:30 a.m. Line Dance - Beginner (BR)
12:00 p.m. Pottery Open Studio (POT)
12:00 p.m. Beginning Clogging (C)
1:00 p.m. Cribbage (LC)
1:00 p.m. Intermediate I Clogging (C)
1:00 p.m. Open Sewing (SR)
2:00 p.m. Intermediate II Clogging (C)
3:00 p.m. Intermediate III Clogging (C)
4:00 p.m. Friday Social (CLRG)
6:15 p.m. Game Night (LC)
7:00 p.m. Bingo (BR)

SATURDAY

7:00 a.m. Lap Swimming (PO)
8:00 a.m. Table Tennis (C)
9:00 a.m. Lawn Bowls (LBG)
9:00 a.m. Pottery Open Studio (POT)
9:00 a.m. Swim Exercise (P)
10:00 a.m. Computer Lab Open (CC)
2:00 p.m. Water Volleyball (P)
6:30 p.m. Progressive Bridge (QCR)



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Sat. - Sun 7 a.m. - 2 p.m.

Health Office
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July 2020 group exercise class registrations will be announced via e-blast.

If you have not signed up for the Leisure World e-blast communication, please do so to receive updated registration information.

As a reminder, we have launched a new Group Exercise Calendar with new classes, a new class progression rating system and new workshop. There is something for everyone! Our Fitness Specialists are happy to assist you with finding the right class!

If you register for a class with Silver Sneakers®/ Flex®, Silver & Fit®, or Renew Active®, you are required to attend 100% of the classes for the month. A $2 fee will be charged to your account for each class missed.

Fit Kits



The Fitness Center understands how difficult it has been to stay active during the coronavirus pandemic. We also understand that some of you may not be feel comfortable returning to the Fitness Center. So, we have put together a Fit Kit to help you get back on track.

The Fit Kit contains the following:

- a SPRI Stretch Band with Handles
- a small SilverSneakers® Ball and
- a Power Systems Continuous Loop Band.

As a **bonus,** we will include a limited edition Leisure World duffle bag and **free access** for the month of July to a new Level 2 live virtual class called ***Bands, Balls, and Balance** on ZOOM with Susan on Mondays and Wednesdays at 11:30 a.m.

Fit Kits are available for $25 cash or check. You can pick it up at the Fitness Center Monday through Friday between 7:30 a.m. - 4:30 p.m. Hurry because Fit Kits are limited!

New Power Plate Pro 7!



The Fitness Center has upgraded our two Power Plates to the new and improved Power Plate® Pro7™ Models (no keys required). These two new machines have all the same health benefits and added features, including proMOTION™ Dynamic Vibration Technology using high strength Vectran® cables.

By using these cables, the vibrations are transferred through the base of the platform and optimize targeted upper body muscles at high speed frequency rates between 25 and 50 times per second. These Vectran® cables offer variable resistance, adding more load to the muscles during the most intense part of the movement. This technique offers a unique way to progress your workouts by increasing the intensity of your training.

The Pro7 still offers massage and relaxation, increases circulation, diminishes cellulite, helps with fall prevention with stabilization, weight loss, pain relief and can increase strength and power. There are also sport specific programs for Golf, Tennis, Running, Ski, Basketball, Swimming, Soccer, Football and upper and lower body workouts.

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Visit our LWCA Fitness YouTube channel at:
https://bit.ly/LWCAYouTube

We have added a playlist for Power Plate videos for your education and enjoyment!
https://www.youtube.com/playlist?list=PL0gBEFYCyojlstxKgeF2ta7ExxotMFqCT



LWCA Fitness YouTube Channel Launched!

The Leisure World Fitness Team is proud to present our YouTube channel LWCA Fitness!

Your Fitness Team has uploaded group exercise classes for you to participate based on your fitness goals. Visit our LWCA Fitness YouTube channel as you work a sweat and smile with your Fitness Specialists!

https://www.youtube.com/channel/UCD4IEtzvUbZxHaEJGqpe2xg

Leisure World Wellness Department Staff



Randi Rich, RN
Health Office Lead



Marguerite Huspen
Outreach Specialist



Quoc Tran
Fitness Manager



Sue Patt
Fitness Specialist



Susan Kalnas
Fitness Specialist



Theresa Mendoza
Fitness Specialist

GROUP EXERCISE SPOTLIGHT

New Virtual Class: Bands, Balls and Balance!



Join our new live virtual Zoom class from the Fitness Center! This class will usee a band with handles, a small inflated ball that fits in one hand, a small loop band and a sturdy chair. Use your own equipment or purchase our three-piece Fit Kit from the Fitness Center.

This Level 2 class is 45-minutes long and can be done from the safety and comfort of your home using your own equipment on Zoom. The class will focus on a full body workout, including balance challenges.

Register in-person at the Fitness Center or by calling 480-832-0000 ext. 212.

Dates: Mondays and Wednesdays
Check-in: 11:30 a.m.
Place: Fitness Center
Cost: $20.00 FLEX/S&F/Renew

TRX Fundamentals



Have you passed by the sport court or the classroom and seen a class using these yellow and black straps? Have you seen them hanging in the Fitness Center? These are TRX Suspension Trainers.

The name alone is enough to scare off many people. Many people are intimidated by the look of the straps and/or the exercises they have seen people doing. But the TRX Suspension Training can be adapted to accommodate levels from **beginner** to highly advanced.

The TRX Suspension Trainer is one of the most versatile pieces of equipment in any gym. TRX stands for Total Body Resistance Exercise. It uses your body weight and gravity as resistance to build strength, balance, coordination, flexibility, core and joint stability. These are all important components to build strength, lose fat, improve endurance or flexibility.

TRX is perfect for all levels because it allows everyone to use his/her own body weight to perform exercises. The real bonus is that every exercise requires you engage your core while working other muscles. TRX also allows you to easily switch from one exercise to the next because all exercises use the same TRX Trainer for a quick, efficient exercise routine.

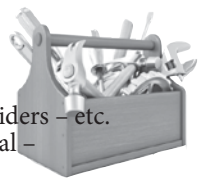
TRX Fundamentals is a level 2 class designed to teach you how to properly use the TRX suspension trainer. Your instructor will break down form, technique and introduce exercises that will improve daily function. By working with your body weight and changing angles, TRX can be done by most people for a total body workout.

Dates: Tuesdays and Thursdays
Time: 3:00 - 3:45 p.m.
Place: Fitness Center
Cost: $20.00 FLEX/S&F/Renew

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Class Descriptions

Level 1: Perfect for those new to exercise, those wanting to strengthen muscles, and establish a routine while having a chair or machine for assistance and support.

Level 2: Suitable for all skill levels. By increasing movement and intensity options, participants can adapt workouts to their levels

Level 3: These classes focus on increasing muscle strength & endurance, cardiovascular and core fitness.

Level 4: Designed for the advance level exerciser who wants to refine their skills and improve their strength and conditioning.

Level 5: High level classes designed to increase athletic performance and enhance fitness levels.



˜***Aqua Fit** (Lvl 2) – This class provides a water workout that includes cardio conditioning and muscle strengthening exercises using a variety of equipment with the water's natural resistance.

˜***Bands, Balls & Balance** (Lvl 2) – This is a virtual ZOOM class that will utilize your own band with handles, a small loop band, a small inflatable ball you can use in 1 hand and sturdy chair. The class will focus on a full body workout including balance challenges.

˜***Core Performance** (Lvl 3) – This class utilizes a progressive program design to produce solid results which improve: posture, mobility, agility, movement mechanics, and injury prevention.

˜***Fight Back-Boxing Fitness** (Lvl 2) – This non-contact class is centered around the Rocksteady Boxing for Parkinson's program. Combining the very best approach to improving cardio fitness, balance, agility, motor skill & coordination, and functional strength conditioning. You will need to provide your own gloves and hand wraps (gel wraps recommended).

˜***Functional Circuit** (Lvl 4) – An interval type of physical training (cardio and strength) that involves high intensity exercise alternated with rest periods is highly effective in conditioning the cardiovascular system. Must be able to easily get up and down from the floor.

***Hydrorider®** (Lvl 2) – Aqua cycling has become a fitness phenomenon because of the many incredible benefits – high caloric burn, lean muscle-building, increased circulation, with low impact on the joints. Aqua shoes required.

˜***Lifestyle Strength** (Lvl 2) – This class is a progression of Strength & Balance (Lvl 1) with emphasis on full body strength that enhance activities for daily living while improving basic balance skills. Must be willing to learn how to get up and down from the floor.

˜***Master the Machines** (Lvl 1) – This beginner class will teach you proper technique, customize seat settings, find proper starting weights, define number of repetitions and sets, and help you learn how to progress a strength training program in our Fitness Center. This class is designed to get you started, build strength, and give you tools to build your fitness program.

˜***Mat Pilates** (Lvl 3) – This class is based on Joseph Pilates principles focusing on connecting breath and core activation. It's designed to build core strength, abdominal endurance and tone muscles. You must be able to get on and off the floor with or without chair assistance.

˜***ReFit® DANCE FITNESS** (Lvl 3) – A total body fitness for all workout that leaves you smiling. ***REFIT*** is a "movement+music" experience that adds resistance-training elements to give you a total-body workout.

˜***Strength & Balance** (Lvl 1) - Classes will concentrate on range of motion from head to toe along with lifting hand-held weights and using one's own body weight to improve stability and strength.

˜***Strong & Steady** (Lvl 3) – Comprehensive strength conditioning designed to improve strength, posture, and challenge balance. Programming includes skills which help to improve daily function, facilitate an active lifestyle, and minimize physical decline associated with aging. Must be able to get up and down from the floor proficiently.

˜***TRU Strength** (Lvl 4) – This functional strength training class is designed to improve muscle tone and connective tissue strength, enhance metabolism, and development of both daily and athletic performance while teaching you proper form & mechanics.

˜***TRX® Fundamentals** (Lvl 2) – This class is designed to teach you how to properly use the TRX suspension trainer. This tool is excellent for increasing strength and improving body awareness. Your instructor will break down form, technique, and introduce exercises that will improve daily function.

˜ FLEX Approved
*** Silver & Fit/Renew Active Approved**



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Group Exercise Classes

CLASS	DAYS	TIMES	PRICE	PLACE
Aqua Fitness	Mon/Wed/Fri	8:00 - 8:45 a.m.	$25 Monthly $5 Drop-In	Rec. 1 Pool
Bands, Balls, & Balance	Mon/Wed	11:30 a.m. - 12:15 p.m.	$20 Monthly	Virtual Zoom
Core Performance	Tues/Thurs	6:00 - 6:45 a.m.	$20 Monthly $5 Drop-In	Rec. 1 Classroom
Fight Back Boxing	Mon/Wed/Fri	9:30 - 10:15 a.m.	$25 Monthly $5 Drop-In	Rec. 1 Classroom
Functional Circuit	Mon/Wed/Fri	4:00 - 5:00 p.m.	$25 Monthly $5 Drop-In	Rec. 1 Fitness Center
Hydrorider	Thurs	9:15 - 10:00 a.m.	$25 Monthly $10 Drop-In	Rec. 2 Therapy Pool
Lifestyle Strength	Mon/Wed	11:30 a.m. - 12:15 p.m.	$20 Monthly $5 Drop-In	Rec. 1 Classroom
Master the Machines	Tues/Thurs	2:00 - 2:45 p.m.	$20 Monthly	Rec. 1 Fitness Center
Mat Pilates	Tues/Thurs	11:45 a.m. - 12:30 p.m.	$20 Monthly $5 Drop-In	Rec. 1 Classroom
ReFit ® Dance Fitness	Tues/Thurs	12:45 - 1:45 p.m.	$20 Monthly $5 Drop-In	Rec. 1 Classroom
Strength & Balance	Tues/Thurs	11:00 - 11:30 a.m.	$15 Monthly $5 Drop-In	Rec. 1 Classroom
Strong & Steady	Mon/Wed/Fri	10:30 - 11:15 a.m.	$25 Monthly $5 Drop-In	Rec. 1 Classroom
TRU Strength	Mon/Wed/Fri	6:00 - 6:45 a.m.	$25 Monthly $5 Drop-In	Rec. 1 Classroom
TRX® Fundamentals	Tues/Thurs	3:00 - 3:45 p.m.	$20 Monthly $5 Drop-In	Rec. 1 Classroom

Fitness Center Recommendations

Please contact the Fitness Center for current offerings and recommendations:

- Personal Training
- Group Exercise
- Massage

Don't forget that our new telephone number is 480-832-0000 ext. 212.

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NURSE'S BEAT

How to Protect Against UV Radiation

By Randi Rich



The U.S. Department of Health and Human Services has named July as Ultraviolet (UV) Safety Month. UV light is a form of radiation, while UV radiation is a form of electromagnetic radiation. The main source of UV radiation is the sun.

The sun emits radiation in the form of UV light, which is classified into three types by wavelength: UVA, UVB and UVC light, but UVB and UVA light pass through it. UVA penetrates deeply into the skin and causes wrinkling or leathering of the skin. UVB, on the other hand, is the type of radiation that causes sunburns. Exposure to both UVA and UVB are associated with developing skin cancer.

UV Radiation

UV radiation is at its highest when and where the sun's rays are the strongest. UV levels will be highest around noon on a clear sunny day. They are also highest near surfaces that reflect sunlight such as snow or sand. It is more evident at higher altitudes.

One of the most dangerous sources of UV radiation is artificial UV lights like the type found in indoor tanning beds. Indoor tanning may be responsible for an estimated 400,000 cases of skin cancer in the United States annually.

Skin Cancer Risk

Overexposure to UV radiation can also cause eye cataracts, eye damage, skin aging, growth on the skin and immune system suppression.

Unfortunately, more severe illness can result. An estimated 5.4 million basal skin cancers are diagnosed annually, and nearly 3.3 million people are diagnosed with squamous cell cancers. Many people are diagnosed with more than one skin cancer type.

Invasive melanoma represents about 1% of all skin cancer cases. Sadly, there are an estimated 87,110 new cases of invasive melanoma annually and 9,730 deaths.

Here are some tips on how you can protect again UV radiation:

1. Block It: Block UV light with protective clothing. This includes wearing a hat and shade-protective clothing. Also wear sunglasses that have a label that protects 99% of UV radiation.

2. Embrace Shade: Stay in the shade, especially when UV radiation is most intense at midday between 10:00 a.m. and 4:00 p.m. The sun can still damage the skin on cloudy days or in the winter, so year-round protection is important. Individuals can experience more UV exposure at higher altitudes that have less atmosphere to absorb UV radiation.

3. Apply Sunscreen: Choose the right sunscreen and apply it correctly. Sunscreen labeling recommends that it contain a sun protection factor (SPF) of at least 15. It should also protect against both UVA and UVB radiation. When you are out in the sun, apply at least one ounce (a palmful) of sunscreen every two hours. Apply more frequently if you are sweating or swimming, even if the sunscreen is waterproof.

4. Avoid Artificial Exposure: Stay away from sources of artificial UV light. There is no such thing as a safe tan. Indoor tanning significantly increases the risk of developing melanoma, basal and squamous cell cancers. It also causes premature aging of the skin and suppresses the immune system.

Many are fearful of the term radiation. Radiation is dangerous and increases the risk of developing cancer. If individuals associate sunlight as a form of radiation, they may be inclined to make a bigger effort to avoid exposure and reduce the risk for developing malignancy.

Remember to take these necessary precautions when you are out enjoying the sun! An ounce of prevention is a pound of cure!

-Randi Rich, RN, is Health Office Lead at Leisure World.



Fight the Fall Thank You

The Fitness Center would like to give a special thanks to Todd Carling of Fellowship Square-Mesa, who came to Leisure World and provided gait analysis for our residents. In addition to the gait analysis, Todd also provided several tests checking balance.

We would like to thank residents for participating in our Fight the Fall event last month. This event made you aware of your risks for falling. If you need to make strength gains or work on balance issues, the Fitness Center Personal Trainers are here to help you.

When classes resume, we have a Strength and Balance, Level 1 class available on Tuesdays and Thursdays at 11:00 a.m. to help with exactly these issues.

Once again, thank you all for your participation. Continue to gain strength and balance to fight the fall!



Todd Carling from Fellowship Square conducts a gait analysis with resident Carol Proffitt.



Resident Larry Wheaton receives a gait analysis.



Jason Rowe, physical therapist with Honor Health, assesses gait issues.

MEMBER SPOTLIGHT

Chris Perrino: Born to Be Wild!



Leisure World resident Chris Perrino-Chavez was born to be wild!

A native of Chicago, Illinois, Chris moved to Arizona in 1970 because her parents got tired dealing with cold, snowy winters. Since moving to Arizona, Chris eventually moved into the home she inherited from her parents. Chris and Ollie, her husband of 11 years, have lived in Leisure World for the past eight years.

Together, they have one big blended family. Chris has one daughter, son and grandson, and Ollie has three daughters and seven grandchildren. "I guess his family was busier than mine," says Chris.

Chris is very serious about her health, "Exercise and food choices are very important to maintain a healthy lifestyle," she says. She participates in the Functional Circuit Class and believes "it is a great way to meet like-minded people."

As a Certified Herbalist, Chris has creating her own herbal tea and tinctures and adds fresh herbs to her recipes.

"Each herb/plant has a positive effect on our bodies," Chris explains. "I no longer use prescription drugs or have the need to see a doctor."

For fun, Chris and Ollie ride their Harley Davidson motorcycle every weekend. They travel throughout Arizona and their vacation wish list is inspired by the open road while on their bike. Unfortunately, their scheduled trip riding on the Pacific Coast Highway was postponed because of the coronavirus.

When she's not out riding with Ollie, Chris loves walking her cute little pooch Kissie. She also will occasionally treat herself to "the best gelato in the world" at a cute little Italian deli in Mesa called Dolce Vita. She enjoys hearing the owners speak Italian since it reminds her of her childhood.

So, what's Chris' motto: "Stay positive, never act your age and always keep them guessing!" That's how Chris rolls down the highway!



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25 Things You Don't Know About Me

Marguerite Huspen
Outreach Specialist



1. **Who do you admire and why?**
My father, Dr. Robert F. Huspen. He owned and managed a veterinary business, three farms, had 11 kids and a wife with major health issues. But he didn't give up or throw in the towel.
2. **What is something that no one knows about you?**
I danced professionally with two dance troupes, Astarte Belly Dance Troupe and Belarosa Music and Folk-Dance Ensemble for over 15 years. I am a lightning strike survivor and I worked for the government in Upper Michigan as a Ground Crew Fire Fighter and Qualified Chain Saw Operator.
3. **What is your most unusual talent?**
I am a psychic medium.
4. **If you won a million dollars, what would you do?**
Pay off my student loan and all debt, travel, buy a home in a wonderful climate with lots of trees and nature near the water and share it with my family.
5. **If you could travel anywhere, where would it be?**
The Mediterranean and the Middle East.
6. **Where were you born?**
Cedar Rapids, Iowa. My folks were living in a Quonset hut on campus at Iowa State University, where my dad was going to veterinary school.
7. **Do you have a nickname? If so, what and why?**
My grandfather used to call me "The Professor" because I was always very inquisitive and loved to read.
8. **If you could learn only one new skill, what would it be?**
Piano and electric guitar – I guess that is two. I played acoustic guitar for 10 years through my twenties but didn't continue because I took up dance.
9. **What is your favorite TV show and why?**
Reality dating shows. They are so crazy, and they make me laugh. I like to watch the participants' interactions, body language and figure out why the producers do what they do. And who will choose the wrong partner because the producers have them experience an intense endorphin adventure together!
10. **What is your favorite movie of all time and why?**
"The Minority Report." The idea of arresting someone before a crime is committed is frightening. I was fascinated by the original screenplay I studied in a filmmaking class and it was very different than the final cut of the film.
11. **What do you love to talk about the most?**
All things metaphysical and spiritual.
12. **What's the most embarrassing thing that has ever happened to you?**
Being called "Tiny Tim" in school because of my curly hair. So, I tried gel and pink tape to hold it down. Today, it would be considered bullying, but now I like my curls!
13. **What is your favorite sport?**
Hiking and dancing are a tie.
14. **What is your perfect weekend?**
Camping out under the stars, sleeping in, swimming, hiking, fishing and cooking a great meal over a campfire. Sitting around the fire at night with friends, watching the full moon come up, stargazing and enjoying smores and good drinks.
15. **If you had a warning label, what would it say?**
Dynamite comes in small packages!
16. **What is one thing you would never settle for?**
Discrimination, lack of integrity and closed-mindedness.
17. **What can you not live without?**
Dark chocolate
18. **If you had to join the circus, what would you do? Why?**
The Fortune Teller because it's fun and I can use my intuitive gifts.
19. **What is your favorite quote?**
"Be the change you wish to see in the World," by Ghandi.
20. **What do people most compliment you for?**
My dancing ability, intuition, intelligence and my voice.
21. **If you could start any business, what would what it be?**
I have already started two. I currently have a Healing Arts Business since I am a clinical hypnotherapist, Reiki Master practitioner and intuitive. I also owned and operated a veterinary business for 10 years in Michigan with my former husband who is a veterinarian.
22. **What is the most important thing in your life?**
My daughter Shayna.
23. **Who has had the most impact on you?**
My mother, she's the reason I chose my career. She had various health issues when I was growing up. I decided I wanted to help others receive the best care.
24. **If you could give your younger self advice, what would it be?**
Do what you love and don't compromise!
25. **What is the best part of your job?**
Connecting with people and being able to help them.

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5 Ways to Practice Mindfulness

During the coronavirus, fear and anxiety have been at an all-time high. Now more than ever, it is important to remain calm. One of the best ways to do that is to practice mindfulness.

Mindfulness is maintaining a moment-by-moment awareness of our thoughts, emotions, bodily sensations and surrounding environment with openness and curiosity. The benefits include reducing stress and emotional reactivity, boosting memory, enhancing focus and improving physical and spiritual well-being.

Here are six ways to practice mindfulness:

1. **Focus on Breathing/Meditating:** Step into a quiet room to clear your mind. Focus on your breathing. You can even practice belly breathing by putting one hand on your stomach and one hand on your chest. Then slowly breathe in and out from your belly. Or sit and visualize a relaxing image like the ocean or a colorful garden. In a few minutes, you will see your body and mind naturally calm down.
2. **Limit Multitasking:** Many people boast of being multitasking pros. But research shows that focusing on too many things at one time is counterproductive and can negatively impact your mindset. Focus on one activity at a time and try to eliminate excess noise. The next time you embark on a task, turn off the television or lower the background music and notice the difference. You will probably enjoy the activity more and even get it done faster since there were no distractions.
3. **Practice Yoga or T'ai Chi:** Both Yoga and T'ai Chi focus on movement through breath. In these practices, each move is intentional and fluid. As you transition from one pose to the other, you must breathe while staying calm and focused. They are great workouts and invigorate the body, mind and soul.
4. **Smell the Roses:** Go for a walk around the neighborhood and take in the sights, sounds and smells. Notice if your neighbors have put any new décor up in their front lawns. Delight in the beautiful blue sky. Observe any pleasant or strange smells in the air. Listen for birds chirping and the sounds of your environment. By doing so, you will be amazed at the beauty around you that you most likely had previously never noticed.
5. **Music Beyond Lyrics:** Play your favorite songs, but instead of listening to the lyrics in the chorus, focus on the instrumentals. Pay attention to the background guitar or piano melody. Observe how the different rhythms in the song interact to create such a great piece. The music will soothe your mind and soul.



By practicing these tips, you will learn to be present in the moment. This daily habit will help foster peace and mental well-being. Share your newfound practice with family and friends so they can also reap the benefits. Together, we can find peace during these uncertain times and remain stay strong.

Emergency 911

If you have an emergency, dial 911 immediately. Do not call the Security Department. The 911 operator needs details about the emergency that security staff can't answer. It takes precious time away from getting the proper help and the operator can determine which services to dispatch. The 911 operator will then call LW Security to alert them of the emergency and inquire about the quickest access to the distressed.

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How to Boost Your Immune System

Health organizations and government officials have shared ways to stay safe from the virus. But in addition to washing your hands, wearing masks and practicing social distancing, it's important to maintain a strong immune system. This way, your body has a chance of fighting any illness or virus you may get.

Here are five easy ways to boost your immune system:

1. **Fuel Right:** We need nutrients to have a healthy immune system, and our main source of nourishment comes from the food we eat. When you are prepping your next meal, consider its impact on your body. Instead of a greasy slice of pizza, opt for a chicken salad with plenty of mixed vegetables.
2. **Replenish with Vitamins:** Give your immune system an extra boost! Take a multivitamin in the morning. All vitamins are critical to help you ward off illnesses, but especially vitamin C. Enjoy a glass of orange juice, snack on watermelon or cantaloupe or add some kale to your salads – all rich in vitamin C and other nutrients.
3. **Keep Moving:** Life is better in motion! By moving your body, you will improve your physical and mental well-being. Stay active by going for a walk, playing golf, tennis or pickleball. You can also workout by making an appointment at the Leisure World Fitness Center. If you prefer to exercise at home, check out the Fitness Center's new YouTube channel at https://bit.ly/LWCAYouTube.
4. **Be Happy:** Research shows that the act of smiling instantly improves your mood — even if you don't feel it. This in turn, strengthens your immune system. So, fake it 'til you make it! In no time, you'll be happy you did. You will also be spreading joy to others since smiles are contagious.
5. **Get Your ZZZs:** As you sleep, your body heals. If you don't get enough rest, your immune system will suffer and make you more susceptible to illnesses. You will also be hungry and irritable. Try to practice good sleep hygiene by establishing a nightly routine for bed. Limit blue light from TVs, computers and phones, which interfere with your circadian rhythm. Also try to exercise earlier in the day so that you won't be too wired before bed.



These simple habits will help improve your health and boost your immune system. By implementing these daily, you will be energizing your body and mind and warding off illness. It's the boost you need to stay healthy and safe!



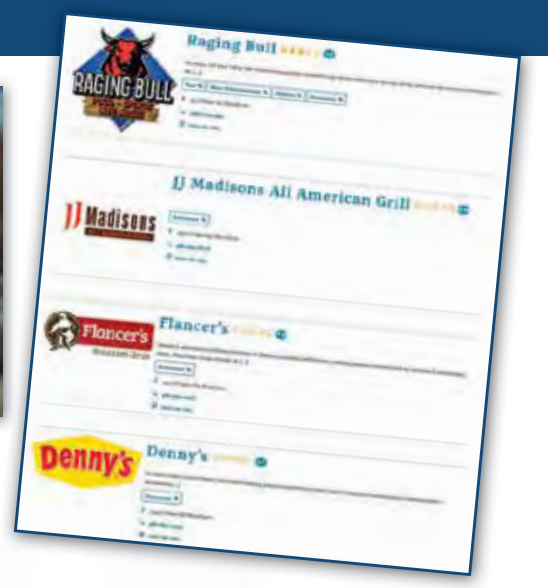
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Source: Washington Post/Consumer Report

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5 Tips to Beat Summer Heat

It's getting hot! The Arizona desert heat can be brutal — especially for those who are new to the area. As temperatures reach 100 degrees, the Phoenix area often has heat advisory warnings. That's why it is important to take precautions to avoid heat exhaustion or a heat stroke, which requires emergency medical care.

Here are five tips to stay cool this summer:

1. **Hydrate:** This is critical! Even if you don't feel thirsty, it is important to drink water. When it is hot, your body releases fluids through sweat at a faster rate. Don't get dehydrated. Remember to bring water with you when doing outdoor activities like hiking or even simply running errands. As you replenish your body with water, you'll be boosting your mental capacity and mood.
2. **Use Cooling Towels:** Invest in a cooling towel. Different than a regular towel, a cooling towel is engineered to stay cold when wet. Pour a little water on it, then wrap the cooling towel around your neck or head to keep your body cool. These towels are lightweight and easy to carry around. You never know when you might need one! You can purchase them at the Fitness Center for $12, or find them at Target and Walmart.
3. **Limit Sun Exposure:** Safeguard against the sun by reducing your exposure. This will keep your body cool and protect you from getting skin cancer. Remember to always wear sunscreen when you are outside, even on cloudy days. You can also cover your head and face with a hat and wear light, breathable long sleeve shirts to protect your arms. If you are going swimming, wear a rash guard, long sleeve swimwear with SPF protection.



4. **Avoid Peak Temps:** If you want to enjoy some sun, avoid peak temperatures. Instead of heading outside in the afternoon when it's usually hotter, plan your activities in the early morning or evening. Check the weather frequently to know optimal times for outings.
5. **Keep Steady Body Temperature:** Avoid constantly having your body temperature navigate from hot to cold. When you are inside with air conditioning, your body remains cool. But when you go outside, it works harder to kickstart your natural cooling mechanism. If you frequently go from indoors to outdoors, your body will take longer to acclimate and cool down. Therefore, limit trips from stores to your car or from inside your home to your backyard.

Arizona's 100-degree summer months can be difficult. But by taking these precautions, you can be safe and still enjoy this great weather. Remember, if you ever feel too hot, get to a cool place as soon as possible and seek medical assistance if necessary. Stay cool and beat the heat!

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Prevent Heat Stroke: Know the Signs

If you can't take the heat, get out of the kitchen. Or, if you live in Arizona, that would be the summer sun. Whether you are used to 100-degree Phoenix summers or not, high heat can be dangerous—especially if you are elderly and homebound.

According to the Arizona Department of Health Services, nearly 3,000 people visit Arizona's emergency rooms due to heat-related illnesses annually. Sadly, over 2,000 individuals died from excessive heat exposure from 2009-2019. Older adults and those taking certain medications are at higher risk for heat exhaustion or a heat stroke, which can be fatal.

That's why it is important to hydrate and take other precautions to stay cool. Knowing the signs of heat stroke can help save your life and that of others.



Nip Heat Exhaustion

Typically, a person will experience symptoms of heat exhaustion before it becomes a heat stroke. Catch it early! Watch out for the following signs before it gets worse:

- Dizziness
- Excessive sweating
- Cool, pale, clammy skin
- Nausea or vomiting
- Rapid, weak pulse
- Muscle cramps

If you are experiencing any of these symptoms while outside, get to a cooler air-conditioned place as soon as possible. In the interim, cool your body down by drinking water. You can even pour water on your head, neck and back.

When you get home, take a cool shower or use a cold compress. Then, elevate your legs to help stabilize your blood pressure. If your symptoms do not subside within a few hours, seek medical attention.

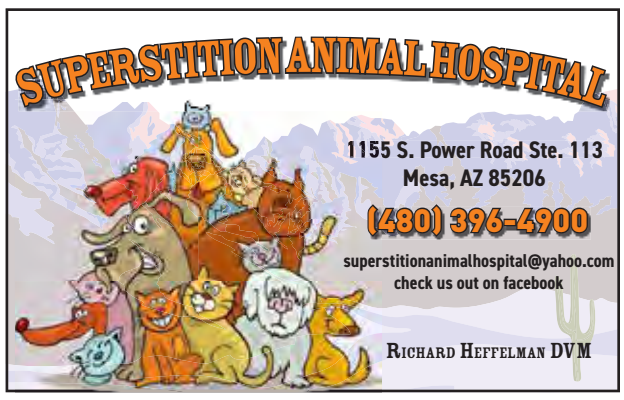
Heat Stroke Action

A heat stroke can be fatal without swift medical care. Most times, those suffering from a heat stroke are unaware of their own symptoms. That's why it's important to know the signs and take action if necessary. Be aware of the following symptoms:

- Throbbing headache
- No sweating
- High body temperature above 103 degrees/red, hot, dry skin
- Nausea or vomiting
- Rapid, strong pulse
- May lose consciousness

If you or someone you know is experiencing these symptoms, call 9-1-1 immediately. Take action to cool the person's body temperature down while you wait for help to arrive.

If you spend time outside this summer, take necessary precautions to keep cool. Be mindful of symptoms and watch out for others who might be suffering. When we are empowered with knowledge, we can help protect each other and keep our community safe.



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Leisure World

Golf

HOT TIPS

5 Golf Drive Distance Tips

By Shane Romesburg

Golfers can do may thing to stop losing drive distance as they age. But the two easiest ways to continue hitting the ball a decent distance are equipment changes and swing changes.

Did you know that golf manufacturers have developed a variety of technologies that are designed to allow older golfers to hit the ball far enough to continue enjoying the game?

Here are five tips to improve and preserve your golfing drive distance:

1. **Change Golf Ball:** We all remember when balls designed for distance were hard as rocks and offered very little in the way of feel around the greens. This has all changed! There are now many options to choose from, and each choice is designed for a particular type of golfer. Choosing the right ball to fit your game will improve your game.
2. **Use Flexible Shafts:** Shafts that are more flexible allow for more "load," which will maximize distance as your swing gets slower and shorter with age. You can also experiment with a longer shaft in your driver.
3. **Add Loft to Driver:** Most people think the lower the loft (9 degrees vs. 10.5 degrees) will provide more distance. For many golfers, this only provides more spin, which decreases distance. A higher lofted driver can sometimes help maintain distance because it makes the ball carry more through the air.



4. **Maintain Strength and Flexibility:** The key to distance in the golf swing is the ability to make a full turn away from the ball and swing the club swiftly back through. Older golfers lose the ability to do this since their muscles become less flexible and they lose strength. Stretching and light workouts can help overcome the loss of flexibility and strength.
5. **Moving Up Tee:** Have you thought about moving up a tee? The game needs to be enjoyable! It's not much fun knowing that it takes your two best shots and you still haven't reached a Par 4 in regulation. So, get rid of all your long irons and replace them with much more forgiving hybrids.

By following these tips, golfers will still be able to hit the ball at a decent distance despite getting older. Remember, embrace the wisdom that comes with age. When you do, you'll play smarter, more effectively, and will probably enjoy the game even more!

-Shane Romesburg is Head Golf Pro at Leisure World.

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Golf & Health

Exploring the health & well being benefits of golf

www.GolfandHealth.org

The Golf & Health Project, supported by the World Golf Foundation, is working to assess the health and wellbeing benefits of golf, aiming to help drive an increased interest and participation in golf, and to improve the public image of the sport.

1 Golf and Physical Activity

- **Aerobic** – Moderate intensity for most people
- **Muscle Strengthening** – Research required
- **Spectating** – Research required

2 Golf can provide moderate intensity physical activity using a golf cart or walking the course

- 3.5 METs
- 6000 steps
- 4 miles
- 600 kcal/18holes

- 4.8 METs
- 11-17000 steps
- 4-8 miles
- 1200 kcal/18holes

MORE health benefits by walking the course

3 Physical activity is associated with reduced risks of chronic conditions

Hip Fractures	- 36 to 68%
Diabetes	- 30 to 40%
CVD, Stroke	- 20 to 35%
Colon Cancer	- 30%
Depression / Dementia	- 20 to 30%
Breast Cancer	- 20%

4 Golfers Live Longer



vs.



Golfers live longer compared to non-golfers

5 Mental health & Wellness

Golf has wellness benefits

INCREASED

- Self Esteem
- Self Worth
- Self Confidence

Golf and mental health needs more research

6 Golf & Physical Health

Cancer

Regular PA =

decreased risk colon / breast cancer

Skin cancer - Wear sunscreen, protective clothing, seek shade

Cardiovascular

Golf can improve known risk factors for CVD

Consult a doctor before playing golf if unstable cardiac symptoms present

Musculoskeletal

Incidence of injury moderate, injury rate per hour low. Back, elbow, and wrist most common

Improved balance and strength in older adults

Respiratory

Regular participation in golf

=

Improved and maintained lung function in older adults

KEY

METS - Metabolic equivalent [unit of measure of heat production by the body.]
KCAL - Calorie unit of measurement
CVD - Cardiovascular Disease
PA - Physical Activity

Murray, AD., Daines L., Archibald, D., Schiphorst, C., Hawkes, R., Kelly, P., Grant, L., Mutrie, N. British Journal of Sports Medicine 2016

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If you or any seniors you know are in need of housecall or telemedicine visits so they can practice social distancing, or if you have any questions regarding insurance coverage for our visits, please reach out to our office and we will be happy to help!

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