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September 2019



Leisure World News

The Official News Publication of Leisure World Arizona



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Bag & Boob Babes Empowers Women

Bag & Boob Babes thrives on empowering women struggling with cancer. With handmade knits, they provide love and support.

"Karen was the inspiration to us all and inspired us to do things for other women," explains Bag & Boob Babes President and co-founder Marilyn Reed. "She needed a breast prosthesis, so we created 'knitted knockers.'"

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

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

"We make the aprons to hold the drainage tubes, that's the bags. We knit the boobs—the knitted knockers—and we're all babes," adds Marilyn. "That's how we came up with our name."



Pam Leonard, Carol Collins and Marilyn Reed

Knitting A Support System

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 items made with love.

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.

Currently, Bags & Boob Babes volunteers—which includes both women and men—can be found in Arizona, Idaho, Washington, California, Colorado, Minnesota, Wisconsin, Indiana and Illinois. To date, they have made over 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."

Inspiring Giving

But every big thing starts with small acts of charity. When Leisure World residents Pam Leonard and Carol Collins heard about Bags & Boob Babes three years ago from mutual friends, they were inspired to volunteer with their husbands, Steve and Dan.

"I really like the mission of Bags & Boob Babes, so it is a great fit," says Pam. "The ladies who receive our knitted items are very grateful and send us thank you notes for the prayers and gifts. Unfortunately, there are

Continues on page A7

Electoral Process Timetable 2019

This sequence of events shall be furnished to all nominating committees and shall also be published in the Association's newspaper for the months of September, October and November. The following format, to be used for 2019, shall be updated and used in subsequent years.

a. On or before Wednesday, September 4
Appointment of three (3)-member Nominating Committee by each District Council.

b. On or before Tuesday, October 1
Nominating Committees report to District Chairman, followed by immediate report by Chairman to the residents.

c. On or before, no later than Tuesday, October 15
Valid petitions for candidacy must be in the hands of District Chairman.

d. Wednesday, October 16
"White Ballot": Should there be but one candidate for each position on the council, those candidates shall be declared by the District Council as elected to the respective office by "White Ballot." Therefore, since there are no write-in candidates allowed, no ballots will be provided to the residents of that district.

e. Thursday, October 17
All Districts submit final candidate list to management for preparation of ballots, by three (3:00) p.m. (MST)

The ballot package shall include:



(1) Outgoing envelope, large size, with voting owner address in Leisure World, (or other address if specified by owner); stamped with return address of Community Association.

(2) Return envelope addressed to Leisure World Election Tellers, with space below the flap on the back for Designated Voting Member's signature, manor, and district numbers.

(3) Ballot envelope containing ballot and only the District number on the outside. This envelope must be able to be sealed.

f. No later than Thursday, October 31
Have ballots prepared for mailing. Deadline for mailing ballots to all voting members is 20 days prior to election.

g. Wednesday, October 16 to Sunday, October 27
If there are multiple candidates for District Council office the District Chairman will schedule a meeting to introduce the candidates, allow each candidate to speak on their qualifications and goals for the office they seek, and respond to any questions for those in attendance. The District Chairman will appoint a District resident who is not a candidate for office as the meeting facilitator and will insure that timely notice of the time and place of the meeting is provided to all District residents. The notice for this meeting will be placed in the District official message tubes and mailboxes at least four (4) days prior to the meeting in all Districts having elections.

h. Tuesday, November 19 – Election Day.
The acceptance of ballots will terminate at five (5:00) p.m. (MST).

i. Wednesday, November 20
Counting of the ballots shall commence at 8:00 a.m. MST and continue until completion of all applicable districts.

Elections are in Districts 1, 3, 5 and 7 this year.



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

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Communications / LW News	Ext. 248 news@lwca.com
Recreation Department	Ext. 224 recreation@lwca.com
Security Department	832-0000 security@lwca.com
RE/MAX Classic	480-832-7451
Outreach Office	Ext. 207



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Weekly 8 - 10 a.m. • Rec. 1 Clubroom

Meet new friends! Chat with neighbors!

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John and Patricia Knight	1797
RC Squared, LLC	2334
Neelima Kunam	309
Myong Lee	522
Denise Hutchinson	671
Ray and Nancy Price	1496
Nicola Sadorra	911
Richard Wampler	1260
Jimmy Lovro	192
Paul and Donna	302
Timothy Murphy	519
Tina Sundstrom	2011
Russell and Tina Krapf	2607
Donna Taylor	1897
Marvin Ruckman	890
Scott Nelson	2615
James and Diana Richards	1660
Charles and Ilah Varley	1365
Tracy Cashmore	26
William and Anne Daley	2343
Linda Tucci	1040
Kora Logan	566
Dennis Radigan	289
Robert Barry and Lorraine Newsome	834
Richard and Nina Intravartolo	645
Molly Miller	706

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Administrative Announcements

COMPLIANCE CORNER

Storing Personal Property and Garbage Bins



According to Leisure World's Rules & Regulations, regarding the exterior appearance of manors:

A. Personal property not used for landscape décor, stored at a manor shall be stored in an enclosed area, not visible from the street, walking paths, or adjoining manors. Personal property may be stored in a garage, and garage doors should be closed except when the resident is outside their manor in the immediate vicinity of/or working in their garage. Garage doors may be left open up to 12 inches for ventilation.

B. When it is not feasible to store the garbage containers provided by Leisure World's garbage collection service in an enclosed area, they may be stored outside in an area providing the least visibility from the street or adjoining property. Definition of least visibility: Not in front of the manor, on the driveway, or near the window of a neighbor. Containers may be stored on the least visible side of the home. Container lids must be kept closed and all garbage/trash must be kept in the container.



Happy Labor Day!

Leisure World Offices will be closed on Monday, September 2, 2019 in honor of Labor Day!

Offices will also be closed on Friday, September 27, 2019 from 11 a.m. to 1 p.m. for an employee event.

Wednesday Morning Coffee

September 4, 2019 at 8:00 a.m.
September 18, 2019 at 8:00 a.m.

Community Chat

September 24, 2019 at 2:00 p.m.- Rec. 1 Ballroom

Board and District Meetings

Meetings will resume in October.

Meeting Minutes

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





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Foundation Flashes

Model Railroad Club Inspires Charitable Giving

Leisure World Foundation appreciates the different contributors to the Endowment Fund and the Friends Fund. The following is an example of this generosity.

The Model Railroad Club of Leisure World was formed in December 2009, thanks to the generous donation of long-time Leisure World residents Bill and Pat Garver. Bill was an avid collector of model railroad equipment—everything from train cars, tracks to scenic props and switches.

Unfortunately, Bill's health was failing but he wanted Leisure World to benefit from the collection. He offered Verle Howell, another resident, his model railroad collection if he would form a model Railroad Club in Leisure World. Verle thought it was a great idea and enlisted his brother-in-law Dick Schmidt in Colorado to help pick up the contribution.



2016 Railroad Christmas display

Model Railroad Club Forms

The only caveat was that all of the parts of the collection were in Illinois. A very large trailer was hitched on the back of an SUV and they made the trek to Illinois and back to Leisure World with "a huge stash" of model railroad equipment. Various other donations of model railroad equipment were made to the club, including Rusty Ferguson's layout donated by his wife, Judy.

And hence began the Model Railroad Club, which grew to approximately 50 members over the years. The club met to discuss individual collections and to plan displays within Leisure World.

The two major exhibits were during Christmas in the Rec. 2 lobby and at Easter in the Rec. 1 Courtyard. Leisure World residents and guests, especially younger generations, enjoyed the displays and marveled at the work of these dedicated volunteers.

The club also set up displays and presentations for the Rovers Club, the Leisure World Mixed Chorus and the Red Hats.

Verle was the first president of the club until April 2018. Dick Merkle, previously vice president, is the current president. Fran Dusek was the secretary since the club began, adding treasurer to her title since December of 2010.

The club tried tirelessly for years to find a place for a permanent working display where they could operate and work on their model trains. This would have also been a place where Leisure World residents and their guests could enjoy the display. Unfortunately, they were not able to come up with a resolution and the club disbanded.

Paying it Forward

At the spring 2019 meeting, members of the Model Railroad Club who were present, voted to donate the remaining bank balance of $1,229.40 to the Leisure World Foundation. The members understood the Foundation's mission to make positive contributions in and outside of Leisure World and wanted to pass on this legacy of giving.

The Leisure World Foundation humbly acknowledges and accepts the Model Railroad Club's charitable gift with gratitude. Thank you!

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Administrative Announcements

Building Maintenance Supervisor Rick Keating Awarded Employee of the Quarter

Leisure World is happy to announce Building Maintenance Supervisor Rick Keating as Employee of the Quarter for 2019! He was honored for his leadership and dedication to the community on Tuesday, July 30.

"Rick has a can-do attitude and leads by example. He is laser focused on supporting Leisure World and its residents," explains Leisure World Community Manager Bob Kimble. "He is also proactive and considers all aspects of a situation, ensures every project is handled professionally, and works to improve the process to enhance the outcome."

Since 2015, Rick has become known around the community as a man of action who resolves maintenance issues quickly. When there's a water leak, wood damage or other type of repair, Rick is always on top of it.

"Rick has a bold personality and throws himself into his work," says Leisure World Facilities Manager Robin Harvey, who is Rick's supervisor. "He's all about doing the best for Leisure World."

Rick began working at Leisure World on the maintenance crew in 2015 and worked his way up to Supervisor in August 2017. Now, Rick manages a team of seven employees, housekeeping and a pool company, and makes sure every work order is taken care of.

According to Housekeeping Supervisor James Hawkins, Rick is a great manager. He has known Rick for 19 years and worked with him at an Arco AM/PM before coming to Leisure World.



Bob Kimble and Rick Keating

"He is a great leader and very well respected by his crew and upper management," says James. "Rick excels at his position because he takes pride in a job well done. He's a great friend and a practical joker. He always has a witty comment to break the ice."

For Rick, it's not just about duty. He truly enjoys his work.

"I have a great crew who really make my job easier, and upper management is always such a help," Rick shares. "I enjoy my work because there's always a new challenge around the horizon, so I'm never bored. Earning the Employee of the Quarter is very rewarding. It's a great honor."

Congratulations, Rick!

Safeguard Against Coyotes

Coyotes are Arizona's most common predator. They may look like dogs, but they are wild animals native to the desert. Although they are desert animals, you may occasionally see coyotes venturing in community neighborhoods like Leisure World. They are most likely in search of food.

Backyards with fruit on the ground, unsecured garbage cans or unattended pets such as small dogs and cats are often easy food sources for coyotes. Don't give coyotes any reason to be lurking around your property.

Tips to Avoid Conflict

Here are some important tips to safeguard against coyotes.

- Remove attractants outside your home, including garbage, pet food, water sources and bird feeders that can attract rodents and birds for coyotes to eat.
- Never feed wildlife. It is unlawful to feed coyotes in Maricopa, Pinal and Pima counties. Violations can result in a fine of up to $300.
- Feed your pets inside. Also, never leave them unattended, especially at dusk and dawn when coyotes are most active.
- Keep poultry, rabbits and rodents in secure enclosures.
- Trim and remove any ground-level shrubs and branches that provide hiding places or den sites for coyotes or their prey.
- Secure garbage containers and eliminate odors by cleaning trash cans with a 10% chlorine bleach solution.
- When you encounter coyotes while walking a small pet, pick up your pet and leave the area.

How to Scare Off a Coyote

If you see a coyote near your home, don't ignore it. The coyote may lose its natural fear of humans, which can eventually lead to bold behavior. So, what should you do if you encounter a coyote?

- Make loud noises, but DO NOT turn and run away, the animal may view it as an opportunity to chase.
- Keep eye contact.
- Shout and bang pots and pans or rattle empty soda cans with pebbles in it (coyote shaker).
- Wave your hands or objects like sticks and brooms.
- Throw small stones or cans.
- Spray the coyote with a hose.
- Use a commercial repellent like mace, if necessary, on bold animals that refuse to leave.
- Move toward other people or an area with activity.

Please be aware that coyotes are classified as predators and have a year-round hunting season. However, a valid license is required to hunt them.

Removal: A Last Resort

Coyotes will return to the same area if food and water are readily available. Don't give them any reason to. Homeowners may trap and relocate coyotes but must contact the Arizona Game and Fish Department for an appropriate release location before doing so.

In case of an emergency, call 911. If a coyote is approaching or has bitten an individual, please seek medical attention by calling 911.

For more information, visit https://www.azgfd.com/wildlife/livingwith/coyotes/.

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Knitting a Cycle of Love

Aristotle wisely noted that "The whole is greater than the sum of its parts." This best characterizes the Leisure World Friday Morning Knitters and Crocheters. This special group of ladies helps provide comfort and warmth across the country by creating knitted pieces for afghans for Warm Up America, a non-profit that distributes blankets to people in need.

"It's a group effort," explains Carolin Lowy, unofficial leader of the knitting group and Leisure World resident. "I get pleasure from it. It's a gift to somebody who may have nothing."

In 2018, Carolin heard about Warm Up America from a friend and wanted to get the Friday Morning Knitters and Crocheters involved.

"I thought this would be a fun new project for us," explains Carolin. "We are constantly knitting things anyway, and very few things are made for our own benefit. We make chemo hats, baby socks, children's sweaters, you name it."



From left to right: Knitting members Carol Collins, Helen Harvey, Carolin Lowy, Ann Hardy, Elsie Macdonald, Linda Noecker and Georgia Swanson

Stitching a Movement

This amazing project all started with Evie Rosen, founder of Warm Up America, who was inspired to help others.

"I've been knitting afghans and donating them to a local shelter, but I can't knit them fast enough to fill the need," said Evie. "What if we break down the task of making blankets to manageable parts so we can involve lots more people?"

The idea quickly became reality. Evie, who was owner of a knit shop at the time, saw a growing homeless crisis and wanted to help. In 1992, she created Warm Up America, a program that encourages yarn enthusiasts to knit and donate 7" by 9" sections. These sections are later woven together by additional volunteers to create entire afghans. Another group of volunteers then distributes them to homeless and women's shelters, veterans' homes, the American Red Cross and hospice centers.

Although Evie has since passed away, her legacy continues. Since the program's inception, it has donated over one million afghans and clothing items across the country. It has accomplished this with the help of over 20,000 volunteers who take part in different steps of the process—what they call "the cycle of love."

The Friday Morning Knitters and Crocheters are part of this special cycle. At the end of June, the group sent their sixth box with more than 100 rectangle sections to Warm Up America. Each box is filled with knitted and crocheted rectangles of various colors and beautiful designs. In May, the group shipped 283 pieces that were created in six weeks.

Knitting for Others

For the Friday Morning Knitters and Crocheters, it's all about giving back. And for Carolin, knitting to help others comes naturally. She learned how to knit at 4-years-old by helping her aunt make socks for soldiers during World War II in England. Wanting to explore different parts of the world, Carolin moved to the United States in 1959. While living in New York and later North Carolina, she continued her passion for knitting and became an embroidery designer. Now retired, this is Carolin's way of paying it forward.

"It's in my genes." Carolin explains. "I've always been a creative person, and you never know when there is a need."

When Carolin moved to Leisure World in 2008 to be closer to her daughter who lives nearby, she joined the knitting group to continue doing what she loves. She enjoys connecting with other residents and members like Marie Murphy, who is also part of the Warm Up America project.

When Marie learned about the endeavor, she sprang into action. She is also part of a knitting group at the All Saints Catholic Parish and got them involved.

"We have people with a lot of odd balls of yarn already making things," Marie says. "It's a good way to use up your extra yarn for a good cause."

Resident and group member Linda Noecker agrees.

"You feel like you've done something for a purpose. It's very meaningful," explains Linda. "It also shows the charitable side of Leisure World."

Stronger Together

Creating these beautiful afghans is no small feat. Warm Up America encourages groups to send in a box of 500 sections at a time. It takes 49 of these rectangular sections to complete an entire afghan. The afghan sections can be crocheted in an hour or knitted in two to three hours.

This means the Friday Morning Knitters and Crocheters can use your help—and lots of yarn!

"All of our yarn is donated by residents. There is no money involved in any of this," Carolin stresses. "We accept donations, anything from embroidery supplies to yarn and anything else that can help."

If you know how to knit or crochet, join the group. They would love a helping hand. The group meets year-round from 9 to 11 a.m. every Friday morning in the Queen Card Room at Rec. 1.

"It's a very friendly, open group of women. I highly recommend it," adds Marie. "If you enjoy knitting or are just learning, come and join us."

If you do, you'll also be part of this special cycle of love.

For more information, contact Carolin at 480-641-4626.

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BAG AND BOOB BABES *continued from page A1*

so many women who really need this."

Carol humbly agrees.

"We pray over everything we make," she says. "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, Pam and Carol are helping organize the 8th Annual Bag & Boob Babes Fundraiser at Leisure World. The event will be held on Sunday, October 20, 2019 in the Rec. 2, Hopi/Pima Ballroom from 3:30 p.m. to 8:30 p.m. For $25, participants can enjoy Waldo's BBQ, music by Debbie and The Double Eagle Band, and a chance to win raffle baskets.

Last year, the event raised approximately $13,000 with help from event sponsor, RE/MAX Classic, and resident Taylor "Sandy" Sanford who made a generous contribution.

"It's the kind of organization I like to give to because it does such good work," explains Sandy, who plans on donating again this year. "It's amazing what this group has accomplished and how many women they have helped!"

Marilyn looks forward to another successful fundraiser this year.

"We are so grateful to all the generous Leisure World residents who donate," concludes Marilyn. "With your support, we can continue to help and empower women in need."

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

Volunteers
The Heart
of Leisure World

A DOSE OF PROSE

Discover Monthly Choice Reading

By Diane Tyndal

August is finally over, which I feel is the end of summer! I always have more energy if I look at it that way. The energy level of our library volunteers was very high in July and August, despite the heat. They have been taking care of the library and even substituting for others who are away. They keep our library running like a well-oiled machine. They all deserve a raise! Yes, 0 + 0 is still 0, but it sounded good!



Select Reading

Hope you had a chance to check out our Choice Reading Cart. During the summer months, the books were all about "Italia." Now, we have "The Islands." If you haven't seen it yet, the cart is across from the volunteer desk. Every month, a different topic is picked and books are pulled from regular and large print shelves to give you options to read.

Here are two books I picked this month to showcase. The first is a non-fiction called "Dragon's Jaw" by Stephen Coonts and Barret Tillman. This book is an epic Vietnam War story of the air campaign to destroy Ho Chi Minh's invincible bridge. From 1965 to 1972, hundreds of U.S. airmen flew sortie after sortie against North Vietnam's formidable and strategically important bridge.

But after each air attack, when the smoke cleared and the debris settled, the bridge stubbornly remained standing. For the North Vietnamese, it became a symbol of their invincibility. For U.S. war planners, it was an obsession. And for U.S. airmen, a testament to American mettle and valor.

The second book is "The Shameless" by Ace Atkins. Twenty years ago, Brandon Taylor was thought to be just another teen boy who ended his life too soon. That's what almost everyone in Tibbehah County, Mississippi, said after his body and hunting rifle were found in the Big Woods. Now, two New York reporters show up asking questions about the Taylor case. What happened to the evidence? Where are the missing files? And who really killed Brandon?

I hope you enjoy these great books and some from our Choice Reading Chart!

-Diane Tyndal is President of the Library Board.

Memorials for July

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Library Statistics for July

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VETERAN SPOTLIGHT

Juan Betancourt: A Military Spanish Translator with Dance Moves

Leisure World resident Juan Betancourt may be known for his dance moves, but he is also a veteran who served in the U.S. Army as a Spanish translator trained to invade Cuba.

A Lance Corporal, Juan served in the Army from 1958 to 1964. At the time, America was preparing to overthrow Cuban nationalist Fidel Castro from power. Juan, whose mother tongue is Spanish, was one of six recruited to support communication efforts during the Bay of Pigs invasion.

"Our mission was to fly over Cuba and find the silos of missiles and report back. Ultimately, the goal was to save civilians," says Juan. "My family was proud of my service."



Sí, hablo español.

A Top-Secret Mission

Juan was born and raised in Douglas, Arizona, a predominantly Hispanic town.

"Everyone speaks Spanish there," explains Juan. "Even now, I can express myself better in Spanish than in English,"

But Juan didn't realize his language skills would make him uniquely qualified for a special government assignment. After high school, he tried to look for a job, but options were limited. With the ongoing military draft, companies didn't want to hire new employees for fear of losing them to the war.

Juan decided to enlist and assumed he would fight in the Vietnam War. But his recruiter told him they needed him for a different purpose: helping the U.S. Army invade Cuba with Spanish-language speakers.

"I had no idea about this invasion when I signed up because it was top-secret at the time," shares Juan. "But when they tell you where to go, you go. And where do you think they sent me to prepare: Cuba? No, Alaska!"

Preparing for Cuba

As Juan headed to Alaska, this desert native was shocked by the cold and the training he had to endure.

"It was 30 degrees below zero, and the training was rough" says Juan. "We had to crawl through barriers, and they would fire pellets at us to make sure we stayed low to the ground. We even had to go into a gas chamber with a mask on to find the other door to get out."

But Juan's favorite part of the training was parachute jumping.

"I was scared at first, but they put you in the helicopter, hook you up and then they push you out before you have a chance to change your mind," Juan says in disbelief. "But you get used to it after a couple times."

After three years in Alaska, Juan and five other translators headed to Fort Hood, Texas for one more year of training.

"We trained every day, so I knew what to do when I got to Cuba," he says. "We were ready, but they canceled our trip."

In 1961, America sent 1,400 American-trained Cubans to invade Cuba as part of a plan to overthrow Castro. But unfortunately, they were outnumbered by Castro's troops and surrendered. The remaining U.S. invasions were also canceled and Juan's team wasn't needed after all. He was honorably discharged in 1964.

A Return to Civilian Life

Shortly thereafter, Juan got a job as an assembly lineman for AT&T in Nebraska—a career he had always wanted to pursue.

"Growing up, I wanted to be two things: a border patrol officer or a lineman, the guys who climb the electrical posts," Juan says. "I was always interested in the technical work. My dad used to fix everything, and he taught me a lot."

After years of hard work and earning his bachelor's degree in engineering in 1971, Juan was promoted to manager of AT&T in Denver, Colorado. He enjoyed a successful 35-year career in the industry before deciding to embark on a new chapter in his life.



Juan at Leisure World.

A Second Dance Act

Upon retiring, Juan quickly replaced his working hours with dance, his first love.

"We used to do square dancing in school, and I always loved to dance," shares Juan. "After I retired in Denver, I danced five days a week. I went wherever they had live music or free lessons with any kind of dance."

In 2013, Juan decided to escape the cold and return to Arizona and moved into Leisure World.

"I knew it was right when they showed me a house that looked just like my home in Denver," says Juan. "It was perfect for me."

Now, Juan dances at Leisure World and attends every community dance.

"I do everything from bachata, to ballroom, country, even polka dancing," he says. "I like the movements, turning around and spinning. And teaching others how to dance."

"He wears a name badge that says, 'Juan, two, three,'" says resident Kathy Hilger laughing. "He's got a very good sense of humor and always cares about people."

Thank you for your service, Juan!

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WEDDED BLISS

Bill and Judy Johnstone: A 60-Year Journey



Leisure World residents Bill and Judy Johnstone recently celebrated their 60th wedding anniversary on August 1, 2019. The couple have had six successful decades together because they believe in partnership.

"It's a partnership," explains Bill. "We make decisions together and we don't argue very much. Judy has always taken care of the finances while I worked and went to school for my master's degree in City Planning."

An Ohio native, Bill moved to Galesburg, Illinois for an assistant planning position at the town's Chamber of Commerce. He managed the downtown retail association and would often visit small businesses in the area, which included the shoe store his future wife worked at.

"I saw her in the window and that was it," recalls Bill. "I couldn't get her out of my head."

And of course, he had to ask the attractive woman behind the counter out to lunch. Thankfully, she said yes.

"He was very interesting," says Judy. "I was a small-town girl and he was from out of town. We were married five months later."

Traveling Companions

The whirlwind romance was accompanied by even more changes. Bill ended up being transferred to different Chambers of Commerce throughout the country and eventually worked for the Federal Aviation Administration as an airport planner. Moving for Bill's work, the couple explored Nebraska, Florida, Louisiana, Mississippi, California, New Mexico and even North Dakota.

In between their moves, the couple managed to raise a son and a daughter. Judy, a stay-at-home mom, spent a lot of time volunteering at local league thrift stores and enjoying each new city.

"It was definitely an adventure to explore different cities," says Judy says smiling. "The kids go to see a lot of the world."

"We had the best social life in Roswell, New Mexico," adds Bill. "And Naples, Florida is such a beautiful place."

Finding Leisure World

After Bill retired in 1999, the pair settled in Prescott Valley, Arizona for 20 years. While their son now lives in New Mexico, their daughter, who lives in Mesa, would often visit them. Eventually, Bill and Judy decided to move closer to her and found Leisure World.

"We looked around quite a bit, but nothing compared to Leisure World," says Judy. "It's near everything and there's something to do every day. It also has great amenities and security."

While here, Judy enjoys playing card games like bunco and bridge, and Bill can be found in the Woodshop or writing stories. He recently published, "The Seventh Message," a suspenseful novel about a terrorist attack.

Last month, Bill and Judy celebrated their diamond anniversary with a family barbecue. They now have four grandchildren and one great-grandchild and enjoy spending time with them.

Happy Anniversary, Bill and Judy!

Ken and Barb Roeber: Partners in Crime for 50 Years!



For half a century, Leisure World residents Ken and Barb Roeber have been partners in crime, supporting each other every step of the way. And on September 27, 2019, this special couple will celebrate their 50th wedding anniversary.

So, what's their secret to wedded bliss?

"We had an agreement. I would make all the big decisions and she would make all the little ones," jokes Ken, an Iowa native. "That's worked for 50 years. And I haven't made any big decisions yet."

Having complementary personalities has also helped—and Ken was easy on the eyes.

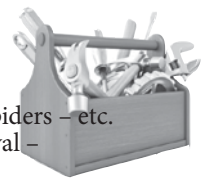
"He was tall, dark and handsome," Barb laughs. "We have two different personalities and they blended well. It's probably what attracted and kept us together. I was always quiet and introverted, and he's a jokester who commands attention."

Continues on page A10

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WEDDED BLISS *continued from page A9*

But ultimately, the key has been supporting one another.

"We've supported each other through thick and thin," explains Barb, who's originally from Minnesota. "We've both battled cancer and other illnesses and injuries, and we've helped each other along the way."

Fast Cars and Dance Moves

It all started with the love of a car. A Vietnam vet, Ken moved to Minnesota to work as a corporate pilot. The week of Valentine's Day in 1969, he saw a "snaggly 1965 Mustang" parked outside a local restaurant. He had seen a pretty blonde drive off in that same Mustang the day he met a friend after work by the 3M manufacturing company. Little did he know that his friend was the co-worker of his future wife.

Intrigued by the blonde, Ken hoped their paths would one day cross. Thankfully, fate intervened, and they did.

"I went out to dinner one night with friends and I saw this man standing in the doorway looking at us," Barb recalls. "Then he came by and asked me to dance. I was reluctant at first, but eventually I danced a bit."

They soon started dating and sparks flew. Within 10 days, Ken knew she was the one after Barb bought a new car. But it wasn't just any car.

"She bought a 1969 Mustang Mach 1, big block four speed," Ken says excitedly. "I thought, 'This girl's a keeper.'"

Shortly thereafter, they were engaged in April and married in September.

Golden Years

Since then, Ken and Barb have raised two daughters, Heather, who lives in Minnesota, and Heidi, who is in Phoenix. They now have two grandchildren and two step-grandchildren. While living in Minnesota, Barb was a stay-at-home mom and worked part-time jobs at medical offices, and Ken was a corporate pilot.

After retiring, the couple decided to move to a warmer climate and moved to Leisure World 10 years ago. Now, they enjoy great weather and time with their grandchildren. Ken can also be found tinkering in the Woodshop.

Although the couple doesn't have any special plans to celebrate their anniversary, they are excited to have their whole family spend Christmas together in Hawaii.

Happy Anniversary, Ken and Barb!

Jeff and Liz Weiler: Dancing Together for 60 years!



The love of dance sparked a beautiful romance between Leisure World residents Jeff and Liz Weiler who celebrated their 60th wedding anniversary on October 26, 2018.

"We liked the same things and had the same interests like dancing," shares Liz. "And we still dance together to this day."

The two Massachusetts natives met in their early 20s at a summer prep school in 1957. A roller skating aficionado, Jeff noticed Liz was wearing a roller skating sweater. Their shared interest sparked a conversation and ultimately, a love connection.

Jeff excelled at freestyle moves with jumps and spins, perfectly complementing Liz's figure skating talents. They quickly became roller skating dance partners and danced in competitions together for two years. Love followed.

"He was quite handsome, and he still is," Liz says. "We danced well together. It was great."

Although Jeff and Liz were physically attracted to one another, it was their shared interests that forged their love. But keeping in step on and off the dance floor has been instrumental to their longevity.

"It's 'Yes, dear,'" Jeff explains chuckling. "We respect each other, and we try not to let things fester."

The Love of Dance

Jeff and Liz no longer roller skate but have continued their passion for dance with ballroom and square dancing. In fact, dancing is what brought them to Leisure World.

After decades of working in Massachusetts—Jeff as an engineer at General Electric and Liz in real estate—the couple wanted to find a place to retire that fit their lifestyle. They first considered Florida, but then realized one very important thing: there's more dancing in Mesa, Arizona.

"Mesa is the round dance, choregraphed ballroom, capitol of the world. There's a lot more dancing here compared to Florida," explains Liz. "Dancing is great physically and mentally, and it's something we both can do together."

Jeff and Liz moved to Leisure World 22 years ago and have been involved in various clubs, including the Moonlight Serenade Dance Club. They are also members of the Shall We Round Dance Club, which Liz is President of. The couple also participate in photography and jewelry-making activities.

A Celebratory Cruise

In the past six decades, Jeff and Liz have raised a son and two daughters who live in Phoenix. They now have three grandsons and a great-granddaughter.

To celebrate this special diamond anniversary, the couple embarked on a 60-day cruise around the North Pacific. From Alaska to Vietnam, they cruised around Asia to Guam and Hawaii, cherishing their many years together.

Jeff and Liz have also traveled extensively and visited over 100 different countries.

"We've been everywhere really—Egypt, Russia, Africa and Europe," Liz says. "We enjoy meeting people in different countries and seeing historical sites."

Congratulations, Jeff and Liz! Keep dancing and cruising to your next anniversary!

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YOUR POCKETBOOK

A Retirement Fact Sheet

Some statistics about your "second act."

By David McBride

Does your vision of retirement align with the facts? Here are eight noteworthy financial and lifestyle facts about life after 50 that might surprise you.

1. **Social Security Income Taxed:** Up to 85% of a retiree's Social Security income can be taxed. Some retirees are taken aback when they discover this. In addition to the Internal Revenue Service, 13 states levy taxes on some or all Social Security retirement benefits: Colorado, Connecticut, Kansas, Minnesota, Missouri, Montana, Nebraska, New Mexico, North Dakota, Rhode Island, Utah, Vermont, and West Virginia. (It is worth mentioning that the I.R.S. offers free tax advice to people 60 and older through its Tax Counseling for the Elderly program.) [1]
2. **Larger Deduction on Federal Taxes:** Retirees get a slightly larger standard deduction on their federal taxes. Actually, this is true for all taxpayers aged 65 and older, whether they are retired or not. Right now, the standard deduction for an individual taxpayer in this age bracket is $13,500, compared to $12,200 for those 64 or younger. [2]
3. **Use IRAs for Retirement:** Retirees can still use IRAs to save for retirement. There is no age limit for contributing to a Roth IRA, just an inflation-adjusted income limit. So, a retiree can keep directing money into a Roth IRA for life, provided they are not earning too much. In fact, a senior can potentially contribute to a traditional IRA until the year they turn 70½. [1]
4. **Still Carrying Large Debt:** A significant percentage of retirees are carrying education and mortgage debt. The Consumer Finance Protection Bureau says that throughout the U.S., the population of borrowers aged 60 and older who have outstanding student loans grew by at least 20% in every state between 2012 and 2017. In more than half of the 50 states, the increase was 45% or greater. Generations ago, seniors who lived in a home often owned it, free and clear; in this decade, that has not always been so. The Federal Reserve's recent Survey of Consumer Finance found that more than a third of those aged 65-74 have outstanding home loans; nearly a quarter of Americans who are 75 and older are in the same situation. [1]
5. **Less Credit Dependent:** As retirement continues, seniors become less credit dependent. GoBankingRates says that only slightly more than a quarter of Americans over age 75 have any credit card debt, compared to 42% of those aged 65-74. 1
6. **Living Alone:** About one in three seniors who live independently also live alone. In fact, the Institute on Aging notes that nearly half of women older than age 75 are on their own. Compared to male seniors, female seniors are nearly twice as likely to live without a spouse, partner, family member, or roommate. [1]
7. **No Plan B:** Around 64% of women say that they have no "Plan B" if forced to retire early. That is, they would have to completely readjust and reassess their vision of retirement and also redetermine their sources of retirement income. The Transamerica Center for Retirement Studies learned this from its latest survey of more than 6,300 U.S. workers. 3
8. **Not Budgeting Travel:** Few older Americans budget for travel expenses. While retirees certainly love to travel, Merrill Lynch found that roughly two-thirds of people aged 50 and older admitted that they had never earmarked funds for their trips, and only 10% said that they had planned their vacations extensively. [1]

What financial facts should you consider as you retire? What monetary realities might you need to acknowledge as your retirement progresses from one phase to the next? The reality of retirement may surprise you. If you have not met with a financial professional about your retirement savings and income needs, you may wish to do so. When it comes to retirement, the more information you have, the better.

-David McBride, CPA, CFP, is founder and president of McBride Financial Services. He may be reached at 480-830-6600 or dmcbride@mcbridefinancial.net.



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LEGACY FILES

What to Do After the Loss of a Loved One



By Afsanieh Rassti

The inevitability of loss is what makes us human. Unfortunately, at some point in our lives, we will lose someone we love. Far too often, the trauma of death is compounded with the overwhelming responsibility of handling that person's material effects. Dealing with end of life care and the funeral plans is challenging but settling a loved one's estate can be even more daunting.

The good news is, you don't have to do it alone. There are many things to attend to after the loss of a loved one. Here are some helpful steps to guide you through the estate administration process.

Step 1: Grieve: Grief is a natural part of loss, but it often clouds judgement and accelerates family conflict. Give yourself some time to let it all go before you start worrying about what comes next. Allow yourself some time and space to grieve.

Step 2: Locate Important Documents: After the loss of a loved one, it is important to locate his or her estate planning documents, if possible. Estate planning documents such as an original will are important in determining funeral plans and after life wishes such as the distribution of the deceased's estate. We encourage you to look for the following documents:

- A last will and testament and/or a trust
- All insurance policies (life, homeowners, health, disability, auto, etc.)
- Credit card statements and up-to-date credit report
- Investment and retirement accounts such as IRAs, 401(k) plans, mutual funds, pensions, etc.
- Most recent checking and savings account statements
- Most recent mortgage statements
- Most recent tax returns (two years)
- Marriage certificate(s)
- Birth certificates of the decedent's children

You will also need to order original death certificate(s). We encourage families to order seven to 10 death certificates. You may need more if there are many accounts to settle.

Remember, the most important thing to do is to determine whether the deceased left a will and/or a trust. If there is only a will, notify the personal representative named in the will. He or she is responsible for taking the last will and testament to probate court to prove its validity and to oversee the distribution of assets to the beneficiaries. If there is a trust, contact the trustee right away. The trustee is responsible for managing and distributing the trust.

Step 3: Protect the Assets: An "estate" includes all the assets *and* liabilities left by a person at the time of death. Your assets can range from anything you own such as real estate and bank accounts to things you may have an interest in like investment accounts or retirement accounts.

Take an inventory of what your loved one owned and how they owned it. This will help you "guesstimate" the value of the assets and ensure they are protected. How the assets are titled will also affect how they are distributed. It is essential that assets are distributed according to the terms of a will or trust. It is illegal to distribute assets without going through the proper channels.

Step 4: Consult a Lawyer: After the loss of a loved one, the personal representative/trustee should consult with a lawyer. After you locate important documents, an attorney can advise you regarding your specific situation. The most important determination is if you need to go to probate court to distribute the estate. A lawyer will also be able to advise you on the correct and legal way to distribute the estate, protecting you from unwanted legal issues. If your loved one had a comprehensive estate plan, you will probably have a smooth process. But if your loved one dies without a will, the process becomes more complicated.



Key Takeaway

The trauma of a loss is hard but following these simple tasks can help minimize your stress. Remember to grieve and take your time to process this ordeal. Make sure you locate important financial and estate plan documents after the loss of a loved one. Then, take time to create an inventory of your loved one's assets and determine their ownership. Finally, consult with an attorney once you have gathered all of the important documents belonging to the deceased.

Dana and Associates is here for you. If you have recently lost someone you love, consult our "Loss of a Loved One" checklist on our website. You can also schedule a free Family Administration session to talk with an attorney to determine the next steps on administering your loved one's estate.

-Afsanieh Rassti, J.D., is an associate attorney at Dana and Associates, LLC.



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Clubs

Alzheimer/Dementia Support Group

Submitted by Kim Wolf

According to a 2019 report by the Alzheimer's Association, approximately 5.8 million Americans are living with Alzheimer's dementia, the majority of which are 65 or older. The report also points out that "the stress of providing dementia care increases caregivers' susceptibility to disease and health complications."

If you are caring for someone with Alzheimer's disease or any of the related types of dementia, you don't need to face this alone. You need information and reassurance. Our group provides a supportive environment where you can share your concerns and questions. You will gain effective strategies to better manage day-to-day. We meet right in Leisure World every second Wednesday throughout the year.

This month, we will meet on Wednesday, September 11 at 10 a.m. in the Queen Card Room in Rec. 1. Alzheimer's Counselor Susan Kasprak will provide her expertise and Leisure World Outreach Specialist Marguerite Huspen can offer many resources.

For more information, contact Susan Kasprak at 480-399-8391 or skasprak@gmail.com. You can also contact Marguerite Huspen at the Outreach Office or call 480-832-0003, ext. 207.

Leisure World Community Theatre

Submitted by Deanna Long

Lights down! Open the curtain! Leisure World Community Theatre… Does this get your attention? Do you wonder what we do?

Currently, one committee is reading potential scripts for February's production in Leisure World. We meet as a club monthly from October through April. We often perform at other events if asked. Leisure World residents are superb actors, backstage crew, artists and publicists!

What will you do this fall when you hear about us? Check us out! Come to a meeting! Contact President Denise Haala! Try out for a part in the production! Volunteer to help backstage! Usher guests at our February production! Or simply attend the production!

About the production: Expect more laughter about all those relationships that can drive us crazy, seek revenge or simply just laugh and enjoy! We produce a collection of short plays woven together by some stretch of the imagination!

Keep us in mind! We have lots of fun! Hope to see you in October!

Leisure World Computer Club

Submitted by R. Aubrey La Foy

We are inundated with all sorts of information via our computers, smartphones, newspapers and TV. It is overwhelming, to say the least. Several days ago, some new information crossed my computer screen about face recognition. My wife has that on her smartphone to activate her information, but I do not. The face recognition program presented a new feature that you can age your face. I am 94-years-old and I don't think I wish to "age" my face since I still wonder who is that old geezer staring back at me in the mirror.

Some new programs have merit and there are others? My Nikon DX is a wonderful camera, and although I have had it many years, I have never really maximized its use. After shooting the picture, a disc must be taken out and transferred to your computer via a little gadget and then you can work with the photo on your computer, whereas the smartphone photos can be easier transferred to your computer.

The camera on the smartphone has Lo-Mo, video, photo, portrait, square and pano. I take all my photos with the smartphone now and believe the results are fine. The Computer Club needs classes to instruct and teach us how to take advantage of all these functions. Volunteers are needed to teach, so please help us out.

Join the Computer Club for only $10 per manor. The programs will begin in November in the Rec. 1 Ballroom on Monday mornings at 9:00 a.m.

Friday Morning Knitters and Crocheters

Submitted by Carolin Lowy

The Leisure World Knitters and Crocheters are creating lovely, colorful items, using looms, needles and hooks. Many of these items are donated to charity. Stop by the Queen Card Room on Friday mornings between 9 and 11 a.m. either to join in or view what this delightful group is busy making.

If you want to learn knitting or crocheting, our members are happy to help get you started. Currently, one newbie is well on their way to knitting a first item after a few practice runs.

We are also happy to accept donated yarns and other supplies—no matter how large or small—all will be put to good use!

For more information, call Carolin Lowy at 480-641-4626.

Jewelry/Lapidary Club

Submitted by Colleen Bodnar

The Jewelry and Lapidary Club will have their third annual pizza party on Tuesday, November 5, 2019 at 7:00 p.m. in the Rec. 1 Banquet Room.

We will welcome back all our members and Leisure World residents interested in learning more about the club. If you are interested, please stop by the shop and sign up for the party. This will let us know how many pizzas to order.

A full array of classes will resume in the fall. If you are interested in taking a class in November, sign up early since classes fill up fast. Class instruction time may be in the morning, evening or Saturday. If you are not a member, our yearly dues are $20, which are payable at the time you take the class, along with the class fee, determined by the teacher.

Our meetings are held the second Tuesday of the month. All interested residents are invited to join us. Hope you will come by the shop for a tour or attend our meeting to learn more about jewelry and lapidary possibilities.

Continues on Page A18



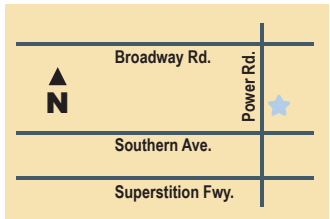
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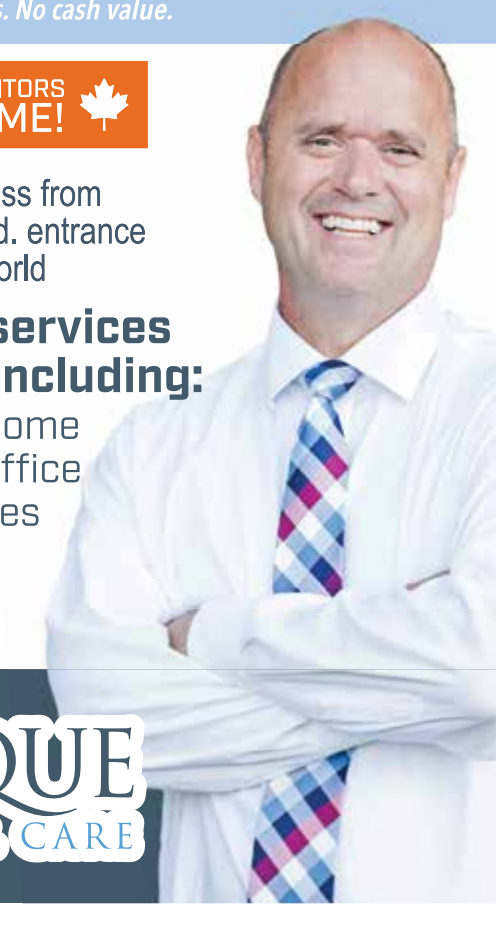
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Clubs ... continued from page A17

Leisure World Lions Club

The Leisure World Lions Club will resume regular meetings on September 10 at 7:30 a.m. in the Rec. 1 Ballroom. Newly elected officers for this term are: President Mike Sanford (1750), 1st Vice President Dennis Heimpel (1856); 2nd Vice President Sue Hayes (2797); Secretary Kathy Hilger (1141); Treasurer Peter Vaglio (2387); and Membership Chair Jill Heimpel (1856).

In September, we will be visiting Mesa elementary schools to test children's eyesight. Mailbox painting will resume sometime in October. If your mailbox is not black, it needs to be made black to be in compliance with Leisure World's CC&Rs. If it simply needs an uplift, we can help. Contact Joy Kosterman at joyk3048@gmail.com to get on our painting list.

If you are interested in becoming a Lion, join us the 2nd and 4th Tuesdays of each month at our meetings.

For more information about the Lions, feel free to contact any of our officers.

Minnesota Club

Submitted by Dutch Schulz

If you missed our March Beach Party, 92 members enjoyed a tasty cookout, great friendship, dancing and music.

Save the date for our Fall Fling Dinner on Sunday, November 17 in the Clubroom in Rec. 1.

The evening begins with a social hour at 5 p.m. with BYOB, followed by a catered dinner from Olive Garden. Chicken parmigiana, spaghetti, marinara sauce, house salad, bread sticks and mini desserts will be served. Setups, ice, pop, water and coffee are included. We will also have the usual 50/50 drawing.

Tickets will be sold Friday, November 8 and Saturday, November 9 from 10 a.m. to noon in the lobby of Rec. 2. The cost is $15 per person. All are welcome, so bring your friends and neighbors.

Hope to see you November 17 at 5 p.m. in the Clubroom in Rec. 1!

For more information, contact Dutch Schulz at 763-370-1781 or lwmngettogether@gmail.com.

Music Therapy

Submitted by Vicki Noble

Leisure World invites you to a Music Therapy class that will soothe your body and spirit. If you are a caregiver for a loved one with neurological disease such as Alzheimer's, Parkinson's or stroke-induced memory loss, this is the perfect remedy.

You are invited to attend an outstanding music therapy class held on Sept. 9 and 23 at Rec. 2 in the Music Room, which is on your way back to the pool. The class is held the second and fourth Mondays of every month year-round from 1:30-2:30 p.m. It is free, thanks to a generous grant from the Leisure World Foundation!

Try us out this month as Sun Joo Lee, our delightful certified music therapist, leads us on her guitar as we sing our favorite old songs. We love sharing memories and making new friends, which lightens our load. We also enjoy refreshments after singing. Please spread the word to friends and neighbors who might benefit from this class.

For more information, contact Vicki Noble at 480-369-1466.

Pottery Club

Submitted by Bonnie Rausch

If September isn't cool enough for you, come chill out in the Pottery Studio. The winter crowds aren't back yet, so you'll have room to create and plenty of attention from the instructor.

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 have an additional charge.

Republican Club

Submitted by Diane Andersen

> *"If we are to guard against ignorance and remain free, it is the responsibility of every American to be informed."* -Thomas Jefferson

The Republican Club's motto is "Educate, Encourage and Inspire." We hope to continue to do that by bringing the conservative community great speakers who have an educational and encouraging message. We are inspired by God's grace, which helps to keep a smile on our face even during times of adversity.

This month, our speakers will be Randy Miller, a constitutional speaker, and Sheriff Richard Mack with the Constitutional Sheriff and Police Officer's Association.

The U.S. Constitution is the framework of this great nation. It is our responsibility—as Thomas Jefferson said—to know and understand our many great freedoms because of it.

The club meeting will be held in the Rec. 1 Ballroom on Monday, September 16 at 7:00 p.m. Please come and bring a friend. You will be treated to an ice cream sundae, great fellowship and a 50/50 drawing.

For questions, suggestions or to join our email list, please contact Diane Andersen at 480-395-5515 or azpatriot13@yahoo.com.

San Tan Investment Club

Submitted by Shelly Begel

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

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

For more information, contact Alan Forbes at

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Clubs

808-497-8109. You can also just come to our first fall meeting on October 16, 2019!

Shalom Group

Submitted by Neesa Galanti

Regular monthly meetings of the Shalom Group will resume in October. There will be a Break the Fast meal on Wednesday, October 9, 2019 in celebration of You Kippur.

The first general meeting will be Sunday, Oct. 20, 2019. Details will be available in the October LW News.

Anyone interested in Judaism is welcome to attend all meetings and events.

For information, please contact Neesa Galanti at 206-356-2727 or Leslie Galanti 425-221-1956.

Singles Club

Submitted by Katie McFarland

The Singles Club meets the first Wednesday of every month in the Clubroom at Rec. 1 from 4-6 p.m. all year-round. We also gather every Tuesday at the Rendezvous Café for breakfast at 8:30 a.m. behind the glass partition.

If you are single, we invite you to join us. We have events for singles where they don't feel out of place among only couples. We also support the local Jefferson Elementary School by donating school supplies and backpacks in the fall and put on a Teacher Appreciation Luncheon at the end of the school year.

The following are the events planned for this September:

- **Monday, September 2:** Labor Day Dinner/Dance $28 in Rec. 2, tickets at Rec. Office
- **Tuesday, September 3:** Breakfast at the Rendezvous Café 8:30 a.m. in Rec. 2
- **Wednesday, September 4:** Singles Club Potluck and Social Italian Night, bring a favorite dish to share, $3 and BYOB. Setups, ice, sodas and place settings provided, 4-6 p.m. in the Clubroom, Rec. 1.
- **Tuesday, September 10:** Breakfast at the Rendezvous Café 8:30 a.m. in Rec. 2
- **Thursday, September 12:** "Dive-In" Movie 7:30 Rec 1 Pool, sign up in Rec Office, free
- **Tuesday, September 17:** Breakfast at the Rendezvous Café at 8:30 a.m. in Rec. 2.
- **Friday, September 20:** Fish Fry at the Rendezvous Café, 5:30 p.m., sign up at café.
- **Tuesday, September 24:** Breakfast at the Rendezvous Café at 8:30 a.m. in Rec. 2
- **Monday, September 30:** Comedy Show 7-8:45 p.m. at Rec. 2, $10 at Rec. Office

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

Stained and Fused Glass

Submitted by Kay Branaman Eakin

The glass program classes will begin on Monday, November 4. Stained Glass meets on Mondays and Wednesdays from 8:30-11:30 a.m. and Fused Glass meets from 1-4 p.m. We meet in the glass classroom, which is in the Crafts Building located off the Rec. 1 parking lot.

Carol Ewing will offer the first Beginner Fused Glass class on Mondays, November 18 and 25 from 2-4 p.m. Check the October Leisure World News for more information.

Twiddlers

Submitted by Carolin Lowy

On Monday mornings, a group of creative residents meet in the Queen Card Room from 9-11 a.m. All forms of handwork are engaged in, with the main criteria being working with a needle(s), hooks or looms. We offer help if needed, fun suggestions and a morning of good cheer and fellowship.

The more the merrier.

We have some supplies of yarn, needles and patterns that may be used as needed. If you want to learn something new, we are the group to help right here in Leisure World.

Many of our finished items are donated to charity.

For more information, call Carolin Lowy at 480-641-4626.

Woodworking Club

Submitted by Mike Sweador

The Woodworking Shop is now on summer hours, open Monday through Friday from 9 a.m. to 12 p.m. The shop is closed on Saturday and Sunday. If you have any interest in woodworking, stop by and check us out. We also have coffee available every morning at 9:30 a.m. This is a good time to work on your projects in a cool, well-equipped shop.

The woodshop is available to all Leisure World residents. Membership is $20 per year. You can inquire at the Woodshop when it is open.

You can see the items members make in the windows of our shop. All items shown are for sale whenever the shop is open.

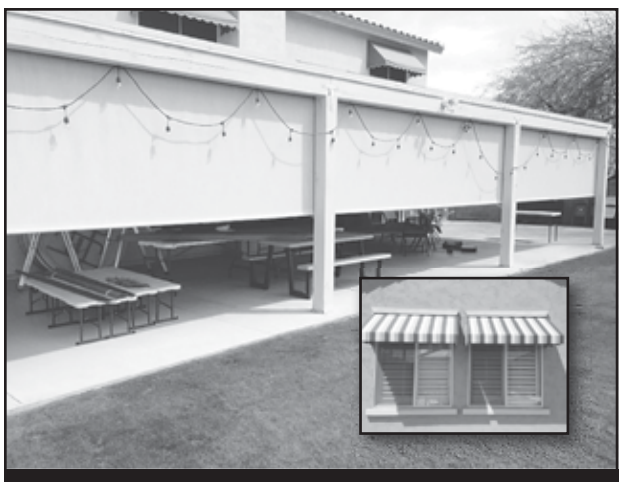
Our website has a new and web- friendly address: www.lwwoodworkers.com. Add it to your favorites for easy access.

The Woodshop can always use craft projects to sell at the Arts and Crafts Fairs. We will be making wood toys for girls and boys to be given away at Christmas. Join our club if you are interested in helping. We will help you get started!



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You are invited to our 3rd Annual Pet Blessing
Date: Friday, October 4, 2019
Time: 10:00 a.m. – 11:00 a.m.
Service starts: 10:00 a.m.
Where: Mountain View Funeral Home
7900 E. Main Street, Mesa, AZ 85207
(The service and blessing will be located on the green lawn in front of the funeral home)
Father Pinti will bless the animals following the service.
This year we are doing a toy drive for the animals. You can drop off blankets, food, or toys to Mountain View Funeral Home. All items will be donated to a local shelter.
Please RSVP by calling Hilary @ (480) 832-2850 by Oct. 2, 2019.
All animals must be on a leash or crated!


www.mountainviewfuneralhomeandcemetery.com

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Sports Clubs

Lawn Bowling

Submitted by Tish Murphy

We are moving slower these days but still bowling on the ever-improving greens. We have started earlier. We still are anxious to see if the bowls roll fast or if it is slower due to the greens not drying from the much needed early morning watering. Martin is in Leisure World's Landscaping Department and he is our hero! He has worked with our VP Gene Lawrence and member Steve Weber diligently step by step to improve our greens. We want to express our sincere appreciation for all his help, Travis Fish and Ryan Standifird for their ongoing communication and Leisure World Facilities for putting It all together!

LW Pickleball Club

Submitted by Ronda Gates

As Leisure World pickleball players return from summer excursions, they were pleasantly surprised when they visited our refreshed pickleball facility. Thanks to tireless efforts championed by member, Wayne Balmer, who worked with Leisure World



Facilities Manager Robin Harvey, the courts and surrounding fencing were fully refreshed and updated. This included resurfacing courts to meet the demands of a game that requires a different playing surface than the former tennis courts that were converted to eight pickleball courts when the facility opened six years ago.

In addition, a six-foot kiosk was removed to provide more waiting and viewing space, a water bottle filling station and other small improvements were added to support the many activities planned for the more active winter season. This will help support a burgeoning membership in this national phenomenon.

Now that the courts are reopened, Leisure World residents can make reservations by visiting www.LWPickleball.com. Members can take advantage of 8 a.m. to noon play, and our more organized evening play on Monday and Thursday nights.

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Card and Game Clubs



Bunco

Submitted by Patti Okoniewski

Hope everyone has had a great summer!

Our Bunco group meets the 1st Thursday of the month in the King Card Room. We play all year-round and everyone is welcome to come join us. We start playing at 6:30 p.m. Our next Bunco night is on Thursday, September 5.

Congratulations to our August winners: Patti Okoniewski, Dana Bourque, Barbara Young, Kathy Stephens, Jeannine Lillestol and Carol Ann Posze.

The cost is $3 per person to play (bring exact cash/nothing larger than $5, please). All money collected is paid out in cash prizes.

Bring your own drink. Wear your Leisure World name tag if you have it handy. And come early since start on time.

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

Scrabble Club

Submitted by Carolin Lowy

The loyal participants on Monday evenings are very interested in welcoming new folks to join us in friendly games of Scrabble and Upwords. No special skills are needed! It helps if you enjoy spelling.

The Scrabble Club has all the supplies, including up-to-date official dictionaries and word lists that may be used as needed. Games are played strictly for fun.

Come early to visit, with play starting at 6.30 p.m. Monday evenings at the Lakeside Club House in Rec.1

For more information, call Carolin Lowy at 480-641-4626.

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- 3 simple diet changes that can help prevent peripheral neuropathy from developing.
- Advanced diagnostic testing to help determine if your condition can be treated
- A simple home therapy that is used by some of the largest specialty hospitals in the country to treat certain types of neuropathy.

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COST: FREE!! Lunch will be served
RSVP: Please RSVP by September 9
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Registration is FREE, but seating is limited.

Music and Dance Clubs

Casual-Aires Dance Club

Submitted by Allen Cziok

Have you heard about the Casual-Aires Dance Club? We are the increasingly popular sponsors of rock 'n roll and country music dance parties during the winter season in Leisure World.



As our name suggests, our events feature a casual dress environment. But we also offer a delicious catered dinner served at your table. The evening continues with the music you know and love for dancing and listening.

The bands we choose tend to be "crossover" groups that play a mixt of rock and county favorites. You will find many of your friends are already members.

Though we have a loyal membership, we invite all Leisure World residents to attend our events for just $35 per person. Give us a try this coming season. Our first dance will be on Saturday, November 9, featuring the band, "Midnight Confessions."

For more information, contact our membership team members Dave and Rose Elkei at 480-218-8371.

Leisure World Cloggers

Submitted by Joyce Loland

Since renovations of the Fitness Center had not been completed as originally anticipated, the Leisure World Cloggers continued to practice in the Rec. 1 Ballroom during August. Fingers are crossed that September will see cloggers back in the classroom. Dancers gather every Friday for their summer schedule of informal practice sessions, which are free!

Fran Dusek works with newcomers to the dance at 12:30 p.m., provided they contact her at 602-684-9353 by Thursday of each week.

For practice beyond the beginner level, Dan Rowan leads Intermediate I and II steps and dances from 1:00–3:00 p.m. At 3:00 p.m., Cathy Martin reviews Intermediate III steps and dances learned in class last winter season. She also adds new ones to challenge the class in footwork and brain work.

Everyone is welcome. It's a perfect time to give clogging a try!

Leisure World Chorus

Submitted by Bruce Collier

We are kicking off another year of news (and solicitations) from your motivated friends and neighbors!

"What?' Motivated?" you ask. Our answer, "There's no business like show business!" Because beginning mid-October, your Leisure World Mixed Chorus will assemble in the Music Room at the back of Rec. 2. They will pick up their new music folders and officially meet our new talented director Donna Mahan!

After many productive, rewarding years, Ann Adams hung up her baton last spring. Donna, a southern Illinois gal with great chorale experience said she wanted to take us to the next level.

We said, "You go, gal!

Sure, we hope to see you at our winter concert in December. But just in case, if you like chorale singing with great material and a new director, join us next month for the beginning of December rehearsals! Sopranos, altos, tenors and basses, come join us!

Check out specific times and dates in next month's LW News.

Hope to see you in October!

Moonlight Serenade Dinner Dance Club

Submitted by Clarice and Joe Chism

It's beginning to look a lot like Leisure World fall season everywhere you go. Check out the LW News, the blast and bulletin board for activities, classes and entertainment!

The Moonlight Serenade Dinner Dance Club will begin the dance season on Nov 16, 2019 with Myron Sommerfeld Orchestra in the Hopi Ballroom. "Color Me Autumn" is the theme, which will enhance your evening of dance, fun, fellowship and frolic. Dress attire is evening wear as tux/suit/tie for men and evening dresses for women. You will feel elegant for this very special evening. Premier Catering will serve your dinner selections. Setups are provided with BYOB.

Dues for the entire year are $240/couple and guests $78/couple per dance. Please send reservation and check to Shirley Rake, Membership, at 1560 Leisure World, Mesa, AZ 85206.

Mark your calendars for the season dances: Nov 16, Jan 23, Feb 20, March 21. Themes will be posted in October. Club officers promise an exciting year for Moonlight Serenade Dinner Dance Club. Get scheduled now!

For more information, contact President Ron Litzenberger at 719-210-3293 or check our website: http://moonlightserenade.yolasite.com or moonlightserenade@cox.net.

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Just Like Cats & Dogs

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Grin and Bear It

By Fred Wagner



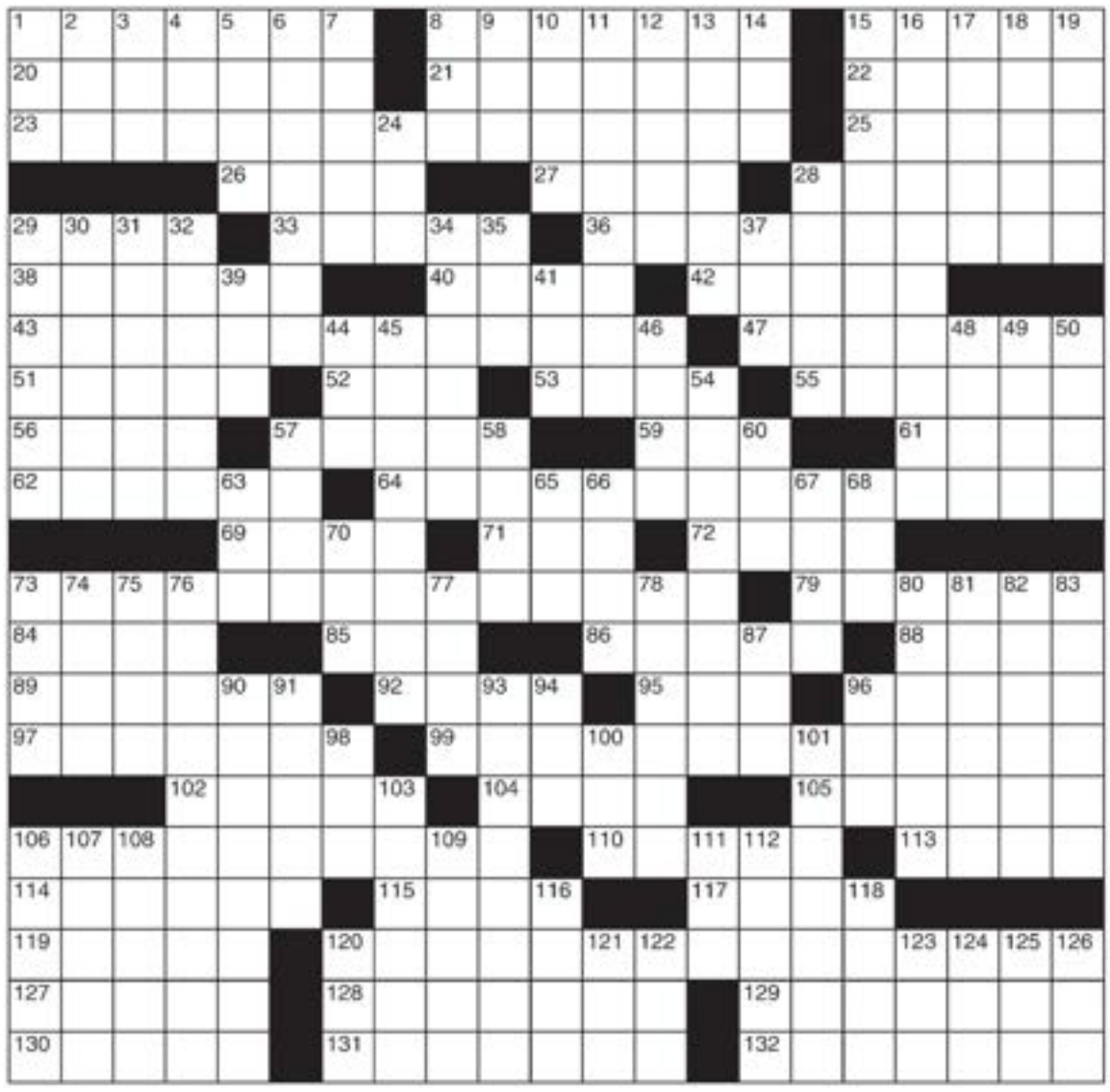
"This morning we'll take up archery, followed by first-aid class!"

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SUPER CROSSWORD

Magazine Entertain-ment



ACROSS

1 Warlocks
8 Missus' counterparts
15 Impetus
20 Sinister look
21 Is an affront to
22 Castro, e.g.
23 First page in a news magazine?
25 Pee Wee of old baseball
26 Bewilder
27 Starchy pudding foodstuff
28 Give fizz to
29 QED's center
33 Auto variety
36 Have no subscription to a humor magazine?
38 Otter relative
40 Apple variety
42 "Hawaii Five-O" nickname
43 Business magazine shared by a mother, a father and their kids?
47 Gazing
51 Resin used in adhesives
52 Heady quaff
53 Snitch
55 Novelist, e.g.
56 Garr of the screen
57 Billy Joel's "-- It Goes"
59 Trailways fleet unit
61 Small bay
62 Classic Fords
64 "I demand to see that financial magazine!"?
69 "You -- kiddin'!"
71 Pen-filled attraction
72 Saintly ring
73 Celebrity magazine that's not a special issue?
79 Diminished
84 Old salts
85 -- carte menu
86 Firetruck noise
88 Eat supper
89 Bests
92 Hence
95 "Sheesh!"
96 Artist Max
97 Started to wake
99 Inherit a fashion magazine?
102 Concerning the kidneys
104 Rainbow flag initialism
105 Carpenter's gun, perhaps
106 Post-it stuck in a page of a wellness magazine?
110 Back of a 45 record
113 Harper of "Far North"
114 First game of the season
115 Artsy NYC district
117 Pilaf base
119 Ties together
120 Drop a health magazine in a filled bathtub?
127 Map feature
128 Having two complete chromosome sets
129 Pyrenees principality
130 Prescient types
131 Has ill will for
132 Pays a visit

DOWN

1 Fly trapper
2 "-- been there"
3 First of two sharp turns
4 Former ring king
5 Tear apart
6 Ruling house
7 Capture
8 Sty resident
9 Aliens' ship
10 Closest buds, briefly
11 Antiseptic solution brand
12 British architect Jones
13 Astronomer Halley
14 Cleveland-to-Akron dir.
15 Many a TSA employee
16 Its capital is San Juan
17 At right angles to the keel
18 Haile Selassie disciple, informally
19 Jabbed with a bent leg
24 Novelist Buntline
28 Nixon's veep Spiro
29 Lacking vigor
30 Got as profit
31 Knight suits
32 Friend of Alice Kramden
34 In a new way
35 Trail mix bit
37 Faucet
39 Actor Ron
41 Stick (out)
44 Engine part
45 Antiquated
46 Dresden's river
48 "Bring --!"
49 Campbell of the screen
50 -- Poupon
54 Certain Christian
57 Laos' home
58 Be seepy
60 -- Na Na
63 Shared PC system
65 Wine and dine, maybe
66 Janitors' tools
67 Flair
68 Unruly bunch
70 Gun lobbyists' gp.
73 Great Plains natives
74 Have a hissy
75 Eins, zwei, -- ...
76 "OK, you win!"
77 Picnic place, in Paris
78 Ceilings
80 Not clumsy
81 Prickly feeling
82 Follows as a result
83 Hinders
87 Penlight-wielding doc
90 Advance exams
91 Madrid Mr.
93 Links target
94 Texter's "Yowza!"
96 Longoria of the screen
98 "-- Kapital"
100 Diminish
101 Minimal bit of cash
103 Nielsen of "Airplane!"
106 "Ora pro --"
107 Share a view
108 Jittery
109 Purls, e.g.
111 Deep anger
112 Aria queens
116 Have way too much, for short
118 Prefix with spore
120 Prez on a dime
121 Quarry
122 Places for forks: Abbr.
123 Best
124 CPA hirer
125 Sky sphere
126 Call of dissent

Sudoku

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

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

Word Search

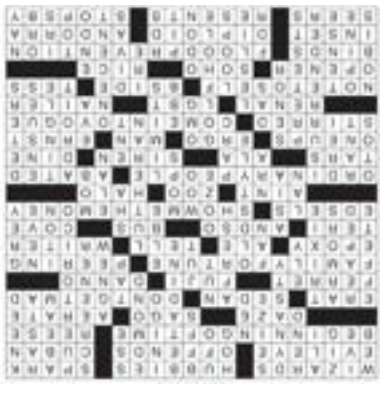
Labor Day

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

LABORDAY
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PARADE
MONDAY
SEPTEMBER
BARBECUE
INDUSTRY
OVERTIME
UNION
STRIKE
BENEFITS
CAREER
PICNIC
HOLIDAY
FAMILY
ENDOFSUMMER
GRILLING
RELAX
DAYOFF
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Puzzle Answers



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

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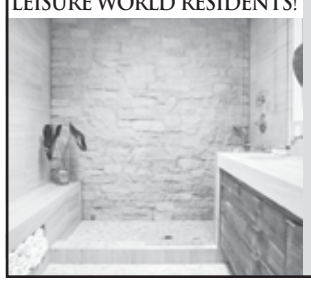
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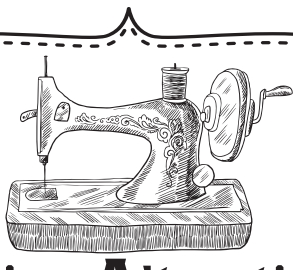
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ASTROLOGY

September Horoscope

ARIES (March 21 to April 19) Dealing with a difficult person can be the kind of challenge you Aries Lambs love. Or it could be an energy-draining exercise in futility. Be certain your goals are worth your efforts.

TAURUS (April 20 to May 20) The Divine Bovine might be seeing red at having your crisis-resolution efforts overlooked. But others know the truth, and they can be expected to step forward when the time comes.

GEMINI (May 21 to June 20) You should be well on your way to finally making that important decision. Having the support of loved ones will help when crunch time comes. Keep a positive attitude.

CANCER (June 21 to July 22) Feeling uneasy about a move might not mean you're having a case of Cancerian wavering. It could be your inner sense is warning you to reassess your situation before taking action.

LEO (July 23 to August 22) Your pride could get in the way of admitting you might have erred. Best to 'fess up now before a small mistake turns into a big misunderstanding. Make the weekend a special family time.

VIRGO (August 23 to September 22) Trying to please someone with a less-than-glowing opinion of something you value could be a waste of time. If you like it, stay with it. The week's end brings an answer to an old mystery.

LIBRA (September 23 to October 22) There might be time to make a change. But be honest with yourself: Is it what you really want, or one you feel pressured into making? Your answer should determine your next move.

SCORPIO (October 23 to November 21) Change is dominant, but so is caution: Proceed carefully, checking each step along the way to avoid encountering any unwelcome surprises that might be lurking along your path.

SAGITTARIUS (November 22 to December 21) It could be a mistake to rely on someone to keep his or her promise without checking out previous performances. What you learn now could save you from a painful lesson later.

CAPRICORN (December 22 to January 19) Taking a strong stand on an issue you feel is too important to ignore could inspire others to follow suit. The weekend is a good time to socialize with old friends and make new ones.

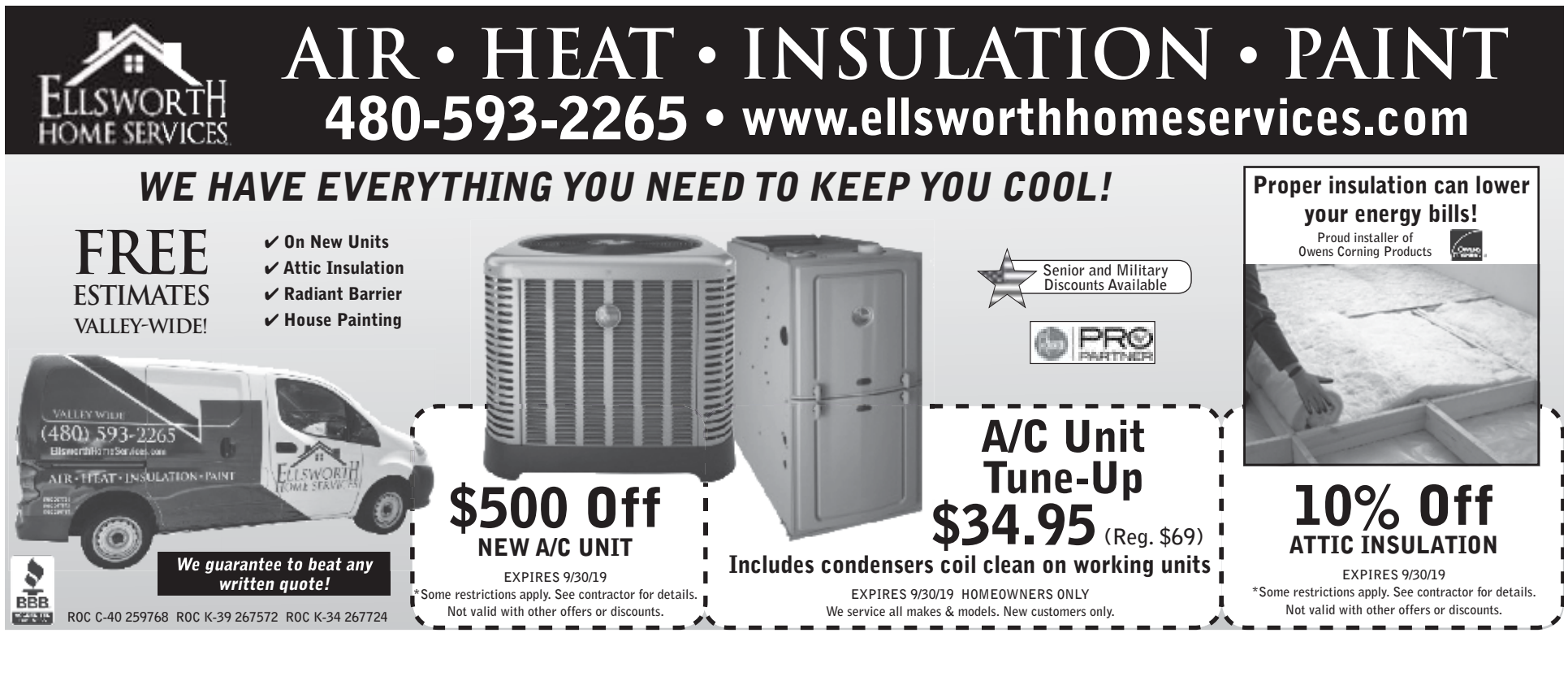
AQUARIUS (January 20 to February 18) Your sensitive nature gives you an insight into the problems of someone close to you. Your offer of support could be just what this person needs to start turning his or her life around.

PISCES (February 19 to March 20) Financial matters continue to need even more careful analysis than usual. Use caution with investment possibilities. A personal relationship might take an unexpected turn by the week's end.



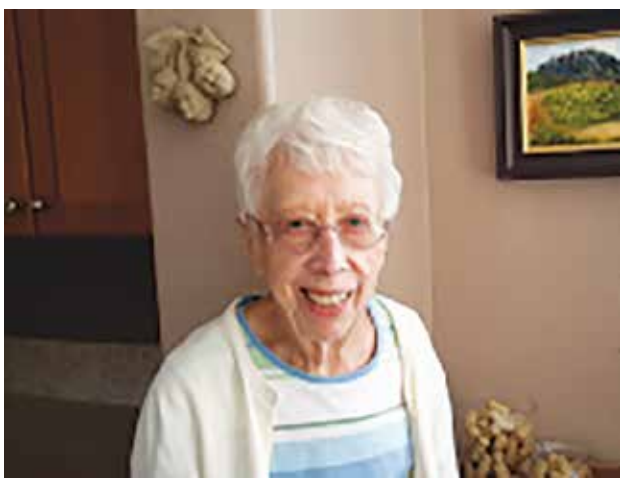






Life Tributes

Elaine Seith Howe



Elaine Seith Howe passed away at her home on July 6, 2019. Elaine was born and raised in Minnesota. She served in the Waves at Parris Island in South Carolina, then moved to Seattle.

Elaine married Don Howe and welcomed his two children, Bonnie and Robert into her life. She and Don moved to Leisure World after retirement where Don enjoyed golf and Elaine was active in the Art Club. Elaine made friends wherever she went. She will be greatly missed by her family and friends.

An Arrow Was Driven Toward Our Heart

(Remember September 11, 2001)



By James B. Amodeo

An arrow was driven toward our heart,
A vicious, unfeeling, unholy dart.
It brought us pain and sorrow it's true,
For family and friends and strangers too.
Many have died from this terrorist attack,
And many were hurt but our heart didn't crack.
Yes our heart was missed and it will always be,
Because America's heart stretches from sea to sea.

It's a heart of strength in this great proud land,
As we rise from the ashes and stand hand in hand.
It's a heart of strength through it's people's will,
A heart of strength that grows stronger still.
Together we'll stand as we always have done,
Together we'll stand and they can't make us run.
Now our heart is stronger and so our resolve,
Through the pain in our heart our strength will evolve.

We'll rise from the ashes of the buildings that fell,
And drive these devils back into hell.
Americans raise up your flags for all to see.
We're proud and we're strong and always will be.
We're Americans yes and proud of the fact,
Proud and strong we are and through strength we will act.

-James B. Amodeo is a Leisure World resident and poet.

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Welcome to Broadway Mesa Village.

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September 2019

Leisure World

LIFESTYLE

Recreation, Wellness and Golf



Turkey Trot
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Summer Social
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Page B2

Lesson Plans to Late Night Comedy Show



This one-man comedy show of Lucas Bohn is about transitioning from being an elementary school teacher to a national touring comedian. "Lesson Plans to Late Night" is truly a one-of-a-kind comedy experience combining live stand-up comedy and visual images. This show has been compared to "Defending the Caveman" and was called "a comedic multimedia masterpiece" and "hysterical" by *Parade Magazine*. If you have ever worked with children or have kids or grandchildren, you don't want to miss this hilarious show!

Includes BYO setups, plus one free popcorn per ticket! Other snacks like soft pretzels, nachos with cheese and sweet treats will also be available for purchase. Our sincere thanks to our event sponsor, Norris Air!

Date: Monday, September 30
Time: 7-8:45 p.m.
Place: Rec. 2 Hopi/Pima Rooms
Tickets: $10 per person in advance or $12 at door

Norris Air

Free Dive-In Movie



We conclude our summer pool parties with a big splash. Stay cool and float along as we watch an American classic, "Grease," starting John Travolta and Olivia Newton-John. This ***free*** event is possible, thanks to our sponsor, Sandstorm Dental Group. Advanced sign up requested.

Date: Thursday, September 12
Time: 7:30 p.m.
Place: Rec. 1 Pool
Cost: Free!

Sandstrom Dental Group

Performing Arts Series

Last Chance to Get Season Tickets!

Performing Arts Series season ticket sales end on Friday, September 13, 2019. With a limit of two per manor, get your tickets today!.

Remember, by purchasing season tickets, you will save 25% off single seat ticket prices and conveniently have all your tickets in advance and the comfort of the same seat location for every show!

2019-2020 Entertainment Lineup:

- **November 18, 2019** - First Ladies of Song: Songs of Aretha Franklin, Donna Summer, Ella Fitzgerald, Whitney Houston and Tina Turner
- **December 9, 2019** - Surfin' Holiday: A Beach Boys Christmas
- **January 13, 2020** - Uptown: Songs from The Temptations, vocals like Marvin Gaye and Stevie Wonder and the contemporary feel of Bruno Mars.
- **January 27, 2020 -** Voyager: A Journey Tribute
- **February 10, 2020 -** Eric Buss: Inventive Comedy Magic
- **February 24, 2020 -** Ted Vigil as John Denver
- **March 9, 2020 -** Take it Easy – Folk Rock of the 70s
- **March 23, 2020** - Fairchild Blues: A Blues Brothers Tribute

Don't delay! Limited seating available. Secure your reserved seating, today!

Fitness Center Redefines Active Aging

By Susan Kalnas



There are 78 million baby boomers in the United States. According to the AARP, over the next 10 years there will be 10,000 people turning 65-years-old every day. At the Oasis Health Spa and Fitness Center, we salute you and will be celebrating Active Aging Week from September 30 to October 7, 2019.

The International Council on Active Aging (ICAA) has designated one week of the year to promote wellness in older active adults. This year's theme is "Redefining Active," which is more than simply having a healthy lifestyle. It is a focused approach to staying positively engaged in all areas of your life: physically, socially, cognitively, spiritually and professionally.

The Fitness Center is committed to promoting your physical activity and helping with lifestyle nutrition. There is also a social component since it is beneficial to exercise with your neighbors. We also encourage spending more time with your family. Exercising with mindfulness is also an excellent way to deal with stress management.

Fitness is an enjoyable experience and the "new" medicine prescribed by doctors. Staying active helps empower you to take responsibility for your own health and well-being. You need to start somewhere with modifications to progress from a sedentary life. The certified, well-educated and friendly staff at The Oasis Health Spa Fitness Center can help you begin your journey to an active aging lifestyle!

-Susan Kalnas BS, CPT, is a Fitness Specialist at Leisure World.

Schedule

The Oasis Health Spa Fitness Center is "Redefining Active Aging" from Monday, September 30 to Monday, October 7.

Our activities include:

Monday, Sept. 30	Stress Management (Interactive) 1 p.m.	Theatre
Tuesday, Oct. 1	Massage/Relaxation (Interactive) 1 p.m.	Ballroom
Wednesday, Oct. 2	Music as a Tool (Video/Interactive) 12 p.m.	Theatre
Thursday, Oct. 3	Brain and Exercise (Presentation) 12 p.m.	Theatre
Friday, Oct. 4	Fitness Walking: The Easiest Way to Health 12 p.m.	Ballroom
Monday, Oct. 7	TBD	

Sign up at the Fitness Center for each event or call 480-832-0003 ext. 261.

Humana Presents International Council on Active Aging ACTIVE AGING WEEK 2019

RODIZIO GRILL The Brazilian Steakhouse

Leisure World

Recreation Department

Wildest Labor Day in the West

Enjoy Dinner and Dance!



Break out your Western wear because we are kickin' it country-style! We are pulling out the stops with DJ Steve Smith's Interactive Night Music, featuring a variety dance of music to kick up your heels.

So, find your best britches or dress and boots and come and enjoy a fabulous buffet with your partner and friends. Dinner includes Sloppy Joe's, fried chicken with gravy, fried potato wedges, baked beans, coleslaw, watermelon wedges, corn bread, and apple and peach cobbler with whipped cream. Soda, water and ice also available.

Date: Monday, September 2
Place: Rec. 2 Hopi/Pima Rooms
Entertainment: 5:30-8:30 p.m.
BYO Social: 5:30 p.m. **Buffet Dinner:** 6:00 p.m.
Place: Rec. 2 Hopi/Pima Rooms
Tickets: $28 per person
Deadline: Friday, August 30

Summer Social

Yo-ho-ho, its banana splits and pirates. What more could you ask for on the International Talk Like a Pirate Day! Okay, maybe a mud pie! Avast ye, take a gander at the Man-O-War "docked" outside of the lobby at Rec. 2. Grab your mates and head inside for a little seadog scuttlebutt. You'll all have a swashbuckling good time as **The Salt River Scallywags** mix and mingle, perform and provide us with some pirate trivia.

Don't miss out on treats like this! Fresh fruit cups in place of banana split or mud pie available if requested when you purchase your ticket. Be sure to say, "Ahoy" to our sponsor, **Free Spirit Vacations**, and check out the upcoming winter trips. Remember this event is open seating with no seat-saving. Tickets on sale in the Rec. Office.

Date: Thursday, September 19
Time: 2 p.m.
Place: Rec. 2 Hopi/Pima Rooms
Cost: $6 per person in advance or $7 at the door!

Free Spirit Vacations & Events





End of Summer All-American Potluck

Don't miss our last potluck of the summer. The Recreation Department will be preparing savory meatloaf as the main dish and providing soda, lemonade, water and ice. 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.

Date: Wednesday, September 25
Appetizers: 5:30 p.m. and BYO
Dinner: 6 p.m.
Place: Rec. 1 Ballroom
Cost: $5 per person
Deadline: Monday, September 23

Concert Under the Stars with the Mesa City Band



Don't forget to bring your lawn chair with you to the Courtyard at Rec. Center 1 for an evening of music under the stars. Light refreshments served prior to show.

Plan now to sit back and enjoy the show! Pick up your free ticket, thanks to **Crockett Dental**, in the Recreation Office, available as of Tuesday, September 3

Date: Wednesday, October 9
Time: 7:00 p.m.
Place: Courtyard Rec. 1
Cost: Free!

CROCKETT DENTAL

New to Leisure World: Collette Tours!



Leisure World welcomes Collette Tours! Come to a presentation of our first tour, "Discover America's Music Cities," featuring New Orleans, Memphis and Nashville. Discover the roots of American music and celebrate jazz.

Learn how to save $100 and all the fun you will have! RSVP to the Rec Office.

Date: Wednesday, October 16
Time: 10:00 a.m.
Place: Rec. 1 Ballroom

collette

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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September 17–19

Appointments available
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CWA.HEALTH

All Aboard to Broadway!

Announcing the Leisure World 2019-2020 Broadway Across America season at ASU Gammage. All shows include round-trip transportation with show tickets in Orchestra A seating and are now on sale 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!



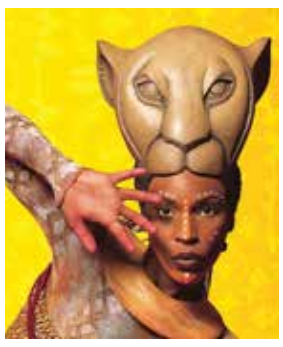
"Fiddler on the Roof" - $95 per person
January 28, 2020 (T) departs at 6:15 p.m. for 7:30 p.m. show
Tony®-winning director Bartlett Sher and the team behind South Pacific, The King and I and 2017 Tony-winning Best Play Oslo, bring a fresh vision to this beloved theatrical masterpiece from Tony winner Joseph Stein and Pulitzer Prize winners Jerry Bock and Sheldon Harnick. Featuring a talented cast, lavish orchestra and stunning movement and dance from Israeli choreographer Hofesh Shechter, based on the original staging by Jerome Robbins, Fiddler on the Roof will introduce a new generation to the uplifting celebration that raises its cup to joy, love and life!
Deadline: Thursday, December 26



"Beautiful – The Carole King Musical" - $110 per person
February 23, 2020 (Sun) departs at 5:15 p.m. for 6:30 p.m. show
From the string of pop classics she wrote for the biggest acts in music to her own life-changing, chart-busting success with tapestry, Beautiful takes you back to where it all began – and on the ride of a lifetime. Featuring over two dozen pop classics, including "You've Got a Friend," "One Fine Day," "Up on the Roof," "You've Lost That Lovin' Feeling," "Will You Love Me Tomorrow," and "Natural Woman," this crowd-pleasing international phenomenon is filled with the songs you remember – and a story you'll never forget.
Deadline: Monday, January 20

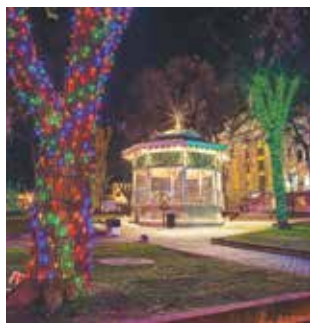


"Come From Away" - $95 per person
May 27, 2020 (W) depart at 6:15 p.m. for 7:30 p.m. show
This New York Times critic's pick takes you into the heart of the remarkable true story of 7,000 stranded passengers and the small town in Newfoundland that welcomed them. Cultures clashed and nerves ran high, but uneasiness turned into trust, music soared into the night, and gratitude grew into enduring friendships. Don't miss this breathtaking new musical written by Tony® nominees Irene Sankoff and David Hein, and helmed by this year's Tony-winning Best Director, Christopher Ashley. On September 11, the world stopped. On September 12, their stories moved us all!
Deadline: Monday, April 27



"The Lion King" - $130 per person
June 23, 2020 (T) depart at 6:15 p.m. for 7:30 p.m. show
Giraffes strut. Birds swoop. Gazelles leap. The entire Serengeti comes to life as never before. And as the music soars, Pride Rock slowly emerges from the mist. This is Disney's The Lion King, making its triumphant return to Gammage! More than 90 million people around the world have experienced the awe-inspiring visual artistry, the unforgettable music and the uniquely theatrical storytelling of this Broadway spectacular – one of the most breathtaking and beloved productions ever to grace the stage. The Lion King also features the extraordinary work of Broadway's most recognizable music, crafted by Tony Award®-winning artists Elton John and Tim Rice.
Deadline: Monday, May 18

A Merry Christmas in Prescott



That special time of year is right around the corner! Travel to Prescott and enjoy the Christmas parade and lunch. In Prescott's historic downtown, shoppers will take a break from bargain hunting to say, "Merry Christmas" with a smile. Watch a legendary parade complete with floats, marching bands, and tap-dancing toddlers. Lunch is included.

Date: Saturday, December 7
Motorcoach Departs: 6:00-8:30 p.m.
Tickets: $99 per person
Deadline: Monday, November 4

The Nutcracker at Phoenix Symphony Hall



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. This is a timeless holiday tradition for all ages. Symphony will join us for the performances of The Nutcracker. Escorted tour includes deluxe motorcoach transportation.

Date: Friday, December 13
Motorcoach Departs: 6:15 p.m.
Tickets: $100 per person
Deadline: Monday, November 11

A **FREE** ESTATE PLANNING **Q&A**

The 3 Essential Questions about
Powers of Attorney

Why do I need them? What kinds do I need? How are they different?



Presented by:
Mike Halliday *Morris Hall Attorney at Law*

TUESDAY, SEPTEMBER 17TH
10:00 a.m. – 11:00 a.m.
The Summit at Sunland Springs
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Join Mike Halliday as he covers what you need to know about Powers of Attorney. These legal documents play a critical role in estate planning and life decisions. Please bring your questions to learn more!

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Morris Hall (MH) has been serving Arizona for nearly five decades. MH is also a member of the American Academy of Estate Planning Attorneys.

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www.morristrust.com

Calling All Crafters for Exhibitor Meeting!

The Fine Arts & Craft Fair is on Saturday, November 16 and we need you! Anyone interested in exhibiting is encouraged to attend. Forms and flyers will be handed out at meeting.

Date: Wednesday, October 2
Time: 2 p.m.
Place: Lakeside Clubhouse
Cost: Free!

Classic Movie Night: "High Noon"



Leisure World resident host Jim Politano, award-winning movie director/producer will present the 1952 American Western film, "High Noon," starring Gary Cooper, Grace Kelly, Thomas Mitchell and Lloyd Bridges. As a former marshal in Hadleyville, New Mexico, Gary Cooper portrays Will Kane, who with his young bride, Amy (Grace Kelly) is about to leave town when he learns that local criminal Frank Miller has been set free from prison and is coming to seek revenge on the marshal who turned him in. The plot thickens as the true nature of the Hadleyville citizens becomes apparent. You won't want to miss the showdown! Save October 23 for our next classic movie, "Key Largo," starring Humphrey Bogart.

It's fun! It's free! Popcorn included. See you at the movies!

Date: Wednesday, September 18
Time: 6 p.m.
Place: Rec. 1 Theatre
Cost: Free!

Free Sunday Movie Matinée

Movies start at 4 p.m. in the Theater. 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.



September 1 Indivisible (PG13) – 2hr 1m
After serving in Iraq—helping myriad soldiers in crisis—Army Chaplain Darren Turner returns home, only to suffer from the same emotional issues and marital problems as the veterans he was counseling.

September 8 Five Feet Apart (PG13) – 1hr 56m
Stella is a vibrant, fun-loving 17-year-old. Unlike most teenagers, Stella has to spend much of her time living at a hospital as a cystic fibrosis patient. When Stella meets Will, a charming and rebellious fellow patient, she feels a powerful connection—but restrictions dictate that she and Will maintain a safe distance between them. As their feelings grow, Stella and Will face a life-changing question: How does love feel when even a single touch is off-limits?

September 15 Run the Race (PG) – 1hr 42m
In this faith-based drama set in a small Southern town, teen siblings Zach and David are dedicated high school athletes. When a severe injury sidelines football star Zach, David puts on his track shoes in an effort to save both brothers' dreams.

September 22 Hope and Glory (PG13) – 1hr 53m
In this Oscar-nominated film set in World War II-era London, the threat of danger from the skies above thrills 7-year-old Billy (Sebastian Rice-Edwards), whose supportive mother (Sarah Miles) tries to keep the family strong as the bombings increase. Although Billy's sister (Sammi Davis) suffers heartbreak and the family home is wrecked, director John Boorman's dramedy manages to limelight the bemusing aspects of everyday life during wartime.

September 29 The Best of Enemies (PG13) – 2hr 13m
A timely drama that centers on an unlikely relationship between Ann Atwater, an outspoken civil rights activist, and C.P. Ellis, a local Ku Klux Klan leader who reluctantly co-chaired a community summit, battling over the desegregation of schools in Durham, North Carolina during the racially-charged summer of 1971. The incredible events that unfolded would change Durham and the lives of Atwater and Ellis forever.





Cards and Games

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

Poker Groups

5 and 10 Cent (LC) Contact: Ann Bachner, 480-641-5197
Tuesday, 6:30 p.m.
5 and 10 Cent (NAV) Contact: Diana Milgrom,
480-981-6085, Wednesday, 6:30 p.m.
Dealer's Choice Contact: Jim Munkwitz, 803-747-1677
(APA) Wednesday, 6 p.m. and (NAV2) Thursday 1 p.m.
Men's (QCR) Contact: Corey Walraven, 480-391-9503
Tuesday and Thursday, 6:30 p.m.
Texas Hold 'Em (QCR) Contact: Barb Vert, 480-278-1065
Monday, 12:30 p.m.

Bridge Groups

ACBL (CLR) Contact: Marilyn Stavros, 480-737-9279
Monday, 12:30 p.m., and Cathy Lindholm, 317-902-9094
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
Partner (LC) Contact: Lynn Peters, 262-853-4870
Party (APA) Contact: Lynn Peters, 262-853-4870
Progressive (QCR) Contact: Phyllis Hallatt, 480-396-7398



Progressive (QCR) Contact: Marilyn Peters, 480-292-3639
Monday and Saturday, 6:30 p.m.
Wednesday Shufflers Contact: Joyce McClanahan
480-243-8145 (NAV) Wednesday, 12:30 p.m.

Other Card And Game Groups

Bunco (CLR) Contact: Patty Okoniewski, 480-474-8115
1st Thursday, 6:30 p.m.
Cribbage (QCR) Contact: Gary Musselman, 480-279-0237
Friday, 1 p.m.
Cribbage 2 (QCR2) Contact: Gary Musselman,
480-279-0237
Euchre (APA) Contact: Bob Coleman, 480-474-7732
Euchre: Advanced (NAV2) Contact: Don Negro, 815-219-3071
Game Night (LC) Contact: Lillian Carlson, 480-290-9396
Friday, 6:15 p.m.
Hand and Foot (LC) Contact: Lillian Carlson, 480-290-9396
Wednesday, 6:15 p.m.
Hand and Foot (LC) Contact: Sandy Callahan, 480-988-2655
Tuesday, 1 p.m.
Hand and Foot: Samba (LC) Contact: Lillian Carlson,
480-290-9396 Thursday, 6:15 p.m.
Mah Jong (APA) Contact: Neesa Galanti, 206-356-2727
Thursday, 1 p.m.
Mah Jong: Beginning (APA) Contact: Donna Thompson,
303-594-0124 Monday, 1:30 p.m.
Pinochle (QCR) Contact: Jackie Anderson, 480-985-8503
Pinochle (QCR) Contact: Lillian Carlson, 480-290-9396
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.



Bingo

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

3 on Sets: $2, 6 on Sets: $4, 9 on Sets: $6
Daubers $1 (cards on sale at 6 p.m.)
Free refreshments at break!
Meet friends and neighbors! You also might take home some cash! All residents and their guests (18 and older) are invited to play. No alcoholic beverages or anyone under 18 is allowed in Ballroom during Bingo.

September Bingo Boosters!

September 6 Caller – D. Callahan, Pay Out – K. Hansen,
Ex. Game – L. Kraver
September 13 Caller – M. Matteson, Pay Out – G. Bowers,
Ex. Game – B. Sayers
September 20 Caller – N. Okoniewski, Pay Out –
D. Callahan, Ex. Game – P. Okoniewski
September 27 Caller – T. Bowers, Pay Out – B. Reinke,
Ex. Game – D. Reinke

Bingo volunteers are the apple of our eye with cash prizes!

Arts and Crafts

Decorative Arts

Art Assoc. (AS) Contact: Carol Pope, 480-628-4134
Classes: Watercolor by Sebastian, Tuesday, 1:00 p.m.
Oil Painting by Lori Pilato, Thursday, 9:30 a.m. Sign up
in Art Studio.
Jewelry and Lapidary (LAP) Contact: John Heald,
503-867-1745, Thursday, 9 a.m. - 12 p.m.
Photography Club (AS/T) Contact Jan Kelly, 480-634-8878
Rubber Stamping (AS) Contact: Mickey Dent, 480-634-4574
Monday, 6:30 p.m. - 8:30 p.m.

Fabric Arts

Knit-A-Long (QCR) Contact: Carolin Lowy, 480-641-4626
All interested knitters, beginners to experienced, join in.
We teach beginners to knit and help those who having
difficulty with a pattern. 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.
Quilters (BR/CLR/SR) Contact: Merrilly Strom 480-699-9352
Come join our group of quilters to experience the
fun of sewing a class project, learning new quilting
techniques, and more. We are proud of the projects
we make, some of which are donated to organizations
in the East Valley and beyond. Their appreciation
is overwhelming. Great food at our "Hello" and
"Goodbye" luncheons and great group work setting
up and selling our items at the Spring and Fall shows.
Hope to see you. Thursday 9 to 11:30 a.m.
Twiddlers (QCR) Contact: Carolin Lowy, 480-641-4626
Any hand work done with a needle or needles, i.e.
knitting, crocheting, cross stitch, needle point and
applique. Monday, 9 a.m. - 11 a.m.

Fired Arts



Ceramics (CER/SG) Contact: Dave Clegg, 480-854-0991
Beginners, newcomers, everyone welcome!
Open Workshop and Firing: Tuesday, 9 a.m. - 12 p.m.
Pouring: Thursday, 12 p.m. - 5 p.m.
Ceramics Class: Friday, 9 a.m. - 12 p.m.
Glass Program (CER/SG) Contact: Kay Eakin, 480-641-8719
Stained Glass, Fused Glass and Mosaics, etc!
Open Studio: Monday, Wednesday 1 - 4 p.m.
Porcelain Painting (POT) Contact: Barbara Culver,
480-924-6871 or LuCyle Seiler, 480-981-1894
No teacher, no lessons. Work on your own. A semi-
annual fee of $5 for firing. All china painters are
welcome.
Open Studio: Wednesday and Friday, 9 a.m.- 12 p.m.
Pottery (POT) Contact: Marcia Steele, 480-641-9082
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



Music and Dance

Ballroom Dance Classes - (C) Contact: Bill Goss,
480-275-4647
Clogging Classes (C) Contact: Fran Dusek 480-641-2040 or
Joyce Loland at 480-588-5789 - Friday 1-4 p.m.
New beginner classes are noon to 1 p.m. Call to reserve.
Intermediate 1 classes 1 - 2 p.m., Intermediate 2 classes
2 - 3 p.m., and Intermediate 3 classes 3 to 4 p.m. All
classes are free!
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 p.m. $3 per person
Line Dance (C or BR) Contact: Dee Dee Dougherty,
480-510-3318
www.dancewithdeedee.com
Music Makers – (C) Contact: Marty Maciejewski,
480-307-8061
This fun group is open to anyone who plays or wants to
play an instrument.
Round Dance Classes (BR) Contact: Bill Goss,
480-275-4647.
Shall We Round Dance – (HPG) Contact: Larry Tracht at
480-325-1054, or email rddancer@aol.com.
Tap Dancing – (C) Contact: Judy Free, 480-396-3103.
Ukulele Practice Group – (MR) Contact: Peggy Jefferson,
480-654-2878
Do you like to play the ukulele or always wanted to
learn? Come and join up with others who love to play
this amazing instrument!

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Upcoming Activities

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

September 2 (M) Wildest Labor Day of the West - Dinner & Dance!
5:30 p.m. - BYO Social 6:00 p.m. - Buffet Dinner
5:30 - 8:30 p.m. - Entertainment
Rec. 2 Hopi/Pima Rooms

Alright everybody, it's time to breakout your Western wear 'cuz we're kickin' it country-style. We are pulling out the stops for you to enjoy the entertainment from **DJ Steve Smith's Interactive Night Music** featuring a variety dance of music to kick your heels up to. So, find your best britches or dress and boots to come down and enjoy a fabulous buffet with your partner and friends. Dinner will include chicken sandwiches, hamburgers, potato salad, baked beans, watermelon and root beer floats for dessert. Soda, ice, water and cups will also be available.
Tickets: $28 per person
Deadline: Friday, August 30

September 12 (Th) FREE Dive-In Movie
7:30 p.m. Rec. 1 Pool

We're bringing the big screen to the pool to end our summer pool parties with a big splash. Stay cool and float along as we watch an American classic, "Grease", starting John Travolta and Olivia Newton-John. This ***free*** event is a big thanks to our sponsors, **Sandstorm Dental Grou**p.
Advanced signup requested due to pool capacity.

September 18 (W) Classics of the Silver Screen Movie Night "High Noon"
6 p.m. Rec. 1 Theater

Host Jim Politano, award-winning movie director/producer and Leisure World resident, is presenting "High Noon," starring Gary Cooper, Grace Kelly, Thomas Mitchell and Lloyd Bridges.
High Noon, a 1952 American Western film, produced by Stanley Kramer, features Gary Cooper who won an Academy Award for best actor. As a former marshal in Hadleyville, a small town in New Mexico, Gary Cooper portrays Will Kane, who with his young bride, Amy (Grace Kelly) is about to leave town when he learns that local criminal Frank Miller has been set free from prison and is coming to seek revenge on the marshal who turned him in. The plot thickens as the true nature of the Hadleyville citizens becomes apparent. You won't want to miss the showdown!
Join us each month as we visit this Classic of the Silver Screen and other amazing films from our host's library. A lifelong film buff, Jim is extremely knowledgeable in the cinematic field. After each film, he will share interesting facts and trivia, followed by a Q&A session. It's fun! It's free! *Popcorn included.* See you at the movies!
Save October 23 for the next classic movie, "Key Largo," starring Humphrey Bogart.

September 19 (Th) Summer Social
2 p.m. Rec. 2 Hopi/Pima Rooms

Yo-ho-ho, its banana splits and pirates. What more could you ask for on the International Talk Like a Pirate Day! Okay, maybe a Mud Pie! Avast ye, take a gander at the Man-O-War "docked" outside of the lobby at Rec. 2. Grab your mates and head inside for a little seadog scuttlebutt. You'll all have a swashbuckling good time as **The Salt River Scallywags** mix and mingle, perform and provide us with a bit of pirate trivia. Don't miss out on treats like this! Fresh fruit cups in place of Banana Split or Mud Pie available if requested when you purchase your ticket. Be sure to say AHOY to our sponsor, **Free Spirit Vacations**, and check out the upcoming winter trips.
Tickets: $6 each in advance or $7 at the door

September 25 (W) "All American" Summer Potluck
5:30 p.m. – Appetizers & BYO 6 p.m. - Dinner
Rec. 1 Ballroom

Recreation will be preparing savory meatloaf as the main dish and providing coffee, lemonade, water and ice. You will potluck the rest. Sign up to bring an appetizer, salad & rolls, side dish, or dessert! All service items will be provided. After dinner sit back and enjoy the evening visiting with friends.
Tickets: $5 per person
Deadline: Monday, September 23

September 30 (M) Lesson Plans to Late Night – Comedy Show
7 – 8:45 p.m. Rec. 2 Hopi/Pima Rooms

This one-man comedy show of Lucas Bohn is about transitioning from elementary school teacher to national touring comedian. "Lesson Plans to Late Night" is truly a one-of-a-kind comedy experience combining live stand-up comedy and visual images. This show has been compared to "Defending the Caveman" and was called "A Comedic Multimedia Masterpiece" and "Hysterical" by *Parade Magazine*. "Lesson Plans to Late Night" is one of the highest rated main stage shows on Norwegian Cruise Lines and was called "Truly Innovative" and "A total crowd pleaser" by cruise directors and entertainment coordinators. If you've ever worked with children or have kids or grandkids, you don't want to miss this hilarious show.
Includes BYO set-ups plus one ***free*** popcorn per ticket! Other snacks like soft pretzels or nachos with cheese will be available for purchase along with some sweet treats. Our sincere thanks to our event sponsor, **Norris Air**!
Tickets: $10 per person in advance or $12 at door

October 2 (W) Arts & Crafts Fair Meeting
2 p.m. Lakeside Clubhouse

Any residents interested in participating in the Fall Fine Arts & Crafts Fair are encouraged to attend the meeting. Registration forms and publicity fliers will be available. This is your chance to come and get all your questions answered regarding the Fall Fair. Fair is scheduled for Saturday, November 16. See you at the meeting.

October 9 (W) "Mesa City Band" Courtyard Concert
7 p.m. Rec. 1 Courtyard

Enjoy a beautiful spring evening under the stars as you enjoy the music of **The Mesa City Band**. They play a variety of music guaranteed to please all with their program of traditional marches, pop music, show tunes and classic band pieces. Remember to bring a lawn chair and your favorite beverage or enjoy our pretzels, lemonade and water that will be served. Plan now to sit back and enjoy the show! Many thanks to **Crockett Dental** for sponsoring this Concert.
Free tickets available Tuesday, September 3!

New Frontiers for Lifelong Learning

New classes start in September

Medical Myths Part 2

Dr. Steven Novella, Professor at Yale University School of Medicine, will help you discover evidence-based guidelines for good health, enhance your knowledge of common medical myths, strengthen your skills at assessing the truth behind medical information and much more. His lectures are an essential aid for any home. They will help you make smarter health decisions to last a lifetime. This class is a six-week video series.

Dates: Fridays, Sept. 27, Oct. 4, Oct. 11, Oct. 18, Oct. 25, Thursday, Oct. 31 and Monday, Nov. 4
Time: 10:00 a.m. -12:00 p.m.
Place: Theatre
Cost: Free!

Big Data Analytics Part 2

Dr. Tim Chartier, Associate Professor of Mathematics and Computer Science at Davidson College, sheds light on the volume of today's data and the challenge of its analysis. Retailers know what you are buying. Pollsters know your opinions on politics, religion, sports, etc. Doctors can follow your vital signs. Social networks follow your interactions. Sensors predict your weather. Data is everywhere but the analysis of the data is the prize. From analysis comes innovation and its associated value. This class is a six weeks video series.

Dates: Mon. Sept. 30, Oct. 7, 14, 21, 28, Tuesday, Nov. 5
Time: 10:00 a.m.-12:00 p.m.
Place: Theatre
Cost: Free!

For more information on Medical Myths and Big Data Analytics, contact Archie Millhollon at 480-600-1606 or amillho@cox.net.

National Geographic on Photography



Enjoy photography lessons from National Geographic photographers in a video presentation. This course will cover why we take pictures, what subjects do we choose and the psychological meaning of photographing and being photographed. This class is a 11-week video series.

Dates: Tuesdays, Oct. 1, 8, 15, 22, 29, Nov. 5, 12, 19, 26, and Dec. 3, 10
Time: 1:30 p.m.-3:00 p.m.
Place: Theatre
Cost: Free!

For more information, contact Ron Burda at RB7734@aol.com.

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Upcoming Trips and Tours

Deadlines are fast-approaching for October events!

October 16 (W) Discover America's Music Cities Travel Presentation
Rec. 1 Ballroom 10 a.m.
Leisure World welcomes Collette Tours. Come to this 45-minute presentations of our first tour, "Discover America's Music Cities featuring New Orleans, Memphis and Nashville". Unearth the roots of American music and celebrate jazz in the place it was born. Learn how to save $100 and all the fun you will have. RSVP in the Rec. Office.

September 17 (T) The Lunch Bunch: All Pierogi Kitchen**
Motorcoach departs at 11 a.m. $36 per person for transportation to and from
The aptly named All Pierogi in Mesa is both a market and a restaurant. The market sells frozen pierogis, sausages, and a variety of pickled and dry goods. Then there's the restaurant, upon entering a dim dining room, you'll be greeted with Eastern European pop mixed with international club hits. The menu includes other things, from mayonnaise-bound salads to kielbasa, but what sets this place apart is its menu of nearly 20 different types of boiled or fried dumplings: pierogis.
Deadline: Thursday, September 12

October 24, 2019 (Th) Desert Belle with Southwest Surfers**
Motorcoach Departs: 4 p.m. $55 per person
Come join The Southwest Surfers for a rockin' good time aboard the Desert Belle on the beautiful Saguaro Lake! On this fabulous 90-minute ride you will see awesome scenery and hear great live music. Included in the trip is one snack bar voucher. Please bring credit card for other purchases. Escorted tour includes deluxe motorcoach transportation.
Deadline: Monday, October 7

November 9 (S) Sonoita Vineyards Wine Festival*
Motorcoach departs between 6-8:30 a.m. $99 per person
After a busy harvest season, Sonoita Vineyards Wine Festival is a prime opportunity to taste their newly released wine, as well as some soon to be released wine, straight from the barrel! Lunch is on your own at the Vineyard.
Deadline: Monday, October 14

December 7 (S) Prescott Christmas Parade and Lunch*
Motorcoach departs between 6-8:30 a.m. $99 per person
Travel to "Arizona's Christmas City", Prescott. In the city's historic downtown, shoppers bundle up in coats and scarves and take a break from bargain hunting to say "Merry Christmas" with a smile. Watch a legendary parade complete with floats, marching bands, and tap-dancing toddlers. Lunch is included.
Deadline: Monday, November 4

December 13 (F) The Nutcracker at Phoenix Symphony Hall**
Motorcoach Departs: 6:15 p.m. $100 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 11

December 18 (W) Medieval Times Dinner & Tournament**
Motorcoach Departs at 5:45 p.m. - $100 per person
Travel through the mists of time to a forgotten age and a tale of devotion, courage and love—at Medieval Times Dinner & Tournament. Imagine the pageantry and excitement that would have been yours as a guest of the queen ten centuries ago. That's exactly what you will experience at North America's most popular dinner attraction.
See an electrifying show featuring heroic knights on spirited horses displaying the astounding athletic feats and thrilling swordplay that have become hallmarks of this unique entertainment experience. Enjoy a "hands-on" feast as the dynamic performance unfolds before you. A sweeping musical score and brilliant lights provide a fabulous backdrop for this spellbinding experience that blurs the boundary between fairy tale and spectacle! Escorted tour includes deluxe motorcoach transportation.
Deadline: Monday, November 18

January 28, 2020 (T) Gammage Broadway Show – "Fiddler on the Roof"**
See details in ASU Gammage Announcement

February 1-6, 2020 (S-Th) Leisure World's 3rd Annual Cruise:
5-day Cabo San Lucas Getaway roundtrip from Los Angeles aboard the Royal Princess*
(SOLD OUT – Advance Purchase Required)
Deadline: For those already signed up, full payment is due on Monday, October 14.

February 4 (T) - Arizona Coyotes -vs- Edmonton Oilers**
Motorcoach Departs at 4 p.m. (Game Time 7 p.m.) - $165 per person
Back by popular demand! After long break we are heading back to the ice. We will be departing early so you can enjoy a meal on your own at Westgate Entertainment District. Then meet at the arena to find great seat in sections 111, center ice. Escorted tour includes deluxe motorcoach transportation. Limited seats so sign up fast!
Deadline: Friday, January 3.

February 23, 2020 (Sun) Gammage Broadway Show – "Beautiful – The Carole King Musical"**
See details in ASU Gammage Announcement

May 27, 2020 (W) Gammage Broadway Show – "Come From Away"**
See details in ASU Gammage Announcement

June 23, 2020 (T) Gammage Broadway Show – "The Lion King"**
See details in ASU Gammage Announcement

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

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25 Things You Don't Know About Me



Gail Bowers
Event Specialist

1. **Who do you admire and why?**
   My husband and Pene Mathison because they keep calm and carry on.
2. **If you won a million dollars, what would you do?**
   Travel the world
3. **If you could travel anywhere, where would it be?**
   Ireland or the Galapagos
4. **Where were you born?**
   Adrian, Michigan
5. **How many siblings do you have?**
   One brother
6. **Do you have a nickname? If so, what and why?**
   No. My mother names with a four-letter name because she did not like her nickname and she didn't want me to have one.
7. **If you could learn only one new skill, what would it be?**
   To play the piano
8. **What is your favorite TV show?**
   Jeopardy. I like the challenge.
9. **What is your favorite movie of all time**
   "Cat Ballou"
10. **What do you love to talk about the most?**
    Almost anything
11. **What is your perfect weekend?**
    Spending time with family
12. **What is the last book you read?**
    Something by J.A. Jance
13. **What song do you sing in the shower? On your commute?**
    "We Are Family"
14. **If you had a warning label, what would it say?**
    "Her growl is worse than her bite."
15. **If a genie appeared and gave you three wishes, what would they be?**
    World peace, travel and happiness for all.
16. **What do other people do that drives you nuts?**
    Starting rumors and causing tension among the masses.
17. **If you had to join the circus, what would you do?**
    Be the ring mistress! I like the attention.
18. **What sound drives you crazy?**
    Dripping water
19. **If you could start any business, what would what it be?**
    A restaurant, to see people enjoying food, fun and camaraderie.
20. **What do you spend most of your time doing?**
    Trying to be a better person so I can get a goody cup from Champions Facilitator John Stickling.
21. **What do you spend way too much money on?**
    Shoes that are comfortable yet stylish
22. **What inspires you?**
    Life with my family and friends
23. **Do you have a favorite quote?**
    Have patience. God isn't finished with me yet.
24. **What's your favorite place to take an out-of-town guest?**
    The Grand Canyon. It's awesome.
25. **What is the best part of your job?**
    Helping people enjoy themselves at Recreation events



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September Calendar

SUN 1
4:00 p.m. Movie Matinee "Indivisible" (T)

MON 2
5:00 p.m. Shalom Group (CLRG)
5:30 p.m. Dinner Dance "Wildest Labor Day of the West" (HPG)

TUE 3

WED 4
8:00 a.m. ACC Committee (QCR)
8:00 a.m. Wednesday Coffee (CLR)
4:00 p.m. Singles Mingle (CLRG)

THUR 5
6:30 p.m. Bunco (CLR)

FRI 6
4:00 p.m. Friday Social (CLRG)
7:00 p.m. Bingo (BR)

SAT 7

SUN 8
4:00 p.m. Movie Matinee "Five Feet Apart" (T)

MON 9
1:30 p.m. Music Therapy (MR)
10:00 a.m. "The Star in Flagstaff" (MC)

TUES 10
7:30 a.m. Lions Club Bkfst Mtg. (BRG)
9:00 a.m. District 6 Advisory (BQ)
1:00 p.m. Grief Support (BQ)

WED 11
8:00 a.m. Wednesday Coffee (CLR)
10:00 a.m. Alzheimer/ Dementia Grp. (QCR)

THUR 12
7:30 p.m. Dive-In Movie (P)

FRI 13
4:00 p.m. Friday Social (CLR)
7:00 p.m. Bingo (BR)

SAT 14
1:00 p.m. Metaphysical Mtg. (LC)

SUN 15
4:00 p.m. Movie Matinee "Run the Race" (T)

MON 16
7:00 p.m. Republican Party (BRG)

TUES 17
11:00 a.m. Lunch Bunch "All Pierogi" (MC)

WED 18
8:00 a.m. Harmony Health Mobile (R1PL)
8:00 a.m. Wednesday Coffee (CLR)
11:00 a.m. Wellness Speaker "Back, Foot & Neuropathy" (T)
6:00 p.m. Classic Movie Night "High Noon" (T)

THUR 19
8:00 a.m. Harmony Health Mobile (R1PL)
9:30 a.m. San Tan Investment (QCR)
2:00 p.m. Summer Social "Salt River Scallywags" (HPG)

FRI 20
8:00 a.m. Harmony Health Mobile (R1PL)
4:00 p.m. Friday Social (CLR)
7:00 p.m. Bingo (BR)

SAT 21

SUN 22
4:00 p.m. Movie Matinee "Hope & Glory" (T)

MON 23
1:30 p.m. Music Therapy (MR)

TUES 24
7:30 a.m. Lions Club Bkfst Mtg. (BRG)
1:00 p.m. Grief Support (BQ)
2:00 p.m. Community Chat (BRG)
6:15 p.m. Gammage Theatre 'Miss Saigon" (MC)

WED 25
8:00 a.m. Wednesday Coffee (CLR)
5:30 p.m. Summer Potluck "All American" (BRG)

THUR 26

FRI 27
10:00 a.m. Medical Myths Part 2 (T)
4:00 p.m. Friday Social (CLR)
7:00 p.m. Bingo (BR)

SAT 28

SUN 29
4:00 p.m. Movie Matinee "The Best of Enemies" (T)

MON 30
10:00 a.m. Big Data Analytics Part 2 (T)
1:00 p.m. Active Aging Week "Stress Management" (T)
7:00 p.m. Comedy Show "Lesson Plans to Late Night" (HPG)



Weekly or Monthly Event Calendar Corrections/Changes
Contact Pene Mathison in the Recreation Department: 480-832-0003 ext. 234 or pmathison@lwca.com.

Recreation Center 1

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

Recreation Center 2

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

Recreation Center 3

Located at Heron Lakes Golf Course

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

Regular Weekly Events September 2019

SUNDAY

9:00 a.m. Pottery Open Studio (POT)
4:00 p.m. Movie Matinee (T)
6:30 p.m. Sunday Pinochle (QCR)

MONDAY

7:00 a.m. Early Bird Stretch (C)
7:00 a.m. Lap Swimming (PO)
9:00 a.m. Heron Lakes Men's Golf (APA/NAV)
9:00 a.m. Swim Exercise (P)
9:00 a.m. Twiddlers (QCR)
10:00 a.m. Computer Lab Open (CC)
12:00 p.m. Pottery Open Studio (POT)
12:30 p.m. ACBL 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. Progressive Bridge (QCR)
6:30 p.m. Scrabble (LC)

TUESDAY

7:00 a.m. Lap Swimming (PO)
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)
10:00 a.m. Computer Lab Open (CC)
12:30 p.m. ACBL Bridge (CLR)
12:45 p.m. Pinochle (QCR)
1:00 p.m. Hand and Foot (LC)
1:00 p.m. Watercolor Classes (AS)
6:30 p.m. 5 & 10 Cent Poker (LC)
6:30 p.m. Men's Poker (QCR)

WEDNESDAY

7:00 a.m. Early Bird Stretch (C)
7:00 a.m. Lap Swimming (PO)
8:00 a.m. Wednesday Coffee (CLR)
9:00 a.m. Donut League (APA/NAV)
9:00 a.m. Porcelain Painting (POT)
9:00 a.m. Swim Exercise (P)
10:00 a.m. Computer Lab Open (CC)
12:00 p.m. Pottery Open Studio (POT)
12:30 p.m. Shufflers (NAV)
12:45 p.m. Pinochle (QCR)
2:00 p.m. Line Dance (C)
2:00 p.m. Water Volleyball (P)
6:00 p.m. Dealer's Choice Poker (APA)
6:15 p.m. Hand and Foot (LC)
6:30 p.m. 5 & 10 Cent Poker (NAV)

THURSDAY

7:00 a.m. Lap Swimming (PO)
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. Ceramics (CER/SG)
9:00 a.m. Quilters (CLR/SR/BR)
9:00 a.m. Swim Exercise (P)
9:30 a.m. Oil Painting Class (AS)
10:00 a.m. Computer Lab Open (CC)
12:00 p.m. Ceramics Pouring (CER/SG)
12:00 p.m. Pottery Open Studio (POT)
12:30 p.m. Duplicate Bridge (CLR)
1:00 p.m. Mah Jong (APA)
1:00 p.m. Poker – Dealers Choice (NAV2)
3:30 p.m. Genealogy (CC)
6:15 p.m. Hand and Foot - Samba (LC)
6:15 p.m. Rummikub (NAV)
6:30 p.m. Men's Poker (QCR)

FRIDAY

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

SATURDAY

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

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New October Group Fitness Classes!

Registration Begins September 1 at 7 a.m.

Our New Group Exercise Calendar is in full swing with our new class progression rating system.
Our Fitness Specialists are happy to assist you in finding the right class.

Special Notice: *Residents that physically come to the Computer Center to register will have priority over phone in registration. Group exercise class registration can only be made by the residents, limited to two per manor. Seasonal (with resident sponsor) guest may register after one week from the open registration.*

If you are participating in a Fitness Insurance Supplementation (Silver Sneakers®/ Flex®, Silver & Fit®, or Renew Active®) you are required to attend a minimum of 80% of the classes to register for the month.

2019 Turkey Trot Training Program
Let's Start Trotting Together!



The 5th Annual Turkey Trot is just around the corner, so it's time to start getting ready! We are excited to offer a Turkey Trot Training Program for walkers, runners and anyone in between. This group training course features brief educational topics, followed by a group training session during each class.

The sessions progress weekly and are designed to help everyone reach their goal—whether it is to finish your first 5K, achieve a faster time or simply to commit to starting a walking program!

Armed with group support, knowledge and fun-filled training led by your Oasis Health Spa Fitness Specialists, make this your best—or first—Turkey Trot ever! Register now in the Fitness Center.

Dates: Oct 14-November 20
(Mondays and Wednesdays)
Time: 10:00-11:00 a.m.
Cost: $10

More Than Pink™ Project
Benefitting Susan G. Komen®

It's going to take more than wearing a pink ribbon to fight breast cancer. We need more passion, more pride, more power!

We are asking you to help support our breast cancer fundraiser, More Than Pink™ Project by sponsoring a Fitness Staff member. We will walk or run at least one hour daily from **Monday, October 21 to Friday, October 25, 2019.**

You can pledge an amount per mile with a maximum amount that you are willing to contribute, or a fixed dollar amount. We also invite you to participate by walking or running with us and collecting your own pledges.

All donations are appreciated and are tax-deductible. Please make checks payable to Susan G. Komen.

Stop by the Fitness Center or call 480-832-0003 ext. 261 to sponsor a staff member or to get your pledge sheet.

Experiencing Back, Foot and Neuropathy Pain?

Attention back pain, foot pain and neuropathy sufferers! This workshop reveals how to naturally heal back pain, foot pain and neuropathy once and for all! It is strategically designed to answer common questions and address concerns that back pain, foot pain and neuropathy sufferers have. This workshop is for you if you can answer yes to any of the following questions:

1. Do you suffer with back pain or foot pain when you stand or walk?
2. Do you have numbness and pain in your feet when you sit for long periods or drive?
3. Do you experience pain, numbness, tingling or burning into your foot, ankle or leg?
4. Does your back ever "go out" if you move the wrong way?
5. Are you afraid your pain will get worse if you don't do anything about it?
6. Do you have foot pain or leg numbness when you lie in a certain position for too long?

If you have answered, "yes," to any of the above questions (or have a stubborn spouse who is in denial) – this workshop may be a life-changing event for you!
You will learn the following:

- The number one mistake back pain, foot pain and neuropathy-like symptoms sufferers make which prevents them from healing.
- The three most common causes of back pain, foot pain and neuropathy-like symptoms.
- A sure-fire way to pick the right treatment for the cause of your pain (and save you lots of time and money)
- How a problem in your back can cause pain, numbness or tingling in your foot.
- What successful treatment and permanent relief looks like without the side effects of medications, injections or surgery.

Speaker: Sarah Hanna, PT, MPT, FAAOMPT
Date: Wednesday, September 18
Time: 11:00 a.m.- 12:00 p.m.
Place: Rec. 1 Theatre

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Leisure World Wellness Department Staff



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Health Office Lead



Marguerite Huspen
Outreach Specialist



Quoc Tran
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Susan Kalnas
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Blood Drive: Give Blood, Save Lives!



Date: Tuesday, November 12
Time: 7:30-11:30 a.m.
Place: Rec. 1 Ballroom
Appointment necessary. Signup in the Health Office or call 480-832-0003 ext. 222. If time permits, Vitalant Blood Services will allow for walk-ins.

Mammography Screenings

Early detection saves lives Have your annual mammogram. Do it for those who love you. 15 Minutes could save your life. Recommended baseline age: 35–40. Recommended annual age: 40 & over if you're at average risk. 3D, full-field digital mammography and CAD computerized reading. We can accommodate breast implant patients. We will verify your insurance benefits and inform you if there are any charges you'll be responsible for. Patients under age 30 must provide a doctor's referral.

Please bring the following information:

- Insurance card
- Doctor's name & address
- Location of prior mammogram films

Medicare patients welcome. Most major insurance carriers accepted: Aetna, BCBS, CIGNA, Health Net, UnitedHealthcare, and many more.



To schedule an appointment, please call 480-967-3767 or 800-285-0272.
Date: October 30, 2019
Time: 7am-6pm
Place: Rec 1 Parking Lot
Cost: Depends on insurance. Non-insured patients pay $217.00

Get Flu Shot at Onsite Clinic!

Make happiness contagious, not the flu. Get yours at this walk-in clinic onsite at Leisure World. The onsite clinic is being provided by Safeway Pharmacy. Immunizations take 2-3 weeks to take effect. Bring your insurance cards and glasses since there is paperwork to fill out. May be covered by Medicare Part B or your insurance plan.

Dates: October 10 and October 24
Time: 8 a.m.–2 p.m.
Place: Rec. 1 Lakeside Clubhouse

Dive-In Movie



Join us in the pool for Grease!

Date: September 12, 2019
Time: 7:30p.m. - 9:30 p.m.
Place: Rec. 2 Pool
Cost: Free!

Save the Date for Crab Fest!



Don't miss Leisure World's Crab Fest on Saturday, Nov. 2 in the Rec. 1 Promenade. Look for details in the October LW News.



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NURSE'S BEAT

Don't Miss a Beat with Atrial Fibrillation

By Randi Rich



More than two million Americans suffer from atrial fibrillation (AFib). AFib is a quivering or irregular heartbeat (arrhythmia) that can lead to blood clots, stroke, heart failure and other heart-related complications. Normally, the top part of the heart (the atria) squeezes first, then the bottom part (the ventricles) follows. The timing of these contractions is what allows blood flow. When you have AFib, the electrical signals that control this process aren't working properly.

If you have AFib, you might feel like your heart is racing or fluttering in your chest. You might also feel fatigued or weak, dizzy or light-headed, experience chest pain or pressure, and be short of breath. But sometimes, there are no symptoms.

AFib is more common in people 60-years-old and older. Unfortunately, other heart problems can contribute to it, including heart disease due to high blood pressure, heart valve disease, heart muscle disease (cardiomyopathy), congenital heart defects, heart failure, and past heart surgery. This condition can also be linked to heavy alcohol, caffeine or drug use and infections.

Diagnosing AFib

To diagnose AFib, a cardiologist will want to review your heart's electrical activity. Tests to diagnose AFib include the following:

- Blood work to check the thyroid, liver, and kidneys
- Electrocardiogram (EKG) to record how fast the heart is beating and the timing of electrical signals that pass through the heart
- Chest x-ray to make sure lung disease is not the cause
- Echocardiogram, which uses sound waves to make a video of the heart
- Stress test to see how the heart works when you are active. Sometimes a Holter monitor is worn 24/7 to record data from the heart.

One or more of these methods may be used by your doctor to get an comprehensive overview of your heart's condition.

Treatment Options

Treatment for AFib include a variety of medications.

- Beta-blockers and calcium channel blockers slow the heart rate and ease the strength of contractions.
- Sodium and potassium channel blockers bring the heart's rhythm back to normal.
- Blood thinners prevent blood clots.
- If medication does not work other medical procedures might be suggested. Some options include:
- Electrical cardioversion sends an electric shock to your heart.
- Ablation consists of a small tube inserted into one of the blood vessels of the heart.
- Laser, radio waves, or extreme cold is used to burn off the tissue on the surface of the heart that is causing the problem.
- The Watchman Device is a permanent implant designed to close the left atrial appendage in the heart to reduce the risk of clots and a stroke.
- A pacemaker will help keep the heart rate steady.

To protect your heart and prevent AFib, try to avoid anything harmful like drinking or smoking. But one of the best antidotes is maintaining a healthy lifestyle by eating a nutritious well-balanced diet and exercising frequently. Be proactive and follow these recommendations so you won't miss a beat!

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









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For PROMO PLUS referrals, contact us at 480-832-0003 ext. 248 or news@lwca.com.

Plan for Long-Term Care With Expert Help

By Melissa Stuckey



No one can predict how gracefully they will age, but we do know that aging is inevitable. It's similar to that new car you bought – it runs great now, but at some point, it might need some work.

Like planning for retirement, it's important to plan for when you might need help with daily living. If you are considering a long-term care community, whether it is independent living, assisted living or memory care, there are four key areas an expert senior advisor assesses when suggesting places to their clients. These crucial areas are: physical, geographical, financial and social.

1. **Physical:** The most obvious assessment an expert senior advisor takes into consideration is your current health status. This includes all diagnoses, medications and any physical limitations you may have. They should know enough about your physical condition to determine what care you need now and will need in the future. This way, he or she can recommend the best community for you so that you can age in place.
2. **Geographical:** Location, location, location. An expert senior advisor will take into consideration the area the client wishes to live—whether it's near family, friends, medical services, social services and more. It is important to understand the geographical dynamic of people in order to keep them connected to and within their desired community.
3. **Social:** The social aspect of aging is critical to understand because it impacts your overall well-being. Often overlooked, being placed in a community that doesn't match your social needs is not ideal. Your advisor should assess your activity level, including hobbies, both within the community and beyond. Your mental health is just as important as your physical health.
4. **Financial:** Lastly, how are you going to pay for the care in the right community over an unknown number of years? An expert senior advisor will consider your overall finances, community fees, inflation and other care services you might need as you age. They will also make suggestions to plan for the "what ifs," such as paying for unplanned care or outliving your finances.

The disadvantage to not planning for long-term care is you may end up in a community or group home that does not support all your needs—physical, geographical, social and financial—at the present time and in the future.

With proper planning and a great senior advisor who specializes in your area, you can enjoy your golden years!

-Melissa Stuckey, MBA, and her husband, Jay, are expert senior advisors and own Assisted Living Locators of Mesa—a free senior placement agency. For more information, call 480-685-9822 or visit www.assistedlivinglocators.com/Mesa.

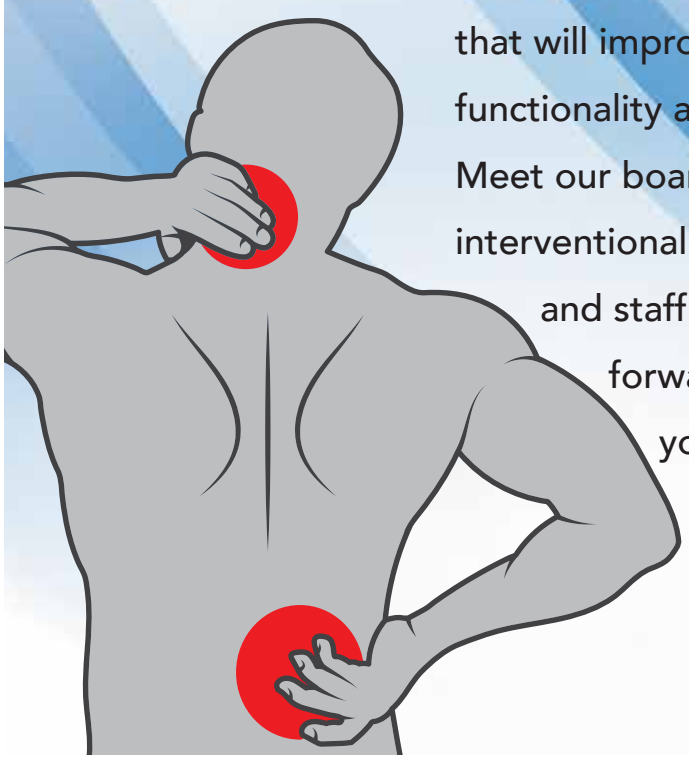


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Class Descriptions

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

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

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

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

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

˜***Core Performance** (Lvl 3) - The ALL-NEW CORE Performance class utilizes innovative/progressive program design to produce solid results which improve: posture, mobility, agility, movement mechanics, and injury prevention. **NO CLASS LABOR DAY**

˜***Core & More** (Lvl 2) - This class will enhance your core strength, legs and butt through different exercises utilizing your own body weight, bands, weights and Bosu. Come prepared for an abdominal and lower body workout! **NO CLASS LABOR DAY**

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

˜***Fight Back-Boxing Fitness** (Lvl 2) – This non-contact class is centered around the Rocksteady Boxing for Parkinson's program. Combining the very best approach to improving cardio fitness, balance, agility, motor skill & coordination, and functional strength conditioning. You will need to provide your own gloves and hand wraps (gel wraps recommended). **NO CLASS LABOR DAY**

˜***Functional Circuit (Lvl 4)** - An interval type of physical training (cardio and strength) that involves high intensity exercise alternated with rest periods is highly effective in conditioning the cardiovascular system. Must be able to easily get up and down from the floor. **NO CLASS LABOR DAY**

˜***H.I.I.T. Jams (Lvl 5)** – This high energy, music driven class is powered by heart pumping high intensity interval training and the best beats to keep you motivated! This class will combine strength and endurance components using a variety of equipment and followed by a calming cooldown. Must be able to easily get up and down from the floor. Music volume is set high to maintain high energy throughout the class, if you are sensitive to music volume this may not be the class for you.

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

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

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

˜**ReFit®** (Lvl 3) - A TOTAL-BODY fitness for all WORKOUT THAT LEAVES YOU SMILING. ***REFIT*** is a "movement+music" experience that adds resistance-training elements to give you a total-body workout.

˜***Shallow Aqua Fitness** (Lvl 2) - This class provides a water workout that includes cardio conditioning and muscle strengthening exercises using a variety of equipment with the water's natural resistance. **NO CLASS LABOR DAY**

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

˜**Strong & Steady** (Lvl 3) - Comprehensive strength conditioning designed to improve strength, posture, and balance fundamentals. Programming includes skills which help to improve daily function, facilitate an active lifestyle, and minimize physical decline associated with aging. Must be willing to learn to get up and down from the floor. **NO CLASS LABOR DAY OR SEPT. 27, 2019**

˜***TRU Strength** (Lvl 4) - The all-new TRU-Strength functional strength training class is strategically designed to counter many of the physically adverse effects of aging by improving muscle tone, connective tissue strength, enhancing metabolism, and development of both daily and athletic performance while teaching you proper form & mechanics.

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

Zumba® Gold (Lvl 2) - 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.

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Group Exercise Classes

As a reminder, we have launched a new Group Exercise Calendar with new classes, a new class progression rating system and a new workshop. There is something for everyone! Speak with a Fitness Specialist to select the right classes for you!

Class	Days	Times	Price	Location
Core Performance	Tues/Thurs	6:00-6:45 a.m.	$20 Monthly $4 Drop-In	Rec. 1 Classroom
Core & More **NO CLASS LABOR DAY**	Mon/Wed	2:00-2:45 p.m.	$17 Monthly $4 Drop-In	Rec. 1 Classroom
Deep Aqua	Tues/Thurs	6:00-6:45 p.m.	$17 Monthly $4 Drop-In	Rec. 1 Pool
Fight Back Boxing **NO CLASS LABOR DAY**	Mon/Wed/Fri	9:30-10:15 a.m.	$22 Monthly $4 Drop-In	Rec. 1 Classroom
Functional Circuit **NO CLASS LABOR DAY**	Mon/Wed/Fri	4:00-5:00 p.m.	$22 Monthly $4 Drop-In	Rec. 1 Fitness Center
Hydrorider	Tues OR Thurs	9:30-10:15 a.m.	$22 Monthly $8 Drop-In	Rec. 2 Pool
H.I.I.T. Jams	Tues/Thurs	11:45 a.m.-12:30 p.m.	$17 Monthly $4 Drop-In	Rec. 1 Classroom
Core & More **NO CLASS LABOR DAY**	Mon/Wed	2:00-2:45 p.m.	$17 Monthly $4 Drop-In	Rec. 1 Classroom
Master the Machines	Tues/Thurs	2:00-2:45 p.m.	$17 Monthly $4 Drop-In	Rec. 1 Fitness Center
Mat Pilates	Tues/Thurs	10:00-10:45 a.m.	$17 Monthly $4 Drop-In	Rec. 1 Classroom
ReFit	Tues/Thurs	12:45-1:45 p.m.	$17 Monthly $4 Drop-In	Rec. 1 Classroom
Shallow Aqua Fitness **NO CLASS LABOR DAY**	Mon/Wed/Fri	8:00-8:45 a.m.	$22 Monthly $4 Drop-In	Rec. 1 Classroom
Strength & Balance Level 1	Tues/Thurs	11:00-11:30 a.m.	$13 Monthly $4 Drop-In	Rec. 1 Classroom
Strong & Steady **NO CLASS LABOR DAY OR SEPT. 27**	Mon/Wed/Fri	10:30-11:15 a.m.	$22 Monthly $4 Drop-In	Rec. 1 Classroom
TRX® Fundamentals	Tues/Thurs	2:45-3:30 p.m.	$17 Monthly $4 Drop-In	Rec. 1 Classroom
Zumba® Gold	Mon/Wed	12:45-1:45 p.m.	$5/Class (Pay Instructor)	Rec. 1 Classroom

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LONGEVITY

The Hazards of Pharmaceutical Roulette



By Ronda Gates

It's Saturday. After taking your morning regimen of drugs prescribed by various doctors, you start your day with a vigorous water exercise class. Energized, you return home to tackle a list of chores—washing the car, trimming bouganvilla and bagging yard debris.

Suddenly aware of gnawing hunger, an aching back and fingers that feel like stiff claws, you go inside. Then, something provokes your allergy and you start sneezing. Your arms are also itching from the scratches you got from some lawn debris you were hauling off.

So, you head to your medicine cabinet. You choose your favorite painkiller, add an antihistamine with decongestant for the allergies and down it with herbal tea. After a soothing shower with aromatherapy soap, you apply a botanical plant-based cream to the rash. Before you eat your turkey sandwich lunch with a glass of milk you take the baby aspirin you've been told will prevent a heart attack or stroke, a vitamin mineral capsule and a few "natural" supplements, including one to prevent memory loss, another to avoid anti-inflammatory disease and a third to prevent bone loss.

An hour later, you settle into your favorite chair. As you drift into nap mode, you don't give a second's thought to the physiological processes that made it possible for those pills, potions, food and liquid to soothe your symptoms. But here's what happened.

The topical cream halted a histamine reaction. The pills, vitamins, herbal tea, sandwich and milk entered your stomach where digestive juices and enzymes dissolved anything solid into a liquid solution, along with your tea and the energy drink. Everything travelled from your stomach to your small intestines for further digestion and throughout your body. Slowly, tiny particles that were once food and medication were absorbed into your bloodstream, which carried them to their intended destination—your aching muscles and the nasal tissues that reacted to the allergens, for example. The tryptophan in the turkey triggered sleepiness, and the calcium became part of a complex process that can keep bones strong.

Exercise Caution

So, what's wrong with this picture?

Health advocates nationwide are heartened by the public's desire to be proactive and take their health in their own hands. But this is a double-edged sword. It is troubling to learn that most people who don't think twice about popping over-the-counter drugs, herbal remedies or multiple supplements like candy. Although some of these products may have a few healing properties, it is important to remember that they can also do harm—especially if you are overconsuming or taking with prescribed medications, unbeknownst to your doctor.

Unfortunately, natural products and remedies lull us into thinking that if it doesn't require a prescription, it's safe to take—and at any dose. Or if something works for one person, it will work for them—all the while not taking into consideration the individual's past and current medical history.

Know this: products that heal can also have side effects that harm—especially if combined with prescription drugs. If you want to be proactive with your health, don't play medication roulette. Instead, follow these important guidelines:

- Buy all prescription medications from the same pharmacy where computer records can quickly determine potential interactions.
- Give your pharmacist and physician a list of all over-the-counter products, including supplements and herbal remedies you take.
- Take medications as directed. Don't stockpile them.
- Store pills and potions away from humidity and light.
- Never accept an offer from a friend to "try" their prescription drugs.
- Become a savvy consumer. Instead of relying on claims that sound magical, do your research. Remember, if it's to good to be true, it is.

Beginning today, stop playing medication roulette. Instead, take an active approach to your health and consult with your doctor before taking any natural supplements or remedies. This way, you won't risk jeopardizing our health. The result: An increased ability to live well and live long!

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

MEMBER SPOTLIGHT

Lloyd Asp Proves You're Never Too Old to Exercise

By Gerald Asp



Lloyd Asp and Joan Foster enjoy benefits of working out together.

There is a motivational poster in the men's locker room at Rec.1 with a caption that says, "You're Never Too Old to Exercise." Originally, I scoffed at the poster, but then rethought its message.

With this caption in mind, I approached Leisure World Fitness Manager Quoc Tran about the Fitness Center's Member Spotlight in LW News. I suggested he highlight some of the 90-year-olds, and possibly 100-year-olds, who are using the Fitness Center. He loved the idea and recommended I write about my father, Lloyd Asp, who is 97.

Born in Minneapolis, Lloyd and his family eventually moved to a family farm in Stacy, Minnesota. He worked on the farm until the age of 18. Tired of the farm life, he moved to Los Angeles and found work at Douglas Aircraft Company.

During World War II, he enlisted in the Navy. Classified as a machinist, he did maintenance on PBY's in the Pacific. After discharge, he returned to L.A., married, started a family and his own business. Working six days a week, he found time for hunting (upland game birds), fishing (deep sea and stream), bowling and square dancing.

Later, as empty nesters, Lloyd and his wife moved to Santa Maria in Central California. There, he worked in maintenance for the Santa Maria High School district. He and his wife started square dancing again.

After the death of his wife, Lloyd and his sister Verna bought a home in Leisure World. Lloyd kept active, volunteering at Habitat for Humanity, being a handyman for neighbors and working/volunteering at the Leisure World Woodshop. And yes, he kept square dancing. He had no shortage of partners, no doubt helped by his "Swedish baby blues."

As time went on, life presented some challenges. The first was a broken shoulder from a fall off a ladder in the garage. The physical therapist was going to send him home with a list of exercises so that he could continue his rehabilitation after he completed his sessions. His response was that he didn't need it since he got enough exercise working in his garage. Stubborn Swede!

A second challenge was a broken hip and its replacement after Lloyd fell in the kitchen. Again, he worked through rehab and had home visits provided by Banner Outpatient Services. After these sessions were completed, I became concerned that his hip would freeze and he would spend his remaining years in a wheelchair. I wanted to prevent this from happening and encouraged him to start exercising. So, for the first time in 25 years as a Leisure World resident, at the age of 95, Lloyd started exercising in the Fitness Center.

Initially, Lloyd continued with the list of exercises provided by Banner. As he progressed, I approached Lynda Myrick, a former Leisure World Fitness Supervisor, about becoming Lloyd's personal trainer. She watched Lloyd as he performed his exercise routine and made some suggestions. She thought Lloyd was capable of doing more, as long as I was mindful of his balance and level of strength. To my surprise, Lloyd became a gym rat.

Going to the gym became social for Lloyd. He is always warmly greeted by every Fitness Specialist, which continues to this day with Payton, Joe, Sue and Susan. They continue to add to Lloyd's workout routines. He enjoys teasing Quoc, which Quoc calls "Lloydisms." Lloyd also attended the balance class, "A Matter of Balance," sponsored by Dignity Health. I am grateful to the nurses for making the arrangements so that the class could be held at Leisure World.

If you see Lloyd in the Fitness Center, stop and say hello. He loves company. But more importantly, he's an example of the person in the motivational poster: "You're never too old to exercise!"

-Gerald Asp is Lloyd Asp's son and biggest fan.

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HOT TIPS

Aim Right to Fix Your Slice

By Shane Romesburg

If you are one of the millions of golfers who battles a slice, odds are you compensate for the left-to-right ball flight by aiming to the left. But no matter how far to the left you aim, the ball still slices to the right–sometimes worse than it did before. If you do hit it straight, it doesn't do you much good because you were aimed toward the trees or deep rough on the left. Hmm–you're doing what you think will fix the problem, but it's only making the problem worse.

If this sounds like you, fear no more. There's hope and a solution to this common slice problem. The key to ridding oneself of a slice is to understand two principles that apply to how you setup and address the ball. Your setup dictates how you swing and in what direction you'll apply force to the golf ball. Despite what you might think, often the setup to avoid slicing is the most counterintuitive.

Let's take a closer look at the slice effects of a faulty setup.

Cause: Overcompensation

Most golfers who aim left aren't really aiming left. They think they are by addressing the ball with an open stance and open shoulders. But in doing so, most slicers tend to forget to reposition the clubface angle and ball. The result is an open body aiming left, a clubface square to the target and a ball position too far back in the stance. These swing ingredients are a gourmet recipe for a slice. Opening the stance and shoulders only makes things worse.

Effect: An Outside-In Swing Path

When the body is too open at address—no matter in what direction the clubface points—the club is set to travel on an outside-in swing path, which invariably results in a smothered hook or a pulled slice due to the left-to-right spin imparted on the golf ball. With open lines to the target, the club naturally gets stuck behind the body at the start of the downswing. Instinctively, your mind instructs the upper body to swing the club violently to the left. Fore, right! Unless you cultivate an in-out swing, you will always slice or pull-hook the ball.



Solution: Aim Right!

If you want to get rid of slice spin for good, do what you think is most counterintuitive: aim to the right! Aiming right will encourage an inside-out swing. It also will force you to turn through the ball and, ultimately, help you get your stronger leg muscles more involved in your downswing. Be aware, however, that it's going to take a few setup adjustments and time on the practice tee.

1. Strengthen your left hand (right for southpaws) and make sure that the clubface is facing the target and your body is square or slightly right of the target (Place a club on the ground and along your toes to check this).
2. Play the ball no farther back than your left heel.
3. Concentrate on making a full turn through the ball and remember to turn your hands over and release your arms.

With practice, you will soon see that aiming right reminds the body to make a full downswing turn and promotes the necessary inside-out swing path required to hit draws and hooks. Concentrate on a full turn of both the body and your forearms. With practice, that unwanted and frequent pull slice will disappear.

-Shane Romesburg is Head Golf Pro at Leisure World.

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5 Golf Cart Maintenance Tips

Golf cart battery maintenance is very important to get the best possible performance out of your golf cart. Whether you have a Club Car, EZGO, Yamaha golf cart or one of the other golf cart models, below are the top golf cart battery maintenance tips to keep any golf cart batteries in excellent condition.

1. **Keep Dry:** Remember to keep the top of each golf cart battery dry, clean and tight. You can clean the batteries with a bristle brush and a solution of baking soda and water, but wear eye protection and rubber gloves (no jewelry). You can also spray the cables with anti-corrosive spray to prevent corrosion and rust.
2. **Charge Adequately:** Charge for eight to 10 hours with the proper golf cart battery charger. This is based on an 80% discharge, so at the time of charging the golf cart batteries would still be 20% charged. Best practice is to charge overnight after you are done with your cart for the day. Even if you only used the cart for five minutes, you'll want to give the golf cart batteries a good charge.
3. **Don't Overfill:** Fill all golf cart battery cells only after charging, but do not overfill. Fill battery cells (aka water fill holes) with distilled water (not tap water) ¼ to ½ inch above the plates. With ¼ inch of water you'll have to check your batteries more often, but at ½ inch you'll likely have more acid accumulation on the tops of the batteries.
4. **Use Often:** Use golf cart batteries often. Do a refresh charge every 45 to 60 days, and more frequently in hotter climates.
5. **Discharge Right:** Do not discharge golf cart batteries beyond 80%. It is recommended that you discharge your golf cart batteries to between 50-80 percent, and not beyond 80 percent or to the point where your golf cart batteries are completely dead.

Follow these golf cart maintenance tips to get the most out of your batteries. It will be one less thing you don't have to worry about when you're on the golf course.



Leisure World Golf Staff


Travis Fish
Director of Golf


Shane Romesburg
Head Golf Pro


Jonathan Kinser
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