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August 2018

Leisure World News

The Official News Publication of Leisure World Arizona



Are you ready?
Estate Planning 101 on Page A19

New PTSD Therapy
Page A15



Kung Fu Dining
Summer Potluck
Page B2

A Road Less Traveled: Walking Alongside Children in Kenya

As the old adage goes, "You can't understand someone until you've walked a mile in their shoes." Leisure World Operations Manager Jason Doll takes this to heart—literally.

At the end of August, Jason will fly to Nairobi, the capital city of Kenya, and drive three hours north to Hope Calvary School and Church in Nakuru to distribute shoes to children in need.

"These children have a real life and death need," says Jason. "The shoes they so desperately require provide a simple and inexpensive solution that truly makes a difference in their everyday lives."

But for those of us living in the United States, this may not be obvious. We take having shoes for granted. In fact, most people have a variety of shoes for different purposes—working, running, gardening and dancing—to name a few activities. Sadly, many children in Third World countries don't own a pair of shoes—let alone multiple pairs.

"These children have minimal resources and are often helpless and hopeless," explains Jason. "They don't expect anything. But offering them a simple thing like shoes gives them hope for a better future."

Shoes are especially critical in countries like Kenya, Rwanda, Haiti and Uganda, where children can be exposed to soil transmitted diseases. Without shoes, children are at a higher risk of injuring their feet and getting cuts and sores. Children also need shoes to be able to play and take a break from their harsh living conditions. As Jason puts it, "Kids deserve to just be kids."

This is where Shoes of Hope comes in, a special service project of J.D. Ministries, Jason's personal ministry. Founded in 2012, J.D. Ministries is a non-profit organization that focuses on "meeting the urgent physical needs of children, widows and the poor by providing food, clean water, medical care, a bed to sleep in, education and safety." The goal is to create long-term solutions to communities in need.



Leisure World Operations Manager Jason Doll visits Kenya to help children in need.

"People living in Third World countries live a harsh reality every day," says Jason sadly. "J.D. Ministries wants to help change the lives of people and make a difference."

While Jason and his family were driving through Nebraska on vacation, he heard God calling him to help others. An inner voice encouraged him to do more by starting a ministry that would put God's words into action. Shortly thereafter, J.D. Ministries was born.

Continues on Page A10

Eternally Dancing for 60 Years

When Leisure World residents Kay and Joy Read met at a college dance 60 years ago in Amarillo, Texas, the chemistry was undeniable. A whirlwind romance followed, and they tied the knot less than one year later. Decades later, the duo are still going strong.

"It was love at first sight," Kay reminisces. "On our first meeting, I noticed his eyes. I loved his quick wit and the way he made me laugh."

As for Kay, he was smitten by Joy's exuberance.

"I fell in love with her personality and her smile," he says. "She's always been positive, happy and smiling." Although they were raised at opposite ends of Texas, Kay and Joy were destined for one another. In October 1957, while Kay was in college, he needed a dance partner and approached Joy to see if she would be a willing participant. Also needing a partner, she said yes. From there, it quickly evolved into a three-month courtship and engagement in March the following year. They married at San Jacinto Methodist Church in Amarillo on September 6, 1958.

After getting married, the couple attended North Texas State College in Denton, Texas, where Joy received a Bachelor of Music. In 1961, they moved to College Station for Kay to attend Texas A&M University. He holds doctorates in both veterinary medicine and experimental and diagnostic pathology.

Kay was a professor with the College of Veterinary Medicine at Texas A&M University, retiring after 37 years. He also served as head of the Department of Pathobiology. Joy, on the other hand, shared her musical talents by providing organ and piano music for Texas A&M University special events and local churches. She retired after 23 years of service.

So, what's the secret to their decades-long marriage?

"Kay still makes me laugh," Joy affectionately says. "He's a gentleman, extremely considerate and puts me first."

The couple has mastered compromise and bask in quality time.

"Marriage is a 50/50 relationship," Joy says. "You have to consider your spouse's wants and needs. We also don't fight much. We truly enjoy one another and do everything together."

Kay agrees, adding a unique insight.

"We've been married so long because we like each other. You can love someone without liking them, but we love *and* like each other."

After raising their three children, Kay and Joy pursued their love of dance and taught ballroom dancing for 25 years throughout the United States, Japan, Germany and Canada.

Kay and Joy originally came to Leisure World seasonally in 2003 to teach dance. But in 2011, they

Continues on Page A18



Joy and Kay dancing to "You Raise Me Up" by Josh Groban at 2004 Ballroom Dance Exhibition in Japan.



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

LWCA Directory

Main Number: 480-832-0003

Administration Reception - Ext. 210

Facilities Department - Ext. 233

Finance Department - Ext. 227

Fitness Center - Ext. 261

Golf - CR 480-634-4370 HL 480-664-0761

Health Office - Ext. 222

Landscape/Maint. Department - Ext. 223

Communications / LW News - Ext. 248

Recreation Department - Ext. 224

Security Department - 832-0000

RE/MAX Classic - 480-832-7451

Outreach Office - Ext. 207



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Rena Miglore	482
LeAnn Moore-Aicher	738
Jeanette and Elmer Fisher	1830
Gary and Kathy Dudley	43
Patricia and Martin Lese	1925
Robert and Veronica Connelly	387
Louis and Colette Dornez	387
Tom Johnston	768

Don't forget to schedule a

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What's Inside

Calendar B8
Classified Ads A23
Clubs A18
Card and Game Clubs A21
Gardening A13
Golf B18
Fitness Center Class Schedule B9
Music and Dance Clubs A21
LWCA A4
Puzzles A25
Oasis Health Spa B10
Obituaries A26
Recreation Department B2
Sports Clubs A22

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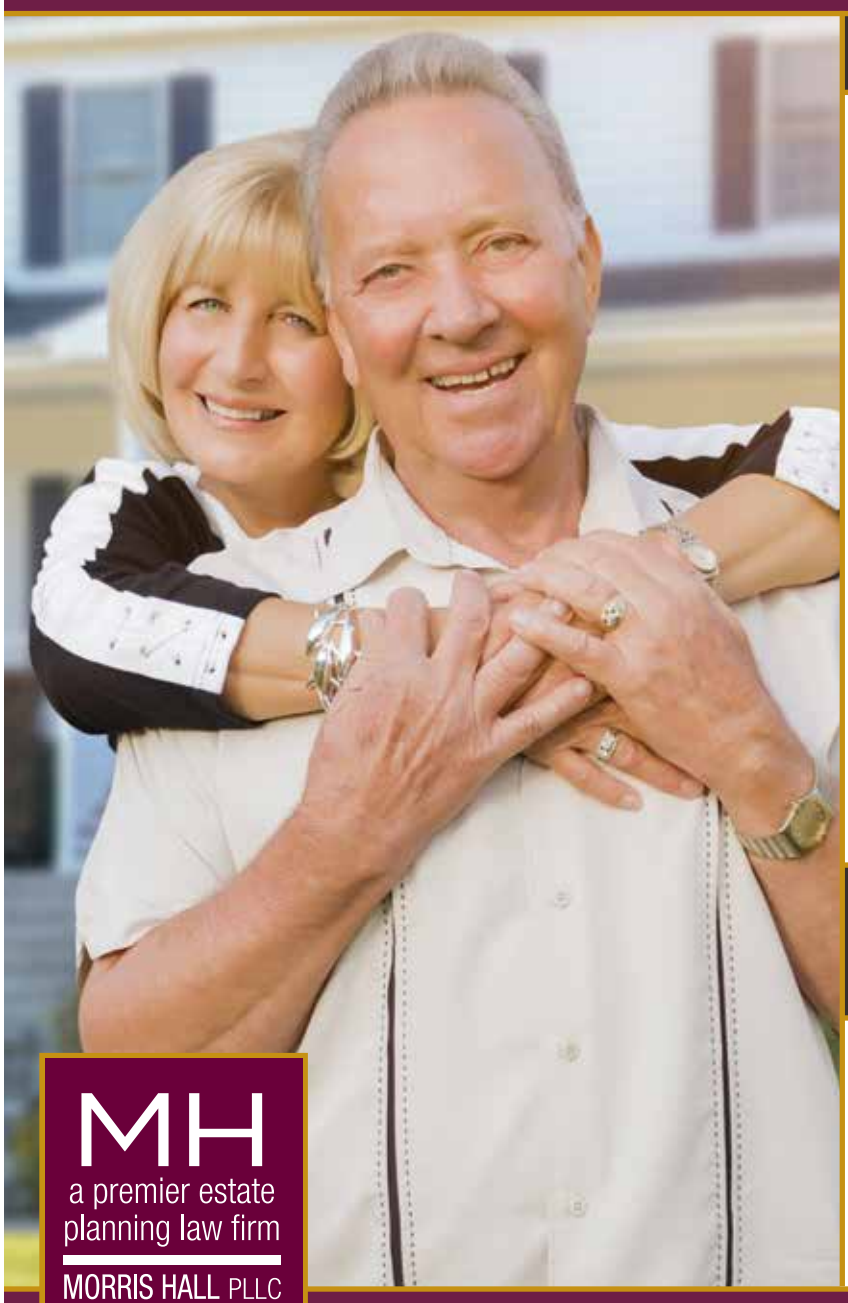
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DEADLINE FOR ARTICLES: 10th of the month submitted by email.

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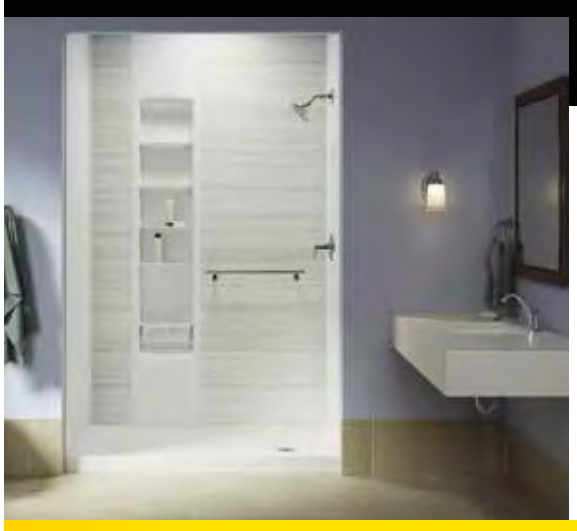


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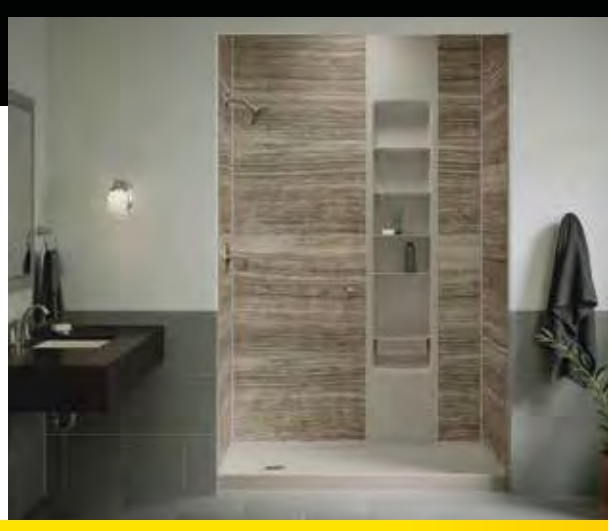
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Leisure World Administrative Announcements

COMPLIANCE CORNER



Political Signs: Agree to Disagree Respectfully

"I disapprove of what you say, but I will defend to the death your right to say it."
-Evelyn Beatrice Hall, author of
The Friends of Voltaire, 1906

Due to recent activity, please be aware that it is a federal crime to remove or destroy political signs. Anyone caught doing so will be prosecuted!

Thank you for your cooperation in respecting private property and the First Amendment!

Permits First, Manor Changes Second

All manor owners must have an approved permit from the Facilities Office prior to any changes/modifications to the exterior of their home. The permit must be posted on your home and be visible from the street—preferably inside of the window facing the street.

Once the work is completed, please return the permit to the Facilities Office. For any questions, please contact your ACC member or the Facilities Office, open Monday through Friday from 7 a.m. - 3 p.m.

See Something, Say Something!

Preserving the beauty of Leisure World and making it the best active adult community is our number one priority. Our dedicated and professional staff are here to help! So, if you see something that is out of place, needs fixing and requires our attention, please let us know. We can't resolve a problem we don't know about.

Please voice your concerns to the respective department or contact the Administrative Office. We will take action. A clean, manicured community is a happy community. So be active in helping make Leisure World beautiful. It's everyone's responsibility, and it makes a difference.



Community Chat
Tuesday, August 28 Rec. 1 Ballroom 2 p.m. - 3 p.m.

Wednesday Morning Coffee
August 15 at 8 a.m.

Golf with Community Manager
No golf with Bob Kimble through the end of summer.

New on the Block

Helen Salak



If you ask new Leisure World resident Helen what she likes to read, she'd tell you mysteries and romance. Helen looks for titles written by James Patterson, John Grisham and Danielle Steele.

She looks forward to "being busy and making friends" and appreciates the generosity of her neighbors and others who take her to Bingo and around the neighborhood. She also likes playing cards, especially Rummy Q, Hand and Foot, and occasionally, pinochle. Colorful puzzles are another one of her pastimes.

Originally from Cleveland, Ohio, Helen has lived in Gilbert for 25 years. She moved to Leisure World because her home was too large, and her yard, pool, hot tub and fruit trees became too difficult to manage after her husband passed away.

Helen has four daughters: one lives in Mesa, one in Scottsdale and the remaining two in Ohio. She also has six grandchildren and will travel to Ohio to attend her granddaughter's August 11 wedding.

Helen is happy to be part of the Leisure World community and looks forward to making new friends. She affirms, "My door is open to anyone!"

Susan Thrasher



Originally from Huntington Beach, California, Susan worked as a clinical psychologist for about 30 years before moving to Leisure World. After arriving, she quickly noticed the "kind, welcoming and gracious people"—and the two large swimming pools. How could she not? Susan calls herself a "a big swimmer" and enjoys this outdoor activity whenever she can. She likes Arizona's warm weather but admits she looks forward to opening her windows—something she misses.

Susan also enjoys eating out and loves Mexican food, especially Serrano's, which is right down the street. Movies and books also fill her time. She can't wait to see "The Incredibles," laughingly adding that besides the movies, "I love popcorn!"

Susan has two "fur-babies," who are Dawkins, a male shihpoo, and Sadie, a female cairn terrier. She loves animals, so her number one passion is to travel to places where she can see animals. She's been all over the world, and her favorite place is Africa because "it's beautiful and majestic." Susan is happy at Leisure World because "there's so much to do," and is eager to make new friends and get involved.

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Leisure World Administrative Announcements

EMPLOYEE SHOUT-OUTS

Exceptional "Can Do" Recreation Foreman John Stickling

There's no job Leisure World's Recreation Foreman John Stickling *can't* or *won't* do! For the past eight years at Leisure World, John's "Can do, will do!" attitude has permeated his exceptional customer service to residents and fellow employees.

John has been an instrumental team member of the Champion's Team for five years and a facilitator for almost four. With exuberant energy and a courteous smile, he has been pivotal in organizing public service projects like the hot water heater installations for churches and Leisure World fruit picking.

John has also organized semi-annual team-building luncheons, individual employee awards (goodie bags and coffee mugs) and department ice cream socials. He continues to develop ways to showcase employees who go the extra mile.

John was recently awarded the Employee of the Quarter Award. Congratulations, John! Thank you for leading by example!



Community Manager Bob Kimble and John Stickling

Caught in the Act of Good Work



Kudos to Leisure World maintenance workers Felipe Rodriquez and Martin Vasquez who were diligently cutting the grass on June 20 so golfers could enjoy the driving range.

In appreciation of their hard work, Community Manager Bob Kimble gave them gift cards.

Congratulations, Felipe and Martin!

Update Your Guest List

Expecting a visitor? Let us know!

Leisure World residents live in a secure gated community for a reason! Unless a person's name appears on your guest list, they will not be permitted to enter. This applies to tennis, pickleball and golf guests.

Security practices due diligence and will contact you for guest verification. Help us avoid a backlog of cars and let us know in advance when you are expecting guests; it's never too early to do so!

Please also remember to provide guests with your manor number for the gate guard on duty for faster review.

Thank you for your cooperation!

August Board and District Meetings

Board of Directors Work Session	NO MEETING
Open Board Meeting	NO MEETING
District 1	NO MEETING
District 1 Landscape Committee	NO MEETING
District 3	NO MEETING
District 4	NO MEETING
District 5	NO MEETING
District 6	NO MEETING
District 7	NO MEETING
District 8	NO MEETING

Meeting Minutes

Go to the Governing Board tab at the top of 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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Foundation Flashes





Friends Helping Friends

At Leisure World, we believe helping one another is key to a flourishing community. That's why in 2013, the Board of Directors formed the Friends Committee. The committee is responsible for developing stable funding that will continue to support the work of the Foundation into the future.

After successfully renovating Recreation Center 2 and the tennis and pickleball courts, the Leisure World Foundation began planning for continued growth and impact. The Friends' Committee began a direct mail campaign asking residents to contribute at various levels of giving.

The first year, we raised more than $20,000, which was then invested in long-term growth. The Board added additional funds to establish a separate Endowment Fund. To date, the Friends' Initiative has raised $109,360.00 for this and we now have more than $350,000 under investment. The goal is a one-million-dollar endowment which guarantees the Foundation will be to support community growth into the foreseeable future.

Over the years, there has been some confusion about the term "Friend of the Foundation." Of course, everyone who supports the Leisure World Foundation in any way is a friend! But those who have contributed directly to the Friends' Endowment Fund are listed as "Friends" in our annual report. This year, we will clarify this by publishing two separate lists: one for those who contribute to the Endowment Fund at different levels and one for those who donate to other Foundation programs throughout the year.

The Friends Committee now oversees all fundraising for the Leisure World Foundation and serves as the Development Committee. Members are current or former directors of the Foundation: Ralph Mueller (Chairman), Marv Diede, Peggy Dittberner, Kay Eakin, Sandra Lackore and Beverly Locke. Look for the Annual Report in the November Leisure World News.

Join us in continuing this important work. Donations can be made to the Leisure World Foundation at any time. Simply use the envelope in the Foundation display at the back of the Library and give to the receptionist at the front desk. Thank you for your support.







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Literary Muse

By Richard Mack

It's August, high summer in the low desert! Monsoon! Yikes! Can it get much worse? Fall is just around the corner; all you need is a survival plan. The best strategy I've discovered for surviving the brutal August weather is a trip to the Leisure World Library. There, in air-conditioned comfort, you can select a good book from the wide selection available.

Then, bring the book home. Make a cool drink like iced tea. Take the book and tea to your favorite chair with a good reading light. Let the book transport you to cool times and places. Before you know it, August will not look so bad after all, and summer in the desert will deliver its own rewards.



Kay Riche has been a volunteer librarian since 2005.

Book Review



If you are a mystery fan and are not acquainted with Christopher Fowler's Peculiar Crimes Unit (PCU) series, I think you are really missing something special. The most recent addition to the series is Bryant & May: Wild Chamber, in which all of Fowler's inventiveness and wit are on full display.

The eccentric detective duo of Arthur Bryant and John May are once again on the case. This time, the case involves the murder of Helen Forester, a London business woman strangled while she was walking her West Highland terrier in her street's private garden. Her body, peacefully laid out on the garden path, is discovered by the gardener, the only other person present in this locked and walled private park.

Who had access to the garden? Without a key, how did they get in? What happened to the dog that went missing? Before Bryant and May make any progress in the case, a second woman is found strangled in a public park, murdered in a nearly identical manner. No helpful clues emerge, so Bryant begins by researching the history of London parks and gardens from both a social and law enforcement prospective. What emerges is a fascinating history of London's beloved green spaces rife with class violence and illicit activity.

Yet, in spite all the facts gathered by the Peculiar Crimes Unit staff, there is no breakthrough. Bryant and May feel that they are missing something that should be obvious. But what? It may be failing to see the forest because the trees are in the way.

Meanwhile, political elements emerge and the unsolved murders become an excuse to turn many of the parks over to private developers. In addition, individuals within the police department have long sought reasons to eliminate the PCU, which they consider an anachronism not consistent with modern policing philosophy. Will the PCU's failure to solve these murders be just the pretext needed to abolish it?

The reader will encounter many twists and turns in this wickedly entertaining mystery. In the end, the PCU's unorthodox methods solve the crime and ensure that our eccentric detectives and their loyal staff will survive to once again restore peace and order to the City of London.

I assure readers unfamiliar with Fowler's Bryant and May stories, that these tales are serious mysteries. They are also leavened with enough mischievous humor to bring added pleasure and satisfaction to the most discerning mystery fan.

-Richard Mack is Publicity Chair of the Library Board.



Leisure World Resident Lee Weber

Statistics for June 2018

- 1280 Total number of books taken out of the Library
- 1105 Hardback books taken out of the library (including 632 large print books)
- 175 Paperback books taken out
- 349.25 Volunteer hours

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The Alzheimer's Foundation of America: Remember to Care for Those in Need

The Alzheimer's Foundation of America's (AFA) mission is to provide optimal care and services to individuals living with Alzheimer's disease and related illnesses to their families and caregivers.

AFA was founded in 2002 by a caregiver whose mother lived with Alzheimer's disease from 1980-1992. At that time, there was little information available and nowhere to turn for support. His goal was to make sure that no other family living with Alzheimer's disease would have to take the journey alone.

Since that time, AFA has grown to a network of more than 2,600 member organizations nationwide that provide direct care and services. To date, AFA has trained more than 13,000 healthcare professionals in dementia-specific care, provided free, confidential memory screenings to over four million people and provides support, counseling and education to thousands.

AFA's services include the following:

- **National Toll-Free Helpline (866-232-8484):** AFA's national toll-free helpline is staffed by licensed social workers trained in dementia from 9 a.m. - 9 p.m. est, Monday-Friday and Saturdays and Sundays, from 9 a.m. - 1 p.m. est. People who call AFA's national toll-free helpline receive support, educational materials and referrals to local resources. AFA's licensed social workers are also available via live chat, e-mail and Skype.

- **National Memory Screening Program:** AFA offers free, confidential cognitive screenings across the country, during the month of November, which is Alzheimer's Awareness Month, and year-round. Screenings last just five to 10 minutes and consist of a series of questions and tasks designed to gauge memory, thinking and language skills.

- **Support Groups:** AFA offers telephone-based caregiver support groups. Each group is facilitated by one of AFA's licensed social workers and meets in the afternoon or evening, giving caregivers a variety of options for when and from where they'd like to participate.

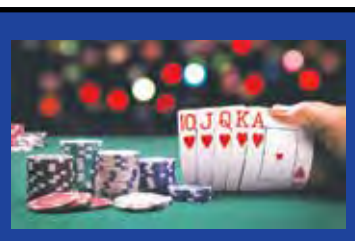
- **Education and Training:** AFA offers dementia-specific training to health care professionals of all levels. Our comprehensive and innovative training program "AFA Partners in Care: Supporting Individuals Living with Dementia," is rooted in the philosophy that relationships are at the core of high quality care.



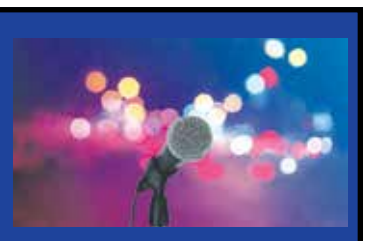
AFA also offers free, educational webinars and materials for family caregivers.

- **Funding for Research:** AFA is active in funding research toward the treatment, cure and prevention of Alzheimer's disease. In recent years, AFA has awarded grants to Winthrop University Hospital, the University of Pennsylvania, the Cleveland Clinic's Lou Ruvo Center for Brain Health, Hadassah Medical Organization, the Feinstein Institute for Medical Research and Emory University's Alzheimer's Disease Research Center in Atlanta.
- **Public Policy:** AFA has an active public policy team based in Washington, D.C., to help keep the needs of individuals with Alzheimer's and their family's top-of-mind with members of Congress and grassroots organizations. For more information about AFA, call 866-232-8484 or visit www.alzfdn.org.




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Capture Your Legacy with Remembered Well Storytelling

Everyone has a story. But no one has experienced life in the same way. Memories of your life story are part of your personal legacy that should be preserved and shared with future generations.

Remembered Well founder Michele Trent agrees. That's why she created a personal history business to safeguard your stories. Unlike ancestry research, Remembered Well is an oral story recording service. It's a firsthand account of history as remembered by the storyteller. Your stories—told in your voice—are preserved for generations.

Michele started this service after recording her own father. Hearing his stories as an enterprising youth and then a successful businessman, fueled her own entrepreneurial dreams. Those recordings have taken on even greater value now that he has passed away.

Knowing something about a relative makes you feel closer to them. It's not surprising that families who are aware of their history are stronger and more connected. Family history provides insight into your own life. Traditions and values get passed along from generation to generation. But they all started somewhere.

Wouldn't it be fascinating to know how and why these traditions started? Or why your parents or grandparents settled where they did? What about the legacy you want to impart to your children? Without preserving these insights and memories, they will inevitably be lost.

Family histories illuminate the past and establish a road map for the future. Oral histories are powerful and should be cherished. With the help of a personal historian, your history can be captured in a few sit-down conversations. The final product is a professional, digitally preserved, one-of-a-kind story that can be told for decades to come.

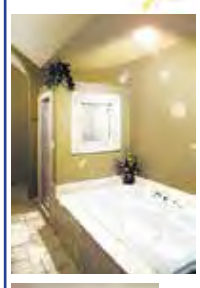
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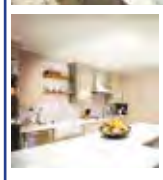
Learn more about preserving a personal history and hear unique client excerpts by visiting www.RememberedWell.com.

-Michele Trent is a personal historian and founder of Remembered Well.



Michele Trent captures her clients' stories through interviews.

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ROAD LESS TRAVELED *continued from page A1*

Jason realized that he could always return to the comforts of home after visiting Kenya. But for the people in the Third World, there was no escape to a better life. This inspired him to try to change not just one life, but a village of lives in Africa.

"I knew this was the place we needed to plant ourselves and sprout to change lives," he shares. "I want to help children and those who are 'stuck' in a cycle of poverty. Hopefully, we can help them make the right changes and break this vicious cycle."

After doing some research, Jason teamed up with The Shoe that Grows, a company dedicated to making a better shoe–one that could resist and endure dangerous conditions.

In 2007, company founder Kenton Lee was visiting Nairobi, where he noticed a child wearing shoes that were worn and too small for her growing feet. He then had an epiphany to develop "Expandals"—a different kind of shoe that is expandable up to five sizes and could be used for five years.

Expandals are comfortable, safe shoes that allow the foot to remain healthy as it develops. They are sturdy sandals with leather-like straps and rubber soles. They come in two sizes: small for ages 5 to about fourth grade, and large for fifth grade through ninth. Available in multiple colors, they look great, but most importantly, will last and only cost $15 per pair.

"One hundred percent of all donations to J.D. Ministries goes toward helping others, so you know that every dollar you donate goes directly to the children," Jason shares.

He plans to order the shoes by August 11, which will be shipped directly to Kenya and distributed during his 10-day trip from August 20 to September 8.

"Every time I go to Kenya, I am blown away by their generosity and hospitality—despite having so little," says Jason. "I can't wait to see the smiles of the children's faces and give back. Hopefully, more people will be moved to give them grace and love."

As Robert Frost eloquently noted, when two roads diverge, taking the less traveled one makes all the difference.

For more information or to donate a pair of shoes, visit www.jdministries.org.





Make a Difference for Only $15

Expandals increase in size to keep up with a child's growing feet. They come in a variety of fun colors and designs.

For more information or to donate a pair of shoes, visit www.jdministries.org.



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THE TRANSPLANTED GARDENER

The Root of Tree Selection: Part 1

By Paula Schwartzmann

Your trees are the most important part of your landscape. They are the most expensive, the longest lasting, and because of their large size, all other yard plants are influenced by their health.

Fall is just around the corner; it is the most successful planting season because it gives your tree a chance to establish a significant root system, especially due to the more reliable winter rains. If you are thinking about planting a tree this fall, do your research before you head to your local nursery.

Ask the following questions to choose the right tree for the right place:

What purpose do you want your tree to serve?

- **Shade:** Reduce those high summer air conditioning bills! A wall or roof that is covered by woody plants and trees may be as much as 25 degrees cooler than an unprotected wall/roof. Or, you want to shade a small sitting area or patio.
- **Ornamental beauty:** Are you looking for beautiful flowers? What color? When do you want them to bloom? Do you want an architectural affect from the trunk? Single trunk or multi-trunk?
- **Wind break:** Trees that are pruned too heavily will become weak and fall in high winds. Take care to know the tree's mature size and plant where it can mature without a lot of pruning.
- **Privacy screen:** Screening an undesirable view or noise barrier

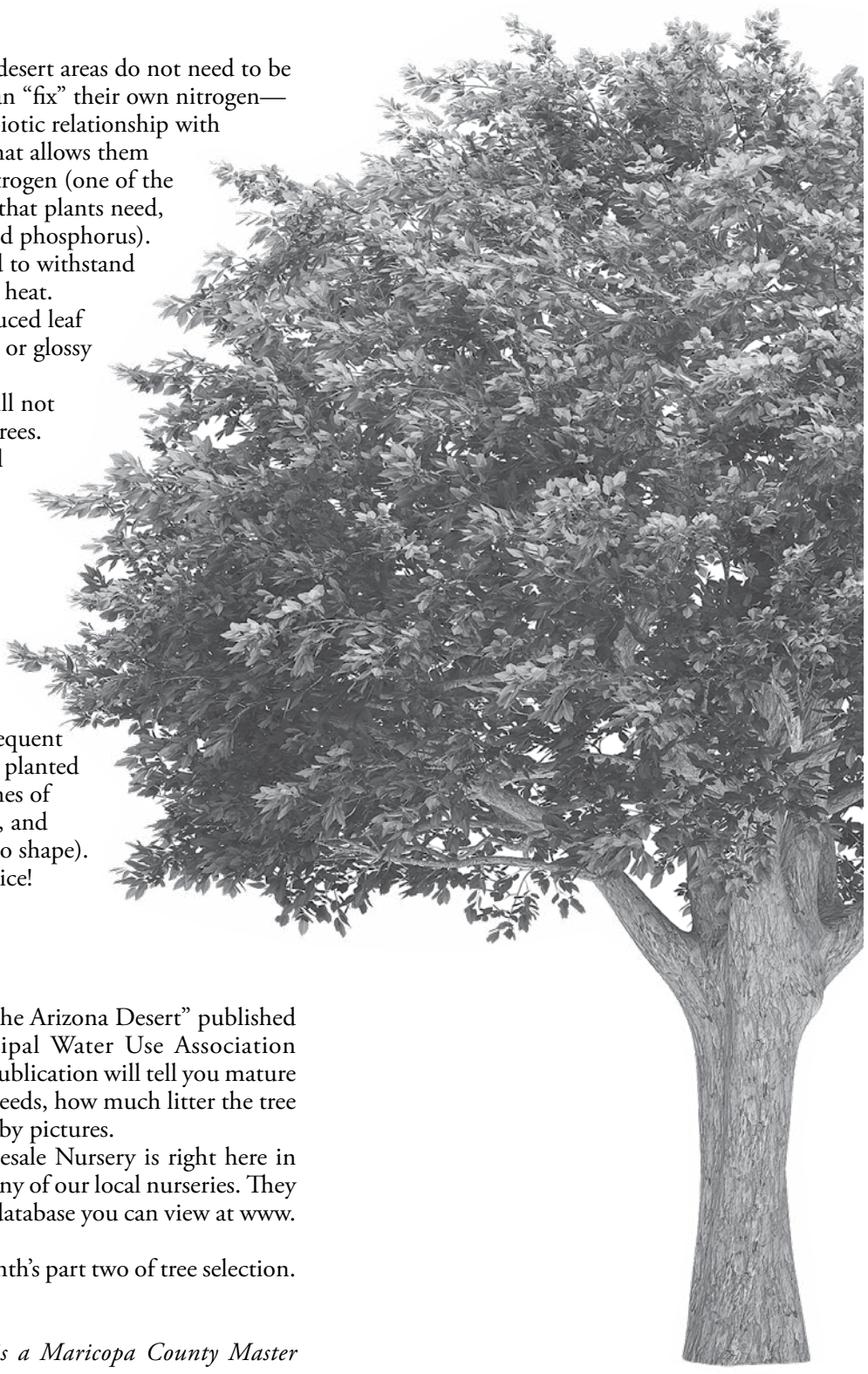
What effect are you trying to achieve?

- Different trees offer different levels of shade. For example:
- Light shade: Palo Verde. Agaves and other succulents will thrive in lightly shaded areas
- Medium shade: Mesquite
- Dense shade: Ficus, Texas Ebony

How much work do you want to put into it? A Case for "Desert-adapted" Trees

When you consider the continuous population growth in our area, the potential for protracted drought and the increasing reliance on dwindling water supplies, it makes sense to choose trees that use as little water as possible.

Xericape, water-wise, desert-adapted: What do these descriptors really mean?



Plants that grow up in desert areas do not need to be fertilized because they can "fix" their own nitrogen—that is, they have a symbiotic relationship with bacteria in the ground that allows them to produce their own nitrogen (one of the three essential nutrients that plants need, along with potassium and phosphorus).

Their leaves are adapted to withstand consecutive days of high heat. Adaptations include reduced leaf surfaces, coverings, hairs or glossy leaves to reflect the sun.

Generally, their bark will not burn like non-adaptive trees.

They thrive on minimal water—some need only annual rainfall.

They can deal with the extreme temperature ranges of the desert (low temperatures at night; high temperatures in the day).

These trees will need minimal care: deep, infrequent watering only when first planted or during the hottest times of summer; no fertilization, and minimal pruning (only to shape). Truly a "water-wise" choice!

Resources for selecting desert-adapted trees

"Landscape Plants for the Arizona Desert" published by the Arizona Municipal Water Use Association www.amwua.org. This publication will tell you mature size, water needs, light needs, how much litter the tree produces, accompanied by pictures.

Mountain States Wholesale Nursery is right here in Arizona and supplies many of our local nurseries. They have an extensive plant database you can view at www.mswn.com.

Stay tuned for next month's part two of tree selection.

Joyful gardening!

-Paula Schwartzmann is a Maricopa County Master Gardener.











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Top Saving Tips

We've all heard the old saying, "A penny saved is a penny earned." But how many of us put this into practice? The fact is, the more money we save, the more prepared we'll be for challenging times. And who knows, you might even have some extra cash to share with those in need.

Here are some tips to start saving:

1. Eat cheap by using AARP, AAA, early bird, or other discounts. for discounts on chain restaurants see www.theseniorlist.com.
2. Buy your necessities from The Dollar Tree, where everything is $1 or less.
3. Stick to a grocery list and have your coupons ready.
4. Sign up for automatic withdrawal to pay your bills and save the cost of the stamp.
5. Pay with cash instead of credit cards to avoid interest charges. This will also help you be more aware of how much you are spending. Pulling out cash from your wallet hurts a lot more than swiping with plastic.
6. Buy generic brands for medications and food items.
7. Buy refilled ink cartridges from a vendor like www.cartridgeworld.com.
8. Need a new computer, phone or tablet? Buy refurbished and save hundreds. Check out www.discountcomputerdepot.com.
9. Like wine? Buy wine by the case or purchase from stores that offer discounted prices for additional bottles.
10. Lower your monthly insurance payment by raising your deductible on your homeowner or car policy. Just be sure you can afford the hit if needed.
11. Get a programmable thermostat and avoid the fluctuating energy costs.
12. Borrow books from the library instead of buying new ones.



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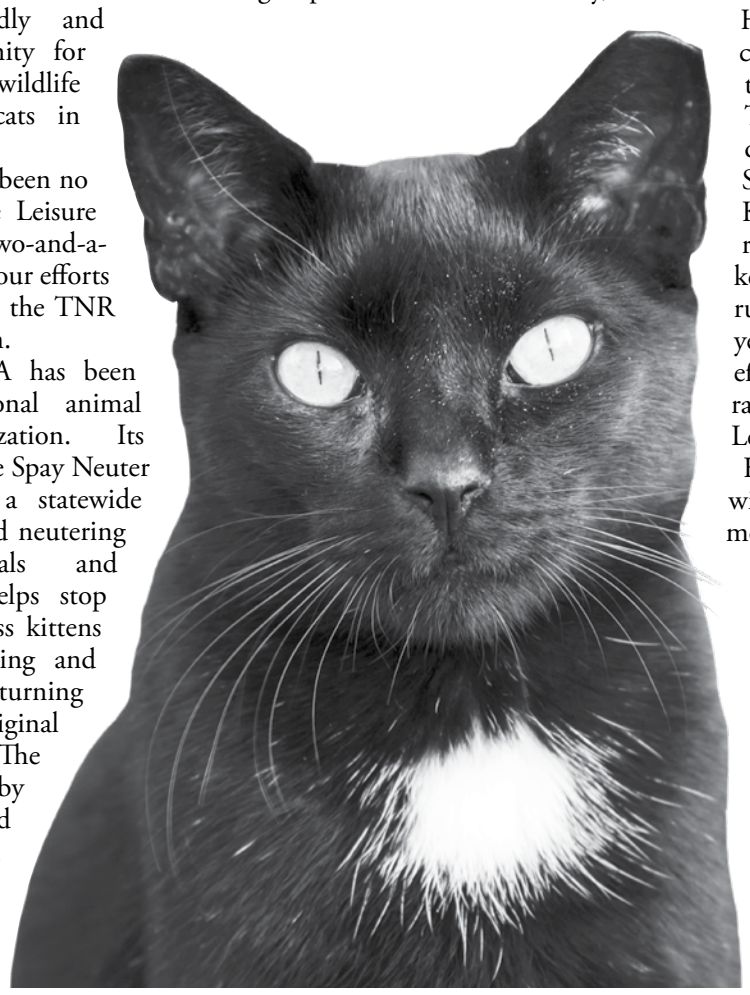
Humane Care for Our Furry Friends

Leisure World resident Ken Fink has a passion for improving the community and finding a humane solution for homeless felines. By teaming up with the Animal Defense League of Arizona (ADLA), he and a few loyal volunteers are compassionately helping control the number of free-roaming cats in Leisure World.

"The ADLA's Trap Neuter Return (TNR) program is the only humane way to control the free-roaming cat population in our community," said Ken, who is president of the Sonoran Desert Club, a group that promotes a friendly and sustainable community for people, pets, native wildlife and free-roaming cats in Leisure World.

"In fact, there have been no newborn cats inside Leisure World for the last two-and-a-half years because of our efforts with the ADLA and the TNR program," added Ken.

Since 1987, ADLA has been a prominent national animal protection organization. Its largest program is the Spay Neuter Hotline, which is a statewide leader in spaying and neutering companion animals and outdoor cats. It helps stop the birth of homeless kittens by humanely trapping and sterilizing cats and returning them to their original neighborhood. The program is staffed by caring, contracted veterinarians and ADLA staff and volunteers.



Feline Clan Inspires Movement

Several years ago, Ken and his wife Virginia spotted a free-roaming cat and her two kittens in Leisure World. They were moved to help the feline clan find a forever home and succeeded with the help of the Humane Society. This experience inspired Ken to find a humane solution for controlling the number of free-roaming cats throughout Leisure World.

"It made me aware that these creatures need help and I had the ability," said Ken.

He took a free training class through ADLA to become a qualified TNR volunteer. With donations from the Sonoran Desert Club, Ken and a group of residents have successfully kept the TNR program running for the last few years. Thanks to their efforts, feral cats are a rare sighting throughout Leisure World.

Ken also hopes others will be inspired to join the movement. "I would like to see a coterie of residents interested in learning how to do what we do. They can be trained for free and we could use some help."

Ken has developed an informational brochure for new Leisure World residents to better understand what to do when seeing a free-roaming feline in the community. Although



these sightings are rare, he wants residents equipped with the right knowledge to ensure non-neutered cats are properly taken care of.

"It's easy to know whether a cat has been spayed or neutered because its left ear will be 'clipped,'" explained Ken. "Once a free-roaming cat is spayed or neutered, they become more docile."

So, the next time you come across one of these furry creatures, know that a viable compassionate solution is just one call away.

Who to Call

- If you see a free-roaming cat with a clipped left ear—which means they are already spayed or neutered—it is best to do nothing. These furry creatures are friendly and pose no threat.
- If you notice a free-roaming feline without a clipped ear, contact Ken Fink at kfvf@cox.net.
- If you encounter a cat that is injured or stuck in a tree, contact Security at 480-832-0000.
- For more information about ADLA's Spay Neuter program, visit www.adlaz.org.

Mesa, AZ -- The most common method your doctor will recommend to treat your neuropathy is with prescription drugs that may temporarily reduce your symptoms. These drugs have names such as Gabapentin, Lyrica, Cymbalta, and Neurontin, and are primarily antidepressant or anti-seizure drugs. These drugs may cause you to feel uncomfortable and have a variety of harmful side effects.

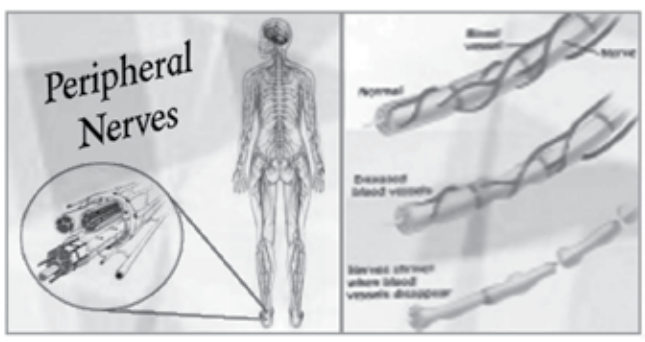


Figure 1: Notice the very small blood vessels surrounding each nerve.

Figure 2: When these very small blood vessels become diseased they begin to shrivel up and the nerves begin to degenerate.

Peripheral neuropathy is a result of damage to the nerves often causing weakness, pain, numbness, tingling, and the most debilitating balance problems. This damage is commonly caused by a lack of blood flow to the nerves in the hands and feet which causes the nerves to begin to degenerate due to lack of nutrient flow.

There is now a facility right here in Mesa that offers you hope without taking those endless drugs with serious side effects (see the special neuropathy severity examination at the end of this article).

In order to effectively treat your neuropathy three factors must be determined

- **What is the underlying cause?**
- **How much nerve damage has been sustained?**
  NOTE: Once you have sustained 85% nerve loss, there is likely nothing that we can do for you.
- **How much treatment will your condition require?**

The treatment provided at Integrity Chiropractic Health Center has three main goals

1) **Increase blood flow**
2) **Stimulate small fiber nerves**
3) **Decrease brain-based pain**



Figure 3: The blood vessels will grow back around the nerves much like a plant's roots grow when watered.

The amount of treatment needed to allow the nerves to fully recover varies from person to person and can only be determined after a detailed neurological and vascular evaluation. As long as you have not sustained at least 85% nerve damage there is hope!

Dr. Aaron Shapiro DC at Integrity Chiropractic Health Center will do a neuropathy severity examination to determine the extent of the nerve damage for only $47.

This neuropathy severity examination will consist of a detailed sensory evaluation, extensive peripheral vascular testing, and a detailed analysis of the findings of your neuropathy.

Call 480-820-9147
to make an appointment with Dr. Shapiro to determine if your peripheral neuropathy can be treated.

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Bag & Boob Babes: Knitting Love, Hope and Support

For women struggling with cancer, every kind act makes a difference. That's why Bag & Boob Babes started: to spread love and support to female cancer patients and survivors.

The nonprofit organization began in 2012 when semi-retired nurse Marilyn Reed and Kay Foley witnessed their mutual friend Karen battle breast cancer and undergo a mastectomy.

"Karen was the inspiration to us all and inspired us to do things for other women," Marilyn explains. "She needed a breast prosthesis, so we created 'knitted knockers.'"

Made with love and comfort in mind, "knitted knockers" are special handmade breast implants that are lightweight, soft, moldable and come in a variety of sizes. They are used by women who have undergone mastectomies, lumpectomies or breast reconstruction. These knits contrast sharply with traditional breast prosthetics that are heavy, uncomfortable and expensive.

Bag & Babe Boobs also creates drainage apron bags for fluid build-up following a mastectomy. The knitted bags are practical and easy to use.

But comfort and ease aren't the only perks of these innovative items. They also allow women to feel normal and good about their physical appearance.

"From the bottom of my heart, thank you for what you are doing," said Jody, a woman who uses a Bag & Boob knit. "You've put a smile on my face and one in my heart. This drain apron will remind me of the positivity and generosity of others in my recovery."



"Knitted knockers" and drainage bags

Today, Bag & Boob Babes boasts about 100 volunteers who support female cancer patients by providing handmade knockers, drainage bags, chemo hats, eye masks, throws and quilts. They also offer small tote bags filled with useful items for patients undergoing surgery or chemotherapy.

"We supply the yarn and the flannel for the drain aprons, and our volunteers supply their love and time," Marilyn shares. "Inside each knitted knocker is a special card with the volunteer's name and well wishes to the patient. This simple heartfelt gesture reminds cancer patients that people care about them."

Bag & Boob Babes generously provides all items free of charge to individuals, surgeons, nurse practitioners and others in the health care field. They also freely deliver them to Banner MD Anderson and to Dignity hospitals.

"We don't sell anything we make; everything is donated," Marilyn explains. "Our sister charity is Knitted Knockers USA, out of Tempe. And, Fred Neal, who owns Tempe Yarn, donates much of the specialty yarn to us. We buy our yarns from him and he matches whatever we buy."

Currently, Bags & Boob Babes volunteers include both women and men and can be found in Arizona, Idaho, Washington, California, Colorado, Minnesota, Wisconsin, Indiana and Illinois. To date, they have made more than 10,000 knitted knockers and aprons.

"Our long-range goal is to have volunteers supporting hospitals and physicians in their states. Ideally, we'd like to have them in every state."

Marilyn knows Bags & Babe Boobs has come a long way and credits its success to faith.

"It's a Christian-based organization," Marilyn says. "We're an instrument just following what God wants us to do. We want more people to be part of it."



Carol Collins and Marilyn Reed handmake a variety of support materials for women undergoing breast cancer treatment.

Leisure World resident and volunteer Carol Collins agrees. "We pray over everything we make. I know what it is to go through illness, and I'm just so thankful to help and be part of this great group."

To raise awareness and funds, Bag & Boob Babes will host their seventh annual fundraiser at Leisure World on Saturday, October 27 in Rec. 2, Hopi/Pima Ballroom from 4:30 p.m. to 9 p.m. Participants will be treated to Dickie's BBQ and have a chance to win prizes. They will also hear from informative guest speakers, including Dr. Patricia Clark, a well-known breast and oncoplastic surgeon at Ironwood Breast Center in Mesa.

The fundraiser will help spread the word about Bag & Babe Boobs' mission and potentially inspire others to make a difference.

"We're growing. And the more volunteers we have, the more women we can help," Marilyn concludes. "God has some interesting ways of using us. We love doing this and are excited for the future."

For more information, visit www.bagandboobbabes.com or email bagandboobbabes@gmail.com.

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VETERANS SPOTLIGHT

EMDR: Breakthrough PTSD Therapy

By Casey Elliott

The U.S. Veterans Administration (VA) recently endorsed EMDR (Eye Movement Desensitization Reprocessing) therapy for the treatment of post-traumatic stress disorder (PTSD). Numerous studies reveal EMDR is successful in treating PTSD, anxiety, pain and addiction.

An estimated eight percent of Americans—roughly 24.4 million people—have PTSD at any given time. If you are a veteran experiencing PTSD or are suffering from trauma, you are not alone. According to the VA, approximately 20 percent of Operation Enduring Freedom and Operation Iraqi Freedom veterans, 10 percent of Gulf War veterans and 30 percent of Vietnam War veterans have experienced PTSD. As a result, demand for PTSD treatment continues to grow.

EMDR is a psychotherapy that enables people to heal from the symptoms and emotional distress that are a result of disturbing life experiences. This breakthrough therapy reveals that the mind can heal from psychological trauma similar to how the body recovers from physical trauma. When you cut your hand, your body works to heal the wound. If a foreign object or repeated injury irritates the wound, it festers and causes pain. But once the block is removed, healing resumes.

EMDR therapy shows that the same applies to mental processes. The brain's information processing system naturally moves toward mental health. If the system is blocked or imbalanced by the impact of a disturbing event, the emotional wound festers and can cause intense suffering. Once the block is removed, healing occurs. Using the detailed procedures learned in EMDR therapy training sessions, therapists help patients unleash their natural healing processes.



EMDR treatment sometimes uses handheld "buzzies" to assist the process.

Scientifically Proven

The American Psychiatric Association, the World Health Organization and the Department of Defense recognize EMDR therapy as an effective form of treatment for trauma. In the past 25 years, millions of people have been successfully treated with EMDR therapy.

Numerous studies on EMDR therapy show that 84 to 90 percent of single-trauma victims no longer have PTSD after only three 90-minute sessions. Another study, funded by the HMO Kaiser Permanente, found that 100 percent of the single-trauma victims and 77 percent of multiple trauma victims no longer were diagnosed with PTSD after only six 50-minute sessions. In another study, 77 percent of combat veterans were free of PTSD in 12 sessions.

EMDR therapy is also effective in treating memories associated with low self-esteem, powerlessness and many other negative feelings.

An A-HA Moment

EMDR was discovered by Dr. Francine Shapiro in the early 1980s while she was walking on the beach. She was concentrating on a particularly negative memory and noticed her eyes beginning to flutter. As Shapiro composed herself, she realized that she wasn't as bothered by the memory as before her eyes fluttered. She then began to conduct studies with people suffering severe trauma by using repetitive eye movements while enforcing positive images and thoughts.

The data gathered from these studies was dynamic, resulting in the development of more therapy techniques and research. What became obvious was how much individuals suffering from severe trauma improved. Shapiro also discovered that other conditions could be treated and improved with their own protocol.

How it Works

EMDR therapy is an eight-phase treatment with bilateral stimulation at its core. The most popular bilateral stimulation used is eye movements. After the therapist determines which memory to target, he asks the patient to hold different aspects of the event or thought in mind and to use his eyes to track the therapist's hand as it moves back and forth across their field of vision. Internal associations emerge and the patient begins to process the memory and disturbing feelings, similar to the biological mechanisms in Rapid Eye Movement (REM) in sleep.

During REM, the brains processes daily events. This occurs through eye fluttering and "grooming" of memories. The groomed memory can now be processed and filed away neatly. The unnecessary parts of the memory that have been groomed can be forgotten or discarded.

In successful EMDR therapy, the meaning of painful events is transformed on an emotional level. For example, a solider shifts negative combat feelings to the positive belief, "I survived and I am strong." Unlike talk therapy, the insights gained in EMDR therapy result from the patient's own accelerated intellectual and emotional processes and not from the therapist's interpretation. Patients conclude EMDR feeling empowered by the very experiences that once destabilized them. Ultimately, their wounds heal and transform within a positive mindset.

Session fees range from $75 to $125.

For more information, contact Dr. Casey Elliott at 303-541-7043 or email casey.elliott@rocketmail.com.

-Rev. Dr. Casey Elliott is a Leisure World resident and EMDR Level I and II Therapist.

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OHSA: Protecting Workers' Safety

Everyone deserves a safe and healthy work environment. In arid hot climates like Arizona, this is extremely important and can be a matter of life and death. With summer temperatures soaring above 100 degrees, the heat can kill.

Employees who work outside like landscape and facilities workers are most at risk. Hazards to their health can be avoided by taking simple steps such as resting and drinking plenty of liquids.

To look out for the wellbeing of workers, Congress created Occupational Safety and Health Act in 1970, best known as OSHA. OSHA ensures that employers provide a safe and healthy working environment, along with secure conditions. Safety isn't optional, but a legal requirement. It's also common sense and humane.

Exposure to excessive heat can result in heat exhaustion, exhibited by signs of confusion, dizziness, and cramps. The Center for Disease Control and Prevention also lists other side effects such as heat stroke, nausea, headaches and sunburn.

Heat-related issues can easily be avoided by following a few simple tips:

- Always stay hydrated, drink as often as needed
- Wear light-colored clothing and a hat
- Avoid going outside during peak hours
- If working outside, take frequent breaks and refuge in the shade.

The key is to be proactive and to listen to your body. Don't wait until you feel overheated. Instead, respect your limits. This way, you can stay safe, healthy and survive the intense Arizona heat.

ETERNALLY DANCING *continued from page A1*



Joy and Kay dancing at the 1998 Ohio Star Ball Bolero and Foxtrot Competition.

decided to move year-round from Texas. Now, their daughter Sherra Read is a new Leisure World resident.

"We decided to move here permanently because we liked the people, the community and the amenities," Joy says.

The duo takes walks after breakfast around the community ponds and lakes. They also take advantage of all the fun recreational actives and attend local musical plays and concerts.

Kay and Joy will celebrate their anniversary by traveling to New York City, where they plan to attend a few Broadway musicals and visit the 9/11 Memorial and Museum.

Joy shares that Kay was once asked how long he'd been married. In a testament of their love and devotion, he answered, "Not long enough!'"

For this couple, the dance has just begun.

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Estate Planning 101



By Rilus M. Dana

Recently, one of my clients asked to set up some legal documents to protect her family. She had recently retired and was living comfortably in the home she and her husband had paid off a few years back. She wanted to make sure that her son could inherit the house after she passed away and asked me to include this in her will. When I suggested she put the house into a trust, she was confused. "Why would I need a trust if my wishes are stipulated in my will?" she asked.

This is a common misconception that I often hear as an experienced, licensed estate planning attorney. Although a last will and testament can provide instructions on who to give assets to after you pass away, it is not a legal contract that can transfer ownership. For that, you may need a trust.

What is a trust?

A trust is a legal contract that gives instructions on how to manage assets and for whom they are managed. It also helps avoid the lengthy and costly probate process after you or a loved one has passed.

A basic trust consists of three important roles necessary for its creation, maintenance and distribution.

- First, the "trustor" creates the trust and initially grants access to the assets
- Second, the "trustee" is responsible for making decisions about the assets
- Third, the "beneficiary" receives the benefit of the assets

A trust document is created by the trustor and establishes ownership rules for any assets that is put into the trust. These assets are then managed and eventually distributed by the trustee to the advantage of the beneficiary.

Sometimes, the person who creates, manages and benefits from the trust is the same person.

Types of Trusts

Trusts can be confusing because there are many different types of trusts, with many different purposes and names. The most common types are Revocable Trusts and Irrevocable Trusts.

Revocable Trusts vs. Irrevocable Trusts

A "revocable trust" is a trust where the trustor, the person who created it, can change any of the terms of the trust, and even cancel it in its entirety at any point during their lifetime.

An "irrevocable trust" is when the trustor gives up the right to revoke or change the terms of the trust.

Many estates are created as "revocable" because the trustors are living and need to access their assets. However, after the death of the trustor, a trust becomes irrevocable. This locks in the trustor's' intent so that beneficiaries and terms of distribution cannot be changed.

Some other types of trusts include:

- Digital Assets Trusts
- Pet Trusts
- Special Needs Trusts
- Dynasty Trust (GST)
- Gun Trusts

Why Should I Put My Assets in a Trust?

There are a few reasons to put your assets into a trust.

First and foremost, putting your assets into a trust avoids probate. Many people have no desire to go through the court-supervised distribution of assets which can be intrusive, costly and time-consuming.

Second, trusts help you and your heirs avoid unnecessary tax burdens.

Third, trusts protect your legacy because they determine who receives your money. Trusts also create a legal framework to protect against undesirable claims from creditors even after you are gone.

For more information, call 480-924-4424 or email info@dana.legal. You can also visit us in-person at our office located down the road from Leisure World at 2509 S. Power Rd Suite 207 Mesa, AZ 85209.

-Rilus M. Dana, J.D., is a managing partner at Dana and Associates, LLC.

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Clubs



Computer Club

By R. Aubrey La Foy

My first watch was given to me when I was six-years-old. My grandfather Ed LaFoy carried a pocket watch attached to a leather braided string with one end affixed to the pocket watch and the other end looped around a button.

To read the time, he had to pull the watch out of a pocket of the big overhauls he wore. For some reason, the second hand of the watch broke off, leaving only the hour hand, so he gave me the watch after he purchased a new one. It still ran after being wound, so at least I knew what hour it was. I carried that watch for about a year. I don't think I had another watch until my parents gave me a wristwatch for my high school graduation in 1943.

That watch survived three years in the United States Army Air Corps, with two being in China-Burma-India Theatre of World War II. I recall fellow GIs were always asking me the time and there were only a few of us who had a watch. That graduation also survived four years of college and several years of teaching school.

By now, you are probably wondering what this has to do with computers or gadgets in 2018. The answer is simple: I now have a Fitbit watch. Wow! Each week, I can print out my weekly activities. By tapping the face of the Fitbit, the time appears and the display can be set in many different settings depending on your reference. The day and month appear, as well as how many steps you have taken in the today.

Continuous tapping informs you of your heartbeat, how many miles you have walked, how many stairs you have climbed and other activities I have yet to decipher. There is no windup stem, but your computer informs you when to hook it up and charge it. The charge lasts for at least a week but needs a separate cord and a UBC connection.

My weekly printout is full of information. Foremost, is the number of total steps. I am sure hikers, joggers and walkers run up many steps, but my goal is to at least have 20,000 steps a week since I do not walk very much and use a cane and a walker. It lists the total floors you traveled and miles.

Another print out is the number of calories burned, active minutes and how much you exercised. I go to the swimming pool three times a week, but my Fitbit is not waterproof and this activity isn't accounted for. Another important printout is your sleep habits. It informs you of how much "restful" sleep you have. Wow! Every so often, you are awarded a trophy for walking the length of Italy or someplace like that—even though I have never been. The Fitbit watch is very informative.



Friday Afternoon Open Sewing

Submitted by Carolin Lowy

We are a group of folks who enjoy hand stitching and gather on and off during the summer months. Please check in advance to see if we will be in Queen Card Room from 1 p.m. to 3 p.m. in the afternoon.

Cross stitch, needlepoint, embroidery and even mending are enjoyed by those who hand stitch.

If you need help with a project or supplies, someone in the group can help! For more information, call Carolin Lowy at 480-641-4626.



Friday Morning Knitters and Crocheters

Submitted by Carolin Lowy

August in Arizona is hot. If you need to get out from one air-conditioned place to another, grab your knitting needles, crochet hooks, skeins of yarn and come over to the Queen Card Room in Rec. 1 from 9 a.m. - 11 a.m. every Friday morning. Join us we chat and create items that are mainly donated to various charities. If you need help and supplies, we have plenty to offer. Also enjoyed by many of our participants is lunch at the Leisure World Rendezvous Café. Friday's clam chowder is a nice addition to the menu. For more information, call Carolin Lowy at 480-641-4626.



Green Bananas

Green Bananas is an investment club which meets the second Wednesday of every month at 1 p.m. in the Theater. Members learn about stocks and how to invest. This year so far, our club members have earned 24 percent on their portfolio. If you want to be part of our club as a member or visitor, please feel free to attend our next meeting. We welcome all new members.

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Clubs

Lions Club

Submitted by Barb Yapp

What does it mean to be a Leisure World Lion? It means you are dedicated to serving and making our community and surrounding areas a better place to live.

Leisure World Lions host summer socials, two-themed dinners, flag recycling, aluminum can, eyeglass and cell phone recycling, eye exams at schools for low-income individuals, the Bob Hutton Fly the Flag program, Parade of Homes, mailbox painting, estate sales and home clear-outs and more. All funds collected at our events and fundraisers support the many wonderful organizations that make a positive impact on people's lives.

The Lions have several partners, including the United Food Bank, Jefferson school (We have a garden on site and are teaching the children to grow their own food.), Camp Tatiyee (a camp for disables children in Northern Arizona), Hospice of the Valley, Mesa Food Bank, Sunshine Acres, Bridging Arizona (a charity that donates furniture to homeless vets and others), House of Refuge and many others.

Don't forget, the last 2018 LW Lions summer social is August 14 in the Ballroom at Rec. 1. This summer, we are working on planning a themed dinner event in November 2018 and February 2019. Another group is planning the next Parade of Homes event. Our various recycling programs continue throughout the year thanks to Lions members.

Volunteers and new members are always welcome. For more information, contact Barb Yapp at 480-218-5782 or any LW Lion.

LW Quilters

Submitted by Carol Stickling

We resume quilting in August on Thursdays from 9 a.m. - 12 p.m. in the Sewing Room. We will be working on baby quilts. If you need a gift for a new baby, wedding, birthday or hostess gift, we have quilts of all sizes for sale. We also have table runners and placemats. Come to the sewing room on Tuesdays or Thursdays during our meeting time to see what we have available. For more information, contact Merrilly Strom at 480-699-9352 or Linda Phar at 480-510-0498.



Pottery Club

Submitted by Bonnie Rausch

Do you want a cool activity to help beat the heat? This is a great time to join the fun and enjoy the air conditioning in the pottery studio. Leisure World residents who would like to try pottery are invited to join us on Monday and Thursday mornings from 9 a.m. to noon. New students pay $5 the first two sessions. If you decide to join the club, dues are $20 per year and $3 per session. Clay and glazes are additional charges.

Republican Club

Submitted by Diane Andersen

"*Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin.*" - Mother Teresa

Patriotism has been on the hearts and minds of many Americans these past few weeks.

A beautiful Flag Folding Ceremony was presented to the Club at the June meeting by the fine folks at Mariposa Gardens. It was dedicated to our veterans. Our beloved veterans are recognized every month for their service and sacrifices for our great nation: "We live in the home of the free because of the brave!"

Now, we head into the 2018 Primary Election. If you opted to receive your ballot by mail, you should be receiving it in the first 10 days of August. Many of you will be voting right here in Leisure World in the Club Room on August 28.

Political yard signs for most 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; and be a good resident and follow the Leisure World signage rules. You may look up the law on signage, etc. It is Senate Bill 1482, A.R.S 22-1261.

We encourage all residents to attend our monthly events, regardless of party affiliation. We endeavor to "Educate, Encourage and Inspire."

Please watch the Leisure World Post for the information on this month's meeting. At press time, final arrangements are still in the works.

Although a person does not need to be a club member to attend the meetings, we encourage you to join and pay a small annual fee of $5. The fee goes a long way toward paying the cost of holding the monthly meetings.

For questions or suggestions, please contact Diane Andersen at 480 395-5515.

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 stocks and securities for growth and Better Investing, a national organization that helps members build wealth through educational tools. The goal of

Continues on page A22

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Clubs continued from page A21

the club is to increase our education and knowledge of investing. We study various investments before buying or selling stocks.

During the season, the club meets every third Thursday of the month in the Computer Lab Classroom at 9:30 a.m. The next meeting will be in the fall.

For more information, contact Alan Forbes at 808-497-8109. You can also show up at our next meeting!



Singles Club

Submitted by Katie McFarland

The Singles Club has their monthly social with a potluck the first Wednesday of each month in the Club Room in Rec 1 from 4 p.m. - 6 p.m. Please come join us for good food and a fun time!

Here are the Singles Club's August events:

- Wednesday, August 1: Singles Club Social, Theme "Make It Chili in August" bring $3, BYOB, and a dish to share. Set-ups, ice, sodas, place settings and chili will be provided, 4 p.m. - 6 pm, Club Room, Rec. 1
- August 6-11: Monsoon Madness (See LW News for more information.)
- Tuesday, August 7: Breakfast at Leisure World Café 8:30 a.m. Rec. 2
- Tuesday, August 14: Breakfast at Leisure World Café 8:30 a.m. Rec. 2
- Friday, August 10: Fish Fry at Leisure World Café 5:30 p.m. Rec. 2. Make reservations by signing up on the wall at the Leisure World Café.
- Thursday, August 16: Afternoon Delight 2 p.m. Rec 2, Kiva Room. Tickets $4 in Recreation Office, ice cream sundaes, Anna Chepikova, tables on a first-come basis.
- Tuesday, August 21: Breakfast at Leisure World Café 8:30 a.m. Rec. 2
- Tuesday, August 28: Breakfast at Leisure World Café 8:30 a.m. Rec. 2
- Wednesday, August 29: Leisure World Summer Potluck in Rec. 1 Ballroom at 6 p.m., $4 cost, sign up in Rec. Office and ask for the singles' table. Main course is Kung Fu Dining with orange chicken, sodas and place settings are provided. BYOB.

For more information, call Katie McFarland at 623-551-6218.



Twiddlers

Submitted by Carolin Lowy

Twiddlers are a group of residents who enjoy creating items using various needles, hooks, hand looms yarn, floss, fabrics, etc. Most of the handmade items are donated at the end of year to various local charities. We welcome anyone who stops by the Queen Card Room in Rec. 1 every Monday morning from 9 a.m. -11 a.m. We have access to yarn, needles, patterns and are happy to share with all.

If you need help with any project, someone in the group will assist. The air conditioning works and a good time is had by all. Once a month, we also celebrate birthdays at a local café. For more information, call Carolin Lowy at 480-641-4626.



Woodworking Club

Submitted by Judy Jackson

Although the wood shop is generally quieter right now, we still have numerous activities going on. The summer hours are 9 a.m. to noon, Monday through Friday. It's a good time for our summer folks to work on their projects!

A Beginner Woodworking Summer Clinic will be held on Wednesday, Aug. 15 at noon. This is for new club members or beginning woodworkers who would like some direction and training in the shop. There is a signup sheet on the bulletin board if you are interested.

Our ongoing doll house project is coming along nicely, and we are always looking for more helpers!

The next potluck is Tuesday, Aug. 21 at 5:30 p.m. in the Rec. 1 Club Room. Sign up on the sheet posted on the door and plan on joining club members for a fun time. Also, we have coffee every morning in the shop at 9:30 a.m. and all club members are invited.

Zoomers

Polish up those shoes, mark your calendars and get ready for a fun-filled season! All events are open to all Leisure World residents and guests.

All events EXCEPT New Year's Eve are $25 per person, which includes dinner, dancing and surprises. Tickets are available at the RE/MAX Classic office.

<u>New Year's Eve</u>
Date: December 31, 2018
Place: Rec. 1 Ballroom
Time: 7 p.m. – 12 a.m.
Dinner: Prime rib and salmon
Cost: $50 per person
Music: Soul Impression

<u>March 23, 2019</u>
Street Dance
Place: Rec. 1 parking lot
Time: 5 p.m. – 9 p.m.
Dinner: BBQ dinner/BYOB and mix
Band: Johnny K and Kompany

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Sports Clubs



Pickleball Club

Submitted by Ronda Gates

The LW Pickleball Club has suspended our usual "Members Only" play hours for the summer, so come put your paddles up anytime. There is organized play on Mondays, Wednesdays and Friday, starting at 7 a.m. and on Mondays and Thursday evenings starting around 7 p.m. This is a good time for newbies to get acquainted with the game thanks to generous members eager to share their experience. Wear court shoes and not black bottom, flip flops, sandals or running shoes. Don't forget your water!



Swim Club

Submitted by Barbara Jones

During the summer, the water exercise classes will continue at the Rec. 1 pool at 9 a.m., Monday through Saturday, and at the Rec. 2 pool at 7 p.m., Monday through Thursday.

The summer potluck will be held on August 26, 2018, at 5 p.m. at Rec. 2. There will be sign-up sheets on the bulletin boards at Rec. 1 and Rec. 2 pools. Please sign up so we will have a dinner count.

The first Tuesday of the month social may be held during summer months following the 9 a.m. class at the Rec. 1 pool. The callers will make announcements regarding the social and if it is held. The evening class will have a social following the class on the third Wednesday of the month.

We thank all swimmers for showering before using pools or hot tubs to rinse off the dust or sweat before entering the water.

Tennis Club

Submitted by John Latus

We would like to invite our summer residents to join the Tennis Club!

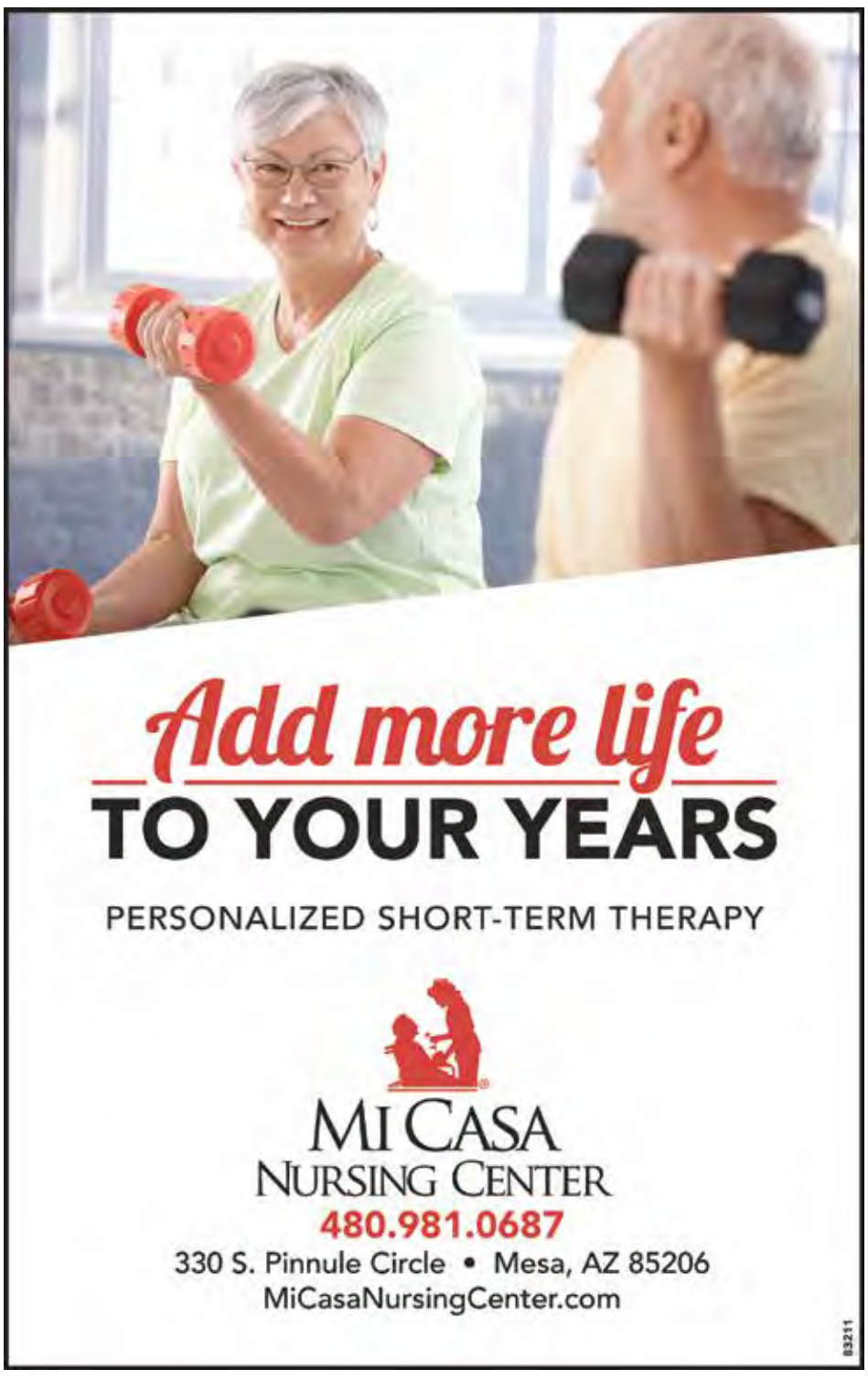
If you've ever thought about playing tennis, now would be a good time to start. The courts are available in the off season. Try them out with family or friends. It's a fun activity that you can continue for the rest of your life.

You might also consider joining the Tennis Club. It's a very social group with over 300 active members and parties throughout the season. We offer free lessons through our Tennis Academy on Wednesdays every week at 1 p.m. from November to April. You can use the skills you develop there in many ways. You can then continue playing on your own.

You can also participate in structured social round-robin tennis or just play "potluck" tennis any weekday. You can even ask to be assigned a team to play league tennis. Just show up. Your skill level doesn't matter—it's all about having fun.

Whatever you choose, you'll be sure to make new friends and have a lot of fun. If this sounds right for you, why not join our club today? For more information, visit our website: https://sites.google.com/site/lwtennisnew/.







Music and Dance Clubs

Casual-Aires

Submitted by Allen Cziok

I hope you are enjoying your summer wherever you might be. Thank you to all who have renewed their membership for the 2018-2019 Casual-Aires' season. Renewals have been brisk and are truly appreciated as we organize our musical groups and dining menus for next year.

Every year, we sponsor four events featuring a catered sit-down dinner and a live musical group. Our parties offer rock and/or country music for your dancing and listening pleasure. What a great place to have fun with your old and soon-to-be new friends. Join now so you don't miss out!

For more information or to renew your membership, please contact Dave and Rose Elkei at 480-218-8371.

In the meantime, stay cool, have fun and get ready for another great season with Casual-Aires.

Cloggers

Submitted by Joyce Loland

The Leisure World Cloggers are enjoying their summer schedule of informal practice sessions. Now is a great time to give the group a try since all summer sessions are free. Fran Dusek works with newcomers to the dance at noon on Fridays, provided they contact her at 480-641-2040 by Thursday of each week. For practice beyond the beginner level, Cathy Martin reviews steps and dances learned in classes last winter season and adds to the repertoire at each level. Intermediate 1 meets at 1 p.m., Intermediate 2 at 2 p.m. and Intermediate 3 at 3 p.m.

Moonlight Serenade Dinner Dance Club

Submitted by Clarice and Joe Chism

Dancing and eating are the best way to spend a lovely evening at Hopi Ballroom in Leisure World!

Moonlight Serenade Dinner Dance Club invites you to attend the festivities for the 2018-2019 season.

The new season dates are:

- Saturday, Nov 17, 2018: Myron Sommerfeld Orchestra
- Thursday, Jan 24, 2019: Lonny Lynn Orchestra
- Thursday, Feb.21, 2019: Howard Schneider Orchestra
- Saturday, March 16, 2019: Danny Kealy Orchestra

All evenings are enhanced by wearing evening clothes and being served a delectable dinner by Premier Catering. A choice of entre is provided by the cater. Decorations are exceptional to the theme of the night! Themes will be announced in future updates.



Membership for entire year is $240/couple. Guests/$78 couple. Early payment is appreciated due to the fixed costs of orchestras and meals. Please mail your checks to either Shirley Rake (Membership Chair) at 1560 Leisure World, Mesa, AZ 85206 or Ron Litzenberger (President) at 2596 Leisure World, Mesa, AZ 85206. You can also call 719-930-6490 or email: moonlightserenade@cox.net.

We look forward to another exciting year! For more information and photos, visit our website: http://moonlightserenade.yolasite.com.









Card and Game Clubs



Bunco

Congratulations to all our winners!

Our June winners are: Dana Bourque, Steve Bourque, Carrilee Lampman, Barbara Young, Kristi Flaskerud and Peter Morin.

Our July winners are: Marilyn O'Dell, Pam Bentley, Verna Mullen, Dave Robbins, Florence Pesce and LaRaine Steffel.

Everyone is welcome to join in on our Bunco night. We play all year round. Our BUNCO group meets every 1st Thursday of the month in the King Card Room. Our next BUNCO date is Thursday, August 2, 2018. We start right at 6:30 p.m., so please arrive early. We always have a fun evening.

The cost is $3 per person to play. Please bring exact cash and nothing larger than a $5-dollar bill. All money collected is paid out in cash prizes. Six cash prizes total. If you have never played BUNCO, it is an easy dice game. No experience necessary. Just come and have fun. We are set up for 40 players maximum, including men and women. Bring your own drink and wear your Leisure World name tag if you have it handy. No need to RSVP.

For more information, call Patti Okoniewski at 480-474-8115.



Pinochle Club

Submitted by Jackie Anderson

We will resume single deck pinochle on Tuesday, September 4. We meet in the Queen's Card Room in Rec. 1 at 12:45 p.m. Hope you can join us! Until then, have a great rest of the summer.

Scrabble Club

Submitted by Carolin Lowy

Do you enjoy crossword puzzles, jumbles and hidden words? If so, stop by the Lakeside Club House in Rec. 1 any Monday evening at 6 p.m. to visit and then enjoy games of Scrabble and Upwords starting at 6:30 p.m. We play strictly for fun and have on hand official Scrabble dictionaries, word lists and candy to enjoy as well! We meet throughout the year and host potluck socials for all regular participants and guests. Hope to see you soon. For more information, call Carolin Lowy at 480-641-4626.



Thursday Morning Ladies Billiards

Submitted by Carolin Lowy

The recently renovated Billiard Room is a cool place to spend Thursday mornings from 8:30 a.m. to 10 a.m. We are a group of ladies who play strictly for fun. Never picked up a cue? We will help you get started. Everything you need is on hand, so you don't have to buy anything until you fancy having your own cue! We look forward to meeting some new participants, the more the merrier! Want to know more about stripes and solids? Call Carolin Lowy at 480-641-4626.





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ASTROLOGY

August Horoscope

ARIES (March 21 to April 19)
Your persistence pays off as the information you demanded starts to come through. The pace is slow at first, but it begins to speed up as the week draws to a close.

TAURUS (April 20 to May 20)
An unwelcome bit of news jolts the Bovine, who would prefer that things proceed smoothly. But it's at most a momentary setback. A Leo brings more welcome tidings.

GEMINI (May 21 to June 20)
You need to pay close attention to the details before making a commitment. Don't accept anything that seems questionable, unless you get an answer that can be backed up.

CANCER (June 21 to July 22)
Congratulations on getting that project up and running. But as exciting as it is, don't let it carry you away. Make sure you set aside time to spend with family and friends.

LEO (July 23 to August 22)
Be sure you are part of the discussion involving your suggestions. Your presence ensures that you can defend your work, if necessary. It also helps gain your colleagues' support.

VIRGO (August 23 to September 22)
A misunderstanding needs to be dealt with, or it can grow and cause more problems later on. Be the bigger person and take the first step to clear the air.

LIBRA (September 23 to October 22)
Set some strict guidelines for yourself so your heavier-than-usual work schedule doesn't overwhelm the time you need to spend relaxing with loved ones.

SCORPIO (October 23 to November 21)
You might feel a little uncomfortable being among people you hardly know. But remember that today's strangers can become tomorrow's valuable contacts.

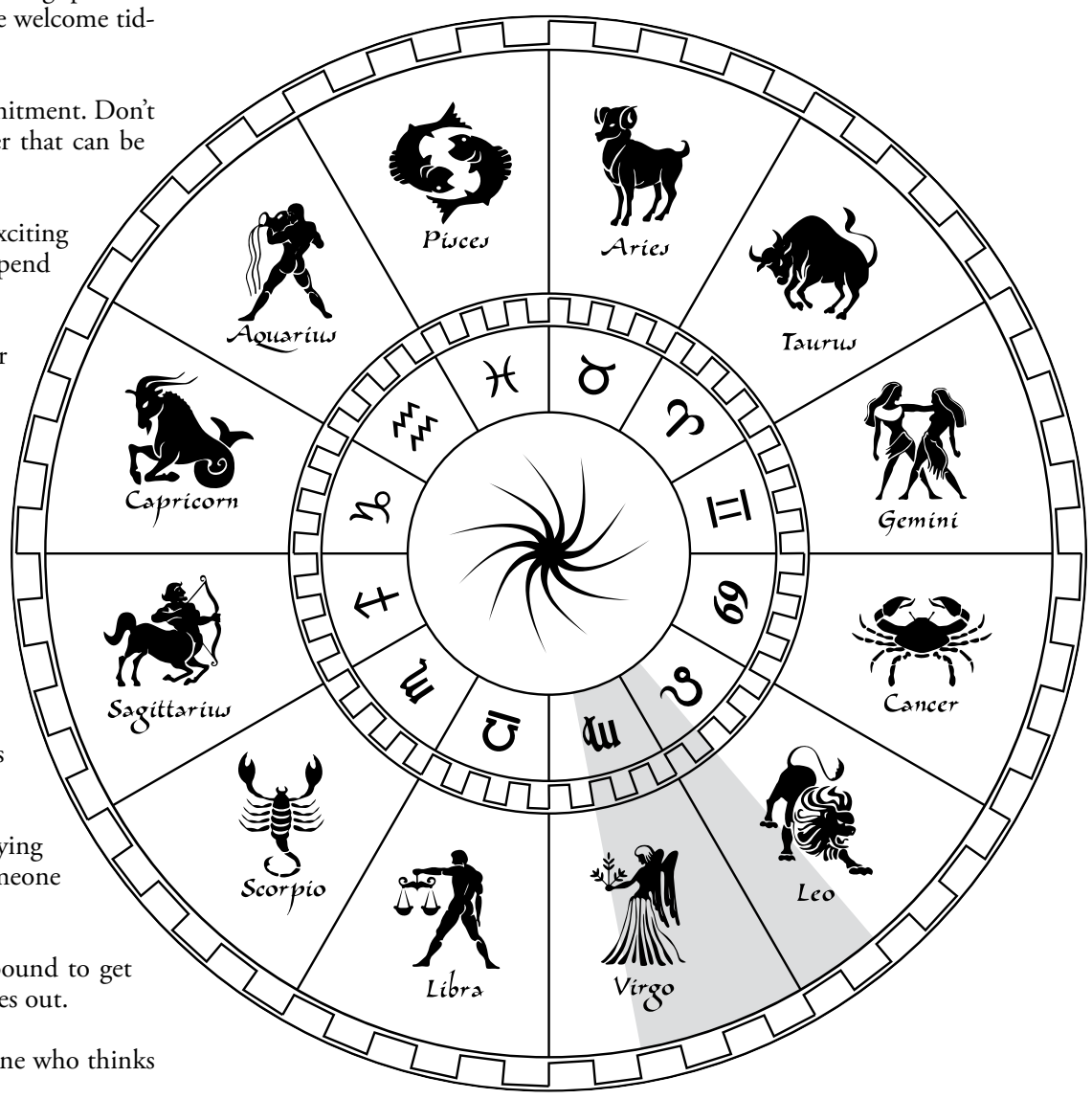
SAGITTARIUS (November 22 to December 21)
Reward yourself for all that you've accomplished despite some annoying situations that got in your way. Enjoy a well-earned getaway with someone special.

CAPRICORN (December 22 to January 19)
Realizing that someone else is taking credit for what you did is bound to get anyone's goat, but especially yours. Be patient. The truth soon comes out.

AQUARIUS (January 20 to February 18)
Forget about opposites attracting. What you need is to find someone who thinks like you and will support your ideas, even if others say they're too radical.

PISCES (February 19 to March 20)
Workplace problems can affect your financial plans. Be prudent and avoid running up bills or making commitments until things begin to ease up by the 27th.

BORN THIS WEEK: Your intuition helps you communicate easily with people and understand their needs.



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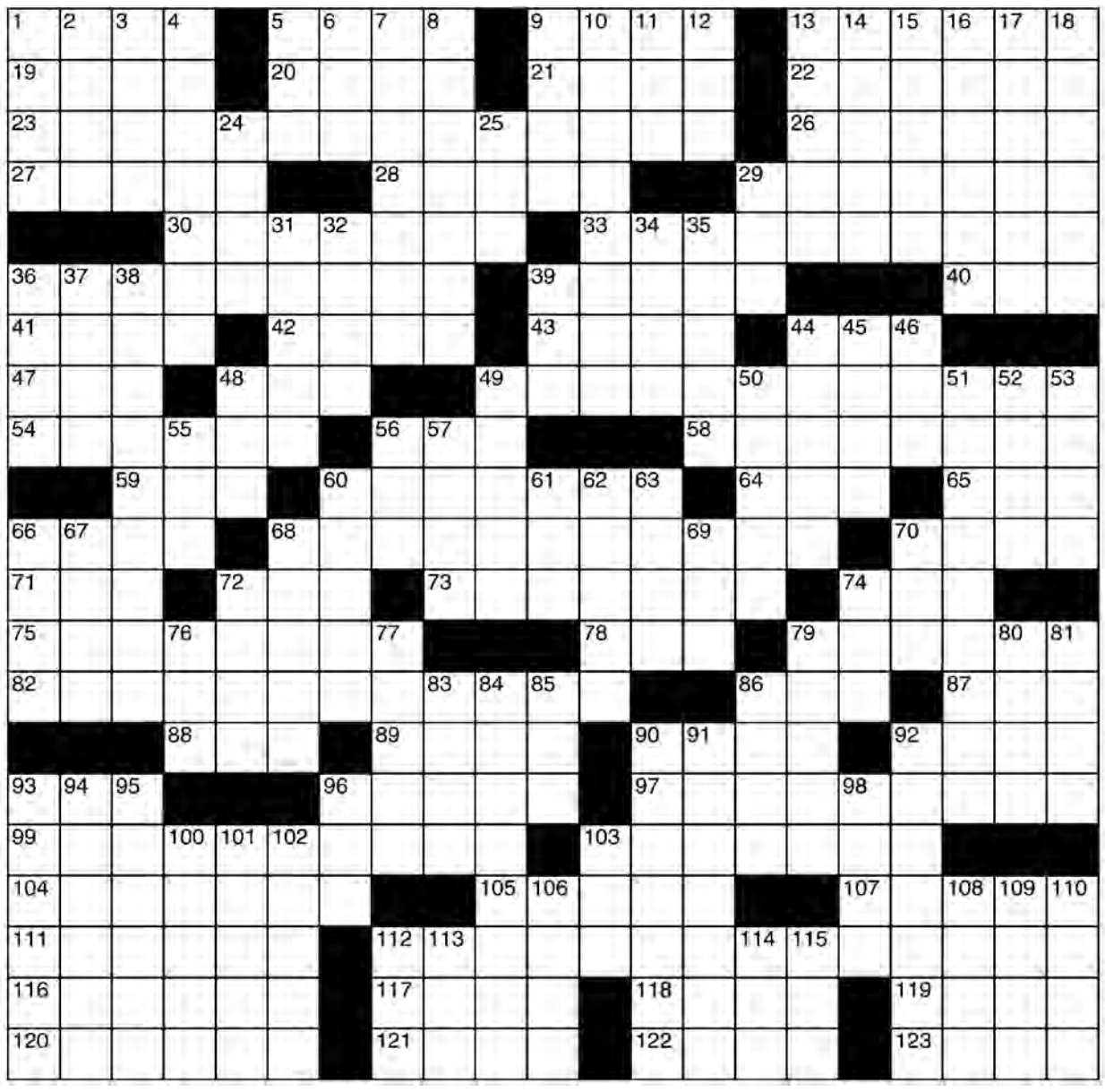
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Dave Ellsworth
480-360-JUNK (5865)
I'm a 6th grade Mesa teacher working my 2nd job.





SUPER CROSSWORD

Turning Red



ACROSS

1 Dull hurt
5 Language of Islamabad
9 Thorny plant
13 Series start
19 Hurdle
20 Really smell
21 Very eager
22 Chlorine or fluorine compound
23 "A Clockwork Orange" novelist
26 Steeped in salty water
27 Ridden horse
28 Tree bearing catkins
29 "Take that!"
30 Derivations
33 Commotion
36 "Modern Family" co-star
39 Popeye creator Elzie
40 Get the idea
41 "Boys" co-star Lukas
42 Not aweather
43 Arizona tree
44 Pen choice
47 Sharp tool
48 Shifty
49 He played Radar on "M*A*S*H"
54 Many mini-maps
56 Golf target
58 Not trite
59 Irving of 101-Down
60 Let go of
64 Festive
65 Stretch, with "out"
66 BBs, e.g.
68 No light load
70 Notion
71 KO counter
72 "Not impressed"
73 Freedom from germs
74 Commotion
75 Big name in tires
78 Takeoff guess, briefly
79 Cheap flicks
82 Lean patty option
86 Just-painted
87 Meadow
88 Go -- rampage
89 Totally spoil
90 Pentagram
92 Galley tools
93 Bit of an oval
96 Complaints, informally
97 Preppy-boho fashion label
99 Line of fruity Cheerios cereals
103 Unit of dew
104 Further on
105 Danish toast
107 Flooded (in)
111 Shiny fabrics
112 Singer of the 1960 hit "You're Sixteen"
116 Happenings
117 Balm additive
118 Make simpler
119 Slightly
120 Fix, as a shoe bottom
121 Look awed
122 Colorless
123 Red color hidden backward in nine answers in this puzzle

DOWN

1 Cry of woe
2 Euro division
3 Can't stand
4 Ancient Greek city
5 "Ode on a Grecian --"
6 Playa del --
7 Utter failure
8 Island guitar
9 Angry display
10 Listen to incidentally
11 Bro's sibling
12 Pub. house workers
13 "Yippee!"
14 Second of two sections
15 Yale's Yale
16 S.F. NFL team
17 Swimmer Gertrude
18 Flight leaving late at night
24 Scent
25 Hwys., e.g.
29 Camera type, in brief
31 Eurasian mountains
32 Depend (on)
34 Unattractive
35 Exceptionally tough guy
36 Some spicy cuisine
37 [Boring!]
38 Common yule tree
39 Hot tub locale
44 Wilson of the Beach Boys
45 Punk rock's -- Pop
46 Phi-psi linkup
48 Pigs' place
49 Slaty colours
50 Compels
51 100 cents
52 Counterfeit
53 Tiny parasite
55 Punk variant
56 Stew veggie
57 Thomas -- Edison
60 "Get clean" program
61 '60s prez
62 "Fantastic!"
63 Once, formerly
66 In -- (trapped)
67 Bistro card
68 #1 OutKast hit of 2003
69 Completed
70 Tyrant Amin
72 Brand of faucets
74 Back, at sea
76 "The Thing" studio
77 Tempting one
79 Emerald, e.g.
80 Former Ford div.
81 Obi, for one
83 Regrets
84 Store selling souvenirs
85 Naval off.
86 Get skewed
90 Left the fold
91 Strip of computer icons
92 Last longer than
93 Bully, e.g.
94 Put new asphalt on
95 Jalopies
96 Amigo
98 Bit of coffee
100 Safari animal
101 Streisand film of 1983
102 -- -Terre (capital of Guadeloupe)
103 Singer Ho
106 Leg midpoint
108 Outermost Aleutian island
109 Blind guess
110 Lamarr of old Hollywood
112 Cut unevenly
113 Ending for schnozz
114 Yank's land
115 Yank's rival

Sudoku

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

©2018 Syndicated Puzzles

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

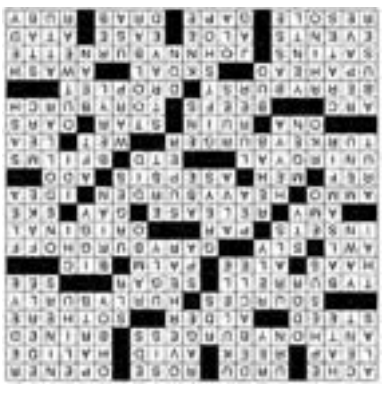
Back to School

R	E	M	M	U	S	F	O	D	N	E	J	S	Y	S
E	K	D	I	D	Z	S	R	N	E	L	U	I	H	C
G	O	C	D	F	P	J	I	F	U	F	E	A	F	H
I	O	I	D	P	Y	E	E	H	L	K	I	O	I	E
S	B	E	L	E	M	E	N	T	A	R	Y	G	R	D
T	T	S	E	N	I	A	T	C	C	B	H	T	S	U
R	X	U	S	S	U	Y	A	U	I	S	N	T	T	L
A	E	O	C	E	P	C	T	O	C	L	M	C	W	E
T	T	H	H	P	B	P	I	H	V	F	S	S	E	S
I	N	N	O	T	E	B	O	O	K	S	Y	D	E	E
O	R	E	O	E	C	O	N	P	R	Y	X	N	K	S
N	L	P	L	M	L	S	E	O	H	S	W	E	N	S
L	X	O	S	B	A	C	K	P	A	C	K	I	M	A
N	R	U	U	E	H	G	F	P	A	P	E	R	E	L
H	T	S	G	R	N	J	U	R	V	T	V	F	E	C

BACKPACK
PENCILS
HAIRCUT
PENS
OPEN HOUSE
SCHOOL BUS
MIDDLE SCHOOL
TEXTBOOK
NOTEBOOKS
FRIENDS
CLASSES
SEPTEMBER
SCHEDULES
ELEMENTARY
END OF SUMMER
PAPER
NEW SHOES
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REGISTRATION
HIGH SCHOOL
FIRST WEEK

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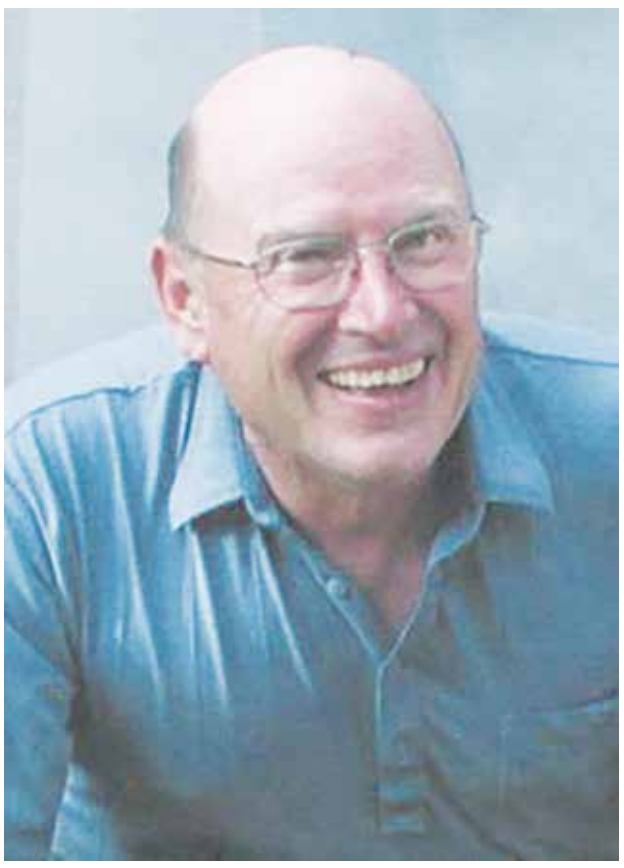
Puzzle Answers



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

Leisure World

Obituaries



Lynn F. Roumagoux

Lynn F. Roumagoux passed away on June 12, 2018. He was a teacher and retired from Anchorage School District in Anchorage, Alaska in 1987. He was also a counselor and coach of cross-country skiing, cross-country running and women's track and field. After coming to Leisure World, he taught a carving class for several years. He and his wife also taught round dancing in Mesa for several years until 1997. Lynn is survived by his wife Donna and two children Annetta and Bruce, six grandchildren and six great-grandchildren, brothers Luis and Wayne and sister Louise. A memorial service will be held in the fall.









Lucille Reich

Lucille "Lucy" Reich, 91, a former long-time resident of Leisure World passed away peacefully on July 15, 2018. Lucy was born and raised in Hales Corners, Wisconsin and the Milwaukee area. An avid reader, she volunteered for years in the Leisure World Library. She was preceded in death by her husband Bob Reich of 70 years and her son Jay Reich. She is survived by her daughter Linda Stitt (Robert) and her son, Donn Reich (Judy), six grandchildren,17 great-grandchildren, two great-great-grandchildren, three nieces, a nephew and their families, and many great friends in Leisure World and in Fellowship Square.

Mary Ann Rother

Mary Ann valiantly lost her battle from cancer on June 25, 2018. She was born on July 19, 1935 and moved to Leisure World 25 years ago from Portland, Oregon. She was a Leisure World Tap Dancer for many years and enjoyed clogging. She was also a world-renown dance teacher and choreographer for 35 years and traveled internationally. Disney World and Minnie Mouse was her destination for many years and she was able to enjoy a visit there recently. Mary Ann is survived by her loving husband Bob of 63 years, her five children, nine grandchildren and six great-grandchildren. She will be sadly missed by all that knew and loved her.

Love Is All There Is

LOVE is the word that binds us
LOVE is the word that brings a smile
LOVE is another word for honor
LOVE is another word for respect
LOVE is another word for understanding
LOVE is another word joy
LOVE is another word for quelling anger
LOVE is another word for listening
LOVE is another word for apologizing
LOVE is another word for friendship
LOVE is another word for giving
LOVE is another word for laughing

LOVE IS ALL THERE IS

New Philosophies

Look beyond
What you can see
To help you understand

Humanity

-Lorie Shapiro is a Leisure World resident, poet and storyteller.

Vera Thomas

Vera Elizabeth (Mayfield) Thomas passed away on June 15, 2018 at Fellowship Square in Mesa. She was 95.

Vera was born July 14, 1922 in Stillwater, Oklahoma. She attended one-room country schools before graduating from Stillwater High School in 1939. A top student, she was the Oklahoma state high school shorthand and typing champion. In 1939, she married Archie Carithers Thomas, also of Stillwater. They were married for 48 years, until his passing in 1988.

Vera and Archie moved to Hays, Kansas in 1947, where Archie taught for 25 years as a business professor at Fort Hays State University. Vera earned a B.S. in Education from Fort Hays in 1955 and worked as an executive secretary for Service Pipeline Company for 10 years. In 1967, she obtained a Master's in English from Fort Hays and began teaching in the business department. By the early 1970s, she was teaching college courses in COBOL, Fortran, and other data processing languages, at a time when there were few women professors of computer science in the United States. She became an associate professor in the School of Business Administration, before retiring in 1982.

In 1984, Vera and Archie moved to Mesa, where she lived in Leisure World for 27 years. She volunteered in the Health Office and the Banner Baywood hospital for more than 20 years. She enjoyed an active routine of billiards, bingo, dominoes and card games. She was a member of the Velda Rose United Methodist Church and served as its Financial Secretary for 18 years. She traveled throughout the United States, Canada, Scandinavia, Great Britain, Switzerland, Hong Kong, Australia, New Zealand and the Caribbean, before moving to Fellowship Square in 2011.

Vera is survived by her son Archie C. Thomas, Jr., of Owasso, Oklahoma; her son Andrew J. Thomas, of Los Angeles, California; her five grandchildren, Bill, Archie III, Miles, Cole and Isabella; and two great-grandchildren, Brennan and Blake.

Expressions of sympathy may be sent to Andrew Thomas at 6233 Orange Street, Los Angeles, CA 90048. Donations in Vera's memory may be made to the Velda Rose United Methodist Church.

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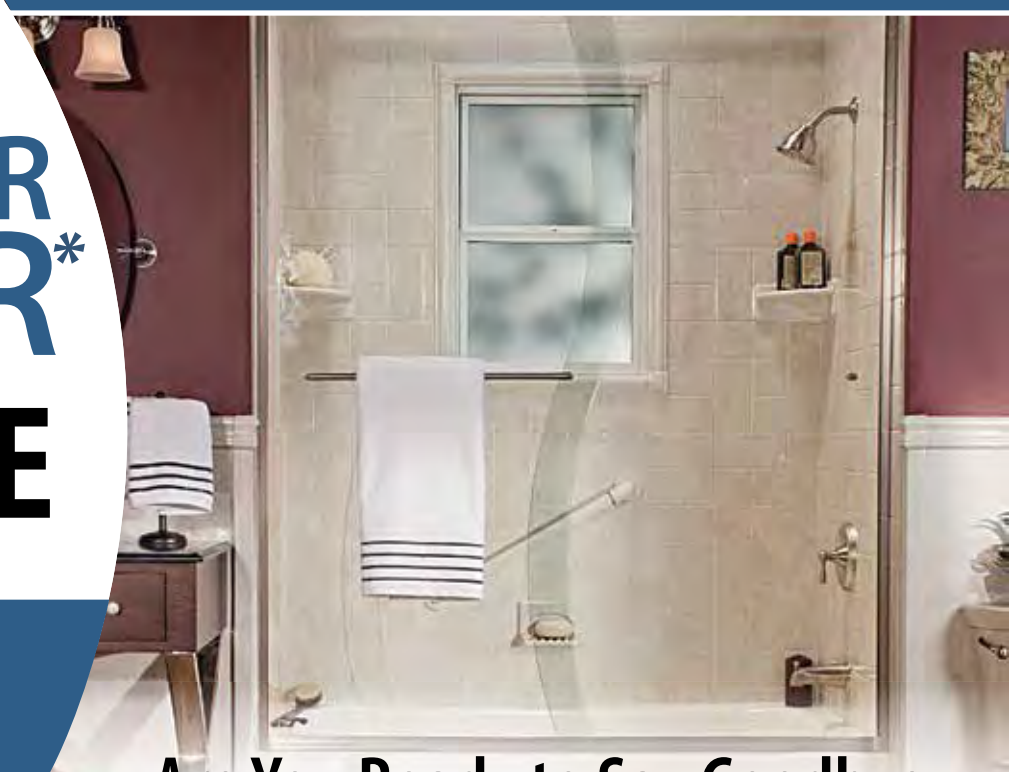
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Leisure World

August 2018

LIFESTYLE

Recreation, Wellness and Golf



Fitnessland
Page B10



Monsoon Madness

That's right, this time Jan Zale really did it. Before she retired, she left us with one big party event: A Monsoon Madness Mixed Up Holiday Week from August 6 to August 11. Every day, Monday through Saturday, will be a different party.

Starting with a birthday party, we'll move through the holidays one by one, with Lucky Irish Stew, Cinco de Mayo, Witching Hour Costume Party, Mocktober Fest and then closing with a faux New Year's Eve dance, complete with hats, horns and a cider toast!

You better start resting up because you'll need all the energy you can to keep up with our Monsoon Madness Mixed Up Holiday Week!

To pull off this week of fun, we'll need lots of volunteers to help with decorating and kitchen duties. Sign up to be a part of the fun with the Recreation Office!

Tickets for all the events are on sale now!

See Upcoming Activities on Page B4 for a complete list of Monsoon Madness events.



Lightning Golf Ace Rich Mann

Some people say lightning doesn't ever strike. But for Rich Mann, it struck twice on the golf course with an ace: once on April 15 and most recently on July 4.

The Leisure World resident and Rookie League mentor waited 50 years for his first-ever hole-in-one this past spring. What a feat to have accomplished this yet again shortly thereafter!

According to the National Hole-in-One Association, a hole-in-one is a rare feat—one that most golfers never achieve in their career. The odds of an amateur golfer on a par-3 hitting a tee shot into the hole is one out of every 12,750 times.

Stats also show that Rich is part of an elite group of only one to two percent of all golfers per year who do this just once. Of these golfers, only 14 percent are able to do it again.

Rich was golfing with his wife Robin and fellow residents Dennis and Dee Mahaney, who witnessed the shot on Heron Lakes Hole 16.

Congratulations yet again, Rich!



Front row left to right: Judy Hulswitt, Carolyn Lowy, Jackie Radenbaugh and Susan Tuttle

Fourth of July Zumba

Submitted by Jackie Radenbaugh

Residents kicked off the Fourth of July by sweating it out in Zumba class taught by Susan Tuttle. They rocked it out and then enjoyed great food and fun. Check out Zumba every Monday and Wednesday in the Rec. 1 Classroom from 12:45 p.m. - 1:45 p.m., even during holidays. You'll learn a lot of great moves from Susan, who's been faithfully teaching the class for the past seven years. You will also befriend many of the loyal participants.



Come Back Buddy

Faux New Year's Eve Dance Party!

Saturday, August 11 • 7 p.m. - 10 p.m.

Rec. 2 Hopi/Pima Rooms
Turn back the clock and get ready to rock! Transcend time with 50s, 60s and 70s music from Come Back Buddy. We'll provide décor, cider, popcorn, pretzels and BYO set up.
Reserved seating.
Tickets: $10 per person



Leisure World

Recreation Department



Kung Fu Dining Summer Potluck

Wednesday, August 29 • Appetizers and BYO 5:30 p.m. Dinner 6 p.m.

Rec. 1 Ballroom

Recreation will be preparing orange chicken. We will also provide soda, lemonade, water and ice, and you potluck the rest. Sign up to bring an appetizer, salad and rolls, side dish or dessert! All service items will be provided. After dinner, sit back and enjoy the evening visiting with friends.

Deadline: Monday, August 27

Tickets $4 per person



Afternoon Delight

August 16 at 2 p.m.

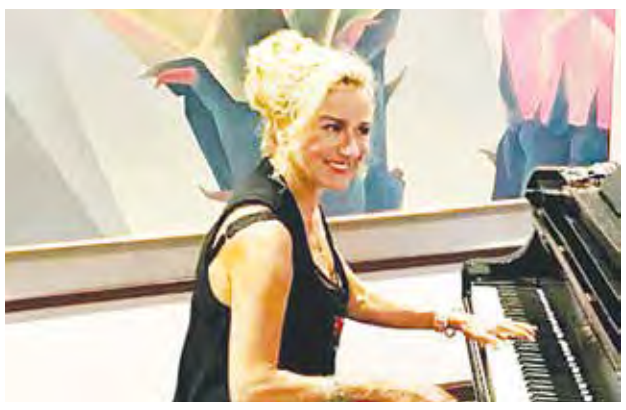
The treat: *Ice Cream Sundaes*

The entertainment: *Anna Chepikova*

Rec. 2 Hopi / Pima Rooms

"25 Years of Excellence in Piano and Vocal Entertainment" Pianist, singer, songwriter, entertainer from classical to jazz, pop, Broadway and ragtime. Remember, the event is open seating with no seat-saving.

Tickets $4 per person



Entertainer Anna Chepikova



Cruisin' through Labor Day

Monday, September 3 • 5:30 p.m. - 6 p.m.

Rec. 2 Hopi/Pima Ballrooms

5:30 p.m. BYO Social Fabulous buffet dinner from Catered by Ed will include chicken sandwiches, hamburgers, potato salad, baked beans, watermelon and root beer floats for dessert. Soda, ice and water will also be available.

5:30 p.m. - 8:30 p.m. Steve Smith's interactive Night Music featuring music you can cruise to, including 50s hits and the Beach Boys.

Come dressed in your 50s best for a chance to win a prize!

Deadline: Thursday, August 30

Tickets: $18 per person

All Aboard To Broadway

Announcing Leisure World 2018-2019 Broadway Across America season at ASU Gammage. All shows include roundtrip transportation with show tickets in Orchestra A seating and are on sale now at the Recreation Office. If you are away for the summer, don't worry, you can purchase tickets via credit card by calling the Recreation Office at 480-832-0003 ext. 224. Sign up today, limited seats!

"ON YOUR FEET!" - $99 per person

November 6, 2018 (T) depart at 6:15 p.m. for 7:30 p.m. show

From their humble beginnings in Cuba, Emilio and Gloria Estefan came to America and broke through barriers to become a crossover sensation at the very top of the pop music world. But just when they thought they had it all, they almost lost everything. On Your Feet! takes you behind the music and inside the real story of this record-making and groundbreaking couple who, in the face of adversity, found a way to end up on their feet.

Deadline: Monday, October 8

"HELLO DOLLY!" - $99 per person

January 8, 2019 (T) depart at 6:15 p.m. for 7:30 p.m. show

Tony Award-winning Broadway legend Betty Buckley stars in Hello Dolly!—the universally acclaimed smash that NPR calls "the best show of the year!" Winner of four Tony Awards, including Best Musical Revival, director Jerry Zaks' "gorgeous" new production is "making people crazy happy!" Breaking box office records week after week and receiving thunderous raves on Broadway, Hello Dolly! pays tribute to the original work of legendary director/choreographer Gower Champion—hailed both then and now as one of the greatest stagings in musical theater history.

Deadline: Monday, December 10

"Disney's Aladdin" - $120 per person

February 13, 2019 (W) depart at 6:15 p.m. for 7:30 p.m. show

From the producer of The Lion King comes the timeless story of Aladdin, a thrilling new production filled with unforgettable beauty, magic, comedy and breathtaking spectacle. It's an extraordinary theatrical event where one lamp and three wishes make the possibilities infinite. Hailed by USA Today as "Pure Genie-Us," Aladdin features all your favorite songs from the film, as well as new music written by Tony and Academy Award winner Alan Menken (Newsies), with lyrics penned by the legendary Howard Ashman (Beauty and the Beast), Tony Award winner Tim Rice (The Lion King, Aida), and book writer Chad Beguelin (The Wedding Singer).

Deadline: Monday, January 14

"The Play That Goes Wrong" - $89 per person

March 19, 2019 (T) depart at 6:15 p.m. for 7:30 p.m. show

What would happen if Sherlock Holmes and Monty Python had an illegitimate Broadway baby? You'd get, The Play that Goes Wrong, Broadway and London's award-winning smash comedy! Called "a gut-busting hit" and "the funniest play broadway has ever seen," this classic murder mystery is chock-full of mishaps and madcap mania. Welcome to opening night of The Murder at Haversham Manor where things are quickly going from bad to utterly disastrous. With an unconscious leading lady, a corpse that can't play dead and actors who trip over everything (including their lines), it's "tons of fun for all ages" and "comic gold" sure to bring down the house!

Deadline: Monday, February 18

"Wicked" - $120 per person

April 3, 2019 (W) depart at 6:15 p.m. for 7:30 p.m. show

Wicked, the Broadway sensation, looks at what happened in the Land of Oz…but from a different angle. Long before Dorothy arrives, there is another young woman, born with emerald-green skin-smart, fiery, misunderstood and possessing an extraordinary talent. When she meets a bubbly blonde who is exceptionally popular, their initial rivalry turns into the unlikeliest of friendships…until the world decides to call one "good" and the other one "wicked."

Deadline: Monday, March 4

Leisure World Recreation Department Staff



Rhonda Cap
Lifestyle Director



Pene Mathison
Scheduling/Office Manager



Boyd Harpst
Recreation Facilities Supervisor



Jamie Knowlton
Recreation Programmer



Carla Nicely
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Upcoming Activities



August 6 (M) Everybody Loves a Birthday Party
1 p.m. Rec. 2 Hopi/Pima Rooms
We'll be serving birthday cupcakes, ice cream and a fruit tray. After eating we will play party bingo for free. Win the great goody bag!
Deadline: Friday, August 3
Tickets $4 per person

August 7 (T) Lucky Irish Stew
6 p.m. Rec. 2 Hopi/Pima Rooms
We will serve Irish stew, fresh bread, fresh vegetables and a treat. Following dinner, you'll learn the art of Irish stepping.
Deadline: Friday, August 3
Tickets $8 per person

August 8 (W) Cinco de Mayo Luncheon
12 p.m. Rec. 2 Hopi/Pima Rooms
Enjoy chicken taco salad with lots of toppings. We will have chips and salsa too, and for dessert a nice sherbet. Enjoy music by Spanish guitarist Stan Sorenson.
Deadline: Monday, August 6
Tickets $8 per person

August 9 (Th) Witching Hour Costume Party
4 p.m. Rec. 2 Hopi/Pima Rooms
Sample haunted hors d'oeuvres like eyeball meatballs, bat wings, and bewitched bug juice. Dance to the Monster Mash and other eerie tunes as provided by GMANN? Dress up to enter our costume contest and win a prize.
Deadline: Monday, August 6
Tickets $10 per person

August 10 (F) Mocktober Fest Luncheon
12 p.m. Rec. 2 Hopi/Pima Rooms
What else would you expect but brats, sauerkraut, beans, potato salad and apple strudel. Accordion music will fill the room during this event.
Deadline: Monday, August 6
Tickets $8 per person

August 11 (S) Faux New Year's Eve Party
7 p.m. Rec. 2 Hopi/Pima Rooms
We've made it most of the way through the summer, so let's celebrate! We will have hats, horns—the works. Come Back Buddy will provide great music for dancing and listening. We'll provide the music, decorations, cider, popcorn, pretzels and BYO set-up.
Tickets $10 per person

August 16 (Th) Afternoon Delight 2 p.m.
Rec. 2 Hopi/Pima Rooms
Start out with a generous helping of vanilla ice cream topped with one or all of your favorite toppings: strawberries, pineapple, chocolate, whipped cream, chopped nuts and a maraschino cherry! Fresh fruit cups in place of the ice cream will be available if requested when you purchase your ticket. Singer and songwriter Anna Chepikova will entertain on the piano with a variety of music from classical to jazz, pop, broadway and ragtime.
Tickets: $4 per person

August 29 (W) Summer Potluck – Kung Fu Dining
Rec. 1 Ballroom 5:30 p.m. - Appetizers and BYO
6 p.m. - Dinner
Recreation will be stirring up some delicious orange chicken as your main dish. We will also provide soda, lemonade, water and ice, and you will potluck the rest. Sign up to bring an appetizer salad and rolls, side dish or dessert! All service items will be provided. After dinner, sit back and enjoy the evening visiting with friends.
Ticket: $4 per person
Deadline: Monday, August 27

September 3 (M) Cruisin' through Labor Day
Rec. 2 Hopi/Pima Rooms
5:30 p.m. - BYO Social 6:00 p.m. - Buffet Dinner
5:30 p.m. - 8:30 p.m. - Entertainment
Remember those hot summer days just listening to music and cruisin' with the top down in your convertible. Enjoy the entertainment from DJ Steve Smith's Interactive Night Music featuring music from 50s hits and the Beach Boys. So, find your best 50s garb and dancing shoes and come down to enjoy a fabulous buffet from Catered by Ed. Dinner will include chicken sandwiches, hamburgers, potato salad, baked beans, watermelon and root beer floats for dessert. Soda, ice, and water will also be available.
Come dressed in your 50s for a chance to win a prize!
Tickets: $18 per person
Deadline: Thursday, August 30



September 20 (Th) Afternoon Delight 2 p.m.
Rec. 2 Hopi/Pima Rooms
The Diamondbacks are celebrating two decades in Phoenix this year, with a little help from a man who's been with the team since the beginning. For organist Bobby Freeman, the "Charge!" rally cheer is the ultimate riff to play at a Diamondbacks baseball game. Bobby's job is more than plunking at the 88 keys. He also goes out into the community as an ambassador for the team. On this day, Bobby is playing for Leisure World at Afternoon Delight. Enjoy banana splits or fresh fruit cups while enjoying the music of The Diamondbacks.
Tickets Available September 4: $4 per person

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$14.98 oil change with this coupon
Multi-blend oil, up to 5 quarts
(Above 5 quarts, additional cost)
HOURS
7 a.m. – 6 p.m. Monday – Saturday
(Closed Sunday)

Upcoming Trips and Tours

Pick up your flier and sign up in the Recreation Office or call 480-832-0003 ext. 224 to purchase your tickets via phone.

September 5 (W) Scottsdale Culinary Institute*
Motorcoach Departs: approx. 7 a.m. - $99 per person
Join Free Spirit for a delicious lunch at the Dujour Restaurant where students at the Scottsdale Culinary Institute prepare the menu and dishes. Includes appetizer, entrée and dessert. There will also be time for shopping in Old Town Scottsdale.
Deadline: Monday, August 6



October 5 (F) Easy as Pie – Apple Annie's in Wilcox*
Motorcoach Departs: approx. 7:30 a.m. $99 per person
Travel to Wilcox for some of the best pie ever! Spend the day on the farm enjoying a flavorful harvest of pick-your-own apples, pears, peaches, pumpkins and more! Browse in the sensational assortment of butters, salsa, jams, jellies and other great gifts! Let your nose guide you to their homemade pies and breads as they fill the store with the sweet smell of apples and cinnamon! No doubt that delicious smell is one of their signature, award-winning apple pies made with hand-peeled apples from their orchards! Lunch is included with award-winning apple pie.
Deadline: Tuesday, September 4

November 6 (T) Gammage Broadway Show – "ON YOUR FEET"**
See details in ASU Gammage Announcement Page B2

November 9 (F) Fountain Festival and Desert Belle*
Motorcoach Departs: approx. 7:30 a.m. $99 per person
The Fountain Festival of Arts and Crafts at Fountain Hills is one of the largest events in the Southwest with hundreds of booths and original fine work of art in every price range. Live music and a scenic cruise aboard the Desert Belle on Saguaro Lake is also included.
Deadline: Monday, October 8

November 12 (M) Phoenix Veterans Day Parade*
Motorcoach Departs: approx. 7:30 a.m. $99 per person
The Phoenix Veterans Day Parade is a moving tribute to our nation's veterans. The goal of this event is to help our veterans heal and reintegrate back to our society after their military service. There will be seating for the parade. After the parade, your lunch is included, followed by a visit to the Wesley Bolin Memorial Place, located in front of the State Capitol, where several monuments and memorials are located.
Deadline: Monday, October 8

December 2 (Su) Desert Botanical Gardens and Mill Ave Fair*
Motorcoach Departs: approx. 4 p.m. $99 per person
Shop for those one-of-a-kind Christmas gifts at the Tempe Festival of the Arts—one of the Top 100 Classic and Contemporary Craft Shows in the nation. Then enjoy a magical night as the Desert Botanical Gardens come to life with the soft glow from more than 8,000 hand-lit luminaria bags, thousands of white twinkle lights and the vibrant sounds and sights of live entertainment throughout. The Mormon Temple Light Display is also included.
Deadline: Monday, October 29

December 5 (W) Holiday Food and Shopping*
Motorcoach Departs: approx. 7 a.m. $99 per person
Enjoy three different shopping and food experiences. Begin at Mesa Marketplace where your breakfast is included. Continue to The Bass Pro Show where the decorations and atmosphere is festive. Your lunch is included there. End the day shopping in Old Town Scottsdale and top it off with ice cream before heading home.
Deadline: Monday, November 5

December 5 (W) Celebration of Christmas*
Motorcoach Departs: approx. 4 p.m. - $38 per person
This is the final dress rehearsal of Phoenix First Assembly's Celebration of Christmas, but you'd never know it! Aerial stunts, live circus animals, Rockettes, live nativity, flying angels, and a 30-piece orchestra that fills the auditorium. Bring your family, invite your friends and experience the true season of Christmas like never before. The final dress rehearsal is always sold out, contact Recreation today to reserve your seat! Escorted tour includes deluxe motorcoach transportation and open seating to the 7 p.m. performance.
Deadline: Monday, November 5

December 8 (S) Fantasy of Lights Boat Parade*
Motorcoach Departs: approx. 4:30 p.m. $99 per person
Light up the night and be dazzled at the Valley's most unique holiday event—the Fantasy of Lights Boat Parade Presented by SRP at Tempe Town Lake. The Boat Parade will feature as many as 50 festively lighted boats of all sizes. A fireworks finale will conclude the light-filled night following the end of the boat parade. Dinner is included.
Deadline: Monday, November 5

December 9 (Su) Glendale Glitters Holiday and Dinner*
Motorcoach Departs: approx. 2:30 p.m. $99 per person
Glendale's award-winning holiday lighting event has become a tradition across the Greater Phoenix region and state. The stunning display of 1.5 million lights illuminates 16 blocks of Historic Downtown Glendale, making it one of the largest holiday light display in Arizona.
Deadline: Monday, November 5

December 14 (F) The Nutcracker at Phoenix Symphony Hall*
Motorcoach Departs: 6:15 p.m. $105 per person
The magic of the holidays comes alive with Ballet Arizona's classic The Nutcracker. Surrender to the grand sweep of Tchaikovsky's score and the wonders of childhood. Join Clara and her Nutcracker Prince as they embark on a thrilling adventure of dancing toys, mischievous mice, waltzing flowers, and sparkling snowflakes. The magic of The Nutcracker illuminates the stage with more than 150 performers, hundreds of costumes, and the beauty and athleticism of Ballet Arizona's nationally recognized dancers. A timeless holiday tradition for all ages. Symphony will join us for the performances of The Nutcracker. Escorted tour includes deluxe motorcoach transportation.
Deadline: Monday, November 12

December 31, 2018-January 2, 2019 (M-W) Rose Bowl Parade*
Motorcoach Departs: TBA $775 per person Single, $625 per person Doubles
Join Free Spirit Vacations for the Granddaddy of Them All - The Rose Bowl Parade. The "Parade of all Parades" will be making its way down Colorado Boulevard in grand style on New Year's Day and you'll have great seats along the parade route for up-close-viewing. It's a sensory event you won't want to miss. See the giant floral floats. Smell the aroma of the millions of roses and other flowers and hear the marching bands fill the air with robust sounds.
Deadline: Monday, October 22

January 8 (T) Gammage Broadway Show "Hello, Dolly"**
February 13 (W) Gammage Broadway Show – "Aladdin"**
See details in ASU Gammage Announcement Page B2

February 17- 24, 2019 (Su-Su) Mexico Copper Canyon*
Motorcoach Departs: TBA $1850 per person Single, $1550 per person Doubles
For those who love the unusual and seek adventure, the "Barranca del Cobre" is the answer. Experience one of the most dramatic rail journeys in the western hemisphere, on a rail line that took 100 years to complete. At an altitude of 8000 feet, the mountain peaks are snow-chapped in winter while the canyon bottom remains at a tropical climate. Enjoy the majestic beauty of one of the world's most unique destinations. Register early, limited spots available!
Deadline: Thursday, January 3

March 5- 7, 2019 (T-Th) Catalina Island Adventure*
Motorcoach Departs: TBA $875 per person Single, $625 per person Doubles
Catalina Island is a picture-perfect paradise and a world apart from the hustle and bustle of the mainland just 22 miles away. This trip includes round trip motor coach and Catalina Express ferry ride. Enjoy a two-night stay at the lovely Pavilion Hotel with hot breakfast and evening wine & cheese reception. A scenic driving tour will take you to along the beachfront, up the hillside, and through the heart of this friendly and historic town. Also, a walking tour through Catalina Casino highlighting its beauty and architecture. Register early, limited spots available!
Deadline: Monday, February 4

March 19 (T) Gammage Broadway Show "The Play That Goes Wrong"**
See details in ASU Gammage Announcement Page B2

April 3 (W) Gammage Broadway Show – "Wicked"**

*** Cancellation fees will apply • ** Non-Refundable**
TBA – time to be announced





Bingo

Every Friday at 7 p.m.

(Except August 31, no bingo)

The more the merrier!

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 and you 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.

Bingo Boosters

August 3 Caller - D. Callahan, Pay Out - N. Okoniewski, Ex. Game - T. Roland
August 10 Caller - B. Reinke, Pay Out - M. Gardner, Ex. Game - F. Lance
August 17 Caller - M. Matteson, Pay Out - G. Bowers, Ex. Game - L. Krever
August 24 Caller - N. Okoniewski, Pay Out - B. Reinke, Ex. Game - P. Okoniewski
August 31 NO BINGO

Bingo volunteers are shining with cash prizes for you!

Friday Social

4:00 - 6:00 p.m.

Rec. 1 Clubroom

Everyone is invited for fun and merriment! $1 at the door gets you glass, ice, water and soda! You bring the spirits Welcome new neighbors and meet friends!



2018-2019 Performing Arts Series

Season Tickets on Sale in Recreation Office until Friday, September 14, 2018

All shows are booked for the next terrific season of entertainment in the Performing Arts series. In addition to the six shows (two each January, February and March), we have two great "pre-season" shows (one in November and one in December). A brochure highlighting each act and outlining the season ticket pricing is available in the Recreation Office.

Remember, by purchasing season tickets, you'll get a discount off single seat ticket prices. In addition, you'll enjoy the convenience of having all your tickets in advance and the comfort of the same seat per show. Again, brochures with shows, details and pricing are available in the Recreation Office.



Free Sunday Movie in Theater

Movies start at 4 p.m. Refreshments provided. Due to the popularity of the movies, there will be no seat-saving.
All seats are on a first-come basis only. Schedule may change due to Netflix movie availability.

August 5 **Midnight Sun** **(PG13) – 1hr 31m**
Katie Price, a young 17-year-old, has been sheltered since childhood with a rare disease that makes even the smallest amount of sunlight deadly. During the day, she is housebound, but after nightfall, Katie can venture out to the local train station and play her guitar for travelers. One night, her dreams come true when she's noticed by Charlie, whom she has secretly admired for years. She decides to hide her condition from him as the two embark on a uniquely powerful romance over one nearly perfect summer.

August 12 **Finding Your Feet** **(PG13) – 1hr 51m**
When "Lady" Sandra Abbott discovers that her husband of 40 years is having an affair with her best friend, she seeks refuge in London with her estranged, older sister, Bif. The two could not be more different; Sandra is a fish out of water next to her outspoken, serial dating, free-spirited sibling. But different is just what Sandra needs and she reluctantly lets Bif drag her along to a community dance class, where she starts finding her feet.

August 19 **I Can Only Imagine** **(PG13) – 1hr 50m**
Released as a single in 2001, the Christian rock ballad "I Can Only Imagine" became a huge crossover hit for the band MercyMe and composer Bart Millard. This family drama charts Millard's life and memories of his late father, who inspired the song.

August 26 **National Security** **(PG13) – 1hr 28m**
Cop Hank Rafferty loses his job after an altercation with police academy washout Earl Montgomery. He then becomes a security guard, only to find himself paired with Earl. Can the duo put aside their hostilities to bust a smuggling ring?

Pucker Up for a Berry Blast

Summertime is popping with lemon and berry flavors in a variety of dishes!



$7.99 adult buffet
Limit 6 buffet meals. Not valid with other offers. Tax and beverage not included. Offer valid for dine-in and take-out. Must surrender coupon upon redemption. Valid only at the Mesa/Superstition location.
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SOUPER SALAD

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Limit 6 buffet meals for Seniors 60+. Not valid with other offers. Tax and beverage not included. Offer valid for dine-in and takeout. Must surrender coupon upon redemption. Valid only at the Mesa/Superstition location.
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Pomodoro Lemonoro


Lemon Chicken Soup


Strawberry Shortcake

Cards and Games

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

Bridge Groups

ACBL (CLR) Contact: Marilyn Stavros, 480-737-9279
Monday and Tuesday, 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. (Resumes in November)

Partner (LC) Contact: Lynn Peters, 262-853-4870
Sunday, 6:15 p.m.

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

Progressive (QCR) Contact: Phyllis Hallatt, 480-396-7398
Thursday, 12:30 p.m. (Resumes in September)

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

Wednesday Shufflers (NAV) Contact: Phil Johnson, 480-664-4814
Wednesday, 12:30 p.m.

Poker Groups

5 and 10 Cent (LC) Contact: Ann Bachner, 480-641-5197
Tuesday, 6:15 p.m.

Dealer's Choice (NAV2) Contact: Jim Munkwitz, 803-747-1677
Thursday, 1:00 p.m.

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

Penny (NAV) Contact: Diana Milgrom, 480-981-6085
Monday and Wednesday, 6:30 p.m.

Texas Hold 'Em (QCR) Contact: Barb Vert, 480-278-1065
Monday, 12:45 p.m.

Other Card And Game Groups

Bunco (CLR) Contact: Patty Okoniewski, 480-474-8115
1st Thursday, 6:30 p.m.

Cribbage (LC) Contact: Gary Musselman, 480-279-0237
Friday, 1 p.m.

Cribbage 2 (QCR2) Contact: Gary Musselman, 480-279-0237
Wednesday, 1 p.m. (Resumes in November)

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

Euchre: Advanced (NAV2) Contact: Dave Negro. 815-219-3071
Thursday, 6:30 p.m. (Resumes in September)

Game Night (LC) Contact: Lillian Carlson, 480-684-2441
Friday, 6:15 p.m.

Hand and Foot (LC) Contact: Lillian Carlson, 480-684-2441
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, 480-684-2441
Thursday, 6:15 p.m.

Mah Jong (APA) Contact: Neesa Galanti, 480-218-4055
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. (Resumes in October)

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

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

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



Music and Dance

Ballroom Dance Classes (C) Contact: Bill Goss, 480-275-4647. This popular class is being offered Wednesday Evening. (Classes resume in November)

Clogging Classes (C) Contact: Fran Dusek 480-641-2040 or Joyce Loland at 480-588-5789.
All lessons are free April 1 through October 31. Beginner Plus classes are Noon to 1 p.m. To attend the Beginner class, please call Fran Dusek, 480-641-2040 on Thursday before each Friday class. Int. 1 classes 1 - 2 p.m., Int. 2 classes - 2 - 3 p.m., and Int. 3 classes 3 - 4 p.m.

Line Dance (C) Contact: Gramma 480-984-3791 check out the variety of music and dances on You Tube "Line Dancing with Gramma Jones". Wednesdays 2 p.m. $3 per person.

Line Dance (C) Contact: Dee Dee Dougherty, 480-510-3318
Dances taught, pre-cued, walked through and reviewed (Classes resume in November)

Music Makers (C) Contact: Marty Maciejewski, 480-307-8061.
(Practice resumes in October)

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

Shall We Round Dance (HPG) Contact: Larry Tracht at 480-325-1054, or email rddancer@aol.com.
(Classes resume in November)

Tap Dancing (C) Contact: Judy Free, 480-396-3103.
(Classes resume in November)

Ukulele Practice Group (MR) Contact: Peggy Jefferson, 480-654-2878
(Practice resumes in October.)

Arts and Crafts

Decorative Arts

Art Assoc. (AS) Contact: Lynnea Perry, 480-388-2921
Drop in Art: Friday, 9 a.m.- 4 p.m. (Classes resume in September)

Jewelry and Lapidary (LAP) Contact: Maxine Rosenthal, 302-593-3380
Thursday, 9 a.m.-12 p.m. (Classes resume in November)

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

Stained Glass (CER/SG) Contact: Kay Eakin, 480-641-8719
Open Studio**:** Monday and Wednesday, 1 p.m. - 4 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. We'd love to have you join us and knit-a-long; no charge. Friday, 9 a.m. – 11 a.m.

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

Pillowcase Dresses (AR) Contact: Darlene Footh, 701-339-8491
Make little girls dresses out of pillowcases for charity. Monday 8:30 a.m. - 10 a.m.

Quilters (CLR/SR) Contact: Merrilly Strom, 480-699-9352
If you are interested in quilting or are a beginner, join the group. Quilters make projects for charity. New projects every month. Thursday, 9 a.m. - 12 p.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, 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 and Firing: Tuesday, 9 a.m. – 1 p.m.



Pouring: Thursday, 12 p.m. - 5 p.m.
Ceramics Class: Friday, 9 a.m. - 12 p.m.

Fused Glass (CER/SG) Contact: Kay Eakin, 480-641-8719
Open Studio: Monday and Wednesday, 1 p.m.- 4 p.m.
(Classes resume in January)

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 a.m. to 12 p.m.

Pottery (POT) Contact: Pat Cuban, 480-636-1457
Open Studio: Sunday, Tuesday and Saturday, 9 a.m. - 10 p.m.
Open Studio: Monday, Wednesday, Thursday and Friday,12 p.m. - 10 p.m.
Firing and Unloading: Monday and Thursday
Class with instructor Larron Lerdall: Monday and Thursday, 9 a.m. - 12 p.m.

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August Calendar

WED 1

8:00 a.m. Wednesday Coffee (CLR)

8:00 a.m. ACC (QCR)

4:00 p.m. Singles Mingle (CLRG)

THUR 2

6:30 p.m. Bunco (CLR)

FRI 3

4:00 p.m. Friday Social (CLR)

7:00 p.m. Bingo (BR)

SAT 4

No Events

SUN 5

4:00 p.m. Movie "Midnight Sun" (T)

MON 6

1:00 a.m. "Monsoon Madness – Everybody Loves a Birthday Party" (HPG)

3:00 p.m. Private Party (NAV)

5:30 p.m. Rovers Summer Potluck (CLRG)

TUE 7

6:00 p.m. "Monsoon Madness – Lucky Irish Stew" (HPG)

WED 8

8:00 a.m. Wednesday Coffee (CLR)

10:00 a.m. Alzheimer/Dementia (LC)

12:00 p.m. "Monsoon Madness – Cinco de Mayo Luncheon" (HPG)

THUR 9

4:00 p.m. "Monsoon Madness – Witching Hour Costume Party" (HPG)

FRI 10

12:00 p.m. "Monsoon Madness – Mocktober Fest Luncheon" (HPG)

4:00 p.m. Friday Social (CLR)

7:00 p.m. Bingo (BR)

SAT 11

7:00 p.m. "Monsoon Madness – Faux New Year's Eve Party" (HPG)

SUN 12

4:00 p.m. Movie "Finding Your Feet" (T)

MON 13

1:30 p.m. Music Therapy (MR)

TUE 14

1:00 p.m. Grief Support (AR)

5:00 p.m. Lions Club Summer Potluck (BRG)

WED 15

8:00 a.m. Wednesday Coffee (CLR)

THUR 16

2:00 p.m. Afternoon Delight "Ice Cream Sundaes" (HPG)

FRI 17

4:00 p.m. Friday Social (CLR)

7:00 p.m. Bingo (BRG)

SAT 18

12:00 p.m. Private Party (LC)



Be Ferocious

Throughout August

Sign up for personal training and achieve your fitness goals before the promotional pricing ends!
See Page B2 for more information.

SUN 19

4:00 p.m. Movie "I Can Only Imagine" (T)

MON 20

7:00 p.m. Republican Club (BRG)

TUE 21

5:30 p.m. Woodworkers Social (CLRG)

WED 22

8:00 a.m. Wednesday Coffee (CLR)

THUR 23

No Events

FRI 24

4:00 p.m. Friday Social (CLR)

7:00 p.m. Bingo (BR)

SAT 25

No Events

SUN 26

4:00 p.m. Movie "National Security" (T)

MON 27

1:30 p.m. Music Therapy (MR)

TUE 28

6:00 a.m. Primary Elections (CLRG)

2:00 p.m. Community Chat (BRG)

3:00 p.m. Shalom Get Together (T)

WED 29

8:00 a.m. Wednesday Coffee (CLR)

5:30 p.m. Summer Potluck "Kung Fu Dining w/Orange Chicken" (BRG)

THUR 30

No Events

FRI 31

4:00 p.m. Friday Social (CLR)

No Bingo

Weekly or Monthly Event Calendar Corrections/Changes
Contact Pene Mathison in the Recreation Department: 480-832-0003 ext. 234
or email 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
SHB - Shuffleboard Court
SC - Sports Court
SR - Sewing Room
T - Theater

Recreation Center 2

HOPI - Hopi Ballroom
HOPIG - Hopi Ballroom/Kitchen
HPG - Hopi/Pima/Kitchen
MR - Music Room
PIMA - Pima Ballroom
PIMAG - Pima Ballroom/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/GRP – Apache/NavaJo Rooms
NAV – Navajo Room



Weekly Oasis Health Spa Classes

MONDAY

6:00 a.m. Core Conditioning (C)
8:00 a.m. Shallow Aqua Fitness (P)
9:30 a.m. Counter Punch (C)
10:30 a.m. Strength and Balance 2 (C)
11:30 a.m. NIA (C)
12:45 p.m. Zumba® Gold (C)
2:00 p.m. Silver&Fit® Excel (C)
4:00 p.m. Circuit/Interval Training (FC)

TUESDAY

7:00 a.m. Strength (C)
8:15 a.m. HydroRider (TP)
10:00 a.m. TRX® Suspension(C)
11:00 a.m. Strength and Balance 1 (C)
11:45 a.m. POUND® (C)
2:45 p.m. TRX® Functional Training (C)
6:00 p.m. Deep Aqua Fitness (P)

WEDNESDAY

6:00 a.m. Core Conditioning (C)
8:00 a.m. Shallow Aqua Fitness (P)
9:30 a.m. Counter Punch (C)
10:30 a.m. Strength and Balance 2 (C)
11:30 a.m. NIA (C)
12:45 p.m. Zumba® Gold (C)
4:00 p.m. Circuit/Interval Training (FC)

THURSDAY

7:00 a.m. Strength (C)
8:15 a.m. HydroRider (TP)
10:00 a.m. TRX® Suspension (C)
11:00 a.m. Strength and Balance 1 (C)
11:45 a.m. POUND® (C)
2:45 p.m. TRX® Functional Training (C)
6:00 p.m. Deep Aqua Fitness (P)

FRIDAY

6:00 a.m. Core Conditioning (C)
8:00 a.m. Shallow Aqua Fitness (P)
9:30 a.m. Counter Punch (C)
10:30 a.m. Strength and Balance 2 (C)
4:00 p.m. Circuit/Interval Training (FC)

SATURDAY

11:00 a.m. NIA (C)

Stay Informed! Be in the Know!

www.lwca.com
The OFFICIAL LWCA website

Regular Weekly Events August 2018

SUNDAY

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

MONDAY

6:45 a.m. Early Bird Stretch (C)
9:00 a.m. Heron Lakes Men's Golf (APA/NAV)
9:00 a.m. Pottery Class (POT)
9:00 a.m. Swim Exercise (P)
9:00 a.m. Twiddlers (QCR)
12:00 p.m. Pottery Open Studio (POT)
12:30 p.m. Summer Bridge (CLR)
12:45 p.m. Texas Hold 'Em (QCR)
1:30 p.m. Beginning Mah Jong (APA)
2:00 p.m. Water Volleyball (P)
6:30 p.m. Penny Poker (NAV)
6:30 p.m. Progressive Bridge (QCR)
6:30 p.m. Scrabble (LC)
7:00 p.m. Water Exercise (PO)

TUESDAY

8:00 a.m. Ping Pong (C)
9:00 a.m. Ceramics Open and Firing (CER/SG)
9:00 a.m. Pottery Open Studio (POT)
9:00 a.m. Swim Exercise (P)
12:30 p.m. ACBL Bridge (CLR)
1:00 p.m. Hand and Foot (LC)
6:15 p.m. 5 and 10 Cent Poker (LC)
6:30 p.m. Men's Poker (QCR)
7:00 p.m. Water Exercise (PO)

WEDNESDAY

6:45 a.m. Early Bird Stretch (C)
8:00 a.m. Wednesday Coffee (CLR)
9:00 a.m. Donut League (APA/NAV)
9:00 a.m. Porcelain Art (POT)
9:00 a.m. Swim Exercise (P)
12:00 p.m. Pottery Open Studio (POT)
12:30 p.m. Shufflers (NAV)
2:00 p.m. Line Dance (C)
2:00 p.m. Water Volleyball (P)
6:15 p.m. Hand and Foot (LC)
6:30 p.m. Penny Poker (NAV)
7:00 p.m. Water Exercise (PO)

THURSDAY

8:00 a.m. Ladies Billiards (B)
8:00 a.m. Ping Pong (C)
9:00 a.m. Heron Lakes Men's Golf (APA/NAV)
9:00 a.m. Pottery Class (POT)
9:00 a.m. Quilters (SR)
9:00 a.m. Swim Exercise (P)
9:30 a.m. Oil Painting Class (AS)
12:00 p.m. Ceramics Pouring (CER/SG)
12:00 p.m. Pottery Open Studio (POT)
12:30 p.m. Duplicate Bridge (CLR)
1:00 p.m. Mah Jong (APA)
1:00 p.m. Poker – Dealers Choice (NAV)
6:15 p.m. Hand and Foot - Samba (LC)
6:15 p.m. Rummikub (NAV)
6:30 p.m. Billiards – Mixed (B)
6:30 p.m. Men's Poker (QCR)
6:30 p.m. Party Bridge (APA)
7:00 p.m. Water Exercise (PO)

FRIDAY

6:45 a.m. Early Bird Stretch (C)
9:00 a.m. Ceramics Club (CER/SG)
9:00 a.m. Drop in Art (AS)
9:00 a.m. Knit-A-Long (QCR)
9:00 a.m. Porcelain Art (POT)
9:00 a.m. Swim Exercise (P)
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

8:00 a.m. Ping Pong (C)
9:00 a.m. Pottery Open Studio (POT)
9:00 a.m. Swim Exercise (P)
12:30 p.m. Mixed Billiards (B)
2:00 p.m. Water Volleyball (P)
6:30 p.m. Progressive Bridge (QCR)

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Leisure World

Oasis Health Spa

September Group Fitness Class Registration Begins Aug. 1.

Outreach Services
Mon/Tues/Thurs from 8:30-12:30 p.m.
Available by appointment or walk-ins welcome

Fitness Center
ext. 261 • Open Daily 5 a.m. - 10 p.m.
Personal Training • Group Exercise
Assessments • Massage Therapy

Health Office
ext. 222 • Monday - Friday
8 a.m. - 3:30 p.m.
Closed Weekends and Holidays



Come experience NIA
Mondays 11:30 a.m. - 12:30 p.m.
Wednesdays 11:30 a.m. - 12:30 p.m.
Saturdays 11:00 a.m. -2:00 p.m.

$7 per class. Pay instructor.
Combining dance, martial arts and mindfulness, Nia tones your body while transforming your mind. More than just a workout, Nia is a holistic fitness practice addressing each aspect of your life: body, mind and soul.

Nia cardio-dance workouts combine 52 simple moves with dance arts, martial arts and healing arts to get you fit in 60 minutes. Each workout brings mindfulness to your dance-movement experience, leaving you energized, mentally clear and emotionally balanced.

Nia is non-impact, practiced barefoot and adaptable to individual needs and abilities. Join licensed Nia teachers Michelle and Debbie for a 60-minute cardio-dance workout. Nia is based on the intelligent design of the body.

Come see what NIA is all about! Starts Saturday, August 4!



Fitnessland
Monday, August 6 - Friday, August 31

Pull out your sneakers and get ready for this ultimate active board game! Sign up individually* or bring your own partner to this Candyland-themed fitness promotion. Roll the dice to find out your special activity, challenge or workout of the day! Completing daily activities advances your team golf cart through the FitnessLAND game board. Register today at the Fitness Center and mark your calendars for fun! $10 per person
**Fitness staff will assist in finding you a partner.*
$10 per person



HydroRider
Tuesday or Thursday • 8:15 a.m. - 9:00 a.m.

$22 monthly or $8 drop-in
Join us for aqua cycling classes! Use the water for resistance with focus on core stability. This group exercise class will condition your aerobic capacity and give you a full body workout!

Be Ferocious!

Take control and change your life!
Ask how a certified fitness professional can direct you in your lifestyle changes. Seize the day and be brave!
Promotional Pricing ends August 31, 2018

	Full Price	*Special*
8 PT 60 Minutes	$520	$416
Body Gem (BMR)	$30	$24
Body Composition	$10	$8
Total	$560	$448

20% Savings



Leisure World Wellness Department Staff



Randi Rich, RN
Health Office Lead



Marguerite Huspen
Outreach Specialist



Dalia Barrios
Fitness Specialist I



Quoc Tran
Fitness Supervisor



Get Your TRX® On!

MORNING TRX® Suspension Training
Tuesday and Thursday • 10:00 - 10:45 a.m.

Rec. 1 Classroom
$17 Monthly • $4 Drop-in
Silver&Fit® Approved!
Do you want a total body workout without all the weights? Work towards your strength, balance and core strength goals without ever picking up a dumbbell. The TRX® suspension strap is all you need to get a killer workout. Must be able to easily get up and down from the floor.

AFTERNOON TRX® Functional Training
Tuesday and Thursday • 2:45 - 3:30 p.m.

Rec. 1 Classroom
$17 Monthly • $4 Drop-In
Silver&Fit® approved!
When you take the TRX® Suspension Strap, the TRX® Ripped Trainer and Medicine Balls, you can duplicate your everyday moves while building your strength and core. You might be standing, sitting or lying down on the floor with these various exercises.

August Equipment Orientations

Want to use the Fitness Center but don't know where to start? Stop by the Fitness Center and let our fitness specialists help with your fitness goals.

Equipment
12:30 a.m. - 1:30 p.m. Tuesday, August 7, Cardio
11:30 a.m. - 12:30 a.m. Wednesday, August 15, Strength

Power Plate X-Elerated
2 Day Workshop
12:00 p.m.- 1:00 p.m.
Tuesday, August 21 and Thursday, August 23

Sign up in the Fitness Center and let your fitness professionals assist you with your goals!
*Date and time subject to change. Check e-blasts and Fitness Center boards for up-to-date times.

Outreach Services Here for You!

OFFICE HOURS: Mon/Tues/Thurs from 8:30-12:30 p.m.
Additional office hours or home visits are available by appointment. Walk-ins welcome.
Messages can also be placed in the slot next to the office door inside the Administration building and will be addressed in a timely fashion! I look forward to assisting you soon!
Marguerite Huspen, Outreach Specialist
Phone: 480-832-0003 ext. 207
email: outreach@lwca.com

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Class Descriptions

˜***Circuit/Interval Training** - 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.

˜***Counter Punch** - It's time to counter punch your health challenges such as body fat, cardiovascular disease, balance/stability, coordination, and focus. Bring your gloves and wraps if you have them.

˜***Core Conditioning** - This class will combine stability and flexibility exercises focusing on strengthening your abdominals and lower back muscles. Must be able to easily get up and down from the floor.

˜***Deep Aqua Fitness** - 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.

NIA - Combining dance, martial arts and mindfulness, Nia tones your body while transforming your mind. More than just a workout, Nia is a holistic fitness practice addressing each aspect of your life: body, mind and soul. Nia cardio-dance workouts combine 52 simple moves with dance arts, martial arts, and healing arts to get you fit in 60 minutes. Nia is non-impact, practiced barefoot and adaptable to individual needs and abilities.

POUND® - You don't want to miss such a FUN and inspiring CARDIO workout while using Ripstix®. These lightly weighted drumsticks engineered specifically for exercising, transforms your workout into an incredibly exciting way to rock out!

˜***Shallow Aqua Fitness** - 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.

˜**Silver&Fit® Excel** – A class designed for the advanced, athletic older adult who is looking for a challenging workout. This class will help you increase your heart health and muscle strength. Must be able to easily get up and down from the floor.

˜***Strength** - This class is primarily muscular strength training using weights, resistance tools, and one's own body weight. This class will help increase bone density, increase metabolism, improve function, and provide benefits for daily living. Must be able to easily get up and down from the floor.

˜***Strength and Balance Level 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.

˜***Strength and Balance Level 2** - Classes will focus on range of motion from head to toe and using your own body weight improving stability and strength. Must be able to easily get up and down from the floor.

˜ **HydroRider®** - 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.

˜* **TRX® Functional Training** - When you take the TRX® Suspension Strap, the TRX® Ripped Trainer and medicine balls, you can duplicate your everyday moves while building your strength and core. You might be standing, sitting or lying down on the floor with these various exercises. Must be able to easily get up and down from the floor.



˜***TRX® Suspension Training** - Do you want a total body workout without all the weights? Work towards your strength, balance, and core strength goals without ever picking up a dumbbell. The TRX® suspension strap is all you will need to get a killer workout. Must be able to easily get up and down from the floor.

Zumba® Gold - This fun Latin style dance class helps you improve your cardio fitness, balance, and strength. The design of the class introduces easy to follow Zumba® choreography.

Key Code: ˜ Silver&Fit® Approved
*SilverSneakers FLEX® program approved





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Producing Branch Manager
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Group Exercise Classes

CLASS	DAYS	TIMES	PRICE	LOCATION
Circuit/ Interval Training	Mon/Wed/ Fri	4:00 p.m. - 5:00 p.m.	$22 Monthly $4 Drop-In	Rec. 1 Fitness Center
Core Conditioning	Mon/Wed/ Fri	6:00 a.m. - 6:30 a.m.	$20 Monthly $4 Drop-In	Rec. 1 Classroom
Counter Punch	Mon/Wed/ Fri	9:30 a.m. - 10:15 a.m.	$22 Monthly $4 Drop-In	Rec. 1 Classroom
Deep Aqua Fitness	Tues/Thurs	6:00 p.m. - 6:45 p.m.	$17 Monthly $4 Drop-In	Rec. 1 Pool
NIA	Mon Wed Sat	11:30 a.m.-12:30 p.m. 11:30 a.m.-12:30 p.m. 11:00 a.m.-12:00 p.m.	$7/Class (Pay Instructor)	Rec. 1 Classroom
POUND®	Tues/Thurs	11:45 a.m. - 12:30 p.m.	$5 per Class (Pay Instructor)	Rec. 1 Classroom
Shallow Aqua Fitness	Mon/Wed/ Fri	8:00 a.m. - 8:45 a.m.	$22 Monthly $4 Drop-In	Rec. 1 Pool
Silver&Fit® Excel	Monday	2:00 p.m. - 3:00 p.m.	$10 Monthly $4 Drop-In	Rec. 1 Classroom
HydroRider®	Tuesday or Thursday	8:15 a.m. - 9:00 a.m.	$22 Monthly one day per week $40 for two days per week $8 Drop-In	Rec. 2 Therapy Pool
Strength	Tues/Thurs	7:00 a.m. - 7:30 a.m.	$17 Monthly $4 Drop-In	Rec. 1 Classroom
Strength & Balance Level 1	Tues/Thurs	11:00 a.m. - 11:30 a.m.	$13 Monthly $4 Drop-In	Rec. 1 Classroom
Strength & Balance Level 2	Mon/Wed/ Fri	10:30 a.m.- 11:15 a.m.	$22 Monthly $4 Drop-In	Rec. 1 Classroom
TRX® Functional Training	Tues/Thurs	2:45 p.m. - 3:30 p.m.	$17 Monthly $4 Drop-In	Rec. 1 Classroom
TRX® Suspension Training	Tues/Thurs	10:00 a.m. - 10:45 a.m.	$17 Monthly $4 Drop-In	Rec. 1 Classroom
Zumba® Gold	Mon/Wed	12:45 p.m. - 1:45 p.m.	$5/Class (Pay Instructor)	Rec. 1 Classroom

Emergency 911

If you have an emergency, dial 911 immediately. Do not call the Security Department.

Why?

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 also normally calls LW Security to alert them of the emergency and to inquire about the quickest access to reach the person(s) in need.

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-OR-

FREE Consultation to replace missing or broken teeth

Offer expires in 30 days. New Patients Only.

Advertised fee is the minimum fee, subject to clinical need. One or more of the following ADA codes may reflect the treatment rendered under this offer. D9310.

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NURSE'S BEAT

Protect Against Shingles with Shingrix

By Randi Rich, RN



To prevent shingles, the Centers for Disease Control recommends that healthy adults 50 years and older get two doses of the shingles vaccine called Shingrix within two to six months of one another. Shingrix provides strong protection against shingles.

Two doses of Shingrix is more than 90 percent effective at preventing shingles. Protection stays above 85 percent for at least the first four years after you being vaccinated. Shingrix is the preferred vaccine over Zostavax, a shingles vaccine in use since 2006.

Who Should Get Shingrix?

If you are 50 and older and in good health, you should consider taking Shingrix. You should do so even in the following cases:

- You previously had shingles
- You already received Zostavax
- Are not sure if you had chickenpox

If you had shingles in the past, you can get Shingrix to help prevent future occurrences of the disease. There is no specific length of time that you need to wait after having shingles before you can receive Shingrix. In general, you should make sure your shingles rash has gone away before getting vaccinated.

You can also get Shingrix even if you don't remember having had chickenpox in the past. Studies show that more than 99 percent of Americans 40 years and older have had chickenpox, even if they don't remember having the disease. Chickenpox and shingles are related because they are caused by the same virus (varicella zoster virus). After a person recovers from chickenpox, the virus stays dormant (inactive) in the body. It can reactivate years later and cause shingles.

If you had Zostavax in the recent past, you should wait at least eight weeks before getting Shingrix.

Who Should Not Get Shingrix?

You should not get Shingrix if you:

- Have ever had a severe allergic reaction to any component of the vaccine or after a dose of Shingrix
- Tested negative for immunity to varicella zoster virus. If you test negative, you should get the chickenpox vaccine.
- Currently have shingles
- Currently are pregnant or breastfeeding
- If you have a moderate or severe acute illness, you should wait until you recover before getting the vaccine. This includes anyone with a temperature of 101.3 or higher.

What are the Possible Side Effects of Shingrix?

Most people complain of a sore arm with mild or moderate pain after receiving Shingrix or having redness and swelling at the injection site. Some people felt tired, had muscle pain, a headache, chills, fever and nausea.

About one out of six people who received Shingrix experienced side effects that prevented them from doing regular activities. Symptoms went away on their own in about two to three days. Side effects were more common in younger people.

Severe allergic reactions to any vaccine are very rare. Signs of a severe allergic reaction can include hives, swelling of the face and throat, difficulty breathing, a rapid heartbeat, dizziness and weakness. These would start a few minutes to a few hours after the vaccination. If you have a severe allergic reaction or other emergency that can't wait, call 9-1-1 or go to the nearest hospital.

Shingrex does not contain thimerosal (a preservative containing mercury).

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

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Wednesday, September 12 • 10 a.m. - 11 a.m. - Back and Sciatica

Tuesday, September 18 • 11 a.m. - 12 p.m. - Is it Alzheimer's or Normal Aging?

Monday, September 24 - Saturday, September 29 - Inspiring Wellness Week

Monday, October 1 • 9 a.m. - 11:30 a.m. - Dignity's Chronic Pain Workshop (7-week series)

Call the Health Office at 480-832-0003 ext. 222 for more details or to sign up!

Stop Guessing, Start Measuring!



By Quoc Tran

Guess no more! Your very own Oasis Health Spa has the amazing BodyGem device that will measure your resting metabolic rate (RMR). This will determine how many calories your body needs to reach your goals. With this information, you will be provided a detailed report on your nutritional guidelines to reach your fitness goals.

A BodyGem study conducted by University of Nevada Center for Nutrition and Metabolic Disorders found the following results:

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- 5 percent lost 20 percent of more of their body weight
- More than 70 percent lost enough body weight to reduce health risks

Your Fitness Professionals at Oasis Health Spa will use BodyGem to provide nutritional guidance that works with your body's metabolism, not against it. Take this time to make the lifestyle changes that will keep you active and fit!

This summer, take advantage of the Be Ferocious Personal Training special with BodyGem, which includes eight 60-minute personal training sessions with a Certified Fitness Professional and body composition measurements. Seize this spectacular special discounted 20 percent now through August 31.

-Quoc Tran, BS, CSCS, CES, is Leisure World Fitness Supervisor





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LONGEVITY

Exercise Your Brain with Neurobics

If you drive a car, chances are you unlock and open the car door, get seated, adjust your seat belt, check the mirrors, insert the key and then drive away. After years of driving, this complex task becomes a subconscious activity that requires little mental effort or brain stimulation.

On the other hand, if you normally wash your face with your right hand and one day choose to use your left hand, you've broken your routine. Your lack of skill doing this with the opposite hand will be frustrating. But if you continue the practice, it soon will become easier as you subconsciously start to do it without thinking.

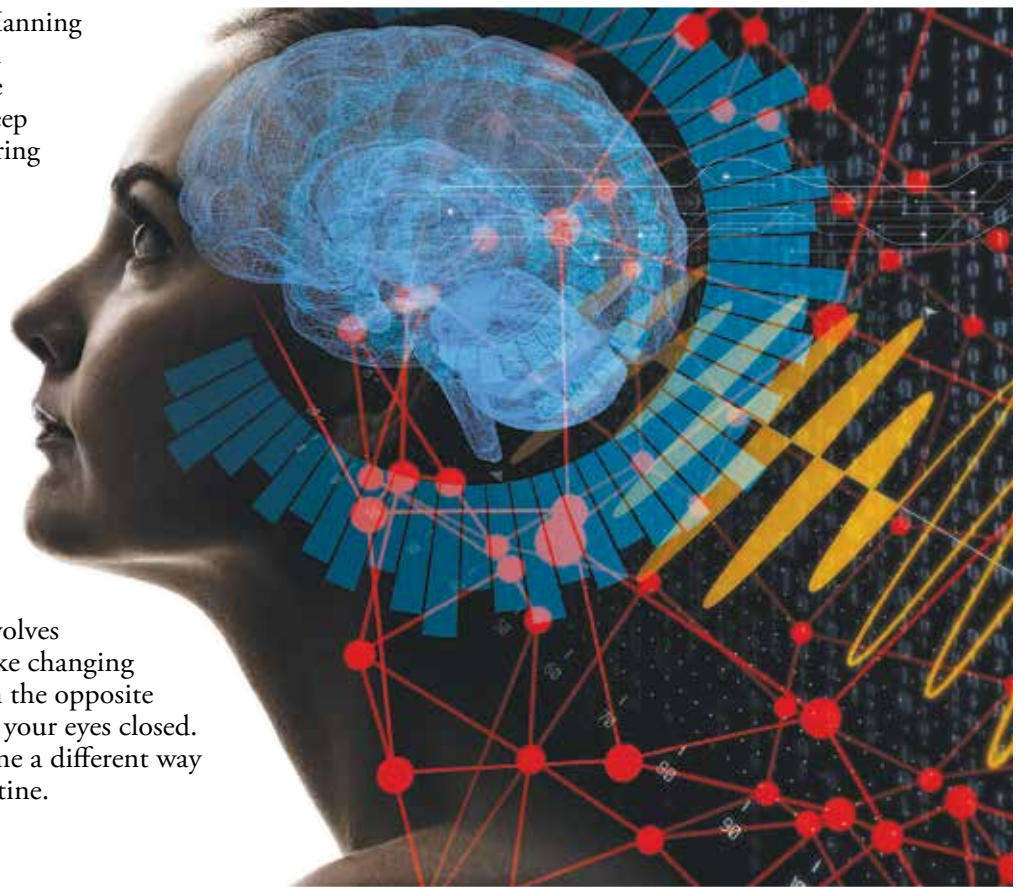
New activities, repeated often enough, provide brain stimulation that activates new brain circuits. Science now explains that the brain is "plastic" or malleable. Repeat an unfamiliar task often enough and neurogenesis (neuro = brain; geneics = new beginnings) takes place. In short, new brain cells are created in an already mature brain. The brain responds to stimulation in the same way as working out with weights prevents muscle atrophy.

This "use it or lose it" philosophy applies to both muscles and the brain. Without stimulation, neurological damage, including memory loss and a slower ability to process information, will occur.

"The brain wants to learn new things," says Robert Bender, MD, medical director of the Johnny Orr Memory Center and Healthy Aging Institute in Des Moines, Iowa. "When the brain is passive, it has a tendency to atrophy."

Bender reminds us that avoiding brain ruts and boredom is critical to good mental health. Some researchers also believe people are more vulnerable to dementia when they pay less attention to things around them. For this reason, sedentary and relatively passive activities such as sitting in front of the TV for hours a day can be detrimental to brain health over time.

In Keep Your Brain Alive, authors Dr. Lawrence Katz, a professor of neurobiology at Duke University Medical Center and Manning Rubin coined the term "neurobics" to describe exercises believed to keep your brain active. Altering brain mechanics for habitual activities (like brushing your teeth) can prevent the brain from atrophying. Their concepts are more fully outlined in their book.



Other good activities to keep the brain engaged are crossword puzzles or Sudoku. Experts also recommend brain training that involves real-world activities like changing lacing your shoes with the opposite hand or dressing with your eyes closed. Maybe even drive home a different way from your regular routine.

Brain Exercises

Other activities to exercise your brain include:

- Learning to play an instrument
- Joining a choir
- Taking a cooking class
- Doing math in your head
- Figuring out problems without a pencil or calculator
- Studying a foreign language
- Tackling a new hobby that involves fine motor skills like solving a puzzle, knitting or painting
- Starting an athletic exercise that uses your mind and muscles like golf, tennis or yoga.

Many more activities can be added to this list. Anything that is engaging, interesting or challenging will stimulate the brain. We know that certain steps can prevent heart disease, so too, can proactive activities keep your brain healthy. But meeting the challenge is up to you!

-Ronda Gates MS, is a Leisure World resident with health-related degrees in pharmacy, nutrition, exercise science and counseling.

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Avoid the Chicken Wing Swing

By Shane Romesburg



After teaching for more than 20 years, it has become apparent that most golfers have a bent left arm at impact and just after impact. The actual figure for this is 70 percent.

This "chicken wing" or bent left arm at impact saps your energy and power and generally causes weak shots to the right. If you wear an elastic band on your lead side arm and you suffer from tennis elbow after you play golf, I am 95 percent certain you have a chicken wing left arm at impact.

Here are some causes and corrections for the dreaded chicken wing:

1. Generally, the "chicken winger" starts the downswing with his upper body (arms and hands) instead of the feet, knees and hips. This is sometimes called "casting" the club. This causes the arms to pull in and collapse right at the bottom of the swing. The result is a scooping motion with the hands and high right shots with little or no power.
2. The "chicken wing" also results if the bottom of your swing comes down, approaching a very steep angle. These shots are forced to come down on a very steep downswing. This causes the player to cut across the ball from outside-inside. The result at impact is collapsed arms and a chicken wing. In these cases, the weight will stay on the back leg at impact as the arms pull in and collapse. The correction is to lower the plane of the swing and feel like you are swinging more in to out between first and second base. Just feel like you are making a baseball swing on the backswing and you hit to right-center field.
3. The third most common way to create the chicken wing left arm at impact is by not getting the weight behind the ball at the top of the swing. When the left shoulder doesn't turn behind the ball at the top of the swing, the first thing that will move forward will be the upper body. This is sometimes called an upper body sway.

When this happens, your center gets ahead of the ball and the arms and hands pull in to catch up to the upper body. There also are many golfers who dip their heads down on the downswing and bend their left arm to hit the ball.

In any case, the left arm should be extended at impact, with the right arm slightly bent. This will give you the full arc-radius of the swing and create maximum clubhead speed at the bottom of your swing. Practice a waist-to-waist drill to help you feel this but emphasize the extension of the arms after impact.

You can also simulate impact by getting a golf club and pushing on a leg of a table or a heavy chair. Feel like the hands are ahead of the clubhead at impact with a slightly leaning shaft.

Chicken wings are meant to be eaten and not for playing golf. Get rid of those bandages on your forearms and start swinging right.

-Shane Romesburg, PGA, is head golf professional at Leisure World.





Around the Links









Golf Clubs

Heron Lakes Men's 18 Hole Golf Club

Submitted by Jim Pasek

The June 11 competition was won by the foursome of Jim Pasek, John "Baa-Ha-Ba" Mullen, "Slugger" Ray Haug and "Curly" Ted Richardson. They scored a cool 25 under par. Mullen shot a 69, and "Slugger" putted "lights out." Second and last place, seven strokes out of first, was the foursome of Bob Young, "Doc" Van Scoy, Rich "Bogie" Bogart and Ron Maclean.

The June 18 competition was won by the team of John "Baa-Ha-Ba" Mullen (again) and Jason Weeber, with a two-man best ball score of 13 under par. Second place was secured by Rich "Bogie" Bogart and John "Hustler" Husted, two strokes out of first. One stroke out of second was the team of Ted "Curley" Richardson and "Doc" Van Scoy.

Individual low gross, low net was the format for June 25. Bob "Stud" Young won low gross with a 68, Rich Blum was second with 72, and Bob Richey with a 73 was third and last place paid. Low net was won by "Doc" Van Scoy with a 52 (he also shot a gross 68). Jason Weeber was second with a net 56 and "Lefty" Butler was third and last place paid with a 57.

On July 2, both balls of the two-man team counted. Tough format and the scores reflected it. John "Hustler" Husted and Bob "Wiley" Wilkins won with a net score of two under par. Ron Maclean and Bob "Stud" young came in second at three over par, winning in a playoff with George "Quiet Man" Koop and David Foley who came in third and last place paid.

Once again, the format on July 9 was point par; it's like bowling, the higher score wins. Bob "Stud" Young and "Slugger" Ray Haug came in first with 82 points. Bob had three birdies in a row worth four points each. John "Bah-Ha-Ba" Mullen and Terry "Captain" Morgan won a card playoff to come in second with 77 points. Third place, also with a 77, were Rich Blum and David Foley. Rich had an eagle on hole 13, earning six points.



Golf Trivia

- 125K Golf balls are hit into the water at the 17th hole of the Stadium Course at Sawgrass each year.
- The French word "cadet" (cad-DAY) means "youngest child" and is where the word "caddy" comes from.
- Doug Ford entered a contest and predicted his own 1957 victory as well as his winning score of 282.
- A golf ball will travel further on hot days because the air is less dense, so it takes less velocity to travel.
- Golf balls used to be made from leather and chicken or goose feathers. One ball would cost $10-$20.
- Only 20 percent of golfers have a handicap below 18. A golfer with handicap of 18 is called a "Bogey Golfer."
- Kassandra Komma from Oakland University has recorded two holes-in-one during a nine round game.
- Only two sports have ever been played while on the moon. One is golf and the other is the javelin throw.
- Until the invention and rising popularity of the golf tee, golfers played off of sand piles they built themselves.
- If you walked all 18 holes instead of riding in a golf cart, you would walk approximately four miles.



Golf champions: Arizona State University alumni Phil Mickelson and former University of Arizona student Annika Sörenstam



Fun Facts about Golf in Arizona

- **Show Me the Money:** The golf industry generates over $3.4 billion annually in Arizona alone. Roughly 20,000 jobs are also created each year as a result of Arizona's booming golf industry.
- **A Little History:** The oldest golf resort is believed to be the San Marcos in Chandler. The current resort dates from about 1922, but there was a nine-hole golf course and hotel under construction at Arizona Statehood in 1912. The Biltmore Resort in Phoenix was built in 1929 and the golf course was added in the early 1930s.
- **Golf Hits Tinseltown:** Released in 1996 and starring Kevin Costner and Rene Russo, Tin Cup has become one of the most beloved golf movies of all time. Many of the movie's scenes were filmed at Arizona's Tubac Golf Resort and Spa.
- **Sunny Golf Haven:** Tucson, Arizona, has on average over 350 days of sunshine per year, more than practically any other city in the United States – ideal conditions for avid golfers.
- **Golf's Brightest:** Some of golf's most iconic champions began their careers (collegiately, that is) in Arizona. Phil Mickelson graduated from Arizona State University with a degree in psychology, as well as PGA Tour winners Billy Mayfair and Pat Perez. Annika Sörenstam attended the University of Arizona for two years, as did Lorena Ochoa and U.S. amateur winner Ricky Barnes.

The Benefits of Golf Course Aerification

It's a perfect, sunny morning and you've just reached the first green in regulation. You feel great and you know you're within birdie range. Then, you see them—those little holes in the green. Arrggh! They've just aerified the course and it's going to ruin your round, right?

Well, maybe not. Consider the fact that PGA tour legend Tom Watson shot a sizzling record 58 at his then-home course, Kansas City Country Club, just days after the greens had been aerified.

Consider also that aerification is merely a short-term disruption that has long-term benefits for golf courses. When you see them, remember that without those little holes, the greens would eventually die.

Preventative maintenance is an integral part of successful golf course management. Golfers view aerification as an inconvenience that takes the greens out of play for a day, pulling cores from the greens and leaving holes that can affect putting for many days before healing. To add insult to injury, aerification is best done in many parts of the country during mid-summer, at the height of the playing season and when most greens are in prime condition.

But a golfer needs to understand that aerification is crucial in producing healthy turf.

Aerification (also known as aeration) provides three benefits: 1) It relieves soil compaction, 2) provides a method to improve the soil mixture around the highest part of a green's roots and 3) reduces and prevents the accumulation of excess thatch.

Like so many things, the quality of a good putting green is more than skin deep. In fact, the condition of a green has a lot to do with what goes on below the surface. For grass to grow at 3/16-inch or less, it must have deep, healthy roots. Good roots demand oxygen. In good soil, they get the oxygen from tiny pockets of air trapped between soil and sand particles.

Over time, the traffic from golfers' feet—as well as mowing equipment—tends to compact the soil under the putting green, particularly when the soil contains a lot of clay. When soil becomes compacted, the air pockets on which the roots depend are crushed and the roots are essentially left gasping for air. Without oxygen, the grass plants become weaker and will eventually wither and die.

Aerification is a mechanical process that creates more air space in the soil and promotes deeper rooting, thus helping the grass plants stay healthy. In most cases, it is done by removing half-inch cores (those plugs you sometimes see near a green or in fairways) from the compacted soil, allowing for an infusion of air and water that brings a resurgence of growth. The spaces are then filled with sand "topdressing" that helps the soil retain air space. This makes it easier for roots to grow downward and water to penetrate further into the green profile.

The bottom line is that aerification is a necessary golf course maintenance practice. But before you curse the superintendent for ruining your golf day, just think of Tom Watson and maximize the benefits!



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