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November 2020



Leisure World News

The Official News Publication of Leisure World Arizona



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Jim and Shirley Davis Celebrate Diamond Anniversary

It all started with an argument.

In 1958 while attending the University of Dubuque in Iowa, Jim was in charge of orientation week and Shirley wouldn't wear the required freshman beanie. An argument ensued.

"I thought he was arrogant and bossy when we first met," recalls Shirley, a Minnesota native. "We both didn't like each other at all."

But the stage was set and destiny unfolded.

Shirley and Jim were both members of the university's concert choir and would often travel to performances together. As Jim got to know Shirley, he realized he had a lot in common with her and asked her out to a Thanksgiving dance. Sparks flew.

"She's outgoing and we had a lot in common with choir and were both English majors," reminisces Jim, an Illinois native. "Surprisingly, we agreed on almost everything."

"Thankfully, we changed our minds about each other," adds Shirley laughing. "He's a good dancer and a great conversationalist."

After dating for two years, the couple got married on June 26, 1960 at the famous Little Brown Church in Nashua, Iowa.



Shirley and Jim at Leisure World.

Traveling Educators

Jim and Shirley both loved education and completed their master's degrees from the University of Illinois in 1967. Shirley's degree was in English and Jim's in Education. Jim then obtained his Ph.D. in Education Administration in 1970 from his alma mater.



Shirley and Jim on their wedding day in 1960.

For the next 30 years, the couple moved to Illinois, Washington, Michigan and Pennsylvania, where Jim worked as president at several colleges. During that time, Shirley taught high school and college English. She also wrote college textbooks for and training workbooks for corporations.

Throughout their busy careers, they were able to create a beautiful family. They have three sons and two grandchildren.

Leisure Years

After Jim and Shirley retired in 2000, they decided to spend their summers at Shirley's family farm in Minnesota and winters either in Florida, Texas or Arizona. But Arizona's beauty and dry heat won the day, prompting them to make it their permanent winter home.

After seeing an ad for Leisure World Arizona in a local newspaper, they decided to explore the community.

In 2009, Jim and Shirley became official homeowners and continued to spend summers in Minnesota. But in 2018, they decided to become Leisure World residents year-round.

Jim enjoys golfing while Shirley spends time with the PEO and AAUW groups at Leisure World.

"We love everything we can do here and the security," says Jim. "We often take walks around the community at 10:00 p.m. at night. Where else can you do that?"

This past June, Jim and Shirley celebrated their 60th wedding anniversary — neither ever did recall whether or not Shirley ever wore her beanie.

So, what's their secret?

"We appreciate each other and we're still very much in love," shares Shirley.

"We're each other's best friends," adds Jim gushing. Happy Anniversary, Jim and Shirley!

Long-Range Planning Committee Now Hosting 3 Town Hall Sessions!

Due to an overwhelming sign-up response for the Town Hall Zoom Meeting on November 9, the Long-Range Planning Committee (LRPC) will now provide three sessions to accommodate the 1,000-plus residents already set to participate.

The three separate sessions will all be on November 9 and cover the same material. The three Zoom sessions will be from the following:

- 9:00-11:00 a.m. (MT)
- 3:00-5:00 p.m. (MT), and
- 6:00-8:00 p.m. (MT)

With multiple times to choose from, the LRPC hopes individuals who are still residing in different time zones will be able to participate. Each session can accommodate 250 participants. Zoom links will be provided after signing up.

The Town Hall will discuss input from the survey residents received in September. The survey garnered an incredible response — nearly 1,300 residents provided feedback! This included over 40 pages of comments.

The Town Hall will also examine the Leisure World Governing Board resolution passed on September 23, which asked the LRPC to explore options for maximizing the use of Recreation Centers 1, 2 and 3.

The LRPC greatly appreciates the time and effort residents took to provide their feedback and share their voice. We look forward to a fruitful dialogue on November 9!

Stay tuned for Zoom details via a Leisure World eblast.

For more information or comments, please email lrpc@lwca.com.





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

Contacting Leisure World

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

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

LWCA Directory

Main Number: 480-832-0000
Effective as of June 3, 2020

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

Welcome New Owners



Ingeborg Otto	584
Norman and Lizette Drury	687
Rosanne Gore	1036
George and Jane Ann Stoneback	2046
Gary and Beverly Byrd	2626
Karen Archer	2627
Jack and Jacqueline Dueck	244
Kelly and Sheri Hogan	1479
Teresa Ortiz	1788
James and Joyce DeVries	2122
Rodney and Judy Smith	1488
Lori Nelson and Anita Whelan	36
Julianne Reeves	2039
Blake and Elsie McDonald	1768
Barber Contracting LLC	1234
Jeannette Thomas	702
Jerome and Kjaersten Kardash	106
Craig Rufener	40
Dan Bernstein	420
Hollis and Catherine Dalhed	1401
Michael Dolan and Karen Hassan	1535
Michael Burica	2276
Douglas and Julia Stagemeyer	2379
Wayne and Wynona Harris	2581

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Leisure World News

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

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Administrative Announcements

November Zoom Board and District Meetings

All meetings subject to change. Updates will be provided.

Meetings	Date	Time	Location
Board of Directors Work Session	November 3	8:30 a.m.	Zoom
Open Board Meeting	November 18	1:30 p.m.	Zoom
District 1	November 11	1:00 p.m.	Zoom
District 3	November 19	4:30 p.m.	Zoom
District 3 Landscape	November 2	10:00 a.m.	Zoom
District 4	November 12	5:00 p.m.	Zoom
District 5	November 10	4:00 p.m.	Zoom
District 6	November 11	4:45 p.m.	Zoom
District 7	November 12	4:00 p.m.	Zoom
District 8	November 10	5:00 p.m.	Zoom

Veterans Remembered Nov. 11

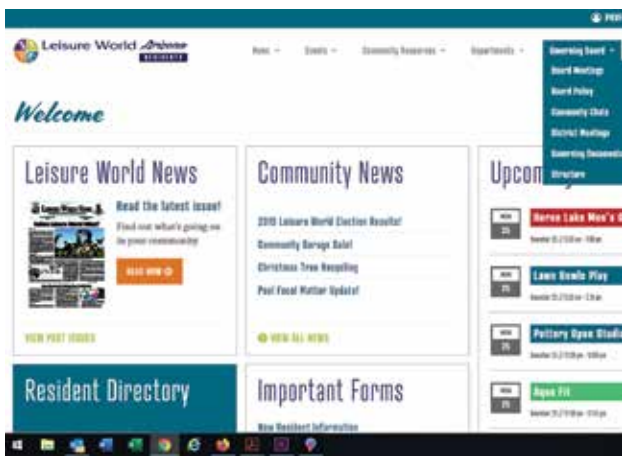


Wednesday Morning Zoom Coffee



November 4	9:00 a.m.
November 11	9:00 a.m.
November 18	9:00 a.m.
November 25	9:00 a.m.

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/.

2020 U.S. Election Voting Center Notice

Unfortunately, Maricopa County has notified Leisure World Community Association that there will not be a U.S. election voting center in our community this year.

We are disappointed by the county's decision, which was completely out of our control.

The closest voting facility residents can go to is located at:

Superstition Springs Center
6555 E. Southern Avenue, Suite G02
Mesa, AZ 85206

Residents can also request a mail-in-ballot from Maricopa County.

Thank you for your understanding!

Leisure World Community Association



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Admin. Announcements

Electoral Process Timetable 2020

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 2020 shall be updated and used in subsequent years.

a. On or before **Wednesday, September 9, 2020**
Appointment of three (3)-member Nominating Committee by each District Council.

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

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

d. **Friday, 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. All Districts submit final candidate list to management for preparation of ballots, by three (3:00) p.m. (MST).

f. No later than **Thursday, October 28** – Ballots will be emailed to all residents with email address' and mailed to residents with no email.

g. **Monday, October 19 to Friday, October 30**
If there are multiple candidates for District Council office, the District Chairman will schedule a meeting to introduce the candidates. Each candidate will be allowed 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 ensure that timely notice of the time and place of the meeting is provided to all District residents. The notice for this meeting will be eblasted to the residents in the voting districts and placed in the District official message tubes/mailboxes to residents without email address' at least four (4) days prior to the meeting in all Districts having elections.

h. **Tuesday, November 17 - Election Day**. The acceptance of ballots will terminate at five (5:00) p.m. (MST).

I. **Wednesday, November 18** - Counting of the ballots shall commence at eight (8:00) a.m. (MST) and continue until completion of all applicable districts.

Elections are in District 4, 6 and 8 this year.

New Electronic Voting Now Available!

It's election time at Leisure World! Residents from Districts 4, 6 and 8 will be voting for candidates to serve on their District Council. And we've made it easier than ever by teaming up with Vote-Now and giving residents the option to cast their vote by ballot, electronically or by phone.

Founded in 2003, the Vote-Now team designed the proprietary voting software for easy use, anonymity and security. They offer full-service election options for community associations, nonprofits and various organizations around the globe, including HOAs in the Valley.

How it Works

Residents will love how fast and easy it is! Vote-Now will send all residents a ballot **via email and in the mail on Wednesday, October 28, 2020.** Votes can be cast online, via phone or still mailed back in.

Ballots must be received by 5:00 p.m. MST on Tuesday, November 17. Remember, only one vote per manor!

If you choose to cast your vote electronically, it will take you less than a minute. Just follow these simple steps.

1. Voters will receive an email invitation to vote in their personal email account. The invitation includes a link to our secure site with the voter's personal registration code embedded. Once a ballot has been cast using this code, it will not work again.
2. Voter clicks the link in the email invitation. The ballot automatically loads in the voter's browser. No password typing needed.
3. Voter makes selections of candidates. A verification screen then shows the candidates chosen. The voter can return to the ballot to make changes if necessary.
4. Upon submission, the voter can submit comments about the election and select to receive confirmation of their e-ballot choices by email, text or print. Once the ballot is cast, their code will not work again.
5. During the election, Vote-Now will follow-up with reminder emails to those that have not yet voted.
6. Paper ballots can still be used for members that prefer not to vote electronically or do not use a computer. E-ballots, telephone and paper submissions are tallied electronically.

Key Advantages

Here are some of the advantages of voting electronically:

- Ability to vote anywhere in the world.
- Automatic ballot counting for instant, accurate, anonymous and secure results.
- Variety of voting options make it easy for residents to cast their ballot via the internet, calling toll-free hotline or mailing a paper ballot.
- Significant increase in member participation.
- Independent, experienced and unbiased third party overseeing the vote
- Certified results
- Saves time and money (You don't have to waste a stamp!)

Take advantage of this fast, easy and secure way to vote! Regardless of how you choose to vote, the most important thing is that you do! Every vote counts!

Foundation Flashes

Participate in FUNraising Events!

Do some good while golfing! The Leisure World Foundation is capitalizing on residents' love of golf to raise funds for the community within and outside of Leisure World.

A smaller version of the annual fundraising golf tournament is scheduled for Saturday, November 7 at the Coyote Run Golf Course.



Check in at 11:30 a.m. Tee times start at 12:30 p.m. It will be a scramble format with multiple games along the golf course. Players of all levels will be given the opportunity to play golf.

When playing, Leisure World is asking for "golf cart path use" only.

A golf cart happy hour will follow. Participation cost is $40 per golfer, which includes golf fee and box meal. The box meal contains turkey sandwich on croissant, chips, pickle, and cookie. Box meal only is $15 per person.

Thank you to the 18-hole Mens' Club of Coyote Run for providing wine, beer and alcoholic beverages for the happy hour. Soda and mixes will also be available.

Residents are invited to come and enjoy this event.

Don't forget to mask up and sign up by Saturday, October 31 at the Coyote Run Pro Shop. Then show up!

Speaker Series Update

The popular free speaker series will begin at 6:00 p.m. on Wednesday, November 18 with Bill Harrison. The topic is "Prescott, Arizona: Everybody's Hometown."

You will learn more about this vibrant community, north of here, set in the cool Bradshaw Mountains. Prescott is a charming, cultural and artistic community with more than 40,000 residents. You will hear about the various celebrations and things to do in Prescott, such as the Elks Opera House, Theatre & Performing Arts Center.

For the safety of participants, we will have some COVID-19 protocols. The Rec. 2 Ballroom will be set up to allow 300 residents to sit safely for the presentation. Attendees should enter through the lobby door for monitoring numbers. Please wear a mask.

This free event is sponsored by Leisure World Foundation and the Recreation Department.

Refreshments will be not served for this event. Doors will open at 5:00 p.m.

Save these dates for the next speakers on the following Wednesdays: January 27, February 17 and March 17. Descriptions will be provided in the January LW News.

LW Foundation Donations

September 1-30, 2020

Friends Endowment Fund
Doug and Donna Bailey
William and Lucia Causey - In memory of Ralph Mueller

Unrestricted
Charles and Ruth Anne White

Library
Lee and Wendy Weber

COMPLIANCE CORNER

Lighting it Up for the Holidays



According to Leisure World's Rules and Regulations, "Holiday decorations shall not be installed more than 30 days prior to the holiday. All exterior holiday string lighting, projection lighting and decorations are required to be removed by the 15th day following the holiday."

Thank you for your cooperation!

Free Shred-a-Thon

Reduce the risk of identity theft and shred any important documents with personal information. How? By bringing and shredding all your paper documents at our Free Shred-A-Thon event on Friday, November 13 from 10:00 a.m. to 12:00 p.m.

The Shred Truck will be on Leisure World Blvd. south of the Power Road entrance. The event is hosted by Leisure World's Security Department and sponsored by RE/MAX Classic and Cutters Document Destruction.

Manor owners can bring ***up to five storage boxes of paper only*** for confidential shredding.

Date: Friday, Nov. 13, 2020
Time: 10:00 a.m. - 12:00 p.m.
Place: Leisure World Blvd. south of the Power Road entrance.



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District Candidate Resumes

District 4 Candidates

CHAIRMAN
Miola, Joseph – Manor 907
Leisure World Experience: District 4 Chairman, 2017-2020.
Education and Career Experience: Northeastern University, 1963, BS in Electrical Engineering; Northeastern University, 1967, MS in Electrical Engineering. Draper Laboratory, 1958-1986, Staff Engineer; Draper Laboratory, 1986-1996, Section Chief; Draper Laboratory, 1996-2006, Associate Director.
Avocations: Golf Club, Tennis Club, bridge

CHAIRMAN
Yapp, Barbara – Manor 742
Education and Career Experience: Concordia College, BA Business and Interpersonal Relations, 1999.
Whirlpool Corporation, Materials Manager, St. Paul, MN, 1973-1981; Cummins Engine, Materials Manager, Fridley, MN, 1981-1998; St. Paul Manufacturing Concerns, Purchasing Manager, 1998-2002; Connexus Energy, Senior Agent, MN, 2002-2009.
Avocations: Dancing, pet sitting.

CHAIRMAN
Hodgkinson, Jeffrey George – Manor 888
Education and Career Experience: George Washington University, 2003, Advanced Master's in Project Management; Barrington, 1997, MBA, BA; Mesa Community College, 1988, AA's (3) in Technical, Management & General; Saguaro High School, 1973, High School Diploma; Various Institutions, Numerous credentials and certifications in Project Management.
Avocations: Working out, reading, dinners with friends.

District 6 Candidates

CHAIRMAN
Johannesen, Carl – Manor 1413
Leisure World Experience: District 6 Chairman, Board President, 2020; District 6 Chairman, 2017-2018; District 6 Secretary/Treasurer, 2008-2009; R-2 Project Fundraising Team Leader, District 6 - 2007; Rovers Secretary, 2008; and LW Lions, elected to various offices.
Education and Career Experience: BS-Business, University of Idaho; MBA, University of Colorado. US Airforce, Procurement/Contracting Officer 1996-70; Sales Rep., Procter & Gamble; Various sales and Management roles – Dixon Paper Co. 1973-84; VP/GM Mead Distribution, Pittsburgh, PA, 1984-93; VP/GM Hobart Macintosh Paper Co., Randolph, MA, 1993-94; and Owner, Jan Pro Cleaning Systems, Hartford, CT 1993-2006.
Massachusetts State Lion of the Year, 2001; 3 Melvin Jones Distinguished Service Awards, 2001, 2011, 2013; Freemasonry: Master: Paul Dean Lodge, MA 2002-03; Cub Scouts Cubmaster 1989-92; Boy Scouts Fundraiser 1992-96. Enjoy history, classic sports cars, wine, and IPAs.

CHAIRMAN
Balmer, Wayne Victor – Manor 1449
Leisure World Experience: District 6 Vice Chairman, 2016-2020; Architectural Control Committee member, 2016-present – currently Committee Chair; Long Range Planning Committee member, 2018-present; Rules and Regulations Update Committee member 2018.
Education and Career Experience: MA, Arizona State University 1974; BS, Arizona State University 1973.
Planning Director, Town of Queen Creek, AZ, 2006-2013; Williams Gateway Project Manager, City of Mesa, AZ, 2001-2006; Neighborhood Services Manager, City of Mesa, AZ, 2000-2001; Community Development Manager, City of Mesa, AZ 1987-2000; Planning Director, City of Mesa, AZ, 1984-1987.
Avocations: Travel, Exercise, Reading.

CHAIRMAN
Elliott, Rebecca – Manor 1543
Education and Career Experience; University of Illinois, Bachelor of Arts, 1973; University of Denver, Juris Doctor, 1976. Attorney, Colorado Legal Services, Fort Collins, CO, 1976-1978; Attorney (Named partner in firms), Fort Collins, CO, 1978-1996; Attorney, Legal Services of Northern Texas, Dallas, Texas, 1998-2000; Volunteer Attorney, Environmental Defense Center, Santa Barbara, CA, 2000-2002; Volunteer Attorney, Arizona Center for Law in the Public Interest, Phoenix, AZ 2002-2013.
Avocations: Probono work for veterans and service members with State Bar and Foundation; Ombudsman work for veterans and service members for the Employer Support of the Guard and Reserve, a division of the Department of the Defense; reading a mystery or thriller; book club; dancing with my Husband; tennis; biking; AAUW and travel.

VICE CHAIRMAN
Miller, George – Manor 1625
Education and Career Experience: Arlington High School, 1973; Arlington Tech, 1973, Machinist; ASQC, 1987, Certified Mechanical Inspector.
Avocations: Weed Samaritan, 2018-Current; Lions Club, 2018-Current; Red Cross, 1978-1982; Arlington Aux Police and Animal Control, 1978-1982; ASQC, 1974-1989.

SECRETARY/TREASURER
Bartoli-Shaw, Gia Marie – Manor 2277
Leisure World Experience: District 6 Secretary/Treasurer, 2019-current.
Education and Career Experience: Penn Foster College, Legal Transcription, 2020; St. Mary's High School, 1989. Transcriptionist, Rev.Com., Online, 2019-current; Accounting, Technician, El Paso County Clerk and Recorder, Colorado Springs, 2009-2012; Pastoral Assistant, Sunrise United Methodist Church, Colorado, 2005-2006; Bookkeeper, Sunrise United Methodist Church, Colorado, 2003-2005; Order Coordinator, First American Heritage Title, Colorado, 1995-2000.
Avocations: Bowling, quilting, biking, hiking, gold panning, computer games, home renovations (DIY).

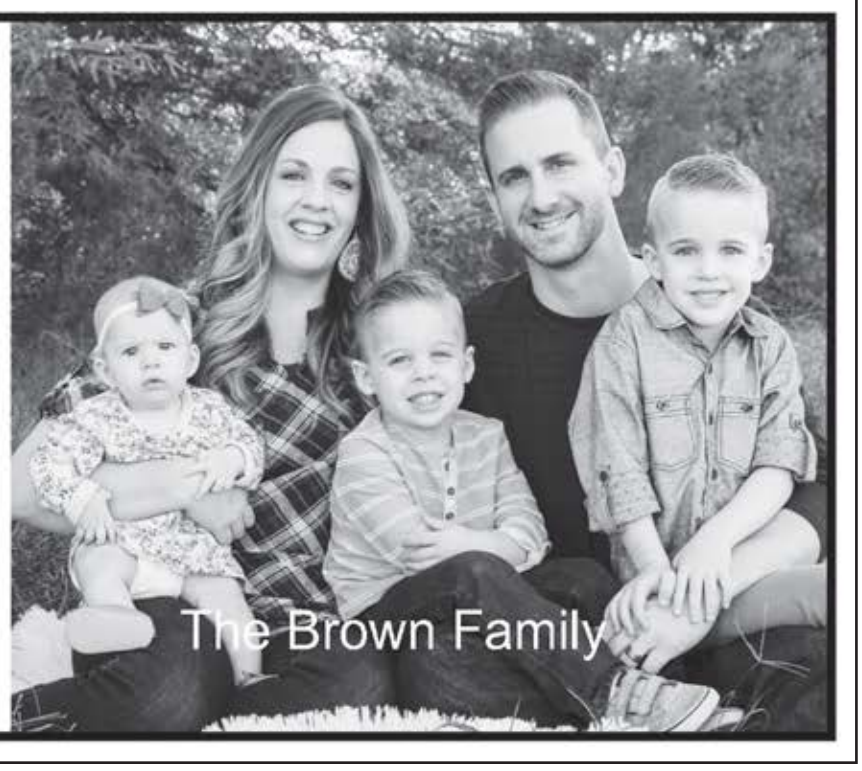
District 8 Candidate White Ballot

CHAIRMAN
Menard, William L. – Manor 2244
Leisure World Experience: Current Leisure World District 8 Chairman; and Treasurer, Board of Directors;

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District Candidate Resumes

Leisure World Governance Committee, Leisure World Lions; Past Delegation Chair for International Convention (3 Yrs.)

Education and Career Background: Wayne State University, MBA in Management; Detroit Institute of Technology, BS in Chemistry; C.A.E. Certified Airport Executive; Principal, WLM Consulting, LLC; Public Works Director, City of Flagstaff; Operations Director & Assistant Director, City of Chandler.

National and Professional Organizations: American Public Works Association, Northern Arizona Branch, Founding President; Arizona Airports Association, President; Solid Waste Association of North America; Southwest Chapter of American Assoc. of Airport Executives, Committee Chair, American Assoc. of Airport Executives; World Community Service through Lions, Elks BPOE 2089, American Legion; Leader, Dogs for Blind; Northern Arizona Food Bank; President of Ponderosa Trails HOA, 10-yrs.; and Lions Club International.

VICE CHAIRMAN

Bailey, Douglas W. – Manor 2505

Education and Career Background: US Navy Electronic Technician 1970, Fast Attach Nuclear Submarine Sonar Tech; University of New Mexico, 1980, BE Nuclear Power Engineer. Sonar Technician, US Navy Submarines, Pearl Harbor, 1969-1975; Plant Engineer, Southern Cal Edison, San Onofre Power Station, 1980-1982; Plant Engineer, Public Service Co NM, Albuquerque, Farmington, NM, 1982-1987; Design Engineer, Tennessee Valley Auth., Sequoya Power Station, TN, 1987-1990; Design Engineer, Nevada Power Co., Las Vegas, 1990-2000; Design Engineer, Arizona Public Service Co., Phoenix, 2000-2002; System Engineer; Los Alamos National Laboratory, Los Alamos, NM, 2002-2015.

Avocations: Golfing, Travel, Experimenting (Difference Sciences).



TREASURER

Wheaton, Kathleen – Manor 2565

Leisure World Experience: Current Treasurer, District 8; Secretary/Treasurer District 8 for 6 years; Treasurer, Leisure World Country Cloggers; AAUW Hospitality Chair; Leisure World Rovers Membership Co-Chair.

Education and Career Background: BS Psychology, University of Illinois; Teacher, Texas, 1969-1972; Teacher, Roosevelt School District, Phoenix 1972-2000; ASU, Post Grad Work in Education.

National and Professional Organizations: National Education Assn.; AZ Education Assn.; American Assn. of University Women; Hacienda de los Angeles Board of Directors.

Avocations: Enjoys traveling, reading, bridge, antiquing, volunteering.

SECRETARY

Parrott, Claudine Sanchez – Manor 2262

Education and Career Background: El Rancho High School, 1973; Peace Officer Standards and Training for California (POST), 1986; California Narcotics Officers Association (ongoing training). Start and stopping of formal education with a bachelor's in criminal justice from Cal State, Los Angeles, CA. and the street of Los Angeles county. Bank Teller, Operations Manager for several small independent banks, 1974-1985. Deputy Sheriff, 1985, and was assigned to the LASD Academy, 1986; Sybil Brand Women's Jail, 1986-1988; Patrol Training, Marina Del Rey Sheriff Station, 1990; Bailiff, Long Beach Court, 1991; Asset Forfeiture Investigator for Narcotics Bureau and then a Narcotics Investigator assigned to Lennox Station until I promoted to Sergeant, 2000-2003; Sergeant, East Los Angeles Narcotics, 2003-2007; Pico Rivera Narcotics Sergeant, 2007-2010; Lieutenant, Men's Central Jail, Los Angeles, 2010-2013.

Avocations: Working out in the gym, Hydro Rider, Yoga, Bowling.













LEGACY FILES

Why You Need a Trust



By Rilus M. Dana

There are many misconceptions around estate planning. A common one is that estate planning is only for the wealthy. The same misperceptions apply to trusts. You may have heard of them as a way for rich people to save on taxes or pass on large amounts of money and assets to their beneficiaries.

"Why do I need a trust?" is a valid question. It is also one we hear rather frequently at our probate and estate planning law firm. If you already have a will or are planning to write one, you may be wondering if — or why — a trust is necessary. Is estate planning the right option for you?

As your estate planning resource, we have outlined the benefits of creating a professional trust and the differences of a will.

What is a Trust?

A trust is a comprehensive plan that details how your assets will be distributed at the time of your passing or in case you become incapacitated. In situations where you are not able to make decisions for yourself or your family, trusts are used to help minimize the costs and confusion. They can be created at any time and are an important part of maintaining control over your estate.

Trusts allow you to determine who receives which assets, how they receive it and when. For example, if you decide to leave an inheritance behind for your child, you can choose to specify that they can only receive it after turning 21 years of age.

Additionally, there are different kinds of trusts and stipulations you can apply. Another example is that you can leave your grandchildren their inheritance in an education trust, which requires that the funds be used to pay for college.

Trust Benefits

There are several benefits to drafting a trust with one of our experienced estate planning attorneys. A trust can help you save money, protect the financial well-being of your loved ones and has many other advantages.

Some of these benefits include:

- Established specific estate plan in case of death or incapacitation
- Avoiding time-consuming and costly probate procedures
- Preserving your assets for children or minors
- Protecting your assets from poor financial decision-makers
- Transferring real property to a child or loved one
- Reducing the taxes that may be charged to your estate
- Preserving your assets for special needs individuals
- Protecting your assets from the divorce of a beneficiary
- Keeping your estate private, since trusts do not become public record due to avoiding probate.

Trusts also allow you to be specific in how or when an asset can be used. When done properly, you can rest assured your family will have everything they need.

Will vs. Trust

Although a will is certainly better than no estate plan at all, it has drawbacks and is not necessarily the best option for every family or every state. A last will and testament is a legal document that provides instructions on who to give your assets to after you pass away.



However, it does not transfer legal title of assets like homes, real estate and bank accounts. Only a trust can transfer ownership upon death; a will alone will require the court probate process to change title.

In addition to their lack of specificity, in many states, wills are public documents. This can leave them open to disputes or even public scrutiny. For greater privacy and control over your assets, a will and trust package is the most proactive option.

If you are considering a trust as part of your estate plan or are uncertain which is right for you, we are here to help. Call us to schedule a free personal family legal session, where you get to discuss your specific estate planning needs with one of our experienced attorneys.

Our attorneys at Dana and Associates have created custom estate plans for thousands of clients. We are delighted to help you decide what is best for you!

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



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YOUR POCKETBOOK

5 Solutions to Maximize Retirement Income

By Steven M. Rabin

Investing used to be easier for retirees. Many sought to generate enough income from the yield created by bonds or short-term investments like money market funds to meet their living expenses.

This was easier in 1981, when yields — another term for interest — on the benchmark 10-year U.S. Treasury note reached 15.8%. In early 1990, the yield was still impressive, at 9%.[1] But that is a far cry from today's market.

Interest rates on the 10-year Treasury now are less than 1%. That does not even keep up with the past year's inflation rate of 1.3%.[2] A caution for investors is to avoid "reaching" for yield by putting significant assets in fixed income securities that generate more income.

For example, high-yield bonds — also known as "junk" bonds — may create more income, but they are typically subject to greater price volatility than Treasury bonds. In today's historically low rate environment, you may want to venture into the bond market with caution.

Looking for Alternatives

Given the record low interest rates, you might want to consider other strategies to generate retirement income that is sufficient to meet your ongoing needs, but also sustainable over the course of your retirement.

Here are five strategies that may help you more effectively manage your retirement income stream.

1. **Maximize Social Security:** The later in life you begin collecting Social Security (you can start between the ages of 62 and 70), the higher your monthly benefit. If you can delay the start date for collecting Social Security, it can contribute more to your income stream.
2. **Reassess Dividend-Paying Stocks:** Since most of us can expect to spend 15 to 20 years or more in retirement, the growth potential of stocks is still important in a retirement portfolio. Stocks that pay a competitive dividend (at a level that exceeds what you can earn from most bonds) can help generate income and a reliable form of "built-in" return in your equity portfolio.
3. **Boost Roth IRAs:** Distributions from Roth IRAs have the potential to be free of taxes. On an after-tax income basis, you won't need to draw as much from Roth IRAs as would be required from traditional IRAs or workplace retirement plans, which are taxable. Try to boost the value of your Roth accounts prior to retirement through regular contributions and by converting traditional IRA assets to Roth IRAs.
4. **Use Investment "Bucket" Strategy:** Segment your retirement portfolio into three "buckets" that represent different time periods when you will need to tap those dollars. Money needed in the short-term (the next two-to-three years) should be held in fairly liquid vehicles that aren't subject to fluctuation in value.

   A second "bucket" is targeted for money needed three-to-six years in the future. It can be invested in vehicles that generate a higher yield, but with limited fluctuation in value.

   The remaining funds, (held seven years or more), can be invested in a mix of stocks, bonds and other investments as you accept more risk in search of higher returns.
5. **Add Stability with Annuities:** Annuities can generate a consistent stream of income for a set period of years, over the course of your lifetime, or the lifetime of you and another person, typically your spouse. Many people use annuity income to supplement funds needed to cover essential expenses they face in retirement, since it is a reliable cash flow source. Be sure you understand all applicable costs and fees of annuities before making a purchase.

In many cases, it makes sense for retirees to have exposure to fixed income in their portfolios.



Nonetheless, retirees may also need to need to look for additional sources of yield to ensure their portfolio can last throughout their retirement and keep up with inflation.

Work with a financial advisor to make sure your investments align with your situation and long-term goals.

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

References:

[1] Source: Federal Reserve Bank of St. Louis, 10-Year Treasury Constant Maturity Rates, 1960-2020. (https://fred.stlouisfed.org/series/DGS10)

[2] Source: U.S. Bureau of Labor Statistics, The Economics Daily, "Consumer Prices Up 1.3 percent in 12 months ended August 2020," Sep. 17, 2020.

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VETERAN SPOTLIGHT

Flying High on a Wing and Prayer

By John Latus

I did not serve during wartime. I agreed to do this story because something happened during one flight night that might interest readers.

After the Korean War, I graduated from St. Michael's College in Vermont with an Air Force ROTC 2nd Lieutenant commission. My first assignment was a six-month primary training program at Stallings Air Base, North Carolina, learning to fly prop-driven airplanes.

Next stop was basic training at Webb Air Force Base in Big Springs, Texas, learning to fly single engine jet planes. I made it through the six-month program and was awarded my wings.

The Decision

I did not sign up for advanced gunnery school. I planned to go to graduate school after my tour, so I was assigned to GCI (Ground Controlled Intercept) School at Tyndall Air Force Base, Florida. It was during the Cold War with Russia and we trained to guide fighter planes to intercept, turn back or destroy enemy planes seeking to penetrate U.S. defenses.

Graduates were generally assigned to radar sites in Greenland, Iceland or Alaska. I was assigned to an all-weather interceptor training base at Perrin Air Force Base in Sherman, Texas.

My Assignment

I was assigned to the radar station on the base. Our job was to run simulated intercepts. The student pilots would take off in their F-86-D all-weather interceptors and would guide them to an "enemy" plane — a T-33 single engine jet plane (a modified F-80 Shooting Star fighter) flying as the target.

We gave them the speed and headings to take until their radar could detect the enemy plane. The plane's radar would take over the intercept, lock on to the enemy plane within 10 seconds of hitting it and "fire" their rockets. The radar would tell them whether they hit or missed the target.

There were three training periods: morning, afternoon and night. I lived off base with two GCI officers. They liked to sleep in. I liked the morning shift because it gave me all day or night to fly as target. I also liked flying at night. There was just something about flying at 30,000 feet — seeing the lights of Dallas to the south and those of small towns and a commercial aircraft taking off from Dallas. It was like being an eagle looking down on civilization.



Fishing in Hallet's Mill pond behind my Cape Cod home this summer.

The Event

One Wednesday night (remember that day!), I signed up to fly as target. I got in my T-33 and completed the pre-flight tests. The T-birds had a complex fuel system which is key to the story. The main source of fuel was two external wing tip tanks that looked like torpedoes. These tanks fed the small main fuel tank in back of the cockpit, which fed fuel to the engine.

Unlike other fuel tanks within wings, the tip tanks did not have fuel pumps because in actual combat they would be jettisoned before engaging the enemy. They were activated by pressurization from the engine. So, once they were pressurized and feeding fuel to the main tank, they could not be shut off.

This was a potential problem because if the tower ordered you to halt before takeoff, the tip tanks would continue to feed fuel into the main tank until it overflowed. The fuel would overflow and spill onto the hot engine and there would be a fire and explosion, which as instructors loved to say, "You may or may not hear the explosion." Therefore, you never pressurized your tip tanks until you were actually on the runway and ready to take off.

That Wednesday night, I taxied to the end of the runway and called the tower. "Tower, AF 123 number one position, ready for takeoff." The tower replied, "Hold your position 123, a scramble is in progress."

There was a hanger manned 24 hours by permanent party pilots who would be ordered to take off (scramble) in search of an unidentified aircraft entering the area airspace.

So, I held my position, and watched as two 86-Ds hit their afterburners and roared down the runway. The tower then said, "123 cleared for takeoff. Expedite your takeoff. Repeat. Expedite." And expedite I did. I took to the runway, gunned the engine and took off in a hurry.



John prepares to take off for a night flight as a target.

A Pilot's Worst Nightmare

One of the worst things to happen to a pilot is a flameout (engine failure) at night after takeoff. You have just reached air speed, cleared the end of the runway, are climbing out and your engine quits for whatever reason.

Are you high enough to bail out? Will your parachute open before you hit the ground? If you decide to stick with the plane, will you survive the crash landing? It is pitch black at night and you can't see a good place to land. What if you crash into a house and kill many people, including yourself? Unfortunately, there are not many good options.

That's the situation I faced. Suddenly, my plane started to shudder. I knew the engine was shutting down. How do I restart it fast? I lowered the nose of the aircraft to maintain airspeed. The last thing I wanted was to stall.

Maybe if I throttle back, the engine will smooth out. That didn't work. The engine was still shuddering and was about to shut down. I went through my check list and nothing worked. It was also too late to call emergency. By the time they figure it out, the engine will have shut down. What to do?

Suddenly, a thought came to mind. "It's the fuel tank, stupid." In my rush to expedite my takeoff, I had forgotten to pressurize my tip tanks. The main tank was running out of fuel. The tip tanks were not feeding it fuel. Duh! I gang-loaded the fuel system (hit all the fuel pumps at once) because I couldn't wait to see if simply pressurizing the tip tanks could feed the main tank in time to keep the engine from shutting down.

Thankfully, once the fuel was being fed into the engine, the engine was happy, and I went on to complete the mission. Embarrassed, but still flying.

As I parked the plane that night, the maintenance crew member asked if everything ran alright. "Everything is fine." I replied. But I thought, "You can't fix stupid."

The Power of Prayer

A week later, I received a letter from my mother. "Dear Johnny, is everything alright?" Wednesday, I woke up with a feeling that you were in trouble. The feeling grew stronger during the day and wouldn't go away. So, I made your Dad drive me to church after dinner. I walked down the aisle, knelt at the altar, lit a candle and prayed for your safety. Is everything ok?"

I called my mom and assured her it was. I didn't tell her what happened last Wednesday because I did not want to worry her.

So, what about that thought that popped into my mind at the last second? Do you think it was coincidence? Would I have concluded it was a fuel tank problem by calmly going through my checklist anyways.

I don't know about you, but I think I was panicking

continues on page A16

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Aid and Attendance Pension for Veterans

By Sandy Messer

The Veterans Administration (VA) offers a benefit called The Aid and Attendance Pension which helps pay for long-term care costs of eligible veterans and their spouses.

The pension requires the veteran to have served one day during a war and 90 consecutive days of active duty.

The Aid and Attendance pension can mean the difference for many seniors in paying for long-term care privately rather than limiting their options and having to apply for Medicaid. Being able to pay for care without applying for Medicaid keeps veterans and their family in the driver's seat.

The benefits are as follows: for a married veteran, it is $2,266.00; for a single veteran, it is $1,911.00, and for a surviving spouse, it is $1,228.00.

All funds are tax-free and deposited directly in the applicant's bank account.



Required Criteria

There are three areas of concern: care, income and assets. To qualify, the veteran or their spouse must have a need for care and must pay for it.

The VA will review the applicant's combined household income to verify it is being spent on the care needs of the applicant (and spouse, if applicable). The VA will also ensure that assets do not exceed $129,094, excluding the primary residence.

Misconceptions

Unfortunately, there are many misunderstandings regarding Aid and Attendance.

Often, people believe the pension is only available to veterans who were involved in combat on foreign soil. The veteran did not have to be in combat to qualify, and in most cases, could have served anywhere in the world.

Many assume the applicant can be any age. However, unless legally blind, disabled or mentally incompetent, the applicant must be at least 65-years-old.

Often people think they must be in a skilled nursing facility to receive the Aid and Attendance pension. Although the pension does require the applicant (veteran or spouse) be paying for care on a continuous basis, they can receive this care in their own home, in independent living with on-site care, in assisted living or memory care.

The applicant only needs assistance with two of the following care needs: bathing, dressing, walking, toileting, transferring or feeding. Please also note the care need may be stand-by assistance and not full care.

Also, many often assume that if they own a home, the VA may take their asset if they seek benefits. This is an unfortunate confusion with Medicaid.

If the applicant is paying for care at the time they apply, they may own a home and it is excluded from the calculations. However, it is advisable to seek advice from an Accredited Agent of the VA to ensure you have properly planned if the house needs to be sold in the future.

Surviving Spouses

When applying for the surviving spouse, we are often asked if the marriage had to take place during the veteran's service to their country. The surviving spouse did not have to be married to the veteran at the time they served, only at the time of their death. In most cases, divorce or remarriage of the spouse nullifies the pension. But there are some exceptions. An Accredited Agent of the VA will be able to properly guide you through these exceptions.

Planning Long-Term Care

Long-term care planning involves more than just looking at a current need and qualifications for Aid and Attendance. It is vitally important for any good plan to consider future rising care costs. It is also important for those working toward a secure long-term care plan for seniors, that they have knowledge and be accredited by the VA and be a Certified Medicaid Planner.

Working with a knowledgeable VA agent and the state will help you to avoid future problems.

In an era in which our loved ones are living well into their 90s, proper planning for the second half of retirement is vital. There was a time when prior planning simply meant securing funds for travel and entertainment.

With longer life spans, planning for medical care must be a priority!

For more information, contact our office directly at 602-288-9094.

-Sandy Messer, CMP, CLDP, is a VA Accredited Claims Agent with Long-Term Assurance.

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SCAN BELOW!

A DOSE OF PROSE

Open Air Library Provides Great Escape

By Charlene Ingerson

How do you like our Open Air Library? The Leisure World Library will be fully open some time after the New Year. Meanwhile, we have started an interim solution for our patrons: a small, limited-selection library that will be open from 9:00 to 11:00 a.m. every Wednesday for the next few months.

The Open Air Library will be available each week on the terrace behind the Leisure World Library.

We invite you to stop by, browse, feed the koi and check out one, two or three books. Please note that three is the maximum you can retrieve because of the limited number of books available.

Librarians will only be on duty to check out your selections. Masks are required. We will also have hand sanitizer for you to apply before touching the books.

Timely Book Sale

There is more good news: We have received permission to have a book sale on Tuesday, November 10. This will also be held on the terrace behind the library from 9:00 to 11:30 a.m.

This sale is just in time for you to stock up on Christmas presents for friends and family. Sales of popular books go fast. Come early for the best selection!

Literary Therapy

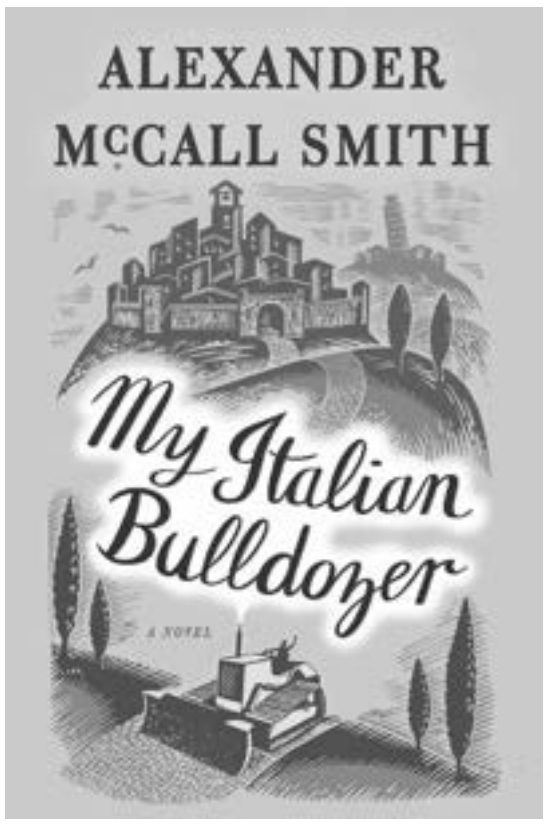
This year has been full of unexpected events. I used all my coping skills to get through — one of which is escapist reading. Reading can be great for blocking out bad news. I lost my taste for non-fiction and stories about conflict or death. Instead, I am enjoying lighter fiction, especially the works of my favorite author, Alexander McCall Smith.

Smith is a prolific, charming writer who consistently provides gentle stories that ask profound questions. He often leaves me smiling and with a more compassionate outlook on life.

This applies to all his series of books, of which he has several. His newest project, "My Italian Bulldozer," focuses on Paul Stewart, the main character in the novel.

Paul is a famous middle-aged foodie author, whose editor is breathing down his neck to meet a looming deadline. Paul's lover of four years has just abandoned him for her personal trainer.

Gloria, his longtime editor, finds him brooding in front of his blank, laptop screen. She immediately declares that he must travel to Tuscany, the locale for his latest unfinished manuscript. She arranges flight, lodging and local transportation. Then, she puts him on a plane, hoping his soul will be healed in this idyllic setting and that he will meet his writing deadline.



Bulldozing Tuscany

It sounds like a good plan to her. But as they say in the military, "No plan survives first contact."

When Paul gets to the airport in Rome, he discovers he has no rental car. He must confront the incompetent, Italian bureaucracy. He meets a bumptious, possibly larcenous agent who insists Paul has stolen the missing car.

A friendly Italian professor whom he met on the plane solves his problems with an unlikely solution: a bulldozer. Paul has never driven a bulldozer, but this does not prevent him from trying. He finds it a fascinating experience, especially since the elevated location of the driver's seat gives him a better view of other drivers and the lovely countryside.

Paul makes many friends as he rumbles along. This unusual mode of travel and his book project intrigues the folks he meets along the way. What emerges is an engaging novel of traveling through Tuscany in very slow motion.

Not many authors can write an appealing story about a bulldozer. However, Smith is a master wordsmith. He mixes his own gentle philosophy, recipes, romance and keen observations to create a sympathetic and light-hearted tale.

Resting on an absurd premise, this is also a story about love — of many types and on many levels: reciprocated and unrequited love; love lost and love found; love of food and wine, of the earth, of friends and of the Italian countryside.

"My Italian Bulldozer" creates a world to step into when you want to leave this one behind. This journey is worth taking.

Grateful Donations

On a final note, we are always deeply grateful for the monetary donations of our patrons. These funds are crucial to our operation since we do not receive any other funds.

If you would like to donate to the Leisure World Library in honor of a loved one or on behalf of yourself, please mail your check to Treasurer Lee Ann Pettit at manor 1211.

We appreciate all donations and are grateful for donation made in September.

Help a literary angel receive its wings with your good deed!

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

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Lions Club Raffle: Win LW Golf Membership

Submitted by Barbara Yapp

The holidays are fast-approaching in this challenging year. In 2020, there have been many changes for all, including the Leisure World Lions Club. Like the rest of the country and world, we are evolving and adapting to meet these challenging times.

Although the coronavirus pandemic has altered many of our activities, the needs of individuals still remain. The Leisure World Lions are determined to help where we can while finding ways to strengthen our community.

The Leisure World Golf Department have partnered with the Lions Club to generously donate a Heron Lakes 2021 golf membership. The Lions are pleased to be able to hold a silent auction for this much sought-after item.

The proceeds will benefit veterans in the Mesa area. Your support and bid is important more than ever since we cannot host our annual Autumn-themed dinner. This is a chance to do something nice for yourself while helping those in need. Be an "ace" and let's take a "swing" at making sure everyone has a good holiday season!



On November 16, a locked box will be placed outside of the Rec. 2 Coyote Run Pro Shop, where you can place your bid. The paper should include your name, manor, phone number and bid. The box will be available until December 18, when Leisure World Director of Golf and Landscape Travis Fish Travis will determine and notify the lucky winner! (In case of a tie, Travis will draw the winning slip.)

The Leisure World Lions Club is a service organization whose motto is "We Serve." The Lions depend on fundraisers such as annual dinners, the Lions garage sale, the Bob Hutton Fly the Flag Program and estate sales to assist the charities we support.

In addition to aiding veterans, the LW Lions annually make contributions to Camp Tatiyee, Bridging Arizona, Sunshine Acres and other foundations making a difference in the surrounding communities.

Your support of the Lions Club helps us keep the good will flowing! Thank you for your support!

WEDDED BLISS

Herb and Barbara Young: Best Friends for 57 Years!

All great love is based in friendship. It's the glue that binds Leisure World residents Herb and Barbara Young, who will be celebrating their 57th wedding anniversary on November 15.

"We've always tried to get along and just be friends," explains Barbara.

"I also have a very tolerant wife," adds Herb jokingly. "She tolerates my habits like buying cycling stuff."

A Chance Encounter

Both New York natives, Barbara and Herb met at a club one night in April 1963. Herb was with his Air Force buddies enjoying a steak dinner and was struck by Barbara who was at a nearby table with friends.

"She was cute," recalls Herb. "She gave me her number, but says she regrets it."

Barbara was also smitten.

"He was nice and good looking," says Barbara. "When he came to pick me up on our first date, he wore a nice suit and tie, which really impressed my family."



After a six-month romance, the couple got married on November 15, 1963.

Since Herb was in the Air Force, he was transferred to different stations across the country. The newlyweds moved to California, back to New York and back again to both states. In June of 1976, Herb got transferred to the Netherlands, where they lived for three years.

""It's a beautiful place with friendly people," says Barbara. "We still visit often."

In 1979, the duo returned to America when Herb was transferred to Texas.

Finding Leisure World

After 25 years in the Air Force, Herb retired from the military in 1984. Together, they have a son who lives in Texas, and a daughter and grandchild in Arizona.

Being close to their grandchild motivated Barbara and Herb to move to the sunshine state in 2008. With their daughter's help, they found the perfect home in Leisure World.

"It's a beautiful, affordable place," says Herb. "Plus, the price was right."

Herb is a cycling aficionado and is often spotted riding his recumbent tricycle around Leisure World.

When Barbara is not joining Herb on a bike ride, she enjoys golfing or playing shuffleboard. She also spends time sewing small quilts, which she gives to the LW Quilters for various nonprofit organizations in need.

The best friends enjoy taking cruises and plan to visit the Netherlands in 2021.

"Cruises are really relaxing," says Herb. "You get the chance to see different places and have a constant place to stay. It's a lot of fun!"

Happy anniversary, Herb and Barbara!

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LEISURE DAME [lee-zher deim] noun
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Resident Lorie Shapiro Spreads Love Through Art

Leisure World resident Lorie Shapiro's poetry and art is inspired by love. It's what she creates to shower friends and family with joy.

"I write and create simply for the love in my heart," explains Lorie passionately. "I hope when people receive my words and gifts, they feel love and connection. Love is within all of it."

For six decades, Lorie has penned poems, greeting cards and created photo collages for others. She has been inspired to write over 250 poems. These poems are crafted and uniquely packaged. Lorie creatively sends these gifts to friends in the mail in decorated envelopes.

"There's a certain joy when you receive a gift in the mail instead of a bill," says Lorie. "I do it this way to pleasantly surprise my friends and spark joy."

And she succeeds every time!

"She cares so much about people and gives with her beautiful words and artistic flair," says resident and friend Laura Krever, who is touched by her poetry. "She's the most delightful, charming loving person you'll ever meet."

"Her poems are very creative and express Lorie's emotions and feelings," adds resident Sandra Nidetz. "When she describes a person, she's always spot on."

Creativity Blooms

A native of Chicago, Lorie grew up with creative family members. Both her father and older brother were artists. Often, while her father created art for advertisements, he would ask Lorie's input.

"He told me to tell him what I liked and didn't like, but I had to explain why," recalls Lorie. "I learned to observe art and how to communicate with my thoughts."

As her creativity bloomed, Lorie learned the importance of giving and sharing love.

"Every single day, my mother showered me with love," says Lorie. "She always said, 'Have I told you lately that I love you?' She gave me everything. I inhaled the love from her, and now, I give it to others."

An Artist is Born

Lorie officially began writing in her early 20s. Inspired by a sunset one day, she started writing down her thoughts and hasn't stopped since.

"My poetry is cathartic," shares Lorie. "It lives in my brain and I have to get it out. I have no choice but to create. This is what I'm called to do."

Whenever she's inspired, Lorie runs to her computer — previously her typewriter — and lets it out. She writes in bold, large font and in all caps for easy reading.

"My poems are written like an ongoing conversation," explains Lorie. "I write the way I speak and think. It's all from the heart."

Picture Perfect

Lorie also expresses her love for others by creating cards and photo collages. They are all meticulously crafted for special friends for all occasions.



Lori holding a Judy Garland collage she made in her art studio, filled with Charlie Chaplin artifacts.

"I spend hours creating my cards and collages and use all kinds of materials — everything from stickers to hand-drawn designs and self-written rhymes," explains Lorie. "I once put 15 hours into a creation!

Lucky recipients must fill out a questionnaire before Lorie can begin making this unique personalized display.

"I want each card to be a special keepsake to treasure," adds Lorie. "I do a lot of research because each card has a story to tell. Love is the key in each picture."

Lorie's cards have brought joy to many Leisure World residents who have received this gift either on their birthday or as a token of her appreciation for their friendship and good deeds.

"Lorie gave me a friendship card that included poetry, and I will always keep it with my sentimental keepsakes," says resident Irmgard Main, a long-time friend. "She is a sweet and thoughtful person who is always looking out for others. I am so grateful for her!"

Creativity on Stage

As Lorie continued writing, she discovered another passion – theater.

A mom of three, Lorie often helped at her children's school in Chicago. In the late 1960s, she volunteered to help a grammar school act out a play, which piqued her interest.

For over 50 years, Lorie directed local community plays like "Annie Get Your Gun." She even took singing lessons and performed in many shows, including one where she played the beloved comedian Charlie Chaplin.

"I enjoy theater because it taps the creative brain," says Lorie. "It's all about interpretation. Each thing I learn opens up another world of thinking, another way of communicating."

Continues on page A16

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VET SPOTLIGHT *continued from page A10*

and running out of options and my mother's prayers were key to saving my life! Thanks, Mom, for saving my life.

Life After the Air Force

After my tour, I received an MBA degree from Columbia University, worked in communications at Cummins Engine Company. I then worked at major advertising agencies around the country before running my own advertising agency in Boston.

My wife Laurel and I moved to Leisure World in 2005 after purchasing her family's home. We became snowbirds from Cape Cod, Massachusetts. I joined the Tennis Club, work out at 5:00 a.m. at the Fitness Center every day, play golf, write articles for Leisure World News and am trying to get a book published. Retirement? What's that?

-John Latus is a Leisure World resident and LW News contributor.

Get Your Décor Groove on for the 2020 Holiday Decoration Contest!



2019 Winner: Sarah Boschi, District 8, manor 2039

The 4rd Annual RE/MAX Classic Holiday Decoration Contest is coming up! Time to get your decorations out and channeling your creativity! All nominations must be submitted to RE/MAX Classic by phone at 480-832-7451 or at leasing@lwca.com or mail **by Wednesday, December 9.**

Judging takes place on Friday, Dec. 11, with winners announced at the All Resident Holiday Party on Wednesday, Dec. 16. Prizes will be awarded.

We look forward to seeing your creativity!

LORIE SHAPIRO *continued from page A15*



Collage of friends Ken and Linda Weinstock

In 1972, Lorie moved to California with her family where she continued her theater work. After 19 years, Lorie decided to go back home to Chicago to be near her mom.

Bringing Art to Leisure World

After years of enduring Chicago's brutal winters, Lorie moved to Mesa to enjoy sunshine and to be close to her son, who was living in the area. He helped her find a home in Leisure World, where she moved in 2005.

Lorie knew immediately it was the perfect fit for her.

"I love the greenery, the people and all the activities," says Lorie. "It's a wonderful and secure place to live. I've had the happiest days of my life living here."

Since then, Lorie has enjoyed time with friends playing Rummikub and attending dinner events. She also serves as the Outreach Coordinator for the Shalom Group, where she uses her writing talents to craft greeting and sympathy cards for group members.

Lorie is always trying to uplift others. Ultimately, it's the gift of friendship that shines through.

"Whatever you can give a friend, if they can hold that forever, that's good," says Lorie. "It's all about loving and appreciating your friends."

Thank you, Lorie, for sparking joy and spreading love to others with your art!

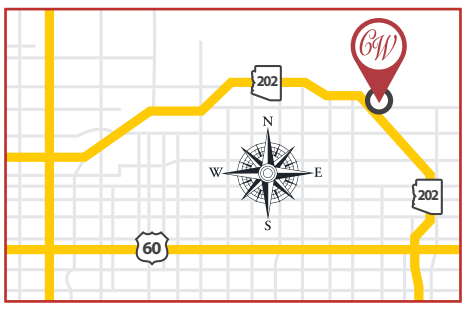


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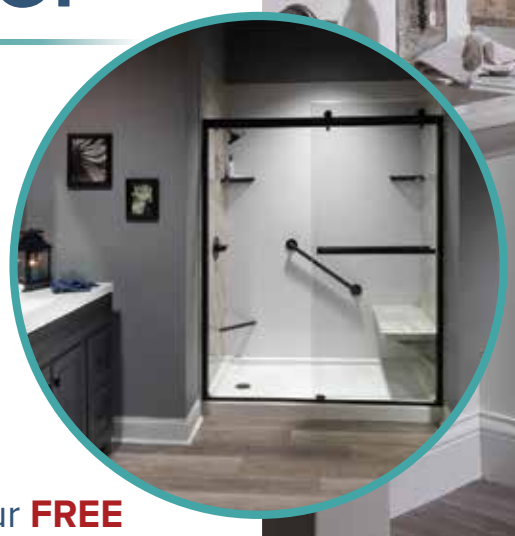


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Giving Thanks in a Pandemic

This year has brought many changes and challenges, including how we spend holidays. Even though many events have been canceled, the good news is that Thanksgiving turkey and stuffing have not! The Centers for Disease Control recommends that indoor Thanksgiving celebrations take place only with those who live in your household.

Luckily, Arizona boasts some beautiful winter weather, which makes an outdoor celebration possible. But what about all the other fall festivities and traditions?

Check out some of our tips for staying safe, healthy and happy this year!

Feast Outdoors: If you are avoiding travel this year, you can still celebrate with those near and dear. Invite a small group of your local friends and neighbors for a socially-distanced backyard celebration. Have plenty of hand sanitizer available and space seating at least six feet apart.

Set up a fire pit or patio heaters for chilly evenings and open the windows in the house for good ventilation. Guests can bring a dish to share — crockpot and salad dishes are great to prevent kitchen crowding. Even easier — order a pre-cooked meal from your local grocery store! Food is not a common source for virus transmission- and that is something to be truly thankful for!

Celebrate Virtually: Even if you can't travel, you can still share a meal with loved ones via Zoom, Skype or Facetime! Technology is a great way to bring you closer to your loved ones this year. Decorate your table with festive decor and plan some activities for the virtual fest. You can play card games or charades, and everyone can share what they are grateful for. Even if you can't be together in person, you can still feel the love across the miles.

The Big Game: Football is a must for many families, and although you can't sit on the bleachers this year with crowds, you can still cheer for your favorite team at home on TV. If you are celebrating virtually, you can still watch the game with your fellow fans and share in the excitement of victory!

Find the Deals: Black Friday shopping is a holiday-must for many. But this year, it is safer to shop online than to fight crowds. Fabulous deals can still be found as retailers prepare for even more shoppers opting to buy online this year. You can shop in your pajamas from the comfort of your sofa and still find treasured gifts for your loved ones.

Give Back: As you plan your safer celebrations this year, don't forget those in your circles who may be at high risk for infection and isolating at home. Drop off some tasty treats to these neighbors and friends. They will be grateful for your kindness!

Although 2020 has been a year of many changes and challenges, there is always something to be thankful for. Whether you are paying it forward or visiting virtually with loved ones, staying mindful of our many blessings is the best way to celebrate each day. Happy Thanksgiving!

4 Ways to Practice Gratitude

In November, we kick off the holiday season by giving thanks. But practicing an attitude of gratitude is not something we have to reserve just for Turkey day. Studies show that people who mindfully practice gratitude in their daily lives are healthier. Simply being mentally aware of all that you have, and feeling thankful for it can reduce your pain, improve your sleep, lower blood pressure, and just make you feel happier!

Here are four easy ways to give thanks every day of the year.

Step 1: Write it Down: The simple act of writing can help you focus on all that you have to be grateful for. A gratitude journal can help you focus on all your blessings. Taking a moment each day, either in the morning or the evening, to reflect on the good things in your life can be an uplifting way to start or end each day.

Step 2: Tell Others How Much They Mean: Our loved ones are our most important blessings in life, but we often don't take the time to let them know! Telling family and friends how much they mean to us is a simple way to improve their happiness level and your own! And don't forget to share your words of gratitude with people outside your social circle — including your mail carrier, hairdresser, landscaper and more! Once you start, you will be amazed at how many people make your life better.



Step 3: Count Your Blessings: Don't have time to write it all down? That's ok! Simply being aware of all the things you have to be grateful for each day will improve your mental and physical health. As you go about your daily activities, just be mindful of the little and big things around you that you might normally take for granted. With time, this practice will become a natural habit!

Step 4: Pay it Forward: Being a blessing in someone else's life can also be a blessing for you. Knowing that you have helped others in little and big ways, can increase your happiness and improve mental health. By giving back to friends, neighbors, and your community, you can help make the world around you a better place. It feels great to know that you will be part of someone else's gratitude list!

As you move through this month and look to the new year ahead, remember to focus on the myriad of blessings in your life, rather than looking at what you lack. You are sure to reap the rewards of a healthier and happier attitude of gratitude!

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Quail Park at Morrison Ranch

A Friend for Life

By Irmgard E. Main

After all these years, my doll is still with me.

Born in Germany in the 1930s, my family faced some hard times, but my parents somehow made it possible to buy me a doll for Christmas in 1940 during World War II.

She had pigtails of real hair and said, "Mama," and closed her eyes when you laid her down. She was 20 inches tall and dressed up in a beautiful dress, plus tiny socks and shoes.



Irmgard at 4-years-old with her doll, Annemarie, in Berlin, Germany in 1940.

My playtime was always with my doll, Annemarie — named after my babysitter and neighbor, a pretty, blonde teenager whom I admired greatly. I had Kaffeeklatsch — an informal coffee social gathering — with Annemarie and my girlfriend Helga, who lived above us in our apartment in Berlin, Germany.

A few years later in 1942-1944, my family and I had to run to the bunker before the bombs fell. I was very small, but I always had my doll in my arms. This was a comfort to me. And since we had no therapeutic help to heal, it was healing.

In 1976, my American husband Bob, retired from the U.S. Army after 20 years of duty and we lived in the United States. My parents came to visit us and my mother surprised me and gave me my doll back. She looked just as pretty, even after so many years of being absent from me. I gave her a place on our bed because my boys didn't play in that room.

The government moved us and they took good care of my doll, packing her carefully every time we moved.

We lived in Germany for a while, and in 1986, came back to the United States. But this time, my doll was 46-years-old. I cleaned her and her face cracked. I was so sad and I told my mom about it when we talked on the phone every two weeks. My mom said, "Don't worry, I will get her fixed again!" Germany had places called "Doll Doctors" who fixed old dolls.

My parents came for a visit and my mother took my Annemarie to Berlin in 1987. The years went by, and as is usual in life, lots of things happened. In 1991, my 55th birthday came around and my mom and cousin came to visit me.

My birthday present was my doll, with her original hair and new shoes. She was as good as new and got her spot back on our bed!

I lost my husband in 1994 and moved to Leisure World in 1997 for the sunshine, activities and security. To this day, my doll is still with me and looks young at 80 years of age. I am glad she is still by my side!



Irmgard still has Annemarie after 80 years.

-Irmgard E. Main is a Leisure World resident.

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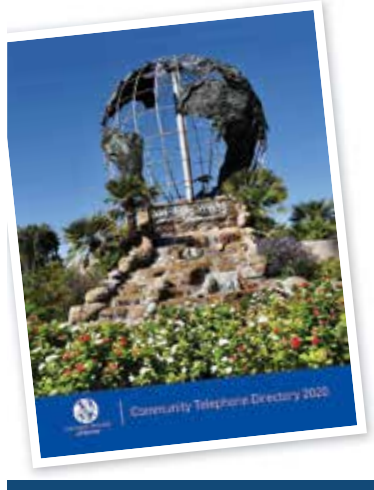


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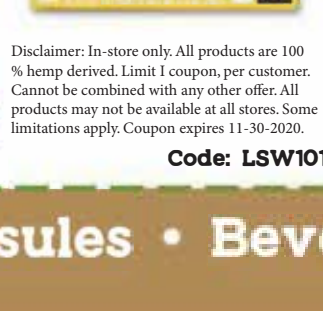
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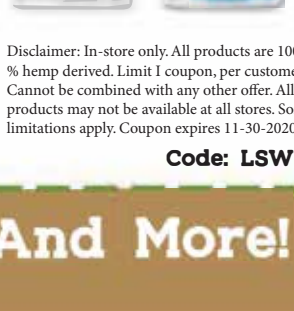


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Music and Dance Clubs

Casual-Aires

Submitted by Allen Cziok

The Casual-Aires dinner dance scheduled for November 21 is officially cancelled. As of October 9, Leisure World offices, club rooms and ballrooms remain closed.

Several of our Executive Committee and many of our club members reside in Canada. I do not foresee us holding an event if most of them do not return this season. The main consideration is having enough attendees to cover the cost of a band and Leisure World setup. I encourage snowbirds to keep Rick Guerrier or David Elkei aware of your plans.

Nonetheless, we will announce our decision for the events originally planned for 2021 in the December LW News. We will also inform currently paid members how refunds will be handled.

Stay healthy and safe! I look forward to being together again soon!



Leisure World Cloggers

Submitted by Joyce Loland

Do you think you might like to learn to clog? All beginner classes are free.

The first Friday in November we will start brand new beginner lessons from 12:00-12:30 p.m. Beginners who took lessons over the summer will dance from 12:30-1:30p.m. Intermediate 1 will be from 1:30-2:30 p.m. Intermediate 2 and 3 will meet from 2:30-4:00 p.m. and dancers may come any time they wish.

Dancers at any level can stay for as many sessions as they like. All classes meet in the classroom next to the Fitness Center. Clogging is great exercise! Everyone is welcome!

For more information, contact Fran Dusek at 602-684-9353.

Moonlight Serenade Dinner Dance Club

Submitted by Clarice and Joseph Chism

"COVID-19 Limbo" has affected our way of life and daily living. With social distancing, wearing masks and hand sanitizing, we ponder the future of gatherings.

Moonlight Serenade Dinner Dance Club officers will be meeting to discuss the 2021 agenda. With orchestras, food venue, dues, refunds, dates, limitations due to seating etc., we will work to make the best for our club members.

Please note: All club members will be notified by email with the status of the upcoming dance season. Look for an update in the November Leisure World News.

If you have any input or ideas, please send them to: moonlightserenade@cox.net.

Stay safe and healthy! We miss you all and look forward to gathering again soon!

Card/Game Clubs

Bunco

Submitted by Laura Krever

Our Bunco group meets the first Thursday of the month in the King Card Room. We play year-round and everyone is welcome to join us. We start playing at 6:30 p.m. Hopefully, our next Bunco night will be on Thursday, November 5, depending on when we can safely play in close proximity to one another.

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

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

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

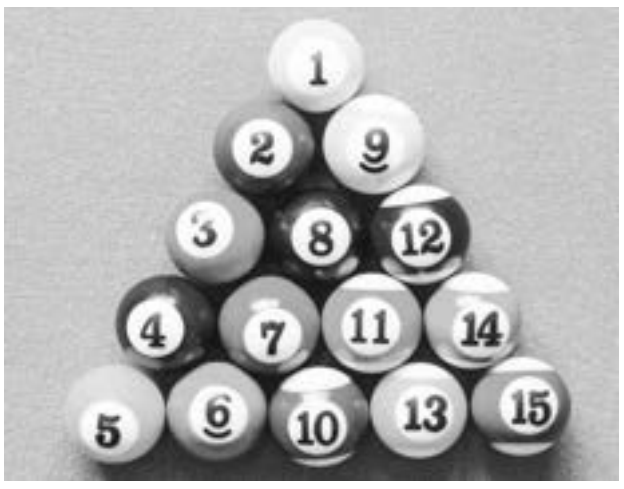
Thursday Morning Lady Billiard Players

Submitted by Carolin Lowy

We are an informal group that meets every Thursday morning at 8:30 a.m. for friendly games of pool. We welcome all players and all skill levels. The only condition is to bring your own cue stick. Play continues until 10:00 a.m., or longer if there is interest.

We have been able to gather since July. For all returning residents, rest assured, we wear masks and sanitize everything after we are finished playing. Please consider joining us!

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



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Sports Clubs

Gun Club

The first meeting of the new season will be on November 4 at 7:00 p.m. at the Rec. 1 Promenade. This is a very important meeting. We will be accepting nominations for 2021 club officers to be voted on at the December meeting. Also, please remember to bring three non-perishable items for donation to the food bank.

Sporting clays for will take place on the following Thursdays in November are the 5, 12 and 19 at Rio Salado. There will be no Sporting Clays on the November 26 due to Thanksgiving. The starting time will be 7:30 a.m. and the cost is $25 for 100 birds, or $13 for 50.

Target building will not take place this month due to COVID-19, but our Rimfire event will still take place on Wednesday, November 11 at Rio Salado Pistol Bay #2. Check your emails for a start time and any changes to the monthly schedule.

November's Practical Pistol event will be shot on Friday the 20.

A club luncheon will not be held this month due to COVID-19.

For any questions or information, please email Bob Clark at captsteptoe@gmail.com.

Lawn Bowling

Submitted by Tish Murphy

Active Aging Week was alive and well-attended at the Lawn Bowling courts. We had three instructors and 12 new attendees that had never rolled a bowl. We are a social club and believe everyone left with a smile on their face.

The most frequently asked question was, "Do we have to wear whites when we bowl?" The answer remains, "No, we do not wear whites except for tournament play." We are here for fun, and that's what we had.

Everyone who tried lawn bowling said they will return for lessons that will prepare them to join in the membership play. Lawn bowling is a great activity to be outdoors, meet new people, get some walking and bending exercise, and to have fun.

A big thank you to Dan Aicher for facilitating lawn bowling's two-day Active Aging event through the Fitness Center. Thank you to Bill Daley and Larry Brownell for assisting with our annual program.

We hope this activity is back to its normal schedule of Monday, Wednesday and Friday at 1:00 p.m. (a minimum of three games scheduled each week).

For more information, please contact Dan at 425-275-3842.

Tennis Club

Submitted by Sue Weber

East Valley Senior Tennis League (EVSTL) play is cancelled until at least January 2021 due to COVID-19. Our Tennis Club meeting is Wednesday, November 4 at 4:00 p.m. at the tennis courts pavilion.

Tennis Academy is scheduled to start Wednesday, November 11 at 1:00-3:00 p.m. at the tennis courts. The academy is open to all Leisure World residents and is designed for beginners to learn the game. We have rackets available if needed. Our annual Fall Tune-Up is on Saturday, November 14. This event is for Tennis Club members only.

For further information on either of these events, contact Marge Willadsen at willadsen@bvu.edu.

For all events we will adhere to Leisure World and USTA COVID-19 guidelines, particularly regarding social distancing and wearing masks to and from the courts.

Look for an announcement on The Post the first week of November.

See you on the courts!

For more information about joining the LW Tennis Club, go to our website at http://sites.google.com/site/lwtennisnew/ and click on the New Member link for information.

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Alzheimer/Dementia Support Group

Submitted by Vicki Noble

Many of us are caring for someone with dementia. Unfortunately, research shows that the stress of providing dementia care may cause decline in a caregivers' health and increases their susceptibility to disease.

If you are caring for someone with Alzheimer's disease or any type of dementia, you don't need to face this alone. You need information and reassurance. Our group offers the opportunity to connect with others who face similar challenges. We provide a supportive environment where you can share your questions and concerns. You will gain effective strategies to better manage daily challenges.

We meet in Leisure World every second Wednesday throughout the year. However, this year, the COVID-19 closures have affected our schedule. If Leisure World reopens, we hope to meet on Wednesday, November 11 at 10:00 a.m. in the Queen Card Room in Rec. 1.

For more information, contact Vicki Noble at 480-369-1466 or vicnal7@gmail.com.

American Association of University Women East Mesa Branch

Submitted by Shirley Davis

The American Association of University Women (AAUW) East Mesa Branch meets November through April on the first Wednesday of the month at 1:00 p.m. Membership is open to anyone holding an associate or equivalent (RN), baccalaureate or higher degree from an accredited college or university.

AAUW East Branch supports women by providing scholarships at Mesa

Community College and at Arizona State University, a national fellowship and local grants. In addition to regular meetings, AAUW members participate in several interest groups ranging from book clubs to public policy.

The in-person meeting scheduled on the Rec. 1 Promenade on October 21 was cancelled. Instead, members held an informational meeting via Zoom.

For more information about AAUW, please contact Betsy Flaten at 218-491-1777.

Ceramics Club

Submitted by Laura Krever

The Ceramics Club is now open on Tuesdays from 9:00 a.m.-12:00 p.m. in the Arts and Crafts Building. We hope to resume our Friday classes sometime in the fall. However, we have no date set for that at this time. Annual membership fee is $15.

We normally have an instructor two days a month. We haven't currently determined when these classes will resume. For now, our classes are open for members to work on their own projects.

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

Glass Club

Submitted by Kay Branaman Eakin

The Glass Club is for those who enjoy working with glass — stained glass, fused glass and mosaics.

The Glass Club meets on Mondays and Wednesdays in the Glass/Ceramics classroom. Since July,

we have been meeting from 10:00 a.m. to 2:00 p.m., but times may change as we accommodate more returnees.

Club membership is $30 a year with a $15 surcharge for those working with fused glass.

Due to COVID-19, attendance is limited to Glass Club members. Contact Kay Eakin at 480-641-8719 or email eakin1@cox.net with the planned date of your return so that we scan organize space for our members. We request that upon arrival to Leisure World, you quarantine for two weeks prior to coming to class.

If you are not a Glass Club member but have previous experience with stained, fused or mosaic glass,

contact Kay. Your name will be placed on a list for admission to the Glass Lab depending on space availability.

The classroom is sanitized each day before and after class. We request that you wear a mask. There will be no scheduled instructional classes until January at the earliest.

Jewelry/Lapidary Club

Submitted by Colleen Bodnar

Bear with us. We are all waiting for Leisure World to reopen the clubs. Our meetings and classes will resume once the clubs reopen.

We are all hoping our members and their families have not contracted COVID-19. We also hope everyone is staying safe, wearing their masks and social distancing.

Jewelry and Lapidary are allowed to have five members and one monitor in the room at any time.

If you wish to work in the shop, please make an appointment by contacting Judy Barnes at barnesjmcc@cox or call 480-985-5760.

Leisure World Art Association

Submitted by Pat Billingsley

The Leisure World Art Association (LWAA) will hold its next monthly meeting on Thursday, November 12 at 3:15 p.m. A regular board meeting is held the first Thursday of the month at 3:15 pm on November 5. All meetings will be held via Zoom or on the Rec. 1 Promenade.

The LW Art and Photography Studio has had a recent facelift. We would like to share it with our members and the Leisure World community.

We are hosting an open house and art walk on Saturday, November 14 from 1:00-3:00 p.m. in the Art Studio and on the Rec. 1 Promenade.

Social distancing and masks are required for the Art Walk. All art by LW Art Association members will be priced to sell. Buy with check or cash.

Please sign up and join the LW Art Association for this year and next year 2021. Membership is free for all those who sign up before Jan 1, 2021. Membership



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forms can be found outside the Art and Photography Studio. A membership form will also be published on The Post.

Come share our exciting new studio and the talent of our artists!



Leisure World Christian Fellowship

Submitted by Mary Louise Hendricksen

On Thursday November 5, the Christian Fellowship Bible Study will begin its 38th consecutive year. This is a non-denominational Bible study for men and women that meets every Thursday from November through April.

This fall, we will be meeting on the Rec. 1 Promenade with everyone required to wear a mask and keep social distance. The class will meet from 9:30-11:00 a.m. This year, we will be doing an in-depth study on the Book of Psalms. BYOB – bring your own Bible and come and join us!

For more information, contact Mary Louise Hendricksen at 480-832-2507.

Leisure World Community Theatre

Submitted by Denise A Haala

For centuries, the "theatre of life" has been symbolized by a pair of masks – tragedy and comedy. The tragedy mask reminds us of the inevitable fear, sadness and loss we all experience. Comedy is a counterpoint, embracing humor in the human condition. COVID-19 and social/political issues have provided many opportunities to don the tragedy mask. But the comedy mask is still there. So, here are some chuckles!

1. "All of us look like Yoda with our masks – ears ready to fly!"
2. "So, you're staying inside, social distancing and cleaning yourself. Congrats! You've become a house cat."
3. "This virus has turned us all into dogs. We roam the house looking for food. We're told "no" if we get too close to strangers. And we get really excited about car rides and walks."

LWCT is planning a virtual event to replace our February live comedic production. We are focusing on real life in our Leisure World community – stories of humor during this pandemic.

You are all invited to share your stories and ideas.

If you want to participate in this production, please contact LWCT President Denise Haala at 224-805-7885 or denisehaala@gmail.com.

Leisure World Computer and Technology Club

Submitted by Frank Jacoby

Are you taking advantage of today's computer and technology capabilities? Do you want to stay informed on current technology and everything available? Do you have knowledge you are willing to share?

We encourage the acquisition and sharing of computer and technology knowledge among Leisure World residents. We pursue computer basics, tablets, smart phones, favorite apps, streaming, digital books, genealogy, home automation, wearable technology, security, online banking/investing/shopping and Skype/Facetime/Zoom. Additionally, we operate a fully equipped on-site computer lab here that we hope reopens soon.

Our regular weekly Monday morning meeting from 8:45-10 a.m. resumes on November 2 via Zoom. We anticipate meeting live concurrently with our Zoom broadcasts in the Rec. 1 Ballroom when it becomes safe.

Due to the pandemic, we have suspended $10/year dues for current and new members until fall 2021.

Prior to each meeting, members will get an email with Zoom link. If you would like to join and/or help as a volunteer, please email your name, manor number, email address to frankjacobyassoc@aol.com. We need volunteers to help the club achieve its purpose. You don't need to be a technical guru to join in!

Leisure World Democratic Club

Submitted by Ruth Crook

My fellow Democrats, sadly, we continue with the coronavirus. We have lost more than 250,000 souls in the United States. Be safe and remember to wash your hands and continue wearing your mask.

Due to COVID-19, I have postponed our meetings until January 2021.

I want to thank everyone who helped get Democratic signs, literature and met their neighbors. We can be proud we all came together for one great cause to save our constitution. God bless America!

In anticipation, I have reserved Rec. 1 Ballroom to celebrate the inauguration. Further information will be forthcoming. I look forward to exciting times as we continue to grow our club. We will be working on increasing our membership.

All those who did not pay their dues for 2020 have been forgiven Dues will be collected for 2021. You can pay Lou Krenz Treasurer at manor 858 or call him 217-440-5568.

I have nominated Terri Helgerson as Vice President. She was introduced at our October Board Meeting.

At this writing we still don't know who our next president will be, but fingers crossed.

Leisure World Investment Club

Submitted by Frank Jacoby

Are you making the right investment moves for your retirement? Discover fresh ideas for your retirement portfolio, bounce ideas off others and experience an entertaining and social way to build your nest egg.

The purpose of the Leisure World Investment Club, founded in 1987, is to educate members about investing in the stock market and to invest the assets of the partnership for the benefit of members. Every meeting includes an educational component. Members also enjoy access to the resources and benefits derived from our affiliation with myICLUB and Better Investing.

We meet the second Wednesday of each month from October to April at 1:00 p.m. Our next meeting November 11 and subsequent meetings will be held virtually until we can return to the theater. Members receive an email with a link to be used in connecting to our virtual meetings.

Non-members and new members are always welcome and should email frankjacobyassoc@aol.com in order to receive a link that will permit entry into the meeting.

Let's Do Something

Submitted by Betty Pagano

Ladies and gentlemen! We are back and we missed you! We hope you had a great summer talking to or painting your walls three or four times. Most importantly, we hope you connected and bonded with your family and spouse!

Let's Do Something is a group of adults getting together on the first Monday of the month. We host your food with your friends, family, neighbors and anyone else you wish to invite. We bring a dish to share, our plates and silverware. We enjoy each other's company, meet new friends and experience some awesome entertainment.

If Leisure World is open, we will meet in the Rec. 1 Ballroom. If not, we will invade the Promenade for an outdoor picnic. Please wear a mask until you are seated.

Our entertainment this month, we will have the best! Gene Mann will serenade us with his repertoire of songs! Gene lives in Leisure World but was born in American Samoa in the South Pacific. One of six children, Gene came to America to tour, singing and entertaining people across the country.

For more information, contact Charlotte McLaughlin at 480-476-6007 or Vicki Noble at 480-369-1466.

LW Metaphysical Club

Submitted by Glenda Pearson

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

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

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

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

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

Leisure World PEO

Submitted by Gayle Butler

The Leisure World PEO Group will have a Meet and Greet on Friday, November 6 at 9:00 a.m. at the Rec. 1 Promenade. Those attending are asked to bring their own drink. The committee of Marta Troutman, Anita Stevens, Eunese Roberg and Peggy Stein will provide light refreshments. Please let one of the committee members know if you will be attending.

A BIL is planned for Monday, November 9 from 5:00-7:30 p.m. on the Promenade with BYOB. The cost to attend is $5 per person. To make a reservation, please call committee members Galene Sobolik, Sandra Lackore or Jane Triplett.

For more information, call President Judy Ruth at 480-284-6854.

Leisure World Quilters

Submitted by Carol Stickling

Due to COVID-19 and Leisure World guidelines, we are not meeting on a regular basis. We had two meetings in October, but we are only allowed 12 members at any meeting.

We will be having our fall luncheon on the Rec. 1 Promenade on November 5. The luncheon will be catered with a maximum number of 28 members. Please call Merrily Strom at 480-699-9352 and reserve your place.

We do not have a definite plan, so as things change, we will add more to the agenda. When we can use the Rec. 1 Ballroom, we will start sewing again.

Dues can be paid anytime and are $10 per year. We accept cash and checks can be made out to Leisure World Quilters and mailed to Linda Phar at 2125 Leisure World, Mesa, AZ 85206.

Our wish to all: May your bobbin always be full!



Leisure World Rovers

Submitted by Henry Percy

Leisure World Rovers is a club for RV owners, recreational vehicles and outdoors enthusiasts. We normally meet the first Monday of the month from November through March in the Hopi/Pima Room in Rec. 2. We also plan at least one trip per month. Due to COVID-19, there were no meetings and trips planned for 2020-21. Hopefully, our first meeting will be the second week of January 2021. This is a slight deviation from the first Monday. We will provide more details once known.

There will be meetings in February and March on the first Monday of the month. There are trips being planned in the New Year. Our end of season Round Up will be in early April. All of this is subject to change, depending on the pandemic. If you are not a member, but may want to join, please attend one of our monthly dinner meetings. Note that the board has suspended club dues for the current 2020/21 season. So, if you enjoy good food, good company and want to learn more about RVing, join the LW Rovers!

For more information, contact Henry Percy at 408-823-9891 or hpercy@verizon.net .

CLUBS *continues on page A33*

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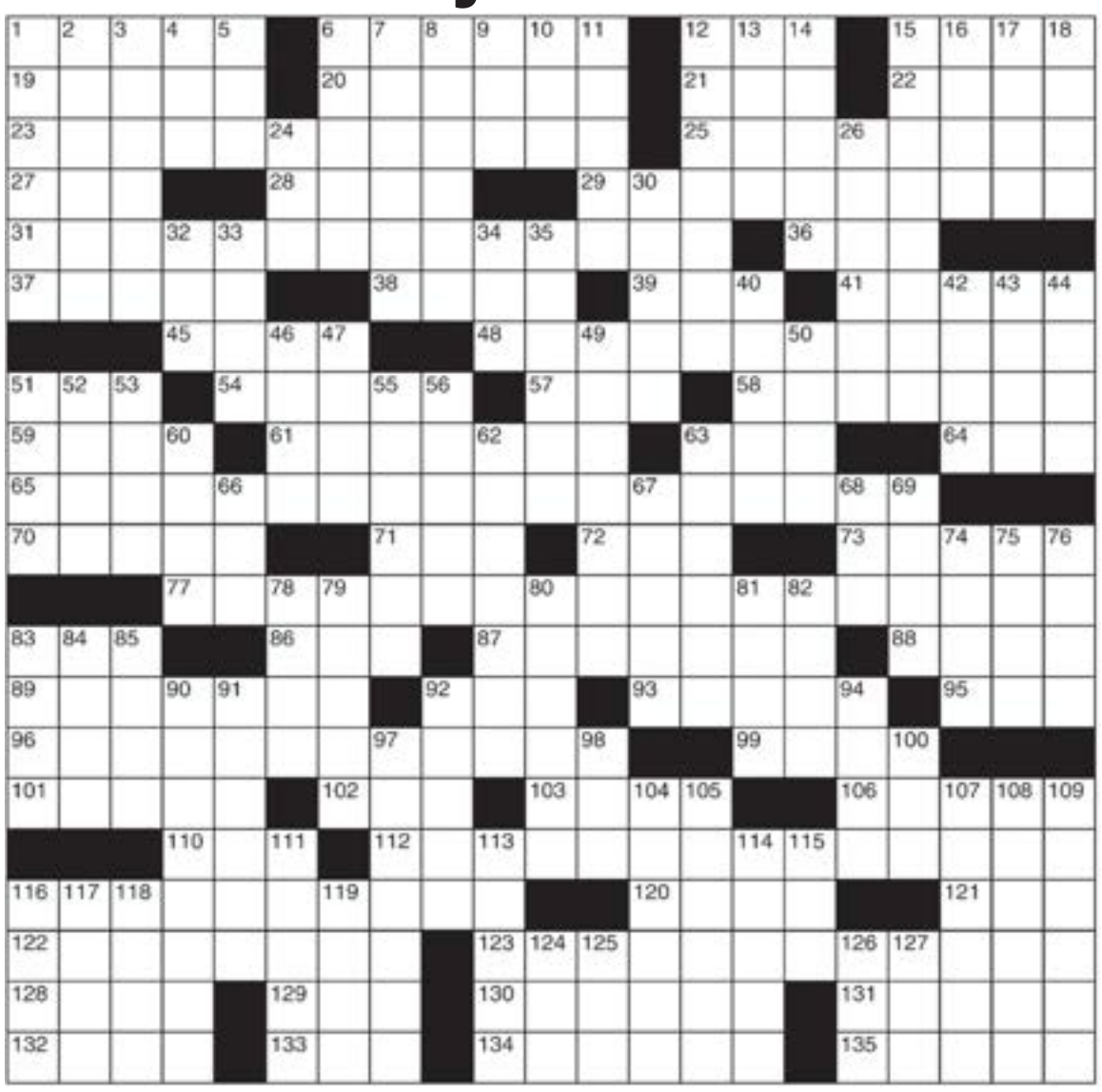
ACROSS

1 Wash with vigor
6 Not there
12 Melancholy
15 Aspirin, e.g.
19 "Petunia" star Birch
20 Many a Giotto work
21 "Woo- --!"
22 Wee amount
23 Suit fitter in a California city?
25 Holding the attention of
27 Seat winners
28 "Breezy" co-star Kay
29 Boys and men from an Oregon city?
31 Michigan city whose residents are a bit more eccentric?
36 Jacuzzi sigh
37 Swirly letters
38 Popular cookie
39 Hamm on a soccer field
41 Actor Hill of "Moneyball"
45 Denounce
48 Plundered an Ohio city?
51 Big lug
54 Judd of song
57 L-P middle
58 "Renegade" star Lamas
59 Hay bundle
61 Setting of "Anne of Green Gables"
63 Yang partner
64 Mouse-spotting cry
65 Painting exhibitor on wheels in a Maryland city?
70 Sphere
71 Sphere
72 Debt memo
73 Green shade
77 Pennsylvania city with a big population of forefathers?
83 Sussex loc.
86 Pale --
87 One making a change
88 Palo --
89 Piano relative
92 24-hr. cash convenience
93 Runoff conduit
95 Part of LAPD
96 Includes an Arizona city in the tally?
99 Noah's Ark groupings
101 Military foe
102 Cleanup org.
103 Not distant
106 Electric car maker
110 Sprite
112 Speak badly of an Illinois city?
116 Off-Broadway awards whose winners hail from an Idaho city?
120 Film director Reiner
121 Thurman of "Jennifer 8"
122 Illumination
123 Warehouse vehicle produced in a Texas city?
128 First-aid gel
129 -- -di-dah
130 Negative battery poles
131 City close to Minneapolis
132 Antarctic explorer Richard
133 Perch
134 Compounds in explosives
135 Perch

DOWN

1 Big step
2 Casual slacks
3 Scorches
4 Net address
5 Baseball club
6 In pursuit of
7 "The Chase" star Marlon
8 One nabbing something
9 Immigrant's class, in brief
10 Sgt., e.g.
11 Body trunk
12 Collielike pooch
13 Top-grade
14 Firm belief
15 Do some excavating
16 Make turbid
17 With 105-Down, eclectic digest

City Scramble



18 Comics' acts
24 Corrida cry
26 Three-sharp musical key
30 "We -- please!"
32 Actor Knight
33 "No man -- island"
34 Phone no.
35 Lodger
40 Impromptu
42 Goose of Hawaii
43 Timber-dressing tool
44 Boxing blow
46 Counterpart of "sir"
47 De -- (afresh)
49 Slanting
50 R&B's Braxton
51 "SOS" group
52 Jack of early talk TV
53 Model Macpherson
55 Melancholy
56 Like argon
60 Smoky peak in Sicily
62 Rodents in research
63 Lionel Richie hit of 1983
66 Actor McShane
67 Lawn pests
68 Mauna --
69 "Lohengrin" heroine
74 "-- turn up eventually"
75 Executive "no"
76 Greek Cupid
78 Tigers, e.g.
79 Make glad
80 Biscotto nut
81 Creek critter
82 Work detail
83 Latin "Behold!"
84 Gas in signs
85 Pasting stuff
90 Snared
91 Surgical probe
92 Without -- (worry-free)
94 College military gp.
97 On edge
98 Modern, in Mannheim
100 Island locale
104 Consent (to)
105 See 17-Down
107 Atelier
108 Units of light
109 Noah's Ark landing site
111 Thwarts
113 Lion of C.S. Lewis' "Narnia" tales
114 Metal waste
115 Em preceder
116 Blurt out the secret
117 Grease-filled
118 Monster film lab helper
119 -- B'rith
124 Songwriter DiFranco
125 "Baloney!"
126 Above, in odes
127 Bustle

Sudoku

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

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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.

Puzzle Answers



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

Word Search

Thanksgiving

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

NOVEMBER
TURKEY
STUFFING
HAM
PUMPKINPIE
CRANBERRIES
POTATOES
PECANPIE
PILGRIMS
THANKFUL
MAYFLOWER CORN
DINNER
FAMILY
FOOTBALL
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NATIVEAMERICANS
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BLACKFRIDAY
SHOPPING

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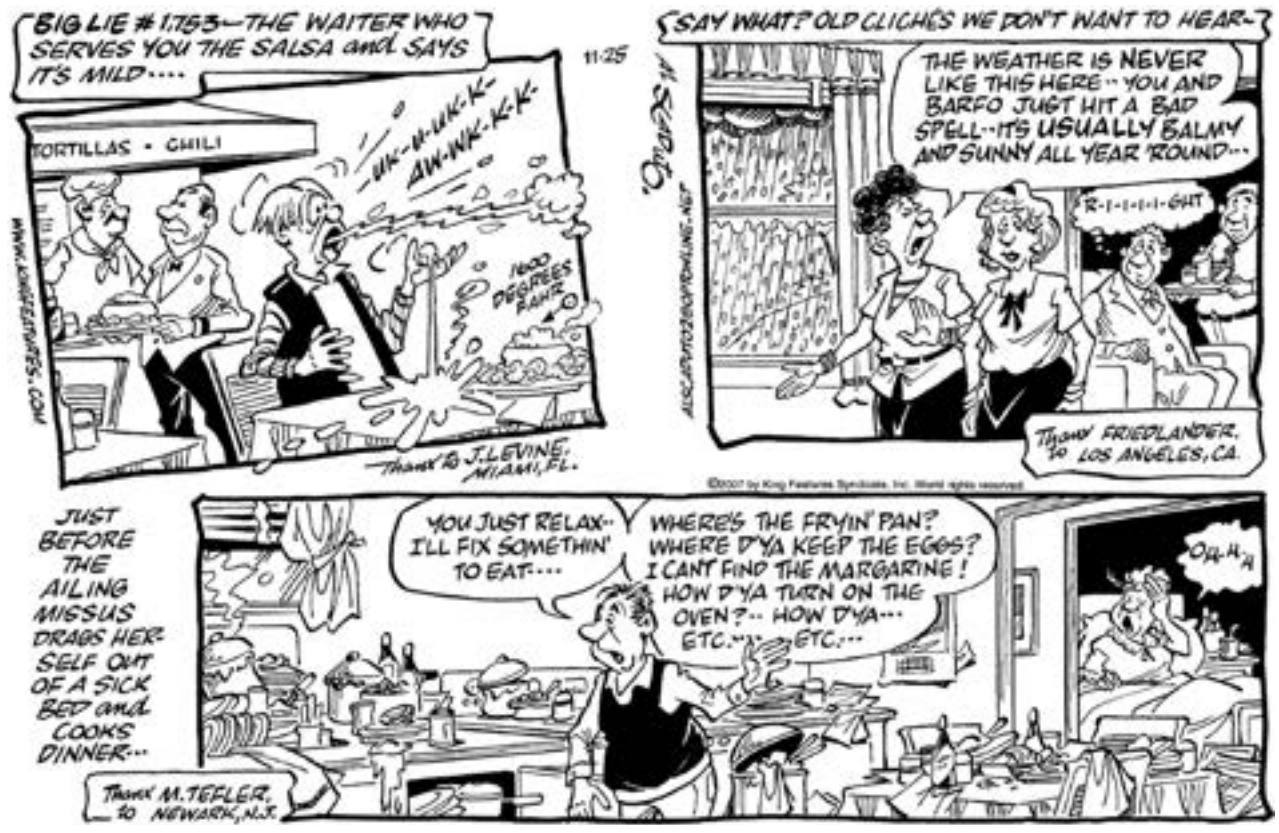
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"I'll be up when you get home... cleaning my gun."

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ASTROLOGY

November Horoscope

ARIES (March 21 to April 19) You might be growing impatient with a situation that seems to resist efforts to resolve it. But staying with it raises the odds that you'll find a way to a successful resolution.

TAURUS (April 20 to May 20) Travel and kinship are strong in the Bovine's aspect this week. This would be a good time to combine the two and take a trip to see family members for a pre-holiday get-together.

GEMINI (May 21 to June 20) A colleague could make a request you're not comfortable with. If so, say so. Better to disappoint someone by sticking with your principles than disappoint yourself if you don't.

CANCER (June 21 to July 22) The Moon Child's ability to adapt to life's ebbs and flows helps you deal with the changes that you might confront at work or at home, or both. Things settle down by the week's end.

LEO (July 23 to August 22) It's a good week for Leos and Leonas to get some long-outstanding business matters resolved. Then go ahead and plan a fun-filled family getaway weekend with the mate and the cubs.

VIRGO (August 23 to September 22) A possible workplace change seems promising. If you decide to look into it, try not to form an opinion on just a small part of the picture: Wait for the full image to develop.

LIBRA (September 23 to October 22) A newcomer helps keep things moving. There might be some bumpy moments along the way, but at least you're heading in the right direction. You win praise for your choices.

SCORPIO (October 23 to November 21) You could be pleasantly surprised by how a decision about one thing opens up an unexpected new option. Also, assistance on a project could come from a surprising source.

SAGITTARIUS (November 22 to December 21) With more information to work with, you might now be able to start the process that could lead to a major change. Reserve the weekend for family and friends.

CAPRICORN (December 22 to January 19) This could be a good time to begin gathering information that will help you turn that long-held idea into something substantive. A personal matter might need extra attention.

AQUARIUS (January 20 to February 18) That new challenge might carry some surprises. But you should be able to handle them using what you already know. That new supporter should be there to lend assistance.

PISCES (February 19 to March 20) Someone might be trying to disguise his or her true motives. But the perceptive and perspicacious Pisces should have little or no problem finding the truth in all that foggy rhetoric.

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Clubs continued from page A27

Music Therapy Class

Submitted by Vicki Noble

Join our Zoom Music Therapy class each Friday morning from 10- 11:30 a.m. If you are a caregiver for a loved one who has dementia such as Alzheimer's, Lewy Body or frontal lobe, of if Parkinson's is an issue, please join us together online for a very uplifting, fun-filled class of singing old favorites with Sun Joo Lee, our delightful music therapist.

As we sing songs, we remember that music is soothing to the soul and something our loved ones still enjoy. Please invite friends who are caregivers to join us with their loved ones each week in the comfort of their own homes for a special experience. There's nothing like singing together and getting to know some new friends in the group. You may find a friend you already know singing with us!

If you want to join us, please email or call Vicki Noble and provide your email address. She will provide the Zoom link to you each week. All you have to do is click on the link at 10:00 a.m. each Friday, to be a part of our group.

For more information contact Vicki at 480-369-1466 or vicnal7@gmail.com.

Leisure World Photography Club

Submitted by Bob Bennett

Due to COVID-19, the Leisure World Photography Club will continue to meet on Zoom until further notice. The link for the recurring meeting has been provided in advance to all members in good standing. The meetings will be recorded with the link published on our website along with a copy of the presentation for members unable to attend.

For November 7, the Weekly Challenge is "Something Noisy" and the Monthly Challenge for November is "Birds." The Weekly Challenge for November 14 is "Fast Shutter Speed." On November 21, the Weekly Challenge is "Transportation." The Weekly Challenge is due by noon on the Friday prior to the meeting, either electronically to bob@bobbennett.net or by thumb drive in the lockbox at manor 2312. Make sure you include your name and topic.

All November meetings will feature a lesson from our new series: National Geographic Fundamentals of Photography II. We are dark on November 28 in celebration of Thanksgiving.

The Leisure World Photography Club meets each Saturday (October-March) from 10:00-11:30 a.m. via Zoom. The dues are only $10/person or $15/manor (per season).

For more information or to join our club, visit https://www.lwphoto.club/.

San Tan Investment Club

Submitted by Shelly Begel

The San Tan Investment Club is a partnership consisting of Leisure World residents 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.

It has been a tumultuous year in the stock market. Our portfolio has done well, gaining 24% year-to-date, as of mid-October. We will have to wait to see what comes next!

During the winter season, the club meets every third Thursday of the month at 9:30 a.m. Our next meeting is on Thursday, November 19. We will have a safe meeting for members in Arizona and are extending our invitation to out-of-town (and out-of-country) members and residents of Leisure World.

Come join our Zoom meeting to see how this club works. Zoom link information will be available before the meeting date.

See you zoon!

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

Twiddlers, Friday Morning Knitters and Crocheters

Submitted by Carolin Lowy

We meet every Monday and Friday morning from 9:00 a.m. to 11:00 a.m. in the Queen Card Room. We follow the guidelines of one person per table, all wearing masks and washing our hands upon arrival. All levels are welcome!

For those returning to Leisure World, please note we have been successfully meeting since early July and enjoy creating and the friendly conversations that everyone partakes in.

Please note: Since most of our projects are for items donated to local charities, all donations of yarn are greatly appreciated. Do you need help with a project? If so, one of us will be happy to help!

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

Wisconsin Club

Submitted by Robin Dougherty

Unfortunately, we continue to deal with the coronavirus. The Leisure World Wisconsin Club was hoping to have our first gathering in November, but sadly, we will not.

We are hoping to be able to meet in January 2021 at the Rendezvous Café, for social and dinner with our fellow Wisconsinites. If Leisure World is still closed, we plan to meet at the Rec. 1 Promenade outside the Ballroom.

We will send out an email to Wisconsin Club members in early January and submit details in the January LW News. Stay safe and healthy!

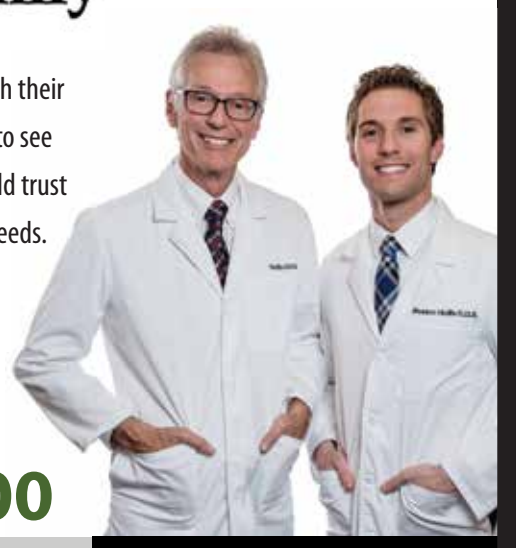
For more information, contact Terry Evans at 920-918-7335, Cyndy Huxford at 920-680-5129 or Robin Dougherty at 715-432-0962.

Got News?

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

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Simple Pumpkin Soup



The pumpkin could easily be the official mascot of the fall season! Between September and November, this iconic orange gourd can be found in everything from cookies and bread to lattes and pies. It lends a spooky atmosphere to our front porch when we carve it up, Jack-O-Lantern style, but it also reminds us of the gratitude we all feel for a bountiful harvest season.

If you are looking for a filling and finger-warming cup of soup as temperatures cool off around the Valley, look no further! Our simple pumpkin soup recipe makes a great weeknight main dish or a savory starter for your Thanksgiving feast!

Ingredients:
1/2 cup onion
3 tbsp butter
2 cups canned pumpkin
1 tsp salt
1 tbsp sugar
1/4 tsp nutmeg
1/4 tsp ground pepper
3 cups chicken broth

Optional toppings: 1/2 cup half-and-half or heavy cream. For a sweeter flavor, drizzle with maple syrup, or for more exotic notes, sprinkle with curry powder. For a heartier meal, add roasted or sauteed chicken cubes. For a festive garnish, top each bowl with toasted pumpkin seeds!

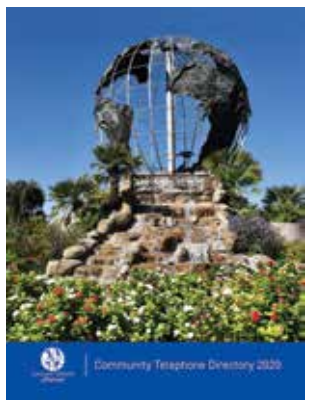
Steps:

1. Chop the onions and brown in the butter. Stir in pumpkin, salt, sugar, nutmeg, and pepper. Slowly add the chicken broth and heat thoroughly, but do not boil.
2. To serve, pour into a pretty soup tureen or individual bowls, and swirl the cream on top. Makes four to six small servings and can easily be doubled to serve a crowd. It reheats and freezes well and can be made a day or two ahead of your celebration. Just pop it in the microwave for less stress!

** Be sure to use plain pumpkin- not pumpkin pie filling for best results.*

Pumpkin is rich in vitamins, fiber, and antioxidants, making it a healthy and tasty addition to your diet. We hope that our simple pumpkin soup will be a heartwarming addition to many crisp and cozy fall evenings!

2021 Leisure World Telephone Directory



Do you want to be in Leisure World's 2021 Telephone Directory? If so, please get us your information by Monday, November 9!

How? It's easy! If you were in the 2020 Leisure World Telephone Directory and your information hasn't changed and you want to be in next year's edition, you are off the hook and don't need to do anything.

But if your **phone or manor number has changed**, we need to know. Simply fill out Form #6 either in person at the Administration Building or online by going to:

https://residents.lwca.com/community-resources/forms/telephone-number-notification/

When filling out the form, please be remember the following:

- Fill out all sections of the form, even if there is only one change.
- Include area code when providing phone number
- If filling out a paper copy of the form, please remember to sign.
- If filling out an electronic version, please remember to hit the "Submit" button.

For any questions, please contact the front desk at reception@lwca.com or 480-832-0000 ext. 101.



Every day, over 2,100 children die from water-related disease – but we can change that.
A water well, will provide means of assistance to the Kenya people in order to keep their bodies clean and free from diseases, and restore dignity and meaning to impoverished lives.

In 2018, an estimated 272,000 children died of malaria before their 5th birthday.
Although the numbers are decreasing, children are still dying. Malaria is a life-threatening disease transmitted to people through the bites of mosquitoes.
It is preventable and curable.

In 2002, Pastor Hnery Nyamweya, and his wife Eunice, founded Calvary Restored School in the slums of Kaptembwa, Nakuru. Starting with 15 children, today our school has over 300 students. Our students have gone on to be successful and are making the world a better place.

Clean water, reliable toilets and good hygiene are what keep us all healthy. They should be a normal part of daily life for everyone, everywhere – but they aren't. We're working to be a in a position to change that.

Every child should have a chance at a normal life. Some children have never had a regular supply of clean drinking water. They go to bed hungry. But together, we can bring relief and comfort.

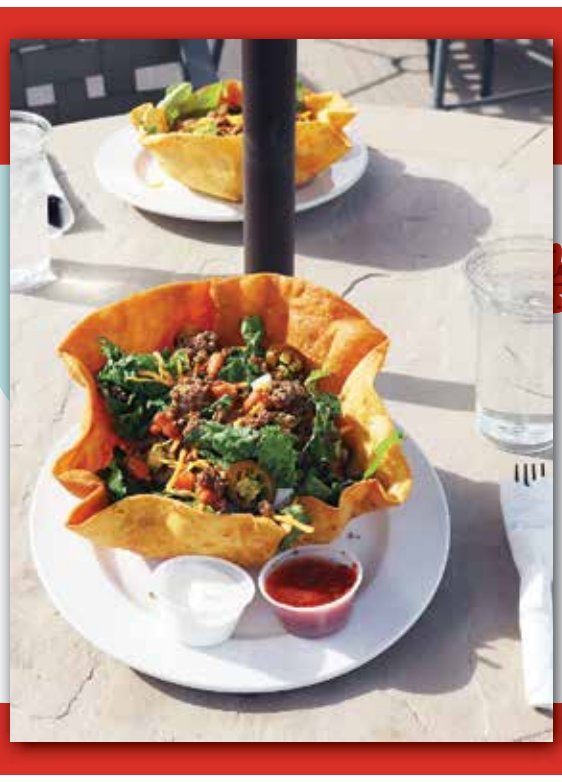
One World. One Vision. One Mission.

Transforming lives and changing communities

Jacob's Well Project exists to transform lives and change communities in the poorest places on earth. Our strength is on-the-ground project implementing and focusing on health, hunger, clean water, poverty, and education. Our vision is to see God transform lives and empower the people as we serve to build thriving communities. Our mission is simple: train, equip, and support local leaders to make a difference in their nation. Our goal is to transform lives, impacting generations and changing communities.

Go to our website *WWW.JACOBSWELLS.COM* for more information and to donate to this Nonprofit Organization

Rendezvous Café



Fish Fry Fridays
Take Out Only
from 4 to 6 p.m.
Call ahead to place your order.

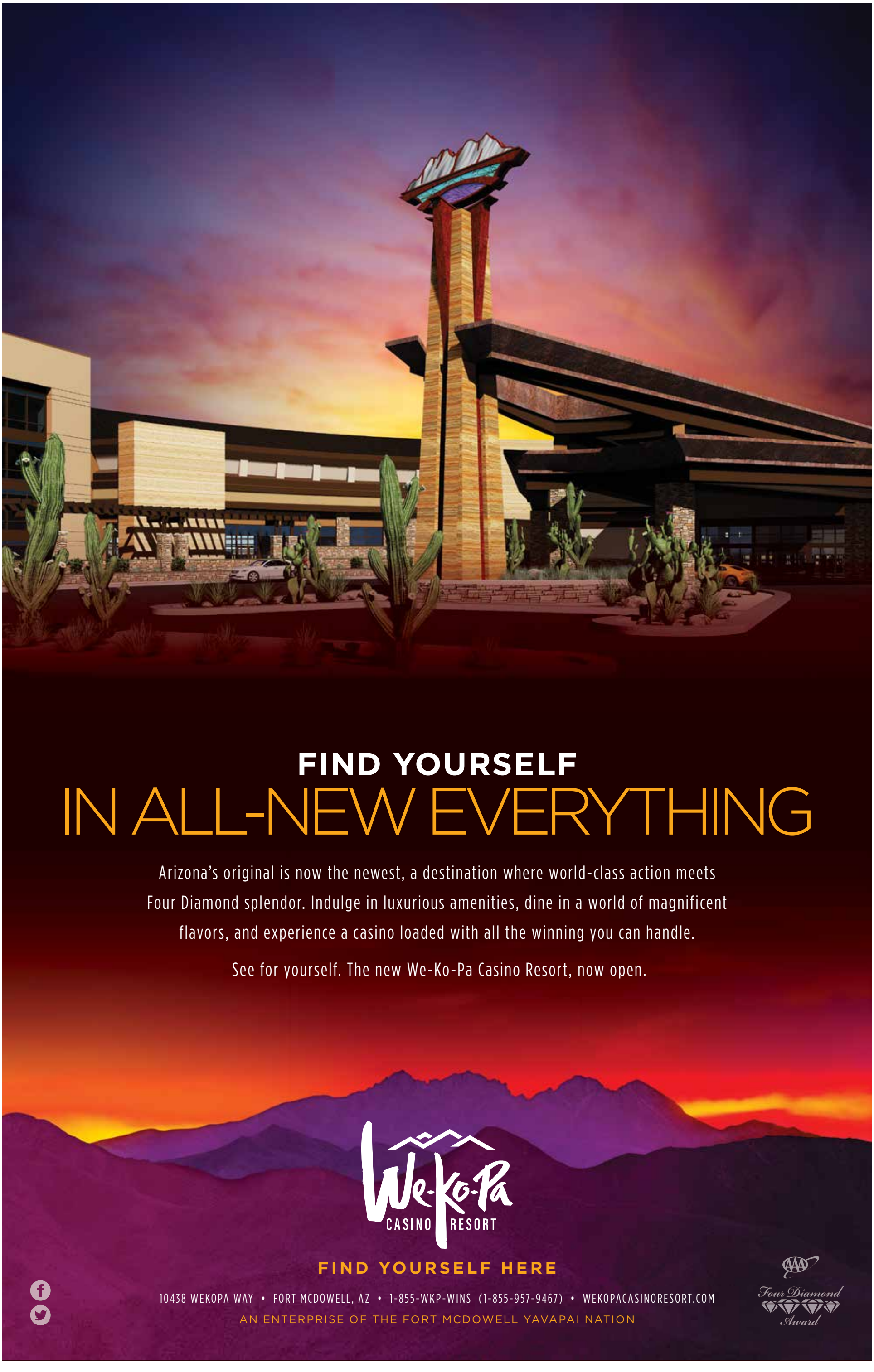
Daily Specials

Meatloaf Monday	$7.50
Sloppy Joe Tuesday	$7.50
Fried Chicken or Liver & Onions Wednesday	$7.50
Pot Roast Thursday	$8.00
Fish Fry Friday	$8.00



Hours: Mon-Fri 7 a.m.-2 p.m.
Phone: 480-431-1826

The Café is open for breakfast and lunch.


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Brookdale East Arbor
Assisted Living
6060 East Arbor Avenue
Mesa, Arizona 85206

Brookdale East Mesa
Alzheimer's & Dementia Care
6145 East Arbor Avenue
Mesa, Arizona 85206

Brookdale North Mesa
Assisted Living
Alzheimer's & Dementia Care
2122 East Brown Road
Mesa, Arizona 85213

Brookdale Springs Mesa
Independent Living
Assisted Living
6220 East Broadway Road
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Leisure World

LIFESTYLE

Recreation, Wellness and Golf



Maintain Don't Gain Pot
Page B10

Skin Cancer Awareness
Page B16

Neuropathy Options
Page B17

COVID-19 Update: As of Nov. 2, guests and children will be allowed to participate. Note: All indoor Recreation events require COVID-19 screening and face masks.

Groove it Out at Community Dance Parties!

Reserved tickets are on sale now in the Rec. Office and include soda, water, ice and cups. Fresh popped popcorn just two for $1. Sponsored by RE/MAX Classic! Don't wait to get tickets! Due to social distancing, seats are reduced! Please do not participate if you are having any COVID-19 or flu-like symptoms. Prior to entry, you will be screened at the door. Masks required.

Outside the Line



Hooray! We are finally back indoors and you will be stepping out on the dance floor with one of the Valley's most popular dance bands, **Outside the Line**.

From Motown and oldies to today's popular songs, they are sure to bring a little fun into your life! This group is known for one of the best vocal lineups the state has to offer!

Date: Thursday, November 5
Time: 7:00 - 10:00 p.m.
Place: Rec. 2 Hopi/Pima Room
Cost: $10 per person advance ticket or $12 at event

Rhythm Edition



Since 1990, **Rhythm Edition** have been entertaining Glendale and surrounding areas. Band leader Dennis Fike and his team of professional musicians provide a wide range of musical styles. Playing all your favorites from Motown to rock, oldies to Top 40, and even some line-dancing songs.

Date: Thursday, November 19
Time: 7:00 - 10:00 p.m.
Place: Rec. 2 Hopi/Pima Rooms
Cost: $10 per person advance ticket or $12 at event

Johnny K & Kompany



Join us for a final farewell to Johnny K who's "singing his last songs" for Leisure World before retiring in 2021. **Johnny K & Kompany** are a popular band with an unforgettable vibe that takes you back to yester-year, playing all the music that brings back great memories.

Dance to the greatest hits of the 50s and 60s, plus the best of the standards like "Stand by Me," "Unchained Melody," "Rock Around the Clock," "Splish Splash," "Proud Mary," and more!

Date: Thursday, December 10
Time: 7:00 - 10:00 p.m.
Place: Rec. 2 Hopi/Pima Rooms
Cost: $10 per person advance ticket or $12 at event

Honor Our Veterans



Come out to pay tribute to the men and women of service this Veterans Day. There will be entertainment and all veterans will receive a goodie bag, drink and gift of gratitude from our sponsors, Copper Star Home Medical Supplies and BrightStar Home Care!

Thank you for your service!

Date: Wednesday, November 11
Time: 11:00 a.m.
Place: Promenade
Cost: Free!
Deadline: Friday, November 6

Please sign up at the Rec. Office at 480-832-0000 ext. 209.

Turkey Trot with a Twist



Join us for the Turkey Trot 2020 with a twist. This event will allow you to walk/run an untimed 1, 2 or 3-miles route with or without your pooch.

That's right, you are going to walk your dog anyway, so why not walk for a charitable cause.

Fifty percent of the registration proceeds will go to the National Center for Missing and Exploited Children. Their mission is to help find missing children, reduce child sexual exploitation and prevent child abuse. For more information, visit www.missingkids.org.

You can choose your own start time between 7:00 - 9:00 a.m. but must complete the run/walk by 11:00 a.m.

The run/walk will be along Leisure World Blvd. with 1 and 2-mile turnaround locations along the route and the 3-mile turnaround at Rio Salado.

Date: Wednesday, November 25
Place: Start at the Tennis Courts
Start Time: 7:00 - 9:00 a.m.
Complete By: 11:00 a.m.
Registration: $25 per person

To register, call the Fitness Center at 480-832-0000 ext. 212.

Activity Fair: Zoom Edition

We have good news! After a summer of "lockdowns," we look forward to some openings! In preparation for this event, we are sponsoring an Activity Fair via Zoom.

Leisure World has over 100 clubs and organizations. Each club has five minutes to show you creative items, perform or simply describe their activities. Do not miss your chance to hear about fun ways to enjoy your time in Leisure World.

Join this entertaining Zoom meeting!

Date: Monday, November 9
Time: 1:00 p.m.
Place: via Zoom at https://us02web.zoom.us/j/84370717569



Leisure World

Recreation Department

Zoom Tour and Travel Show



Join us online for an educational and entertaining presentation about trips from around the corner to around the world! With a chance to win prizes!

Date: Thursday, November 12
Time: 12:00 p.m.
Place: Online via Zoom

RSVP in the Recreation Office or call 480-832-0000 ext. 207.

Thanksgiving Gobble To-Go!

Take advantage of not cooking this Thanksgiving! **Chef On-the-Go** is bringing their family holiday dishes to you. Pick from the menu with dinner for you, two or extended family of four options. Enjoy cider-brined smoked turkey, choice of 2 sides, Hawaiian roll(s), cranberry sauce, gravy and a slice of pumpkin cheesecake.

Select from these mouthwatering sides:

- Whipped Yukon potatoes with gravy
- Mom's fresh corn with cream, parmesan and chiffonade basil
- Dad's country-style green beans with house cured bacon
- Glazed Carrots with fresh dill
- Butternut Squash Soup
- Fall salad - frisée, pear, shaved parmesan and lemon olive oil dressing

Download your order form from www.LWCA.com or stop by the Rec Office for a copy.

Tickets:

- Dinner for 1 - $22
- Dinner for 2 - $40
- Dinner for 4 - $75
- Extra shared sides 1 for $5 or 2 for $8
- Add-ons:
  a. smoked turkey leg - $4,
  b. turkey wings - 2 for $3,
  c. 8 oz. gravy - $2
  d. pumpkin cheesecake - 1 for $3 or 2 for $5

Date: Thursday, November 26
Time: Pick up 3:00 p.m.
Place: Rec. 2 Parking Lot
Deadline: Menu choices to Rec. Office by Mon., November 20

Performing Arts Series

Performing Arts Pre-Season Shows

We are excited to announce we will be able to host our November and December pre-season Performing Arts Shows!

For those who have purchased the Full Season Package, your seat assignment has been slightly adjusted to adhere to less than a 50% capacity. Please call the Recreation Office for new seat assignments.

For those still wanting to purchase the 2021 Season Ticket Package, sales will be offered November 16, 2020. After that time, tickets will be sold independently for each performance.

Our first show in the pre-season is December 63', a one-of-a-kind concert experience with the music of Frankie Valli and the Four Seasons on Monday, November 16. Individual tickets will go on sale November 2.

December '63



Back by popular demand – December '63. The music of Frankie Valli and the Four Seasons comes to life in this one-of-a-kind concert experience. DECEMBER '63 showcases all your favorite songs from Frankie Valli including the classics that have been thrilling audiences for decades.

Date: Monday, November 16
Time: 7:00 p.m.
Place: Rec. 2 Hopi/Pima Rooms
Cost: $21 per person

Country Christmas



There's nothing quite like the feeling of singing your favorite holiday songs in the style of your favorite country music singers. The latest production from TAD Management delivers just that!

Country Christmas will put you in the holiday mood in true country music fashion. Drew Baloh, star of Garth Live, is joined on stage by Hana Baloh and the Garth Live band to deliver a Christmas show you will be talking about for years to come!

In addition to country Christmas classics, you will also hear some of the greatest country music produced in the 90s, including monster hits such as "Friends in Low Places," "The Thunder Rolls," "The Dance," "Much Too Young (To Feel This Damn Old)," "Ain't Goin' Down ('til the Sun Comes Up)" and countless others!

Date: Monday, December 14
Time: 7:00 p.m.
Place: Rec. 2 Hopi/Pima Rooms
Cost: $21 per person
On sale: Monday, November 16

2021 Season Lineup

Interested in the 2021 Performing Arts Season Ticket Package? Check out the lineup below for more details or see Upcoming Coming Events on the Leisure World website.

- January 11: Paperback Writer - The Beatles Experience
- January 25: Dick Clark's American Bandstand with the Rave-Ons
- February 8: Mirage - Visions of Fleetwood Mac
- February 22: The Piano Men: Generations
- March 8: Karen Hester as Dolly
- March 22: Barrie Cunningham's Jimmy Buffett Tribute - Adventures in Parrotdise

Package pricing per person:

- Blue Section: $114 per person/ $228 double
- Yellow Section: $102 per person/ $204 double
- Pink Section: $90 per person/ $180 double

Please note seating selections may change if reduced capacity limits still apply due to coronavirus.

For seating reassignment or reduced seating selection questions, please call Pene Mathison at 480-832-0000 ext. 208. For all other questions, please call the Rec. Office at 480-832-0000 ext. 209.

Keep an eye out for individual Performing Art Shows. They will go on sale the month prior to the release date of each show! We hope to see you there!

Leisure World Recreation Department Staff



Rhonda Cap
Lifestyle Director



Pene Mathison
Scheduling/Office Manager



John Stickling
Recreation Supervisor



Jamie Knowlton
Recreation Programmer



Carla Nicely
Administrative Assistant

480-832-0000 ext. 204 • Hours: 7:15 a.m. to 3 p.m. Monday - Friday • recreation@lwca.com

New Image Fashions and more!

Freshen up your wardrobe!

Welcome back New Image Fashions and take advantage of a chance to shop thousands of fall arrivals from Ruby Road, Alfred Dunner, Maxine Swimwear, Erin London and more at 25% to 75% off retail. Coordinates and separates shorts, capris, skirts, pants, blouses, jackets and swimwear for all, including missy, petite, and large sizes.

Don't miss stopping by the Lippy Chick booth for a free color match and to give the prize wheel a spin. Lippy Chick features an entire line of anti-aging cosmetics and beauty products, including LipSense, the Stay-All Day lip color.

Watch batteries will be replaced for a nominal fee.

Remember, a percentage of all sales come back to Leisure World. Enjoy this chance to shop without leaving the community.

Date: Thursday, November 5
Time: 10:00 a.m. - 3:00 p.m.
Place: Rec. 2 Hopi Pima Ballroom



Flea Market Fun!



Take this opportunity to sell those used household items, handmade craft items, or residents may sell commercial items like Tupperware, Avon, and other similar items. Sellers sign up for $5.00 per table. Racks $1 – limited supply.

Residents selling commercial items will be required to pay 10% of their sales back to Leisure World. Sale reconciliation sheets will be provided by Leisure World Community Association. Tables are on a first come basis and limited to two per manor. Sign up for a table through the Recreation Office no later than the day prior to the event.

Date: Fridays, November 6 and December 4
Time: 9:00 - 11:30 a.m.
Place: Rec. 1 Promenade

D.J. Bob Delivers Fun Happy Hour!

Come over to the Rec. 1 Promenade on the second Friday in November to enjoy Happy Hour with Leisure World Community Manager Bob Kimble — aka D.J. Bob! Have fun, chit chat, dance and just relax to a wonderful variety of music.

Ice, water and plastic containers provided. Sodas available for $1. Bring your favorite beverage and join the party!

When: Friday, November 13
Time: 5:00 - 7:00 p.m.
Place: Rec. 1 Promenade



Community Garage Sale

Interested in being a part of Leisure World's communitywide garage sale? Great! Sign up in the Recreation Office by Tuesday, December 1 to have your manor listed.

A list of all garage sale locations and maps for all shoppers will be available Thursday, December 3 at Administration-Reception, the back of the Library and in the Recreation Office for you to plan your shopping on Saturday.

Date: Saturday, December 5
Time: 8:00 a.m. 1:00 p.m.
Map Deadline: Tuesday, December 1





Limited classes, clubs and activities resumed!

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

These clubs are now functioning on a limited activity level:

Music and Dance: Clogging

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

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

Bingo is Back!

Attention all Leisure World Bingo players! We are happy to announce that Bingo will be returning soon with a big surprise!

Mark your calendar for Friday, November 6 at 7:00 p.m. We will be celebrating the arrival of our brand-new Bingo machine with special games and exciting prizes. Come to win!

Game ticket prices are 3 on sets: $3; 6 on sets: $6; and 9 on sets: $9. Extra game tickets and daubers can be purchased for $1.

Meet friends and neighbors and you might take home some cash! All residents are invited to play. No alcoholic beverages are allowed. Limited seating due to social distancing and masks required. Reservations suggested. Please call or text 490-577-6677.

There will be no refreshments due to the coronavirus. Please bring your own.

Come join us and have fun playing Bingo! We look forward to seeing you for the great reveal!

Music and Dance

Currently Active



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

Line Dance (PROM) Contact: Susan Tuttle, 602-329-2213
Tuesdays 6:00 - 7:00 p.m. - Beginners
Tuesdays 7:00 - 8:00 p.m. - Intermediate
Enjoy line dance lessons taught by former Zumba instructor, Susan Tuttle. Beginners are taught easy to follow steps to the new pop country songs you hear on the radio. Advanced dancers wanting to learn the higher tempo pop country songs will be taught some 3/4 turns, faster shuffling and toe-heel stomping fun. $5 per person per class.

Currently Inactive

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

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

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

ReFit*-Lvl 3 (C) Contact: Janet Jenson, 605-884-6523
Tuesdays & Thursdays 12:45 to 1:45 p.m.

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

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

Tap Dancing – (C) Contact: Judy Free, 480-396-3103
Monday, Wednesday and Friday, 8:00 to 9:20 a.m. Free open workshop.

Ukulele Practice Group – (MR) Contact: Karen Robinson, 480-807-6487 Fridays at 10 a.m. Come and join others who love to play this amazing instrument!

Arts and Crafts

Decorative Arts

Art Assoc. (AS) Contact: Carol Pope, 480-628-4134

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

Photography Club (AS/T) Contact Bob Bennett, 480-361-2530

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

Fabric Arts

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

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

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

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

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

Fired Arts

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

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

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

Glass Program

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

Cards and Games

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

Poker Groups

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

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

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

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

Texas Hold 'Em (QCR) Contact: Donna Mitchell, 602-622-8100
Monday, 12:30 p.m.

Other Card And Game Groups

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Bridge Groups

ACBL (CLR) Contact: Cathy Lindholm, 317-902-9094
Monday, 12:30 p.m.

Duplicate (CLR) Contact: Barbara Bees, 480-304-8039
Thursday, 12:30 p.m.

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

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

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

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

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

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

Sunday Matinée Returns!

Rec. 1 Ballroom, 4:00 p.m.

November 8 Breakthrough (PG) – 1hr 56m
In this fact-based drama, 14-year-old John Smith falls through a frozen lake and is pronounced dead after 27 minutes of CPR fail to revive him. But his mother is having none of it and prays loudly at John's bedside until his heart begins beating.

November 15 The Art of Racing in the Rain (PG) – 1hr 49m
Based on the best-selling novel by Garth Stein, The Art of Racing in the Rain is a heartwarming tale narrated by a witty and philosophical dog named Enzo. Through his unique insight into the human condition, Enzo helps his owners — racecar driver Denny Swift, his wife Eve, and daughter Zoe — navigate life with a refreshing perspective on friendship, family and unconditional love.

November 22 Yesterday (PG13) – 1hr 56m
While he's still looking for his big break, musician Jack Malik gets hit by a bus during a global blackout. But when he wakes up to find he's the lone person on Earth who knows of the Beatles and their songbook, Jack has a huge chance at stardom.

November 29 Free Solo (PG13) – 1hr 37m
In this "cliff-hanging" documentary, rock climber Alex Honnold prepares for and undertakes the most daunting challenge of his life: becoming the first person to free-solo climb (without ropes or safety gear) the face of Yosemite's El Capitan.

Please Note: Maximum attendance 40 for social distancing. All seats will be on a first-come basis only. Screening at the door and masks are mandatory. Schedule may change due to movie availability.

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Classics of the Silver Screen Movie Night:

"The African Queen"



After religious spinster's (Katharine Hepburn) missionary brother is killed in World War I Africa, dissolute steamer captain (Humphrey Bogart) offers her safe passage. The two spend most of their time fighting with each other rather than the Germans. However, time alone on the river leads to love.

Award-winning movie director/producer and Leisure World resident, Jim Politano shares some unique cinematic experiences, facts and trivia before and after the movie, followed by a Q&A session.

Keep December 9 open for the next classic movie, "It's a Wonderful Life."

It's fun! It's free! See you at the movies!

Date: Thursday, November 12
Time: 6:00 p.m.
Place: Rec. 2 Hopi/Pima

Verde Canyon Magical Christmas Journey



Board the Verde Canyon Railroad and travel from the depot to the "North Pole," making a couple of slow passes by the delightful and funny buildings, acrobatic elves, Santa and Mrs. Claus. First class seating is included, along with access to the open-air viewing cars for a different view of the fantastic decorations.

Along the way, view illuminated buildings featuring Reindeer Flight School, Mrs. Claus' Bakery, Santa's Workshop, Elf Training Center, Naughty Kid's Coal Mine and the Ugly Sweater Factory. What a fun way to get into the Christmas spirit!

Date: Friday, December 11
Cost: $139 per person
Deadline: Monday, November 9

All Aboard to Broadway!

Announcing Leisure World 2020-2021 Broadway Across America season at ASU Gammage. All shows include roundtrip transportation with show tickets in Orchestra seating and are on sale now at the Recreation Office. Please call to purchase tickets via credit card with the Recreation Office at 480-832-0000 ext. 209. Sign up today, limited seats!



"My Fair Lady" - $99 per person
February 14, 2021 (Sun) depart at 5:15 p.m. for 6:30 p.m. show
Boasting such classic songs as "I Could Have Danced All Night," "The Rain in Spain," "Wouldn't It Be Lovely" and "On the Street Where You Live," "My Fair Lady" tells the story of Eliza Doolittle, a young Cockney flower seller, and Henry Higgins, a linguistics professor who is determined to transform her into his idea of a "proper lady." But who is really being transformed?
Deadline: Monday, January 11



"Jersey Boys" - $120 per person
May 23, 2021 (Sun) depart at 5:15 p.m. for 6:30 p.m. show
They were just four guys from Jersey, until they sang their very first note. They had a sound nobody had ever heard… and the radio just couldn't get enough of. But while their harmonies were perfect on stage, off stage it was a very different story – a story that has made them an international sensation all over again. Go behind the music and inside the story of Frankie Valli and The Four Seasons in the Tony and Grammy Award®-winning true-life musical phenomenon, "Jersey Boys."
Deadline: Monday, April 19



"To Kill a Mockingbird" - $120 per person
June 8, 2021 (T) depart at 6:15 p.m. for 7:30 p.m. show
All rise for Academy Award® winner Aaron Sorkin's adaptation of Harper Lee's Pulitzer Prize-winning masterwork. The New York Times Critic's Pick "To Kill a Mockingbird" is "the most successful American play in Broadway history. It has not played to a single empty seat" (60 Minutes). Rolling Stone gives it 5 stars, calling it "an emotionally shattering landmark production of an American classic," and New York Magazine calls it "a real phenomenon. Majestic and incandescent, it's filled with breath and nuance and soul."
Deadline: Monday, May 10



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FALL SERVICE SPECIAL
$20 OFF
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WHEN YOU PURCHASE
A NEW OR USED CAR WITH US
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Upcoming Trips and Tours

Deadlines are fast-approaching for December events!

To reserve your spot on these fun trips, visit the Recreation Office or call 480-832-0000 ext. 209 to purchase your tickets via phone. Please note trips with * may depart from Burger King if less than 10 have signed up. The tour company will verify 2-7 days prior to trip.

November 12 (Th) Free Spirit presents "Around the Corner to Around the World" *
12 p.m.

Each year, Free Spirit presents "Around the Corner to Around the World," an informative program where several travel professionals do a short presentation on their areas. We will be doing it virtually this year on Nov 12 at 12:00 pm. Some of the trips to be discussed are Verde Canyon Railroad, Laughlin, Copper Canyon, Las Vegas, Navajo, Rocky Point, and more. Presentation will last about an hour.

Online via Zoom: https://us02web.zoom.us/j/83555597809?pwd=Z0MxOEF2L0pnbmxpQ3NMSkFaUmwxQT09



December 4 (F) Desert Botanical Gardens & Mill Ave Fair*
Motorcoach departs between 6-8:30 a.m.

Visit the Tempe Festival of the Arts, one of the Top 100 Classic & Contemporary Craft Shows in the nation. Then enjoy a magical night as the Desert Botanical Gardens come to life with the soft glow from more than 8,000 hand-lit luminaria bags, thousands of lights, and entertainment throughout.
Tickets: $105 per person
Deadline: Monday, November 9

December 11 (F) Verde Canyon Magical Christmas Journey*
Motorcoach departs between 6-8:30 a.m.

Board the Verde Canyon Railroad and travel from the depot to the "North Pole," making a couple of slow passes by the delightful and funny buildings, acrobatic elves, Santa, and Mrs. Claus. First class seating is included along with access to the open-air viewing cars for a different view of the fantastic decorations. Along the way, view illuminated buildings featuring Reindeer Flight School, Mrs. Claus' Bakery, Santa's Workshop, Elf Training Center, Naughty Kid's Coal Mine, and the Ugly Sweater Factory. What a fun way to get into the Christmas spirit!
Tickets: $139 per peron First Class
Deadline: Monday, November 9

January 9 (S) Mystery Tour *
Motorcoach departs between 6-8:30 a.m.

We will travel down the road a bit and stop somewhere you would not want to miss. Next- our lunch stop – then more surprises! It is fun! Be on the lookout for a great adventure!
Tickets: $109 pp
Deadline: Monday, December 7

January 13-14 (W-Th) Flagstaff Ski Vacation *
Motorcoach departs between 6-8:30 a.m.

Home to over 260 inches of annual snowfall, 2,300 feet of vertical drop, and the largest beginner terrain in the Southwest – Snowbowl is where Arizona Skis. Includes lift tickets, overnight in Days Hotel in Flagstaff and one full and one-half day skiing. Breakfast is included.
Tickets: $395 per person/double $475/single
Deadline: Monday, December 14

January 16 (S) Verde Canyon Railroad *
Motorcoach departs between 6-8:30 a.m.

Board the Verde Canyon Railroad for a four-hour diesel train journey to places only accessible by rail. See crimson cliffs, eagles' nests, white water rapids and abandoned gold mines. Your first-class service includes a sendoff toast and appetizers and has fewer passengers indoors and out. Cars access a shaded open-air viewing car.
Tickets: $195 per person (First Class)
Deadline: Monday, December 14



February 4 (Th) Tubac Arts and Crafts Festival *
Motorcoach departs between 6-8:30 a.m.

Every February, the Tubac Chamber of Commerce is proud to sponsor the Tubac Festival of the Arts. The major event of the year for Tubac showcases the work of hundreds of visiting artists, craft persons and musicians from around the country and Canada. Lunch is on your own at the festival.
Tickets: $89 per person
Deadline: Monday, January 4



February 9 (T) Tombstone *
Motorcoach departs between 6-8:30 a.m.

Depart the Valley and travel to Tombstone "The Town Too Tough to Die." Tombstone is a historic western city,

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Tickets: $115 per person
Deadline: Monday, January 11

February 14 (Su) Gammage Broadway Show – "My Fair Lady" **
See details in ASU Gammage Announcement (pg B5)

February 18 (Th) Tucson Rodeo *
Motorcoach departs between 6-8:30 a.m.
Depart the Valley and head to Tucson for a day of rodeo excitement. The first La Fiesta de los Vaqueros (Celebration of the Cowboys) in 1925 touted three days of events and competition. Today, the event has grown to a nine-day celebration centered on the Tucson Rodeo, one of the top 25 professional rodeos in North America. Includes grandstand seating for the Rodeo Parade and Rodeo. Lunch is on your own at Rodeo.
Tickets: $135 per person
Deadline: Monday, January 18

February 20 (S) Sedona and Lunch *
Motorcoach departs between 6-8:30 a.m.
Depart the Valley and travel to Sedona, home to over 300 artists that draw from the quiet, colorful, and spectacular physical environment. The red rocks, drifting clouds, towering pinnacles, and sheer canyon walls lend incredible beauty to this area. Make a stop at Bell Rock to view one of Sedona's famous red rocks. Then spend time at Tlaquepaque Village, the most distinctive Sedona shopping experience to be found in the Southwest. Authentically fashioned after a traditional Mexican village, Tlaquepaque, meaning the "best of everything," has been a Sedona landmark since the 1970's. Its vine covered stucco walls, cobble-stoned walkways and magnificent arched entryways give you the feeling that Tlaquepaque has been here for centuries. Lunch is included at Oaxaca Pronounced: (WA-HA-KA) originating from the state of Oaxaca in the country of Mexico. After lunch, enjoy time in Uptown Sedona featuring more than 30 boutique-style stores before heading back to the Valley.
Tickets: $109 per person
Deadline: Monday, January 18



February 21 (Su) Grand Canyon One Day *
Motorcoach departs between 6-8:30 a.m.
After departing the Phoenix metro area, our tour travels through the expansive Sonoran Desert filled with the native saguaro cactus. The scenery changes as we increase in elevation and views of the cactus fade into pine trees. Continuing further into Northern Arizona, we will travel the outskirts of the Route 66 town of Flagstaff and from the highway, see the San Francisco Peaks among the seemingly endless Ponderosa Pine Forest, the largest contiguous forest of ponderosa pines in the world. Williams will be our first stop along the tour for a chance to experience Route 66, the iconic American highway steeped in rich tradition. While in Williams, guests will have the opportunity to "get their kicks on Route 66" with walks along the original route, explore the local shops and capture souvenir photos highlighting a bygone era in classic American history.
Also known as the Will Rodgers Highway, Route 66 is the most recognizable road in the United States and stretched 2,448 miles from Chicago to California. You will experience about four hours within the National Park marveling at the beauty that is the Grand Canyon. Do not forget to visit the historic El Tovar Lodge and Hopi House in Grand Canyon Village. While at the South Rim of the Grand Canyon National Park, you will have opportunities to walk the rim, shop, and capture an unlimited number of photographs. Lunch is on your own.
Tickets: $159 per person
Deadline: Monday, January 18

May 23 (Su) Gammage Broadway Show – "Jersey Boys" **
See details in ASU Gammage Announcement (pg B5)

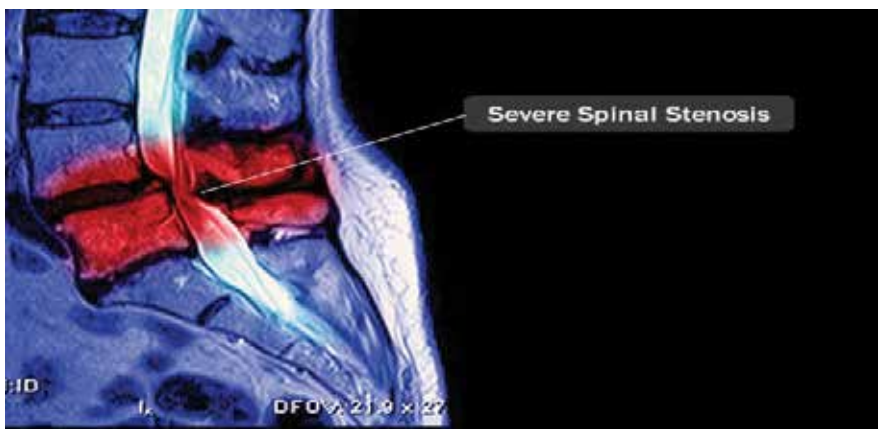
June 8 (T) Gammage Broadway Show – "To Kill a Mockingbird" **
See details in ASU Gammage Announcement (pg B5)



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

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

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Joshua Sohn D.C.

November Calendar



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

SUN	MON	TUES	WED	THUR	FRI	SAT
SUN 1	**MON 2**	**TUES 3** 8:30 a.m. Work Session (Zoom) 11:00 a.m. Dignity Health (Zoom)	**WED 4** 9:00 a.m. Open Air Library (PROM)	**THUR 5** 8:30 a.m. New Member Breakfast (BR) 10:00 a.m. New Image Fashions & More (Hopi/Pima) 7:00 p.m. Dance Party "Outside the Line" (HOPI/PIMA)	**FRI 6** 9:00 a.m. Flea Market (Prom) 10:00 a.m. Music Therapy (Zoom) 7:00 p.m. Bingo (BR)	**SAT 7**
SUN 8 4:00 p.m. Sunday Matinee "Breakthrough" (BR)	**MON 9** 9:00 a.m. CareToU (RIPL) 9:00 a.m. Long Range Planning Town Hall (Zoom) 1:00 p.m. Activity Fair (Zoom) 3:00 p.m. Long Range Planning Town Hall (Zoom) 6:00 p.m. Long Range Planning Town Hall (Zoom) 9:00 a.m. P.E.O (Prom)	**TUES 10** 9:00 a.m. District 3 Landscaping (Zoom) 9:00 a.m. Library Book Sale (Prom) 11:00 a.m. Dignity Health (Zoom) 1:00 p.m. Grief Support (Zoom) 4:00 p.m. District 5 Mtg. (Zoom) 4:30 p.m. District 3 Mtg. (Zoom) 5:00 p.m. District 8 Mtg. (Zoom)	**WED 11** 8:00 a.m. Lions Veterans Day Salute (Prom) 9:00 a.m. Open Air Library (PROM) 9:00 a.m. Wednesday Coffee (Zoom) 11:00 a.m. Honor our Veterans (Prom) 1:00 p.m. District 1 Mtg. (Zoom) 4:30 p.m. District 6 Mtg. (Zoom)	**THUR 12** 12:00 p.m. Free Spirit "Around the Corner to Around the World" (Zoom) 4:00 p.m. District 7 Mtg. (Zoom) 5:00 p.m. District 4 Mtg. (Zoom) 6:00 p.m. Classic Movie "African Queen" (Hopi/Pima)	**FRI 13** 10:00 a.m. Shred-a-Thon (LW BLVD) 10:00 a.m. Music Therapy (Zoom) 5:00 p.m. Bob's Happy Hour (Prom) 7:00 p.m. Bingo (BR)	**SAT 14**
SUN 15 4:00 p.m. Sunday Matinee "The Art of Racing in the Rain" (BR)	**MON 16** 7:15 a.m. 2021 Season Ticket Sales Begin (Rec. Office) 7:00 p.m. Performing Art Series "December '63" (Hopi/Pima)	**TUES 17** 11:00 a.m. Dignity Health (Zoom)	**WED 18** 9:00 a.m. Open Air Library (PROM) 9:00 a.m. Wednesday Coffee (Zoom) 1:30 p.m. Open Board (Zoom) 6:00 p.m. Foundation Lecture Series "Prescott, AZ-Everybody's Hometown" (Hopi/Pima)	**THUR 19** 7:00 p.m. Dance Party "Rhythm Edition" (HOPI/PIMA)	**FRI 20** 10:00 a.m. Music Therapy (Zoom) 4:30 p.m. Band with No Name (Prom) 7:00 p.m. Bingo (BR)	**SAT 21**
SUN 22 4:00 p.m. Sunday Matinee "Yesterday" (BR)	**MON 23**	**TUES 24** 11:00 a.m. Dignity Health (Zoom) 1:00 p.m. Grief Support (Zoom)	**WED 25** 7:00 a.m. Turkey Trot (Tennis Courts) 9:00 a.m. Open Air Library (PROM) 9:00 a.m. Wednesday Coffee (Zoom)	**THUR 26** **Happy Thanksgiving!** 3:00 p.m. Thanksgiving Dinner to Go (R2PL)	**FRI 27** 10:00 a.m. Music Therapy (Zoom) 4:30 p.m. Band with No Name (Prom) 7:00 p.m. Bingo (BR)	**SAT 28**
SUN 29 4:00 p.m. Sunday Matinee "Free Solo" (BR)	**MON 30**					

Weekly or Monthly Event Calendar Corrections/Changes

Contact Pene Mathison in the Recreation Department:
480-832-0000 ext. 208 or pmathison@lwca.com.

Recreation Center 1

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

Recreation Center 2

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

Recreation Center 3

Located at Heron Lakes Golf Course

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

Regular Weekly Events November 2020

Limited availability depending on club and activity.

SUNDAY

MONDAY

7:00 a.m. Lap Swimming (PO)
7:00 a.m. Woodworkers (WS)
8:00 a.m. Billiards (B)
8:00 a.m. Pottery Open Studio (POT)
9:00 a.m. Twiddlers (QCR)
11:30 a.m. Heron Lake Men (Prom)
1:00 p.m. Lawn Bowls (LBG)
1:00 p.m. Stained Glass/Fused/Mosaics Open Studio (CER/SG)
2:00 p.m. Water Volleyball (P)

TUESDAY

7:00 a.m. Lap Swimming (PO)
7:00 a.m. Woodworkers (WS)
8:00 a.m. Billiards (B)
8:00 a.m. Table Tennis (C)
8:30 a.m. Ladies Billiards (B)
9:00 a.m. Ceramics Open and Firing (CER/SG)
10:00 a.m. Jewelry/Lapidary (Lap)
1:00 p.m. Lawn Bowls (LBG)
6:00 p.m. Line Dance Beginner (PROM)
7:00 p.m. Line Dance Intermediate (PROM)

WEDNESDAY

7:00 a.m. Lap Swimming (PO)
7:00 a.m. Woodworkers (WS)
8:00 a.m. Billiards (B)
9:00 a.m. Open Air Library (PROM)
9:00 a.m. Wednesday Coffee (Zoom)
1:00 p.m. Lawn Bowls (LBG)
1:00 p.m. Stained Glass/Fused/Mosaics Open Studio (CER/SG)
2:00 p.m. Water Volleyball (P)

THURSDAY

7:00 a.m. Lap Swimming (PO)
7:00 a.m. Woodworkers (WS)
8:00 a.m. Billiards (B)
8:00 a.m. Table Tennis (C)
9:00 a.m. Pottery Open Studio (POT)
9:00 a.m. Quilters (QCR)
9:30 a.m. Christian Fellowship (PROM)
10:00 a.m. Jewelry/Lapidary (Lap)
12:00 p.m. Pottery Open Studio (POT)
1:00 p.m. Lawn Bowls (LBG)

FRIDAY

7:00 a.m. Lap Swimming (PO)
7:00 a.m. Woodworkers (WS)
8:00 a.m. Billiards (B)
9:00 a.m. Knit-A-Long (QCR)
9:00 a.m. Lawn Bowls (LBG)
12:00 p.m. Beginning Clogging (C)
1:00 p.m. Lawn Bowls (LBG)
1:00 p.m. Intermediate I Clogging (C)
2:00 p.m. Intermediate II Clogging (C)
3:00 p.m. Intermediate III Clogging (C)
7:00 p.m. Bingo (Zoom)

SATURDAY

7:00 a.m. Lap Swimming (PO)
8:00 a.m. Table Tennis (C)
10:00 a.m. Photography Club (Zoom)
2:00 p.m. Water Volleyball (P)

LEISURE WORLD FOUNDATION LECTURE SERIES

Prescott, Arizona: Everybody's Hometown



The Leisure World Foundation Lecture Series is presenting, "Prescott, Arizona: Everybody's Hometown on Wednesday, November 18. This free program on the historic town of Prescott — pronounced by locals as "press-kit" like biscuit — is presented by the very entertaining Bill Harrison.

For more than 150 years, this vibrant community north of Phoenix in the cool Bradshaw Mountains, has been welcoming visitors as if they were family! Prescott was the first Arizona Territorial Capital in 1867. The boomtown offered 50 rowdy saloons that entertained thousands of rawhide-rough cowboys, crusty miners, notorious outlaws and famous lawmen.

Today, Prescott is a charming, cultured, and artistic community with more than 40,000 residents. Each year dozens of events are enjoyed on the verdant lawn of the Yavapai County Courthouse.

In addition to the annual Frontier Days Rodeo, Prescott was honored in 1989 as the Official Christmas City of Arizona.

No visit to Prescott would be complete without touring the historic Elks Opera House. The new Elks Theatre and Performing Arts Center reopened in 2012 after eight years of restoration. The colorful history, dynamic people, unique architecture, and the picturesque beauty of this Northern Arizona gem, will be enjoyed by everyone!

Date: Wed., Nov. 18
Time: 6:00 p.m.
Place: Rec. 2 Hopi/Room

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Leisure World

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Available by phone.

Fitness Center
Ext. 212 • Mon. - Fri. 7 a.m. - 7 p.m.,
Sat. - Sun 7 a.m. - 2 p.m.
Available by phone.

Health Office
Ext. 215 • Monday - Friday
8:00 a.m. - 2:00 p.m.
Available by phone.

Group exercise class registrations will be announced via e-blast.

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

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

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

New Turkey Trot Twist 2020

Join us for the Turkey Trot 2020 with a twist! This event will allow you to walk/run an untimed 1, 2 or 3-miles route with or without your pooch. That's right, you are going to walk your dog anyway, so why not walk for a charitable cause.

Fifty percent of the registration proceeds will go to the National Center for Missing and Exploited Children. Their mission is to help find missing children, reduce child sexual exploitation and prevent child abuse. For more information, visit www.missingkids.org.

You can choose your own start time between 7:00 - 9:00 a.m. but must complete run/walk by 11:00 a.m. The run/walk will be along Leisure World Blvd. with 1 and 2-mile turnaround locations along the route and the 3-mile turnaround at Rio Salado.

New Turkey Trot Features:

- This is **not** a race!
- It is not a timed event to see who is the fastest.
- Your choice of walking/running 1, 2 or 3 miles along Leisure World Blvd.
- Walk/run at your own pace.
- You can walk/run with your dog along the route.
- Meet with our sponsors on the Rec. 1 Promenade after your walk.
- Register to win raffle prizes.

This has been a challenging year for everyone! Let's make the final months of 2020 fun and uplifting by doing something different and on your terms! Let's remember all the things we are thankful and use some of this positive energy for a healthy and worthy cause.

Grab a friend, maybe your dog, and burn some calories before the holidays and create your own tradition!

Date: Wednesday, November 25
Place: Start at the Tennis Courts
Start Time: 7:00 - 9:00 a.m.
Complete By: 11:00 a.m.
Registration: $25 per person

To register, call the Fitness Center at 480-832-0000 ext. 212.



Maintain Don't Gain this Holiday!

Oh, the holiday hustle and bustle will soon be here. We have presents to buy and wrap, cards to write and send, parties to throw and attend, and cookies to bake. Although this is an exciting time of year, it is also very stressful.

As a result, we forget about taking care of ourselves, like eating right and exercising. And guess what happens? The average American gains one to five pounds during the holiday season — which most don't lose! Let's be more mindful and intentional to eliminate this vicious cycle.

Here are a few strategies to help you avoid weight gain during the holidays.

- Keep exercising and/or start an exercise program. Don't wait for the New Year!
- Put strategies in place to help eliminate stress.
- Eat smart and make healthy choices. Bring your own healthy dish to a gathering.
- Eat before you go to a holiday party, so you aren't starving when you arrive
- Select treats only available during the holiday season and savor every bite.



- Watch your alcohol intake, it provides empty calories and contributes to poor choices.
- Keep your hands busy. Be the photographer at your gathering.

With these strategies, plus our Maintain Don't Gain six-week incentive promotion, you can maintain your health and weight this holiday season.

Here's how it works:

- Register with a $25 deposit at the Fitness Center **(cash only).**
- Weigh in November 22, 2020 from 7:00 a.m. – 12:00 p.m. **or** November 23, 2020 from 12:00 p.m. – 3:00 p.m.
- Maintain or lose weight during the six weeks between Thanksgiving and the New Year.
- Weigh in on January 3, 2021 from 7:00 a.m. - 12:00 p.m. **or** January 4, 2021 from 12:00 - 3:00 p.m.

Participants who gain weight forfeit their $25 deposit, which will be placed in the Maintain Don't Gain Pot. All participants who are successful at maintaining or losing weight at the end of the holiday season (November 27, 2020 - January 3, 2021) will receive their initial $25 deposit, plus an equal share from the pot!

What a great way to be accountable for your healthy choices and maybe start the New Year off with a few extra dollars!

Leisure World Wellness Department Staff



Randi Rich, RN
Health Office Lead



Marguerite Huspen
Outreach Specialist



Quoc Tran
Fitness Manager



Sue Patt
Fitness Specialist



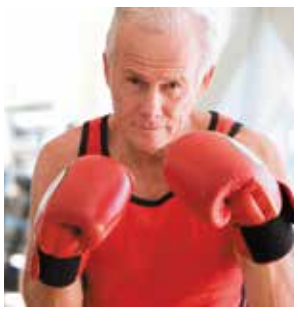
Susan Kalnas
Fitness Specialist



Chris Darga
Fitness Specialist

GROUP EXERCISE SPOTLIGHT

Fight Back Boxing is back!



Your Fitness Team is excited to announce that Fight Back Boxing is back. There will be increased sanitation procedures and a scheduled water/breather/sanitation break in the middle of class.

Bring your mask (must always be worn covering nose **and** mouth indoors), boxing gloves, water bottle and fighting spirit to burn calories and fight back the crazy 2020 year!

Before coming to class, watch all the Boxing Fit Tip videos on our LWCA Fitness YouTube channel.

Sign up by calling the Fitness Center at 480-832-0000 ext. 212.

Days: Monday, Wednesday and Friday
Time: 9:30-10:15 a.m.
Place: Rec 1 Classroom
Cost: $25 FLEX/S&F/Renew

Hustle & Muscle

Do you need to get your heart pumping during your workout a little more than strolling down the boulevard? Do your muscles need to be strengthened more for everyday activities? Most of us answer "Yes," to these questions. Hustle & Muscle can help with both of these!



Enjoy low impact cardio aerobics using full range of motion exercises for joint movement for the first part of the class. This is followed by a focus of strength and toning for a total body workout. This class will get the heart rate up and build muscle tone. One requirement is that you must be able to get on and off the floor. This Level 3 class is a great way to improve your cardiovascular fitness and muscular strength in a safe, group setting.

Dates: Mondays, Wednesdays and Fridays
Time: 10:30-11:15 a.m.
Place: Rec 1 Classroom
Cost: $25

Nothing Stopped Active Aging Week!

Although many things have been cancelled due to COVID-19, Active Aging Week still lived on! This is because Leisure World residents are the definition of Active Aging every day – regardless of circumstances!

With the help of individuals from table tennis, lawn bowling and the Golf Department, residents were able to try all these activities during the week. Skills were learned and fun was had by all! Congratulations for engaging your bodies, social circles and brains while having fun and relieving stress!

A special thank you to Dan Aicher, David Fueling and Leisure World Director of Golf and Landscape Travis Fish for helping make this possible! Everyone who attended had a fantastic time!

Christmas Kids Packs!



Christmas is coming soon! Come by the Fitness Center to pick up a packet for kids 8-years-old and under or 9-years-old and up. Packets include kid exercises, Christmas countdown, kitchen recipes, mazes, coloring pages and a fun craft to put together.

If the children complete the coloring page they can bring it back in to the Fitness Center where they get the chance to receive a special Christmas craft!

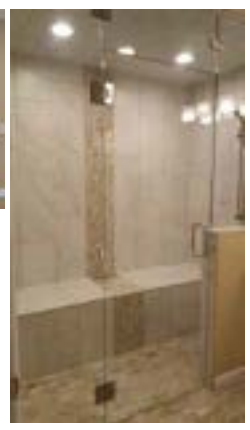
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LWCA Fitness YouTube Channel has Launched!

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

Your Fitness Team has uploaded group exercise classes for you to participate based on your fitness goals. Visit our LWCA Fitness YouTube channel and smile with your familiar Fitness Specialists! Visit the multiple playlists for current content. Search for our channel **LWCA Fitness** on YouTube.



Introducing the New TechnoGym Skillrun Treadmill

Come to the Fitness Center to learn about our new TechnoGym Skillrun Treadmill! TechnoGym is the official supporter of the Olympics and PGA Tour for fitness equipment.

This treadmill has endless possibilities that range from rehabilitation, resistance sled push, to top speed training! TechnoGym Western Regional Manager Dustin Dingle will be here to showcase all its cutting-edge features that are now available at your Leisure World Fitness Center!

To register, visit the Fitness Center or 480-832-0000 ext. 212.

Date: Nov. 18
Place: Rec.1 Fitness Center
Time: 2:30 - 3:30 p.m.



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CareToU Offers Skin Screening

CareToU will be at Leisure World on Monday November 9 from 9:00 a.m. to 4:00 p.m. CareToU provides community-based mobile clinics that offer skin screening, biopsy services and a new non-surgical treatment for pre-cancerous and cancerous conditions.



About Our Non-Surgical Treatment

The treatment uses a non-surgical device to treat diseased tissue. The device transmits radio frequency through your skin to generate heat at the cellular level. The device precisely monitors the heated tissue within narrow temperature and parameters. Because abnormal and diseased cells cannot tolerate the heat, normal cellular death occurs. The surrounding healthy cells are **not** destroyed. This process takes about one to three minutes, so it is quick and well-tolerated. The diseased cells die and the immune system is provoked and promotes healing.

To schedule an appointment, please call 602-6396-0189. Please bring your insurance card and a list of current medications.

Date: November 9, 2020
Time: 9:00 a.m. to 4:00 p.m.
Place: Rec. 1 Parking Lot

Bag & Boob Babes and Fitness Center Fight Breast Cancer!







The Oasis Health Spa Fitness Center held five exclusive fitness classes to help raise funds for Bag & Boob Babes. They were unable to hold their traditional fundraising dinner event, so we were thrilled to jump in and create a unique way to help.

Of course, Bag & Boob Babes still had their signature gift baskets raffle. What would their event be without this favorite?

All proceeds from our fundraiser supported Bag & Boob Babes so they can continue providing free drain apron bags, knitted knockers, chemo hats and eye masks!

If you missed the event, you can still support this incredible organization. Donate $25 and receive a special Breast Cancer Awareness mask in pink or gray!

Cost: $25 cash or check made payable to **Bag & Boob Babes.**

MEMBER SPOTLIGHT

Susan and Doug Hoffdahl: Fitness Enthusiasts



"Leisure World's active adult community has a premiere Fitness Center, which is key to keeping the blood in the muscle, maintaining speed and agility, balance, overall wellness and keeping sickness at bay," according to Doug and Susan Hoffdahl, who have been homeowners since 2007.

We have a state-of-the-art Fitness Center — a mecca among the plethora of fitness centers in Mesa. Focusing on aging in place, our Fitness Team has expert credentials and can assist with group classes and personal training.

Susan greatly misses Quoc's boxing class, which has been suspended due to COVID-19. The class is geared towards multiple fitness levels. Running the Sprint 8 treadmill affords quick, yet challenging programs based on level.

Doug pumps iron using the multiple weight machines then jumps on the stationary bike which has interactive programs for an enhanced workout.

After a hard workout, the couple enjoys stretching with the new True Stretch, "jungle gym" apparatus.

We are blessed to have very effective workouts thanks to our Fitness Team Sue, Susan, Chris Darga, and Payton – who are always available to offer guidance at a moments' notice. They also assist in keeping up the COVID-19 sanitary protocols to provide a safe environment for all.

In short, the Leisure World Fitness Center is a beacon for our community. We have visited many other gyms and workout centers on the road and **nothing** compares to our facility!

STAYING COVID-FREE

We are one of the few Assisted Living and Memory Care communities in the Mesa area who are **COVID-FREE!**



WHAT WE HAVE IN PLACE

- Onsite COVID-19 testing for all residents and associates.
- Screening every essential visitor and associate entering the community
- Screening residents daily for any symptoms
- Daily activities in small groups with social distancing
- Continuous cleaning and sanitizing of resident and common area spaces
- Personal protective equipment used by associates and essential visitors

Pegasus Senior Living CEO and Cofounder Steven Vick personally negotiated, picked up and delivered 500,000 masks to our communities!

From our 24/7 care team, competitive rates, daily activities, and seasonal cooking, Broadway Mesa Village is the clear choice for families and loved ones requiring assisted living and memory care services.

Discover how we can provide a secure setting and utmost care for your loved one!

Call (480) 530-7953 to schedule an in-person tour of our renovated community.

Broadway Mesa Village
ASSISTED LIVING & MEMORY CARE

(480) 530-7953 | 7231 E Broadway Rd, Mesa, AZ 85208 | PegasusSeniorLiving.com

Class Descriptions

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

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

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

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

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

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

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

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

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



˜***Hustle & Muscle** (Lvl 3) Enjoy low impact cardio aerobics utilizing full range of motion exercises for joint movement for the first part of the class. Followed by a focus of strength and toning for a total body workout. This class will get the heart rate up and build muscle tone. Must be able to get on and off the floor.

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

˜***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.

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

˜***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.

˜***TRX® Fit** (Lvl 3) – Enjoy a suspension training body-weight workout that develops strength, balance, flexibility and core stability simultaneously. This advanced TRX class will introduce progressions for the exercises learned in TRX Fundamentals. This class will also include TRX exercises on the floor.

˜ FLEX Approved * Silver & Fit/Renew Active Approved

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Group Exercise Classes

CLASS	DAYS	TIMES	PRICE	PLACE
Aqua Fitness	Mon/Wed/Fri	1:00 - 1:45 p.m.	$25 Monthly $5 Drop-In	Rec. 2 Pool
Bands, Balls, & Balance	Mon/Wed	11:30 a.m. - 12:15 p.m.	$20 Monthly	Virtual Zoom
Fight Back Boxing	Mon/Wed/Fri	9:30 - 10:15 a.m.	$25 Monthly $5 Drop-In	Rec. 1 Classroom
Functional Circuit	Mon/Wed/Fri	4:00 - 5:00 p.m.	$25 Monthly $5 Drop-In	Rec. 1 Fitness Center
Hustle & Muscle	Mon/Wed/Fri	10:30 - 11:15 a.m.	$25 Monthly $5 Drop-In	Rec. 1 Classroom
Hydrorider	Thurs	1:00 - 1:45 p.m.	$25 Monthly $10 Drop-In	Rec. 2 Therapy Pool
Mat Pilates	Tues/Thurs	10:00 a.m. - 10:45 a.m.	$20 Monthly $5 Drop-In	Rec. 1 Classroom
Strength & Balance	Tues/Thurs	11:00 - 11:30 a.m.	$15 Monthly $5 Drop-In	Rec. 1 Classroom
TRX Fit	Mon/Wed/Fri	8:00 - 8:45 a.m.	$25 Monthly $5 Drop-In	Sport Court
TRX® Fundamentals	Tues/Thurs	7:00 - 7:45 a.m	$20 Monthly $5 Drop-In	Rec. 1 Classroom

Fitness Center Recommendations



Please contact the Fitness Center for current offerings and recommendations:

- Personal Training
- Group Exercise
- Massage

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

Empowering Healthier Living Workshop Coming in the New Year!

Take control of your health and well-being and get your life back!

Leisure World, in partnership with Dignity Health East Valley, presents Healthier Living Workshop. The workshop is for adults with any chronic condition. It is designed to empower you to become an active self-manager of your health! It is also great for anyone interested in improving their overall health and well-being.

This free six-week workshop is coming to Leisure World online via Zoom on Tuesdays from Oct. 20 - Nov. 24!

What you can expect to learn:

- Exercise and nutrition
- Relaxation techniques
- Dealing with negative emotions
- Restful sleeping techniques
- Decision making
- Managing symptoms
- Medication usage
- Making informed decisions
- Setting weekly goals
- Pain/fatigue management
- Improving communications
- Better breathing



All that is required is either a laptop, PC, tablet or Smartphone with webcam. Sessions are once a week on Tuesday from 9:00 - 11:30 a.m. for six consecutive weeks. The workshop is fun and interactive! Register early! Space is limited!

All participants will receive:

- Certification of Completion
- "Living a Healthy Life with Chronic Conditions" digital book for download

Stay tuned for details in LW News for event in 2021!

Walk Fit Circuit Fun



The Fitness Center may be closed but the Oasis Health Spa still has plenty of exercise options for our residents. One of these options is the weekly Walk Fit Circuit. This is a fun and convenient way to get out and get fit. Grab a friend, head over to the Fitness Center and pick up the Walk Fit Circuit map and instructions.

The Walk Fit Circuit includes the course route, detailed exercise instructions with pictures to walk you through this course.

Pick up your Walk Fit Circuit information outside the Fitness Center. Bring a bottle of water and have fun! Be sure to sign in when you arrive to be entered into a weekly raffle! And after completing the course, don't forget to leave your comments.

For more information, call at 480-832-0000 ext. 212.

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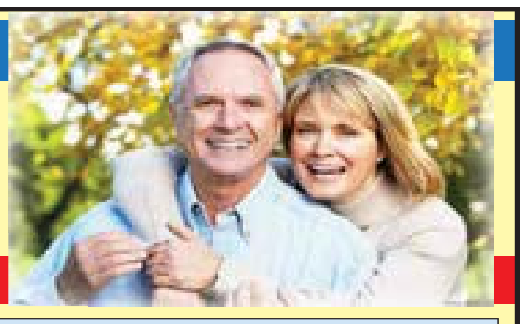
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The health and safety of our customers and employees is our top priority. We have implemented the CDC's recommended guidelines to do our part to minimize the spread of COVID-19. Our stores are open under normal business hours so we can continue to support our community during this difficult time.

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NURSE'S BEAT

Preventing Skin Cancer

By Randi Rich

November is National Healthy Skin Month. It is dedicated to increasing public awareness of the importance of prevention, early detection and treatment of skin cancer.

More than 3.5 million skin cancers are diagnosed annually in more than 2 million people. Unfortunately, incidence rates for melanoma — a tumor containing dark pigment — have been rising for at least 30 years.

Some Statistics

Unlike many other common skin cancers, melanoma occurs in both younger and older people. Rates continue to increase with age; they are highest among individuals in their 80s. However, melanoma is not uncommon even among those younger than 30.

It is one of the more common cancers in young adults (especially young women). It is also is more than 20 times more common in whites than in African Americans.

How it Begins

Melanoma originates in the melanocytes, or pigment-producing cells. As melanoma invades the skin more deeply, the risk of the disease spreading to a lymph node increases. In these cases, surgeons will remove one or two lymph nodes. This is known as sentinel lymph node biopsy, which looks for cancer that has spread beyond the original area to nearby lymph nodes.

If the lymph node biopsy is negative, usually there is no further treatment required. If it is positive, more surgery to remove the remaining cancerous lymph nodes may be required.

Risk Factors

Risk factors include sun exposure, being fair skinned with blue or green eyes and blonde or red hair, having many moles or atypical moles on the skin, and having a personal or family history of melanoma.

Talk to your doctor if you have any of the following symptoms:

- Any change on the skin — especially in the size or color of a mole or other darkly pigmented growth or spot — or a new growth.
- Scaling skin, oozing, bleeding, or change in the appearance of a bump or nodule
- The spread of color beyond its border, such as dark coloring that goes outside the edge of a mole or mark.
- A change in sensation, itchiness, tenderness or pain.

Survival Rates

Who survives skin cancer? The five-year survival rate for patients, whose melanoma is detected early, before the tumor has penetrated the skin, is about 97%. The 50-year survival rate falls to 15% for those with advanced disease.

Proactive Skin Screening

For these reasons, it is important to monitor your skin. Be proactive and get a skin screening annually. Leisure World is making it easy for residents by providing The CareToU Dermatology Bus, which will be on-site on Monday, November 9 from 9:00 a.m. to 4:00 p.m. in the Rec. 1 Parking Lot.

CareToU offers skin screening, biopsy services and



a new non-surgical treatment for pre-cancerous and cancerous conditions. The treatment uses a non-surgical device to treat diseased tissue.

The device transmits radio frequency through your skin to generate heat at the cellular level. The device precisely monitors the heated tissue within narrow temperature parameters. Since abnormal and diseased cells cannot tolerate the heat, normal cellular death occurs. The surrounding healthy cells are not destroyed.

This process takes about one to three minutes. It is quick and well-tolerated. The diseased cells die and the immune system stimulates healing.

Take advantage of this opportunity. An ounce of prevention is worth a pound of cure.

To schedule an appointment, please call 602-639-0189. On the day of your appointment, please bring your insurance card and a list of current medications.

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

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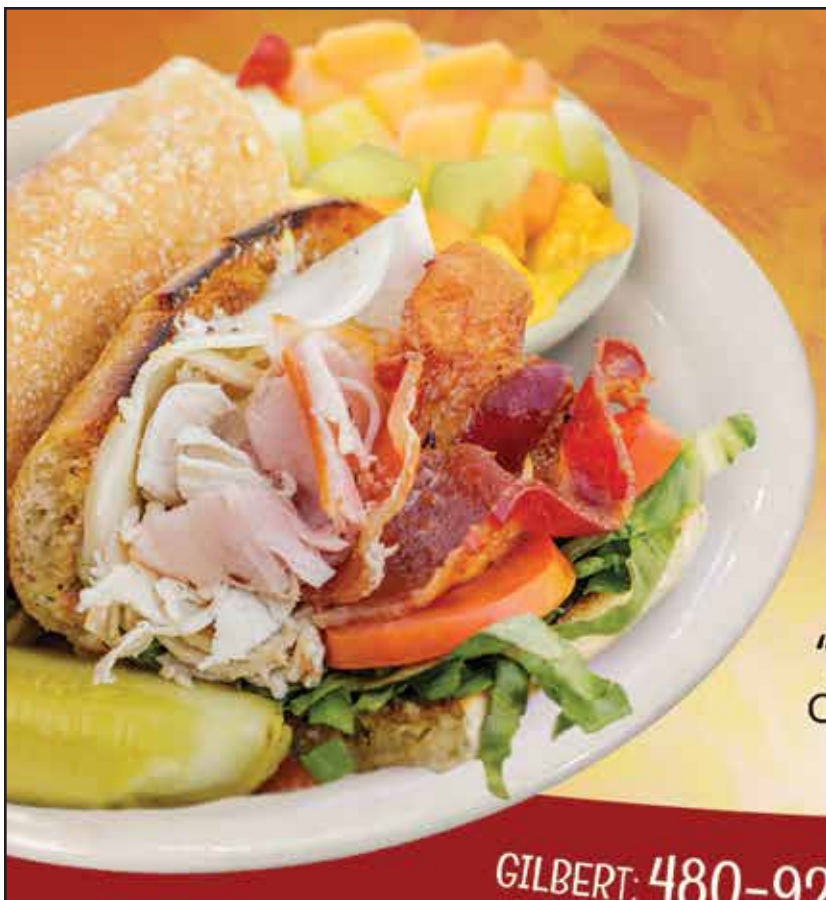
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Unmasking Neuropathy

By Aaron Shapiro

Are you suffering from the effects of peripheral neuropathy? If so, you're not alone. That's the bad news. The good news is that there is a breakthrough in treating peripheral neuropathy that may help you to gain back your life.

Clinical studies reveal that the debilitating pain, numbness and tingling experienced by patients suffering from peripheral neuropathy can be successfully treated—*without* the use of drugs or surgery.

Some people say, "You will just have to live with it." But that is easier said than done—especially if you're not the one suffering from this pain. I believe that you deserve better when it comes to the treatment of your neuropathy. Too many physicians don't address the concerns of their patients. Instead, prefer to rush you out of their office and give you yet another pill to mask your symptoms. The result: you're still in pain and your issue hasn't been resolved. But there is hope!

Neuropathy Explained

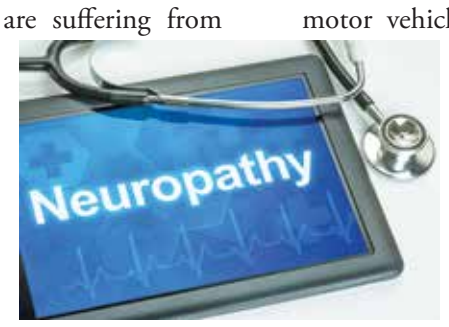
Peripheral neuropathy is a result of damage to the nerves outside of the brain and spinal cord (peripheral nerves), which often causes weakness, numbness and pain. It is usually most prevalent in your hands and feet but can also affect other areas of your body.

Your peripheral nervous system sends information from your brain and spinal cord (central nervous system) to the rest of your body. The peripheral nerves also send sensory information to the central nervous system.

Peripheral neuropathy can result from traumatic injuries, infections, metabolic problems, inherited causes, and/or exposure to toxins. One of the most common causes is diabetes. People with peripheral neuropathy generally describe the pain as stabbing, burning or tingling. In many cases, symptoms improve, especially if caused by a treatable condition. Medications can only reduce the pain of peripheral neuropathy. But they cannot improve the circulation to the damaged nerves.

Signs and Symptoms

So, how do you know if you are suffering from neuropathy? Here are some telltale signs that you are:



- Gradual onset of numbness, prickling or tingling in your feet or hands, which can spread upward into your legs and arms
- Sharp or jabbing, throbbing or burning pain
- Extreme sensitivity to touch
- Pain during activities that shouldn't cause pain, such as putting weight on your feet or under a blanket
- Lack of coordination, falling
- Muscle weakness
- Feeling as if you're wearing gloves or socks when you're not
- Paralysis if motor nerves are affected
- Heat intolerance

Underlying Causes

The causes of neuropathy are not a single disease. Peripheral neuropathy is nerve damage caused by several conditions. Underlying health conditions that can cause it are:

- **Diabetes:** More than half the people with diabetes develop some type of neuropathy.
- **Autoimmune Diseases:** These include Sjogren's syndrome, lupus, rheumatoid arthritis, Guillain-Barre syndrome, chronic inflammatory demyelinating polyneuropathy and vasculitis.
- **Alcoholism:** Poor dietary choices made by people with alcoholism can lead to vitamin deficiencies.
- **Exposure to poisons:** Toxic substances include industrial chemicals and heavy metals such as lead and mercury.
- **Medications:** Certain medications, especially those used to treat cancer (chemotherapy), can cause peripheral neuropathy.
- **Nerve Trauma/Pressure:** Traumas, such as from motor vehicle accidents, falls or sports injuries, can sever or damage peripheral nerves. Nerve pressure can result from having a cast or using crutches or repeating a motion such as typing many times.
- **Vitamin Deficiencies:** B vitamins — including B-1, B-6 and B-12 — vitamin E and niacin are crucial to nerve health.

If you do suffer from neuropathy, you may also experience complications. Some of these may include:

- **Burns and Skin Trauma:** You might not feel temperature changes or pain on parts of your body that are numb.
- **Infection:** Your feet and other areas lacking sensation can become injured without your knowing. Check these areas regularly and treat minor injuries before they become infected, especially if you have diabetes.
- **Falls:** Weakness and loss of sensation may be associated with lack of balance and falling. According to the Center of Disease control, falls are the leading cause of injury or death over the age 65.
- **Amputations:** Each year in the United States there are about 86,000 diabetes/neuropathy related amputations.

If you have been diagnosed or think you may have peripheral neuropathy, please contact our office and schedule a no obligation consultation to meet with me. I am happy to help determine if you are a candidate for our treatment program.

For more information, call 480.820.9147 or visit https://www.integritychiropractic.com/.

-Dr. Aaron is founder and director of Integrity Chiropractic Health Center.

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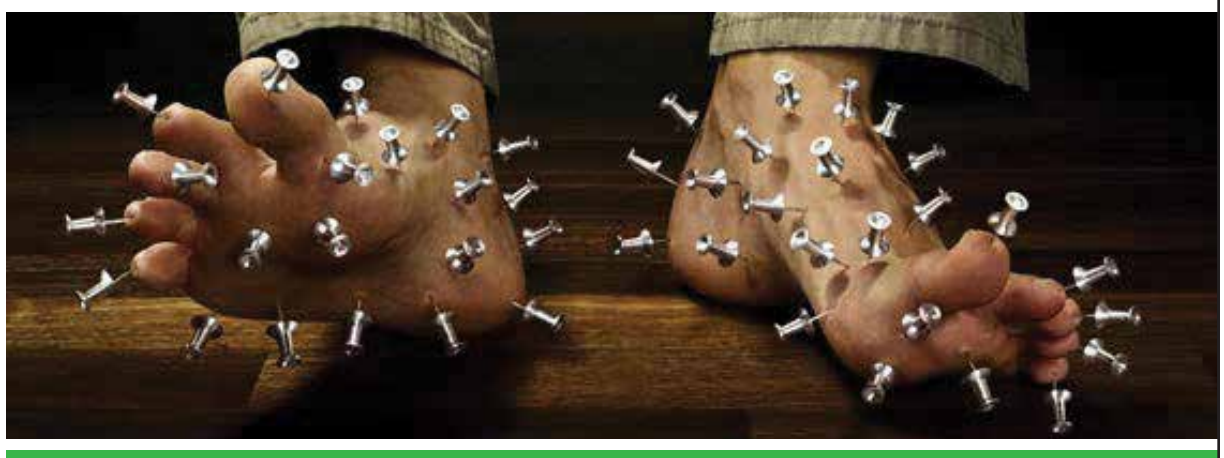
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Aaron Shapiro, D.C.,B.C.N.

TRANSPLANTED GARDENER Irrigation Controllers Explained

By Sherry Rindels-Larsen

Although other parts of the nation are going back in time with the end of Daylight Savings Time, Arizonans have their own clocks to reset: the clocks or timers on their irrigation controllers.

When the seasons change, so should our irrigation practices. Proper irrigation is critical for plant health, water conservation and cost savings.

Controller Features

Irrigation controllers are those magic boxes that use programmed information to turn your landscape watering system on and off. They will run at scheduled intervals and times even when you are away. Unfortunately, they will not adjust themselves for different seasons, shut themselves off when it rains or shut off if there is a leak.

All irrigation controllers have the same basic features:

- **Stations:** These control the valves releasing water to the irrigation zones in your landscape.
- **Start Time:** This is the time when a specific valve will open to irrigate a station or zone.
- **Run Time/Station Duration:** This is the number of minutes a specific valve will stay open to water a zone.
- **Semi-Auto:** This allows you to run through a program when supplemental water is needed.
- **Off or Stop:** This permits you to stop programs from running until you change it back to run. This should be used during rainy periods to avoid watering when it is not needed.
- **Manual:** This button allows you to run a single valve for whatever time you select. This is great when checking for leaks, clogged emitters and realigning sprinkler heads.
- **Programs:** This is where all the settings are stored to water the different areas of the yard. A, B and C are common programs.

Different Types

Several types of controllers are available. The oldest type still commonly used is the electro-mechanical controller. This is the easiest to program but is also the least flexible in programming options.

Digital controllers were then produced. They usually have a display and keypad on the front of the box, but can be intimidating to program. They are flexible in their abilities to run several settings and are very accurate.

Next is the hybrid model. As the name implies, it offers the best of its predecessors. Hybrids offer ease of programming with accuracy and flexibility in programming options.

Regardless of the type, some people find setting or changing the controller to be a daunting task, especially if the landscape contains a variety of plants.

Irrigation Resources

Knowledge is power, so get informed. Here are some good irrigation controller resources with valuable information.

Water Use it Wisely: This site provides extensive information on watering your landscape. It offers step-by-step instruction in programming your controller and links for finding instructions for different brands of controllers.

https://wateruseitwisely.com/100-ways-to-conserve/landscape-care/timing-is-everything/

City of Mesa's Water Conservation: On this website, you can watch a good video to assist residents with programming their controllers.

https://www.mesaaz.gov/residents/water/water-conservation

To completely remove the anxiety associated with seasonal changes, "smart" or weather-based controllers can do the scheduling for you. These controllers use current weather data and information about site conditions to apply the right amount of water. Look for rebate programs to help make this option more affordable.

In the meantime, happy gardening!

-Sherry Rindels-Larsen is a Maricopa County Master Gardener and Sonoran Desert Club President.

4 Tips to Prevent the Flu

During a pandemic, it's crucial to support a strong immune system and to prepare for another virus coming our way – the influenza, commonly referred to as the flu. This season, give yourself the best chance to ward off the flu with these four tips.

1. **Increase Vitamin D:** Vitamin D is good for your gut and bones. But more importantly, it helps to reduce inflammation and regulate your immune function. Although you may have gotten plenty of the sun's natural nutrients this summer, your body still needs a good source of vitamin D in the winter. Consult with your doctor about adding a vitamin D supplement to your regimen.
2. **Get a Flu Shot:** The influenza vaccine helps your body create antibodies against the real virus. However, the regular vaccine is typically less effective in adults 65 or older. Seniors should consult with a doctor about taking the Fluzone High-Dose vaccine, which is four times as strong. Early October is the optimal time to get your vaccine, but better late than never!
3. **Sleep Well:** Get your Zzzs! Sleep is crucial to your immune health. First thing in the morning and throughout the day, step outside and enjoy the sunlight. The sun will help keep you energized throughout the day. It will also help keep your circadian rhythms in sync for optimal sleep patterns. When you are ready to sleep, cool off the house. Cooler temperatures will stimulate production of melatonin for more restful sleep.
4. **Turn on the Humidifier:** Studies show viruses last longer in dry air. Combat this with a humidifier! When the temperatures drop and the air becomes dry, turn on a humidifier to reduce your risk of flu infection.

Stay safe, healthy and strong! Boost your immune system with good habits to reduce your flu risk this year.





FOOT HEALTH

Prevent Disease by Listening to Your Feet

By Reisha Zang

The human body is an amazing machine. The more you use it, the better it works. However, it requires maintenance to keep it healthy. It will also send you warning signs when there is trouble ahead.

"Your body is talking to you all of the time," says Dr. Kerry Zang of CiC Foot and Ankle, a podiatrist in Paradise Valley, Arizona. "The thing is, we often don't hear what it's saying."

It is easy to ignore our body and focusing on pressing concerns like children or the needs of a spouse. But Dr. Zang is especially concerned about a condition that can be easily overlooked: peripheral artery disease (PAD).

"If you find yourself needing to rest because your leg cramps when you walk even a short distance, or at night you need to stand up to relieve a cramp in your foot, that's your legs and feet telling you they need help," says Zang.

This condition is not due to simply reaching a certain age and needing to slow down. Unfortunately, because people tend to think this way, PAD is often not diagnosed until it has progressed.

Unpacking PAD

PAD is a build-up of fatty material inside the arteries. This limits the amount of blood that passes through them. This build-up occurs gradually and hardens into plaque inside the artery.

This condition is known as atherosclerosis, commonly referred to as "hardening of the arteries." This plaque causes a narrowing of the passageway, restricting the amount of blood that flows throughout the body.

"Blood brings oxygen and nutrients to your feet and toes, which they need to stay healthy," explains Dr. Zang.

Without the proper blood supply, the nerves and muscles in the feet are affected and can cause pain. Burning, tingling, numbness or cramping may occur.

"When you ignore it, it can get worse," says Dr. Zang. "Yet, when you identify it and treat it, it's possible to reverse it."

Foot-Heart Connection

Individuals with PAD are at a much higher risk of other circulation or cardiac issues. They generally have a higher rate of amputation and death from heart attack or stroke.

However, there are telltale signs related to poor blood flow to legs and feet — such as pain, cramping or wounds that will not heal.

Ignoring these signs may lead to an amputation. Unfortunately, if you get an amputation because of PAD, your life expectancy is lower than if you had breast cancer or lymphoma.

PAD is often called the silent killer because many people do not know they have it. If left untreated, it is highly lethal.

Simply put, PAD is serious and should not be ignored.



Spot Signs Early

But there is good news. Early diagnosis and treatment can make a big difference. Symptoms of PAD often are felt in your feet first; they are an indication of what is transpiring in the blood vessels throughout your body.

"The earlier the condition is identified, the better your opportunity for preventing it from getting worse," says Dr. Zang.

He urges his patients to talk with their doctor about any changes they notice in their feet. Lifestyle changes, medication and treatment can help prevent PAD from progressing to dangerous levels.

"Without treatment, it will just get worse," emphasizes Dr. Zang. "There is no benefit to waiting."

By diagnosing PAD early, you will be able to manage the disease and potentially reduce or prevent complications from occurring.

Misreading Symptoms

In some cases, people are diagnosed with — or think they have — neuropathy, which is damage to one or more peripheral nerves. This happens because the symptoms of PAD are very similar to those of neuropathy. They include burning, tingling, numbness and/or pain. Medication is often prescribed with mixed results.

"When a patient has been taking medication and they are not finding relief, it's time for them to start asking questions," says Dr. Zang. "I can't stress enough how important it is to diagnosis the condition that's causing the pain."

Oftentimes, the cause of these symptoms is PAD.

"If your feet burn, tingle or feel numb, it's your body telling you it needs help, and you should listen," advises Dr. Zang. "In fact, if you are experiencing any type of discomfort or things just don't seem right, tell your doctor."

Be proactive with your foot health. Don't suffer in silence.

"The only way we can help is if you let us know you need it," concludes Dr. Zang.

-Reisha Zang is Director of Patient Education at CIC Foot and Ankle.

Looking for your favorite foot doctor?

Dr. Kerry Zang, Dr. Shahram Askari, Dr. Daniel Schulman, Dr. Kimberly Leach and Dr. Barry Kaplan are now back in the East Valley!

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Golf

HOT TIPS

Putting: Your Key Money Shot

By Shane Romesburg



"Drive for show. Putt for dough."

We have all heard this phrase on the golf course, and it is completely true. Sure, it is nice to hit a long, straight drive, but if you hit a poor wedge shot and proceed to 3 putt, you score the same 5 as the player that hit three of four short shots to the green and made his/her putt.

As I have previously mentioned, nine out of 10 people I see on the driving range are hitting their driver — and usually only their driver.

Let's face it: We all hit the ball off the tee different distances. But more importantly, none of us are getting any longer.

So why continue to practice with your driver? The focus should be on the short game.

This month's article will focus on putting.

Simplify Putting

Becoming an above-average putter can offset the poor shots you hit, and in turn, lower you scores. There are many factors to think about when reading a putt on the green, such as speed, break, slope, etc. As with anything else I teach, I like to simplify as much as possible.

We are going to imagine a 10-foot putt that breaks 6 inches to the left (for a right-handed golfer). Most golfers will align the golf ball and aim it at the center of the hole. They will then manipulate the stroke with their hands and push the ball out to the right. Most likely, they will miss the putt.

Why not make it simple? I like to make every putt a straight putt.

If this putt breaks 6 inches, then aim the ball 6 inches to the right of the hole. Your feet should be parallel to the putter's head. Your shoulders, feet and putter head are therefore all working together.

Now you can make a straight back and straight-through stroke without manipulating your hands. This will increase your chances of making the putt. By following this tip, you will be putting for dough every time.

-Shane Romesburg is Head Golf Pro at Leisure World.

Golf Superstars Ken and Marcia Steele

Leisure World residents Ken and Marcia Steele are a dynamic couple who excel at golf!

On February 17, Ken won President's Cup Champion for the Heron Lakes Men's 18-Hole league with a score of 118. Just a few days later, Marcia became the League Club Champion for the Heron Lakes Ladies 9-Hole League on February 25 with a low gross score of 87.

It is a remarkable feat for a husband and wife duo to both win their respective tournaments.

"I was surprised I played so well," says Ken. "I usually get tense during tournaments. Thankfully, I was able to relax and play my best."

"It was a stroke of luck," says Marcia humbly of her win. "I just happened to play better than anybody on those two days of the tournament."

A native of Illinois, Ken has been playing golf since high school. From Michigan, Marcia only picked the game after moving to Leisure World in 2001. She took lessons from Leisure World Golf and Landscape Direct Travis Fish and continues to glean tips from husband.

The couple love the social aspect of the game and being part of the Leisure World golf community.

Marcia plays twice a week and was previously an officer for the Heron Lakes Ladies 9-Hole Club for two years. Ken plays five days a week and was president of the Heron Lakes Men's League for five years.

"It's a very friendly golf atmosphere here," shares Ken. "I enjoy playing with the same folks every time."

"Golf gets me out so I can meet more people," adds Marcia. "Now, I always encourage new people to try golf."

Off the links, Marcia explores her creativity with the Pottery Club, where she has served as president



for the past 10 years. She has also been an officer for the Jewelry Club for six years. Ken enjoys giving back with the Lions Club and building with the Woodshop Club.

They both look forward to playing future golf tournaments.

Congratulations, Ken and Marcia!

The Masters in November?

You heard that right! The 2020 Masters Golf Tournament has been rescheduled from its traditional dates in April and will now be played November 9-15, 2020.

This will be the latest in the calendar year that the tournament has ever been played — and by a very wide margin. The last time the tournament was not played in April was back in March 1939. No previous round at the Masters has ever been played later than April 15.

Since 1945, the Masters has always been played during the first full week of April. It typically signals the end of a long winter and the jubilant beginning of springtime, complete with radiant flowers in their full bloom. The Masters is historically golf's first major championship, setting the stage for the entire golf season to follow.

Due to the coronavirus pandemic, the PGA will be playing an abbreviated schedule of events this year. The British Open has been cancelled entirely for 2020. The Masters is shuffled to November and will conclude the majors. It now will signal an end to fall before the fast-approaching onset of winter.

The field for the Masters was already set for the April tournament dates, and organizers have announced that it will remain exactly the same for the rescheduled dates in November. In total, 96 players have been invited to play.

Perhaps the most interesting thing about a November Masters is that once the tournament concludes on November 15, we only have to wait five months for the next Masters to roll around.! The April 2021 Masters is back on the traditional schedule and will run from April 5-11, 2021. Two Masters in five months will be an extraordinary treat to golf fans everywhere! Enjoy!

Leisure World Golf Staff



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Golf Clubs

Guys and Dolls Golf

Submitted by Carole Foley

Guys and Dolls is a fun couples golf group (one man and one woman) that plays 18 holes of golf at Heron Lakes on the first and third Sundays from November through March. Golf play typically begins with an afternoon shotgun start, followed by a social.

Plans for starting the Guys and Dolls group has been delayed this season due to COVID-19. When we are given approval to resume golf activities, we will put a message on the Leisure World Post, an announcement on the bulletin board at Heron Lakes and send a notice to our Guys and Dolls email list.

For more information, contact Dave and Carole Foley at 480-264-6027 or Heron Lakes Pro Shop at 480-664-0762.

Heron Lakes Women's 18-Hole Golf Club

Submitted by Nita Calow

Heron Lakes Women's 18-Hole Golf Club welcomes back those of you who were gone for the summer and those of you who stayed here through the heat. We are happy to see you all!

There have been changes to our clubs because of the COVID-19 pandemic, some which are still up in the air. The first is that we will be playing tee times instead of shotguns. This means that we will not be playing mornings one week and afternoons the following week.

Right now, we are not sure what time we will have. This will be settled by the time we tee off on our first day.

We will play at Coyote Run the first three weeks due to overseeding and then we will be back to Heron Lakes. We are not certain what will be permitted regarding meetings and events but will know more by time the league starts in November.

President Dianne Decker sent a message out to all previous members letting them know about the situation. Many of our Canadian players cannot return this winter.

For women who are interested in playing golf, we are a small, fun league. We play 18 holes on Heron Lakes every Tuesday and welcome any newcomers who might be interested.

We look forward to a great year, so come join us! We can't wait for all the fun!

For more information, please call Dianne Decker at 480-890-0726.

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TEE TIME

Golf Cars Need Love, Too!

By Stormi Kime Vasquez

This month, I want to focus on the importance of preventative golf car maintenance. Although a golf car is smaller than your daily driver and has fewer moving parts, but for safe operation and long life, it should be serviced regularly. Regular service addresses issues that may need adjusting or lubricating. It also identifies potential operational hazards and helps in projecting expenses instead of being surprised with unexpected pricey repairs that could have been budgeted or avoided!

Recommended Service Intervals

For some golf car owners, the notion that you must have your golf car serviced regularly may be a bit perplexing. When do you do the service? What do you have to do at the service interval? Each manufacturer establishes service intervals for their car lines, measured in hours of use or months of use, whichever comes first. Service intervals by hours of use (measurable if your golf car has an hourmeter installed) can vary from 100 to 250, on average. If you are uncertain what the intervals are for your golf car, consult your owner's manual or at *a minimum*, plan to service the car once per year. But what else does a typical annual service encompass?

Service Checklist

Electrical

The greatest re-occurring expense a golf car owner will incur is batteries. Consequently, it is imperative to make the ones you have last as long as possible since a replacement price tag for good quality lead-acid batteries is between $750-$1100.00. Knowing battery performance is key to being able to anticipate future replacement and/or identify operational issues. Service of the electrical system should include load tests on each battery to determine its performance. An acid-neutralizing wash of the battery posts and cables removes any build-up of corrosion in these areas causing inconsistent charging and/or operation. The fluid level in lead-acid batteries must be inspected and adjusted by adding distilled water or removing, should excess be present (see below).

Good quality lead-acid batteries that have been maintained well have a life expectancy of three to four years in our desert climate. Knowing the pack date can help gauge replacement based on this benchmark. If batteries have ever "boiled over" during a charging cycle, this means battery posts, cables, and the frame below have been exposed to acid which can compromise the integrity of the metal in battery compartment.

The electrical service should continue to the motor and circuit wiring inspecting, for any signs of frayed or burned wires. Rounding out the electrical service checklist should include an inspection of all light wiring (if applicable), as well as light and horn operation.



Wheels, Tires and Alignment

Tires are a close second for commonly replaced items on a golf car. Wheel alignment should be inspected and adjusted accordingly to keep the car balanced and maintain tire tread life. Wheels and tires should be visually inspected for flaws such as scuffs or warps indicating impact and potential damage to suspension. Tires should also be inspected for dry cracks from exposure to the sun, uneven tread, cracked or leaking valve stems, and bulging side walls. All these blemishes impact the comfort and safe operation of the golf car and should be addressed through repair or replacement.

Suspension, Gears and Brakes

A lubrication of the front end, steering, springs, and shocks should be done to allow the car to operate smoothly, allowing ease in steering and said components to move freely without causing unnecessary wear. Suspension pieces working properly make the car easier overall to navigate at all speeds. The rear undercarriage of the golf car includes the differential which houses the gears. It is important to inspect this area and maintain the gear oil.

Most golf cars have a simple braking system with cables situated in a way that they can easily come into contact with turf, if not properly secured. Brake cables must be inspected not only to be sure that they are moving freely, but that they are not hanging loose beneath the car.

Test Drive

After all inspections and adjustments are complete, the car should be test driven for overall performance. Special attention should be given to assess brake functionality and confirm that there is no noise when braking. The windshield should be inspected to ensure that it is good condition and no flaws impair the vision of the driver.

An ounce of prevention is worth a pound of cure

The small investment to service your golf car is worth it. Be good to your golf car and it will be good to you for years!

-Stormi Kime Vasquez is a Sales and Marketing Representative for Apache Main Golf Cars. She can be contacted at 602-332-5551 or stormi@apachemaingolfcars.com.

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