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January 2022



Leisure World News

The Official News Publication of Leisure World Arizona

Performing Arts Series

See Great Shows!
Page B1

Annual Board Meeting January 19
Page A3

Holiday Lights Winners
Page A5

Turkey Trotters Support Team Zale and Parkinson's Network

For the 7th Annual Turkey Trot, Leisure World trotters were Team Zale, supporting beloved residents Jan and Mike Zale, who is currently battling Parkinson's.

"We are Team Zale," says Jan excitedly! "That is my husband in the wheelchair. We are walking today to support him."



Jan and Mike Zale with daughter Amanda and son-in-law Mel.

Approximately 110 excited participants ran or walked 5k along Leisure World Boulevard on November 24, 2021, to raise money for the Parkinson Network of Arizona and the Muhammad Ali Parkinson Center.

"We are supporting a fabulous cause for this year's Turkey Trot," says Fitness Manager Quoc Tran. "Unfortunately, many Leisure World residents are battling Parkinson's, and this was a great way to highlight this disease and the much-needed services provided by the Parkinson's Network of Arizona."

Founded in 2006, the Parkinson Network of Arizona is a voluntary alliance that supports the outreach programs of the Muhammad Ali Parkinson Center through funding, community building, advocacy and by increasing public awareness. It also advocates for better health care for individuals battling Parkinson's disease so they can live a better future.

The event was sponsored by Modern Physical Therapy, Hearing Life East Valley, Inspira Gateway, Crockett Dental, Arizona Songbird Senior Placement, Semper Fi Heating and Cooling and HomeWell Care Services.

A Family Affair

Former Leisure World Recreation Director Jan Zale participated in the 5k with family and friends to support her husband, Mike. Jan walked along the course with her daughter Amanda Comstock and her sister, fellow Leisure World resident Pamela Halpin. Son-in-law Mel Comstock kindly ran while pushing Mike in his wheelchair.

"It was a great day for our family," says Amanda. "My husband Mel was a real team player by racing with Mike in his wheelchair so that he could also participate. It was very special!"

"Being together as a family for this great event to raise awareness about Parkinson's and to support my brother-in-law Michael means so much!" adds Pamela. "It warmed my heart so see all the love and support Mike received from this incredible community!"



Leisure World employees and families support Turkey Trot.

Unfortunately, Mike began to show symptoms of Parkinson's in 2015. Two years later, he was officially diagnosed through the Veterans Affairs Health Administration. Mike is a veteran of the Unites States Army and fought in the Vietnam War where he flew Huey helicopters.

Sadly, doctors determined Mike's Parkinson's was a result of exposure to Agent Orange, a tactical herbicide

continues on page A10

New Leisure World Dog Park: A Beautiful Oasis for Your Furry Friends!

Have you been looking to set up play dates for your furry little friends but cannot find a good place to do so? No need to fret! Leisure World's four-legged friends now have a beautiful oasis to play and run around in. The island between 65th and 66th Streets on Leisure World Boulevard is home to our new community dog park!

"We are very pleased to have a beautiful new dog park that residents and their pets can thoroughly enjoy safely," says Community Manager Jason Doll. "Great things happen when departments work collaboratively to provide a much-needed service to residents and their beloved creatures."

Inspiration Strikes

The idea for a new dog park first emerged during a Governing Board meeting in April. Former Community Manager Bob Kimble then began working with various departments to make this happen. An outside landscape designer was subsequently tasked with creating the perfect haven for big and small dogs to run and play in.

"Once the designs were completed, we chose the one that would work best for our Leisure World community," explains Landscape Manager Ryan Stanfield. "Frontline Landscapes was hired to complete the physical labor, and we now have a dog park!"



Residents Marilyn Peters with Tinker Bell, Diane Klausen with her lab Sophie, Judy McCabe, and Mary Shafter with Chloe Bell, are lapping up the new dog park!

Beauty Meets Functionality

The dog park was completed in November under the direction of new Community Manager Jason Doll. It is a beautiful oasis for Leisure World pets and their owners. The excellent design marries beauty and functionality. The fenced-in park has sturdy benches, allowing pet owners to chat while their furry friends roam the area. It also has waste dog stations for convenience. Coming soon is a beautiful fountain that will dispense water for owners to fill their water bottles and water dishes for their pets.

"It was very much a collaborative effort between the Community Manager, the Governing Board, the Facilities Department and the Landscape Department," reaffirms Facilities Manager Justin Bauch. "We are very pleased with the outcome," says Justin. "The fence and landscaping look great!"

"We have received very positive comments about how it all looks." adds Ryan. "We are happy with how it all turned out."

Frequent users like longtime Leisure World resident George Miller who brings his dog daily couldn't agree more!

"This was a great idea!" says George. "It's nice to have a place for the dogs to freely run and jump. As a dog owner, this is something that I really appreciate!"

The new park is a wonderful addition to Leisure World. If you have not yet been, stop by with your furry friends. They will love it!



The speed limit on Leisure World streets is 25 mph. No passing.

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

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Allen Family Medicine	
LW On-Site Office	480-977-6349
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. 300 **Heron Lakes:** Ext. 400
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



Nancy Bauwens and Dennis Guy	438
Robert Edwards and Nancy Lu Foote	1130
David and Doris Hoel	875
Timothy and Tammy Bauer	1316
Joseph and Nadine Theis	163
Gary Kolker	791
Doug and Renee Henry	2293
Maria Przymierski	291
Janette Caron	671
Steven and Virginia Dill	1914
Mary Kathryn Murray	1916
Sharon Ash	1901
Steve and Carol Hall	2484
David and Kathy Ardinger	586
Robert Edwards & Nancy Lu Foote	1855
William and Rebecca Odoski	2187
Andre Roy and Emiliano Amaro	35

What's Inside

Calendar B12
Card and Game Clubs A31
Classified Ads A36
Clubs (general interest) A25
Comics A35
Fitness Center Class Schedule B19
Golf B30
Horoscope A37
LWCA A3
Music and Dance Clubs A31
Oasis Health Spa B16
Puzzles A34
Recreation Department B2
Sports Clubs A32
Upcoming Trips and Tours B8

Leisure World News

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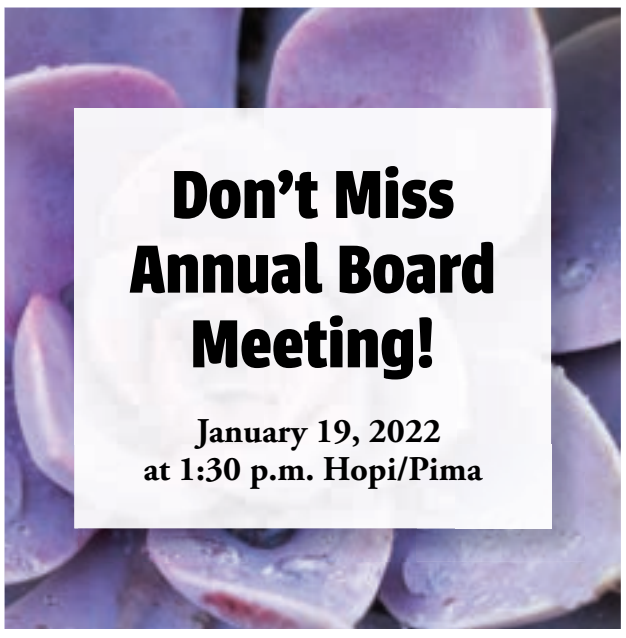
SCAN FOR MORE INFO

Administrative Announcements

January Board and District Meetings

All meetings subject to change. Updates will be provided.

Meetings	Date	Time	Location
Board of Directors Work Session	January 4, 2022	8:30 a.m.	Ballroom
Annual Board Meeting	January 19, 2022	1:30 p.m.	Hopi
Open Board Meeting	January 26, 2022	1:30 pm.	Hopi
District 1	January 12, 2022	1:00 p.m.	Ballroom
District 3	January 11, 2022	4:30 p.m.	Ballroom
District 4	January 13,2022	5:00 p.m.	Theater
District 5	January 11, 2022	4:00 p.m.	Hopi Ballroom
District 6	January 12, 2022	4:30 p.m.	Hopi Ballroom
District 7	January 13, 2022	4:00 p.m.	Ballroom
District 8	January 11,2022	5:30 p.m.	Hopi Ballroom





Leisure World wishes you and your family lots of love, joy and happiness in the new year!

Wednesday Coffee 9th Anniversary!



Committee members celebrating anniversary in 2020.

Join us for fellowship and fun in person every Wednesday at 8:00 a.m. in the Rec. 1 Clubroom!

We will also be celebrating our 9th Anniversary on Wednesday, January 12 at 8:00 a.m. in the Rec. 1 King Card Room! Come and celebrate with us!

SAFETY FIRST

Crosswalk Safety Tips

Whether you walk, bike or drive, take five seconds to follow crosswalk safety guidelines.



Pedestrians:

- Always cross at marked crosswalks. You forfeit your rights as a pedestrian if you cross elsewhere.
- Obey any pedestrian signals and look left-right-left to make sure the road is clear in both directions before crossing.
- If a vehicle approaches, make eye contact with the driver to be sure s/he sees you before you cross.
- Look before walking past stopped vehicles. Do not cross just because a driver waves you on. Be sure all lanes are clear first.
- Remember that bicyclists are not considered pedestrians unless they are walking their bikes. Otherwise, they are considered vehicles.

Bicyclists:

- Yield to pedestrians
- Remember that bicyclists are not considered pedestrians unless they are walking their bikes. Otherwise, they are considered vehicles and forfeit their rights as pedestrians in the case of an accident or citation.
- Use marked bike paths or multi-use paths when available.
- Obey vehicular traffic signals and laws on the roadways.
- Use extra caution as you transition between bike paths, roads and sidewalks. Be aware that your actions are unpredictable to drivers and pedestrians.

Drivers:

- Yield to pedestrians in crosswalks and at intersections.
- Be prepared to stop at all marked crosswalks. Stay alert and reduce speed in areas with crosswalks.
- Be alert for bicyclists whose approaches to the crosswalk may be much swifter than those of pedestrians.
- Come to a complete stop if pedestrians are crossing or preparing to cross.
- Wait until pedestrians have crossed at least one lane past the lane you are in before resuming travel.
- Never pass another vehicle that has stopped or is slowing down at a crosswalk.

Golf Carts: Valid Driver's License Required



According to Arizona law and Leisure World Rules and Regulations, children and anyone without a valid driver's license are **prohibited** from driving a golf cart.

"No person shall operate a motor vehicle within Leisure World unless said person is currently legally licensed to operate a motor vehicle according to the laws of the State of Arizona. Golf carts are motorized vehicles." -Rule 3-101-A

To ensure everyone's safety, please refrain from allowing children and your unlicensed guests from driving your golf cart on Leisure World roadways or golf courses.

Thank you for your cooperation!

Photography Club Displays Holiday Greetings

By Bob Bennett

The Leisure World Photography Club used their display case next to the Computer Center to create a holiday greeting for all residents. The club wanted to share their gratitude for the many residents who participate in the monthly Display Contest and wish everyone Happy Holidays! The special display was up for the month of December but returned to the normal display contest format for January.

On Wednesday, January 26, 2022, the Photography Club will once again participate in the Leisure World Foundation lecture series. This year, the presentation will feature travel photographer Roger Naylor who will share highlights from his latest book, "Arizona's Scenic Roads and Hikes." His book covers Arizona's best — from the deserts to the mountains, the Grand Canyon to Sedona, and Native American villages to Route 66. The Leisure World Photography Club will exhibit photographs that support this theme. The exhibit will be available at 5:00 p.m. and the lecture at 6:00 p.m.



Club members share their talents and holidy wishes.

The Photography Club also sponsors the annual "Theme-Within-A-Theme" contest which will be held on Saturday, February 12, 2022, from 9:00 a.m. to 2:00 p.m. in the Rec 1 Classroom. For this year, this unique show will feature the theme, "Street Scenes." It is then up to each participating member to create a set of five photos reflecting their own interpretation of this theme. All residents are invited to enjoy the show and vote for their favorites.

Happy New Year!

More information on the Leisure World Photography Club, visit https://www.lwphoto.club/.

Operation Christmas Child: Time to Buy Boxes!



Official Operation Christmas Child Box

By Kim A. Hansen

January is the perfect time to buy your shoeboxes to start filling them throughout the year for Samaritan's Purse - Operation Christmas Child.

Since 1993, Samaritan's Purse has collected shoebox gifts filled with toys, school supplies and hygiene items for children around the world. Since then, more than 188 million children in more than 170 countries and territories have received an Operation Christmas Child shoebox. The project delivers not only the joy of what, for many kids, is their first gift ever, but also gives them a tangible expression of God's love.

The New Year allows those of us playing Santa Claus to have choices of lid colors, if you are buying the sterilite brand of plastic box. Please remember the shoebox equivalent should be about the size of 13" x 7.5" x 4.7."

Hobby Lobby should still have the green and red logoed Operation Christmas Child boxes available for purchase. These same boxes can be purchased online at Samaritan's Purse.

If you would like a sturdy cardboard shoebox, visit https://www.samaritanspurse.org/occ and purchase one there. You can also purchase an already filled shoebox online.

January is also the perfect time to purchase discounted hats, gloves, scarves, etc. If you are wanting your box to contain some of these cold weather items, start hunting for sales now!

For more information, contact Kim Hansen at kahansen58@gmail.com.

or visit https://www.samaritanspurse.org/what-we-do/operation-christmas-child/.

-Kim A. Hansen is a Leisure World resident.





Holiday Lights Contest Shines in 2021!



1st Place: Manor 1087 Bruce and Carol Wetzel

Congratulations to all the Holiday Lights Contest Winners for 2021. Thank you all for participating and making the season bright!

Here are our winners.

1st Place: Manor 1087: Bruce and Carol Wetzel
2nd Place: Manor 2468: Vernon and Andrea Macmillan
3rd Place: Manor 322: James Strader
4th Place: Manor 431: Charlie and Judy Fritsche

We look forward to your participation in next year's contest!
Happy New Year!



2nd Place: Manor 2468 Vernon and Andrea Macmillan



3rd Place: Manor 322 James Strader



4th Place: Manor 431 Charlie M. and Judy L. Fritsche

LW News Mailing Request



LW News is the number one source for news and information about our community! Pick up your free copy of LW News throughout the community or read online via the resident website.

The Communications Department also offers doorstep delivery. Whether you are a snowbird or live at Leisure World year-round, we can mail you a copy for $5 per issue. Gift subscriptions and copies can also be sent to family and friends.

Simply fill out the following form:

https://residents.lwca.com/departments/communications/leisure-world-news/test/

Note: LW News can only be mailed to one address per subscription.





VETERAN SPOTLIGHT

Gary Lock: A Navy Veteran Who Served Globally

By John Latus

"Join the Navy and See the World!" Many years ago, that was the theme the U.S. Navy used for its recruitment promotions. And this certainly sums up Leisure World resident Gary Lock's career when he joined the Navy after graduating from Mountain View High School in Mesa in 1981. At age 17, Gary enlisted. And 31 years later, he left the Navy as a Lt. Commander, having served all over the world.

The Journey Begins

Gary was born in Colorado Springs, Colorado in 1963. Three years later, his family moved to Mesa, Arizona. Gary entered the Navy after high school and was assigned basic training in San Diego, California, for nine weeks. Upon completion, he attended Operations School in Damneck, Virginia. There, he learned basic radar operations, maritime navigation, operational control of aircraft, surface and sub surface vessels, communications and basic tactical data systems.



Lt. Commander Gary Lock in 2013.

Gary's first duty station was Naval Air Station in Fallon Nevada, where he learned to provide video and visual advisory control of fighter and attack aircraft attacking training targets on the largest military training facility in the world.

Ships, Planes and Love

Two years later, Gary was assigned his first ship, the USS Vancouver, based in San Diego, California. On a landing personnel dock, they practiced disembarking troops throughout the Pacific for five years.

Gary continued to control aircraft and became a helicopter transit controller, moving additional marines and sailors through the air. He was assigned to the USS Halsey, a Guided Missile Cruiser for three years. Gary became a watch supervisor helping to control planes and anything else involving war fighting, including surface vessels and submarines.

Based in Hawaii, the ship sailed to Australia, Okinawa, Korea, the Philippines and Japan with short duties in each country where he taught the resident military the basics of aircraft control and interception. Gary was fortunate to be stationed with one of his brothers through a program called brother duty.

Following back-to-back sea tours, Gary remained in San Diego with the San Diego Naval Training Center where he became the Command Fitness Coordinator for 400 staff. It was during this tour that Gary met his wife-to-be, Christina Van Dette in 1991. One year later, they were married. Chris also served in the U.S. Navy and served out her four-year enlistment before dedicating herself to her husband and family in 1992.

Adventures on USS Elliott

Gary's next assignment was the USS Elliot. where he served as a Leading Petty Officer, CIC Watch Officer and Air Interceptor Controller. The Elliot, a Guided Missile Destroyer, was assigned to the Northern Arabian Gulf as a Northern Air Picket Station and was tasked with executing United Nations sanctions levied on Iraq.

The Elliot was also called to protect tankers and other vessels being harassed and boarded by Iranian Revolutionary Guard members operating in patrol boats and holding the tankers for ransom. Gary's tour on the Elliot lasted four years, during which time, they deployed to Japan, Hong Kong, Taiwan, Philippines and many other exotic locations. In 1996, Gary was awarded "Sailor of the Year" on the Elliot.

A Skilled Drill Instructor

Gary's next assignment was shore duty at Great Lakes Naval Air Station as a drill instructor. He led nine straight divisions through eight weeks of intense training designed to acclimate civilians towards military life. Gary was selected to go to RDC school to teach new drill instructors on how to become drill instructors at Great Lakes. Gary was promoted to Chief Petty Officer and obtained a commission through the Navy's Warrant Officer Program as a CWO2.

As a new officer, Gary was assigned to the USS Carney out of Mayport, Florida. Carney, a guided missile destroyer was part of the USS John F. Kennedy Battle Group. He held several responsible positions, including Naval Gunnery Officer. It was as the Gunnery Officer that Gary led Carney to earn Battle Group Honors for the coveted best Naval Gunnery performance. It was also on Carney that Gary helped establish what is now Homeland Defense immediately after September 11, 2001. The Carney assignment ended in January 2003.

European Horizons

Then, Gary accepted an assignment in St. Mawgan, (Cornwall, United Kingdom) on a Royal Air Force Base. He was introduced to integrated undersea surveillance and monitored the oceans for enemy submarines. The assignment allowed Gary to bring Chris and his family to live in England and travel extensively throughout Europe. Gary worked with the Brits for three years, before reluctantly departing in December 2005.

Gary was pursuing a new assignment with the Sixth Fleet Staff stationed in Italy, but the USMC had other ideas. The Navy sent Gary to the 1st Battalion 12th Marines out of Kaneohe Marine Base, Hawaii, where he led a thousand-man battalion on two highly successful and decorated combat deployments to Iraq as the Counter Improvised Explosive Device Officer and Electronic Warfare Officer. It was by far the most rewarding tour of his career!

In 2009, Gary accepted another position within the Integrated Undersea Warfare community but this time, in the Pacific (Whidbey Island, Washington), where again Gary was the Operations Officer. It was also here that he was promoted to Lieutenant Commander.

Gary's final assignment was at Naval Information Operations Command also at Whidbey Island, where he served as the Readiness Department Head and charged with ensuring all members were deployable by initiating periodic background checks to maintain security clearance. He officially retired on March 13, 2013.



Gary and Chris ready for Glendale Union High School District Navy Ball in 2017.

Called to Teach

Gary received a bachelor's degree in organizational leadership and a master's degree in human resources with a graduate leadership certificate — all at Brandman University in Washington state. Prior to returning home in 2015, he accepted a position as the Senior Naval Science Instructor at Glendale High School. Knowing he found his post-retirement calling, Gary still longed to get back to Mesa, so when the same job became available at Apache Junction High School in Arizona, Gary took it in 2018. He remains there to this day.

Why Leisure World

Gary and Chris had purchased a home in Mesa on Brown and Greenfield, but always wondered what was behind those gates at Leisure World. So, they booked a tour, not intending to buy but simply observe. What they saw impressed them! So, two weeks later, they made an offer on a home and moved here in 2021.

Thanks for your service, Gary and Chris. And thank you for being part of our Leisure World community!

We will all remember this day. And it will be hard for the Lions Club to top this event next year!

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

If you are veteran — male or female — and want to be featured in LW News, please email news@lwca.com.

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Singles: Live Your Best Life with SOLO!

Calling all singles to live their best life! You only live once (YOLO), so why not do it with the new Leisure World singles club SOLO! In June, the club got a makeover and has a new name, vision and leadership! Formerly known as "Singles Mingle," SOLO (acronym for Stepping Out with a Lively Outlook) welcomes all singles who want to participate in fun activities and events — but just not alone.

"Instead of singles being afraid to do things on their own, SOLO makes it easy to go places in a group setting," explains the group's organizer Barbara Peters (not to be confused with Governing Board President Barbara Peters). "We are a friendly group, which facilitates meeting new people and having fun experiences!"

Barbara became a member of the former singles club upon moving to Leisure World in July 2018. Since Leisure World provided a variety of activities for singles, she knew it was perfect for her.

"Thankfully, Leisure World has options for singles," says Barbara. "Oftentimes, singles feel lost and alone in community events, which usually have lots of couples. It is very important that Leisure World continues to have a friendly space of inclusion for singles where they can bond."

When the former club disbanded in May when the previous leader, Katie McFarland, resigned due to illness, Barbara stepped up to the plate. But she isn't spearheading this feat solo (pun intended!). She has joined forces with Leisure World resident George Miller, who is well-known in the community.



SOLO group having fun as they visit Mystery Castle in Phoenix on November 12, 2021.

"George is great!" says Barbara. "He handles all the outings, and I am more of the behind-the-scenes person. We work well together."

"I wanted to be a part of this because life does not end when you are single or widowed," says George. "Get your butt off the couch and do something!"

Fun Times

So, is SOLO a dating club for seniors like Our Time.com? Although several love matches have been made, dating is not the main goal of the group.

"Let me be clear, we are not a dating group," chuckles Barbara. "We are simply singles who are enjoying fun things in life together."

Barbara and George are organizing fun events and cultivating a friendly atmosphere where everyone is welcome. The club's first event was a potluck in July with 17 participants. And by their next potluck in August, news of the group had spread and 30 singles attended! Potluck gatherings have become a mainstay and occur every third Thursday of the month at 5:00 p.m. in the Rec. 1 Club Room. Participants must pay $3 due at potluck events to cover the rental room fee.

Expanding Horizons

But the group doesn't just do things in Leisure World. They love to explore activities in the greater Phoenix Metropolitan area. They have organized events to the Desert Botanical Garden and The Mystery Castle. They plan to enjoy the Mesa Theatre District soon.

"There is life outside of Leisure World," laughs Barbara. "It is okay to get out of your immediate surroundings and meet new people!"

"Barbara and I are the organizers, but we want to do what the people want to do," explains George. "We welcome our members' ideas and suggestions."

And SOLO's philosophy is, "The more, the merrier!"

"It is our desire to see this group expand," explains Barbara. "Everyone who wants to be involved should feel comfortable in attending events and have a great time!"

"Come and get to know what we are all about," concludes George. "We will welcome you with open arms!"

Yolo with SOLO!

For more information about SOLO, please contact Barbara Peters at 309-215-7203 or bapeters56@gmail.com.

PLARN: Reinviting Plastic for a Greater Good!

When two people with like minds want to impact their community, great things happen! Just ask Leisure World residents Lori Hines and Cathy Dreifort who started the PLARN Project to help the homeless.

The PLARN Project is a national community project that helps the homeless by providing them with sleeping mats made of recycled plastic bags. PLARN – coined for plastic yarn – is yarn created by cutting up and knotting plastic bags together. The plarn is then used to knit desired items, including mats for homeless, throws, rugs and so much more.

"I just happened to come across a video on Facebook about a group in South Carolina who were participating in the PLARN Project and doing this amazing thing to help the homeless, "says Lori. "It inspired me and was something that I really wanted to be involved with!"

When Lori heard about fellow resident Cathy and her passion for the environment, she knew they were destined to embark on this new endeavor together.

"I am very conscious about recycling," says Cathy. "I started with plastic bottles and newspaper sleeves. Then, I began to get plastic bags with the plastic bottle donations. Lori reached out to me and said, "Let's do this!"

In June, Lori and Cathy joined forces and established the PLARN Project. And off to the races they have been making plarn and mats for the homeless!

A Crafty Group Effort

But making mats are no easy feat! There is a special technique in which the plastic bags are cut into a series of circle-shaped plastic rings. The rings are then looped together and pulled straight into a 3-foot-long strand of plarn that is crocheted. Incredibly, it takes 400 or more plastic bags to create one single mat!

"Making one mat is very time-consuming and involves sorting, cutting and crocheting," explains Lori. "Cathy and I could not do this alone. There are about eight of us who are involved in the mat process. We are very grateful to the women who have given their time to help us with this!"

The PLARN Project also creates mats that are easy to fold and with straps to comfortably carry. Since the group's inception, eight mats have been made and three donated.

"I seek out the homeless and try to help them with food or whatever they may need," shares Cathy. "A group of homeless people know that I give out clothes on a certain day and some have received a plarn mat. They are very grateful!"

Ripple Effects

Lori and Cathy hope the PLARN Project will grow so that more people will be able to help those less fortunate.

"I just want to help someone in any way that I can," says Lori. "To help someone in need is the greatest feeling and very humbling."

"People look down at the homeless and think they are in this position because they want to be," adds Cathy. "But life is not easy for so many people, and you just don't know the circumstances that got them where they are today."

The dynamic duo hope that the PLARN Project will expand to church groups and other organizations within the Valley. For now, they simply want to continue to grow within Leisure World.



PLARN Members: Front L-R: Cathy Dreifort and Lori Hines Back L-R: Cindy Newman, Kay Davis, Sherry Larson and Karen Larson

"If we can help one homeless person, that would be great," concludes Cathy. "But if we can help 20, that is even better! We hope more residents will want to join our efforts!"

Thank you, Lori and Cathy, for opening your hearts and using your talents to help those in need.

For more information, contact PLARN Project member Lori Hines at lorilea16@outlook.com.

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Foundation Flashes

Don't Miss Hot Tropical Nights Fundraiser!

Get ready for those warm breezes to blow in, bringing with them a taste of the tropics! The Leisure World Foundation FUNdraiser is on Saturday, January 29 from 5:00 - 9:00 p.m. in the Rec. 2 Hopi/Pima Rooms.

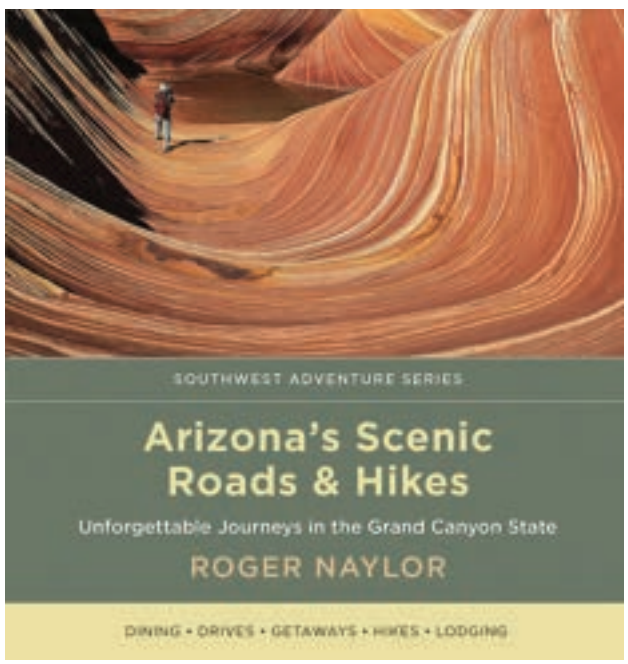
The night will warm up as Samba dancers show attendees how to move to the beat. Yes, even partygoers can show their moves! The popular Rhythm Edition band will be playing and entertaining the crowd.

Appetites will be satisfied with salad, entrée and dessert. Thirsts will be quenched with beverages. BYOB, if you wish.

So, put on those flowery dresses or shirts and be a part of the party! What a way to escape the winter blues!

Tickets are $50/per person tickets. Get yours today at the Recreation Office!





Arizona adventures with Roger Naylor.

Premiere Speaker Series

Award-winning travel author Roger Naylor is the next featured speaker in the Leisure World Foundation's Premiere Speaker Series. He will tell his tales of exploring Arizona on Wednesday, January 26 at 6:00 p.m.

"I explore Arizona one hiking trail and one restaurant at a time!" That's how Roger describes his roaming around this wonderful state. His byline has appeared in the travel sections of The Arizona Republic and USA Today. He has also authored several award-winning travel books.

Every year, Roger sets out to hike at least 1,000 miles of Arizona trails. This year, he crossed that threshold. On October 29, 2021, he hit 1,002 miles.

"Hiking is my passion, just like writing," shares Roger. "I can't do without either one and stay reasonably sane. I need to wander, need to walk to keep my senses active and my mind alert. For me, hiking is breathing."

Roger Naylor is Arizona's premier travel writer. In 2018, he was inducted into the Arizona Tourism Hall of Fame. He is prolific writer and has written for "The Guardian, "The Week," "Country Magazine," "Arizona Highways," and many other publications. He is also the author of several books, including "The Amazing Kolb Brothers of Grand Canyon," "Boots & Burgers: An Arizona Handbook for Hungry Hikers" and "Arizona Kicks on Route 66."

In October 2021, Roger's latest book, "Arizona's Scenic Roads and Hikes," was awarded Best Arizona Travel by New Mexico-Arizona Book Awards. He also won the award in 2020 with his book, "Arizona State Parks."

Residents can see Roger in person on Wednesday, January 26 at 6:00 p.m. They will also be treated to special exhibit — courtesy of the Leisure World Photography Club — of photographs depicting the beauty of Arizona. The exhibit will be available at 5:00 p.m. with Roger's lecture at 6:00 p.m. Please join us!

At the end of the presentation, refreshments will be provided by Desert Financial and the Recreation Office.

"I am always happy to talk about Arizona," says Roger enthusiastically. "I look forward to doing so with Leisure World residents!"

For more information on Roger Naylor, visit www.rogernaylor.com.

ROGER NAYLOR BLOG

20 Signs You Live in Arizona

1. You sneer at Daylight Savings Time.
2. Seeing a river that contains water is cause for celebration.
3. More than once, you've spent a Saturday afternoon drinking beer with bikers at the Spirit Room in Jerome.
4. You can name 5 great swimming holes without even trying.
5. Either you own horses or friends of yours do.
6. You actually have a favorite ghost town.
7. You've driven to wine country without leaving the state.
8. It's impossible to resist sticking your nose in the trunk of a ponderosa pine to savor the sweet scent of vanilla.
9. You think Sedona has gotten too big but still cherish some amazing red rock memories.
10. Some of the greatest meals you've ever eaten have come from food trucks and roadside stands.
11. You've replaced more windshields than windshield wipers.
12. It just doesn't feel like Christmas until luminarias are lit.
13. Despite it being a funny name, you don't crack wise about a haboob because those things look like the end of the world.
14. If a parking space is slightly shaded, you'll grab it, even if it is so far from the mall you have to call a ride service to take you to the door.
15. Formal wear means actually putting on a pair of long pants and maybe a shirt with buttons.
16. Even though you pretend you're pulling off the interstate for a bathroom break, it's just an excuse to grab a slice of Jack Daniels pecan pie at Rock Springs Café.
17. While you own neither lawn mower nor snow shovel, somewhere you've got a cowboy hat.
18. You always know where you can get your hands on a Sonoran hot dog in case the craving strikes.
19. You can name the 5 C's of the Arizona economy—cattle, climate, codgers and cactus candy.
20. Although it's okay for you to joke about the heat, you don't like it when a visitor complains, especially if they hail from anyplace swimming in humidity. It really is a dry heat.

LW Foundation Donations

November 1 - 30, 2021

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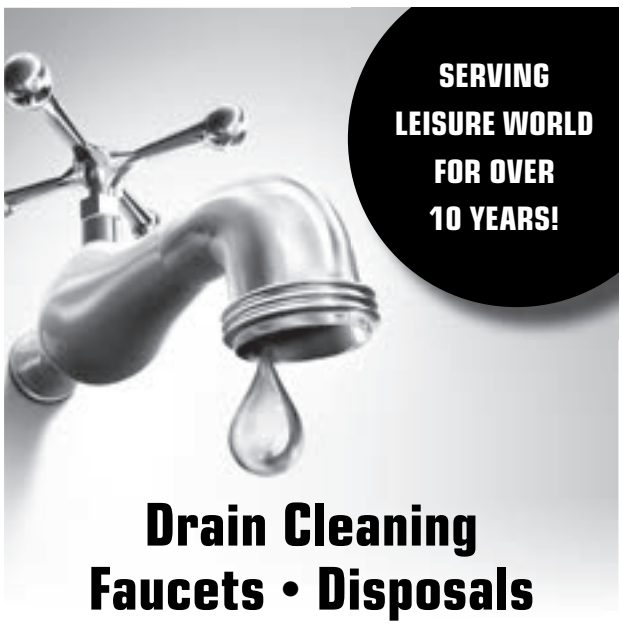
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A DOSE OF PROSE

Explore Wonders of Leisure World Library!

By Charlene Ingerson

Welcome to 2022! It is a time for new beginnings and resolutions. If your resolution is to read more this year, you should come to the Leisure World Library and peruse our newest additions.

You can also pick up one or two bargain books at this month's mini book sale on Thursday, January 13 held in the library from 12:00 to 1:30 p.m. A plethora of bargain books will be available for $3 a bag or $5 for two bags. Library personnel will take your selections and bag them for you at checkout. This is one of the favorite sales of the season, so come early for the best selection. Our bargain books practically fly out the door!

Donate Old and New Books

We are delighted and grateful that you choose to buy books at our sales. These are books that have been donated by residents to the library. There is misinformation going around that the Leisure World Library only accepts new books for donation. This is not true! We gladly accept any and all donated books regardless of age or condition.

All your donated books do hero's work, and a few are added to the collection. Many of the donated books go into our book sales to raise money for the library. The remainder are given to the Lions Club and sold to support many of their causes, including helping sponsor a few special needs children to spend a life-changing week at Camp Tatiyee in Arizona's White Mountains. Your donated books are deeply appreciated and each one contributes either to the Leisure World Library or benefits the greater community.

Annual Fund Drive

Our annual fund drive begins next month and continues through March. You may have noticed in last month's Leisure World News Foundation Flashes that the foundation has promised to match the first $2,000 raised by the Leisure World Library during February and March to help us get off to a good start.

We are always delighted and grateful to receive financial donations throughout the year. But this year, your donation has the potential to be a double benefit to the library if it is made in February and March. We hope you will consider making one, whether large or small. Thank you in advance for your generosity!

The Leisure World Library does not receive any portion of the homeowners' fees. The money we raise is used primarily to purchase and process new books to replace the hundreds being culled from the collection each year — either because of accumulated damage or lack of reader interest. Our records indicate that the cost of a new regular print book is currently around $26, while the cost of a large print book, our preferred choice, is $35.



Leisure World Authors

Although the majority of our collection consists of modern fiction and mystery, we do have several smaller book collections that are often overlooked. These are: classic literature, books specifically about all aspects of Arizona (history, plants, places to see, etc.), and books that have been written by our very own Leisure World residents!

Yes, you read that right! We have a small collection of books published by Leisure World authors. This collection reflects the eclectic interests of our residents. About 30 books have been donated by our resident authors. The books' topics range from poetry, history and mystery, to insights on dealing with dementia. There is even a book on library science. If you are a Leisure World author and would like to donate a copy of your book, we would love to add it to this collection.

Where are these smaller collections? The classic literature books can be found on top of the bookcase closest to the Communications Office. The Arizona collection is immediately adjacent to the card catalog in its own bookcase, and the books by Leisure World Authors reside on top of the bookcase adjacent to the "U" of new books surrounding the couches in the center of the library. Look for the sign. Please take the time to peruse these smaller collections. All three are treasure troves to explore!

To keep the entire Leisure World Library book collection of continued interest to our readers, we purchase new books each month. We would not be able to do so without the financial support given throughout the year by generous residents. Many donations are anonymous with cash dropped into our donation box on the circulation desk. We thank each and every one of you who do! Even small donations make a difference! Our special thanks goes out to Lorain Jewel Nicholls for her very generous donation last month. In addition, the following people below have donated in memory of others. Our profoundest thanks!

May the coming year be your best ever!

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

November 2021 Memorial Donations

Donor	In Memory Of
Paula Montgomery	Peter and Marylou Montgomery
Clorenda Berquist	Don Berquist

Books Checked Out November 2021

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Paperbacks: 101
Volunteer Hours: 493

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Turkey Trotters Support Team Zale and Parkinson's Network

continued from A1.

that the U.S. military used to clear leaves and vegetation for military operations during the Vietnam War.

"Parkinson's is particular to each person," explains Jan. "There is no real blood test that pinpoints the illness. Regrettably, Mike's symptoms progressed quickly."

Jan was able to get the necessary medical help Mike needed.

"I am thankful for VA services and those they helped outsource for him," adds Jan. "Banner Neuro Wellness in Gilbert has created a specialized exercise program for him which has been excellent. Through the Parkinson's Network, I have received resources as well as educational information."

A Village Unites

Jan and Mike have also been blessed with family and friends who rally around them for support.

"It truly takes a village," says Jan emotionally. "Mike and I officially moved to Leisure World on June 9, 2020. The outpouring of love and support is incredible! Our neighbors have been wonderful as has my sister. Leisure World Outreach Coordinator Marguerite Huspen has also been very instrumental in helping me receive in-home health support."



Trotters eagerly starting the race.

In 2018, Jan retired as Leisure World Recreational Director after 25 years of service.

"I loved my work and Leisure World," says Jan. "I have a 40-year background in recreation for active retirement communities. However, it was time to retire and focus on my husband."

Jan is still using her experience to help Mike excel daily.

"I keep Mike very active," explains Jan. "Although Mike must use a specialized walker and transport chair, we don't let that stop us. Things are different, but we adjust. By participating in the Turkey Trot, I also wanted to show that regardless of your circumstances, you can still get out and be involved!"



First Place Winners: Richard Pieterick (70+); Christopher Rodgers (30-39); and Tim Bingham (40-49)

More Winners

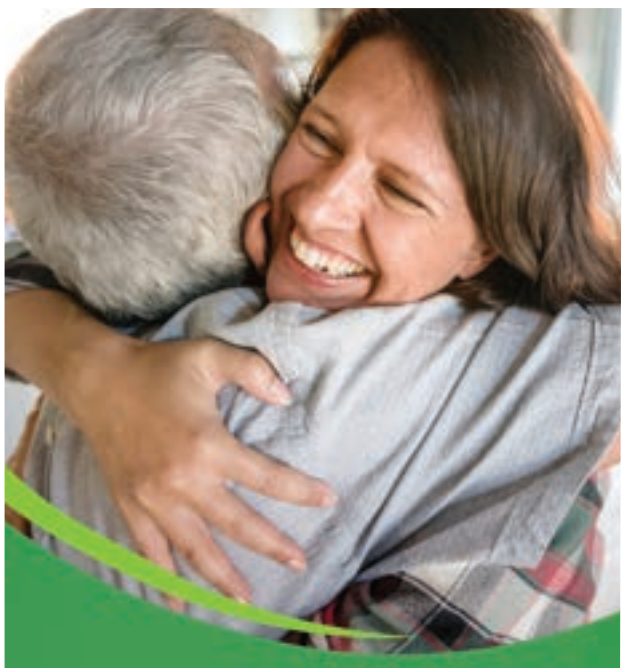
But Team Zale wasn't the only event winner! Tim Bigham won first place in the male race with a time of 25:32. Christopher Rodgers came in second with a time of 27:04, and Richard Pieterick came in third with a time of 27:28. The females race winners included Belinda Pettay in first with a time of 32:18, Bonnie LeBlanc in second with a time of 37:46, and Ramie Quiroz came in third with a time of 40:02.

But the biggest winner of the day was the Parkinson's Network of Arizona who received a donation of $2,645.75.

"This was the biggest donation to date," says Quoc. "We are grateful to our sponsors who helped make this event a success. I look forward to next year and raising even more funds for a great cause. I hope you will join us!"

Team Zale enjoyed the day and imparts these words of wisdom.

"I pass along this piece of advice to all families adapting to Parkinson's," concludes Jan. "Don't worry about yesterday or tomorrow. Instead, rest in the joy of today!"



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NOSTALGIA SERIES

A High School Reunion Adventure!

By Bob Bennett

Have you ever attended a high school reunion? How was it? Are you glad you went? My adventure began innocently with emails from Classmates.com. I had always deleted them and moved on. But as I got older, I started hesitating a little before deleting. When I saw that Ray High School Class of 1961 was holding its 50th anniversary reunion, I asked myself, "Why not go?" And signed up.

As I prepared for the trip, a lot of memories started flowing. I began to anticipate the people, places and things I would see and wondered what it would be like after all these years. It is 1,125 miles from Mesa to Corpus Christi. Since I left, the city has grown from 150,000 to 350,000. As my wife Diane and I checked into the hotel, it felt good to be there.



Special 50th high school reunion cake.

The Big Reunion

On the big day, we started with a tour of my alma mater. The grounds were beautiful and well-maintained. The big silver spur in front of the school looked just as I remembered. It was great touring the classrooms where I once studied. There had been some remodeling, especially in the gym. The hosts gave us many facts and figures about how the school evolved in the past 50 years. It was a great experience.

That night was the big dinner dance which was being held in our host hotel. Diane and I got dressed up and headed down for what we anticipated was going to be a terrific evening. There were a lot of people, some of whom I thought I recognized. The rock 'n roll band was in full swing. We picked a nice table and sat down to relax.



Bob (center) with the Mooneys - the current owners of his childhood home.

Soon, we were asked if it was okay if they "borrowed" one of our chairs. Then another chair, and then place settings, one by one. Before we knew it, we were a party of two, alone with just the chairs we were sitting on and the silverware for our meal.

In Memoriam

When we were finished, I walked around the room and noticed a sign on the wall. It was titled, "In Memory," and it listed the seniors who had died since graduating. Here is where I found the friends that I had hoped to see again. The entire evening had been a train wreck.

Memory Lane

The next day, we got up bright and early. I was anxious to show Diane the schools that I attended, my cousin's house, the house I grew up in and my father's office where he had practiced medicine. Everything went well and I took many pictures. But when it came to taking photos of the house on Melrose where I grew up, things changed. I took exterior shots of the house, a view from the street, a view of the side and back streets.

About this time, I had an overwhelming urge to knock on the front door. When I told Diane about my plan, she was skeptical. But I assured her there probably would not be anyone at home. I knocked on the door and shockingly, a man opened it. I told him who I was and that I was in town for my high school reunion. His name was John Mooney. As it turns out, he was the guy who bought the house from my parents so many years ago. He recognized my name and invited my wife and I in.

We sat down in the family room that I remembered so well. We talked with John and his wife Ana and had a great visit. The natural rock fireplace had now been painted white, along with the natural wood paneling. But the shelving was intact, just the way I remembered it. John then invited us on a tour of the house.



Bob's childhood home.

Flashbacks of Home

Room after room I kept flashing back to how it used to be. My room, my brother's room, my sister's room, my parents' bedroom, they all looked so different now, but my memories still flowed. Room after room, I kept taking pictures, knowing that I would never have this opportunity again. The dining room where we had gathered for meals, the kitchen where the meals were prepared — everything was in a different perspective now. The yard I mowed as a boy that I recall being at least 100 acres was now just an average-sized yard. The house that I remembered as huge was just comfortably roomy.

All the way back to Mesa, I kept going through memories of the trip, the horrible high school reunion, the joy of the city tour and the warm welcome from the Mooney's. I kept in touch with John for a while but as with most things in life, time moves on. I believe they were moving to Plano, Texas.

For an instant, I thought about buying my old home and moving back to Corpus Christi. But as the memories faded, so did the idea of moving. I was content with my life in Mesa and the memories from my 50th high school reunion and the house I grew up in. They say, "You can't go home again." And maybe they are right. At least I will always have these great memories!

-Bob Bennett is a Leisure World resident.

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TECH TALK

How to Speed Up a Slow Computer

By Christopher Winter

"Why is my computer slow?" This is one of the most common issues I help residents in Leisure World resolve. Many people are under the assumption their computer is slow because it is old and no longer capable of handling the newest updates. But this is not always the case.



In most instances, the cause of a slow computer is the hard drive. If you have a mechanical drive, they have a typical life span of three to five years. In rare cases, drive failure can happen in the first year or two due to manufacturing defects. However, hard drives perform optimally in their first 20,000 hours and have an expected life span of 43,800 hours.

Computers with 50k+ hours on their drive usually boot very slowly and lock up while programs are attempting to open. If your computer is three years or older, it is best to inspect your drive right away to determine if it can be fixed or if you will need a new one.

Checking Your Drive

So, how can you check the health of your hard drive? Every hard drive has software that we call in the tech world, SMART — a self-monitoring analysis and reporting technology — built into it. This built-in software monitors disk reliability, hours run, power on count, current temperature and even if errors are beginning to emerge.

If the drive has already entered final failure, it will even tell you the drive has gone bad. Even if the drive measures are good, the software data can help you predict failure.

If you want to check the health of your drive, download a program called Crystal Disk Info, which you can find via a Google search. When visiting the Crystal Disk Info site, scroll down for the download and ignore the ads that might say "download." Install it and simply open the program and it will pull the SMART data the drive has been storing.

Extra Tip: If your computer has been slow and you notice Crystal Disk Info shows numerous reallocated sectors or errors, you might need to replace your hard drive soon.

New Drive and Old Data

Subsequently, if you do need a new drive, will you lose all your data and programs? This is a common concern for many people. But have no fear. In 99% of cases, it is possible to clone your data onto a new drive and install it the same day. A clone is an exact copy of everything you currently have on your computer.

You can clone a drive with special software, and an external enclosure. I recommend using a solid-state drive (SSD) to upgrade your existing drive. An SSD is a newer generation of storage device used in computers. SSDs use flash-based memory, which is much faster than a traditional mechanical hard disk.

Upgrading to an SSD is one of the best ways to speed up your computer. In most cases, you will now be able to start your computer and your first program in less than 30 seconds, compared to five or six minutes with your old drive. Apart from being faster, they are also more reliable and last much longer.

Review these tips and suggestions before throwing out your computer. Remember, replacing your hard drive is still cheaper than replacing your computer or laptop. So, check the health of your drive today!

For more information, call or text Chris The Computer Guy at 480-277-7170.

-Christopher Winter is President of Chris The Computer Guy and technology advisor for the Leisure World Computer Club.





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TRANSPLANTED GARDENER

Gardening Resolutions for 2022

By Sherry Rindels-Larsen

Some new year resolutions are easier to keep than others! Here are a few I think most of us can keep.

1. Stop and Smell the Roses: Slow down and enjoy smelling roses and all the other fragrant flowers we have here in Arizona. Visit the Rose Garden located at Mesa Community College on Southern. They have more than 8,000 roses that smell wonderful in the spring and look beautiful too.

Maybe you prefer grape fragrance, then the Texas Mountain Laurel is for you. These are common landscaping plants in Arizona. They grow slowly, are drought tolerant and are available as shrubs or small trees. You can find these trees on the Dillard's side of the nearby mall, the Desert Botanical Garden and Boyce Thompson Arboretum.

Perhaps you have a passion for vines. The passion flower is an excellent vine for the eastern side of the house, smells fantastic and gives a tropical feel to the summer garden. Several colors are available and certain species are the larval food source for the fritillary butterfly.

2. Enjoy the Birds, Bees and Butterflies: More than 400 species of birds have been spotted in Maricopa County. A terrific place to take in many different bird species is the Riparian Preserve in Gilbert. Arizona is home to 1,300 species of bees. Learn about the variety of bees we have here and the critical role they play in our food supply. The Sonoran Desert is home to more than



200 species of butterflies. The Desert Botanical Garden's Butterfly Pavilion is open in the spring and fall, and features butterflies native to the Southwest.

3. Learn More About Water Conservation: The Arizona Municipal Water Users Association (AMWUA) advocates for responsible water stewardship that supports economic prosperity and safeguards Arizona's water supplies for future generations. AMWUA embraces water conservation and efficiency as a way of life in the desert.

Visit their Arizona Plant Festival virtual exhibit to learn about low-water-use plants for the Arizona Desert and to view their guide to Xeriscape: Landscaping with Style. Their website has excellent resources and lists a variety of upcoming classes on landscaping and watering in the desert.

Gardening in a desert environment is a new and different experience for many of us. Familiarize yourself with the Maricopa County Extension website and the vast amount of research-based landscape and gardening information available.

Enjoy 2022 to the fullest! Happy planting!

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

Resources

The Rose Garden at Mesa Community College: https://rosegarden.mesacc.edu/home.html

AMWUA: https://bit.ly/AMWUA-plantfest.

Maricopa Cooperative Extension, University of Arizona: https://extension.arizona.edu/maricopa

Birds of Phoenix - Maricopa Audubon Society: https://www.maricopaaudubon.org/birds-of-phoenix-1

Riparian Preserve at Water Ranch, Town of Gilbert, Arizona: https://www.gilbertaz.gov/departments/parks-and-recreation/parks-information/parks/riparian-preserve-at-water-ranch

Arizona Bee Identification Guide: https://acis.cals.arizona.edu/pest-identification/pest-diagnostics/arizona-bee-identification-guide

Arizona Butterflies: Pictures and Butterfly Identification Help: https://greennature.com/arizona-butterflies/

Living with Wildlife Safety Tips!

Dear Residents,

Recently, Urban Wildlife Specialist Darren Julian of the Arizona Game and Fish Department provided residents with an informative session on how to live with wildlife in our community.

Here are some important takeaways!

If you see someone feeding wildlife, call 1-800-332-0700 or 602-942-3000. Wildlife includes squirrels, javelina, coyotes, fox, geese, and pigeons, etc.



Warning and Fines

- The AZ Fish & Game Department will come out to warn the violator
- You could ultimately be fined $300 – Citation No ARS 13-2927 Unlawful Feeding of Wildlife.

Safety Tips

- Walk away from a coyote. Never run!
- Cars are familiar to coyotes. They will wait for cars to pass before crossing the road.
- Act as large as you can. Make aggressive gestures with arms and legs or wave an object at the coyote. Move toward an area with other people or a building.
- Maintain your hierarchy over them – use low, but loud, verbal tones.
- Bear spray is effective. But a more effective – and cheaper – solution is to fill a super soaker with 10% ammonia and 90% water or to spray with water from a garden hose.

Containing Population

- Coyotes are territorial, therefore, relocating them may be ineffective and may even cause an increase in their population.
- Relocating coyotes may also potentially increase presence of other wildlife.
- If less males are in the area, the females are more fertile, producing up to 11 pups vs. more common six pups per litter.

Unusual Behavior

- Rabid? Unusual behavior like walking in circles or aggressive behavior – not just frothing.
- If you see unusual behavior, call the AZ Fish & Game Department.
- There is an extremely low occurrence of rabid coyotes in Arizona.

Summary Message

If you hate coyotes, yell at them! If you love coyotes, yell at them!

Help keep our community members safe by following these recommendations.

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







YOUR POCKETBOOK

5 Mistakes to Avoid When Naming Beneficiaries

By Steven M. Rabin

If you have ever spent time working through your estate plan, you know how important it is to select and update your beneficiaries. Failing to do so can result in costly mistakes – for you and your loved ones. Here are five common mistakes that can easily be avoided with a bit of proactive planning:



Mistake 1: Not Naming a Beneficiary on All Accounts

Ensure you have beneficiary designations on all your retirement, investment and banking accounts, and your insurance policies. If you do not name a beneficiary on one or more accounts, your estate becomes the beneficiary of that account and your loved ones will need to go through the probate process (a legal process most families want to avoid for financial and emotional reasons). If this happens, your relative can lose their ability to use "stretch" payouts based on their life expectancy because the tax-advantaged status for retirement assets is lost.

Mistake 2: Forgetting to Name a Contingent Beneficiary on All Accounts

Many people list the same loved one – usually a partner or parent – as the primary beneficiary on most or all accounts. If this is how you have handled your assets, it is important for you to also name a contingent beneficiary. This is because if your primary beneficiary passes away first and no contingent beneficiaries are listed, it is comparable to having no beneficiary designation. If you both die at the same time, funds go into probate.

Naming contingent beneficiaries also gives the primary beneficiary the option to execute a qualified disclaimer so some assets can pass to next-in-line loved ones. For example, a primary beneficiary may not wish to claim the assets because of tax implications or because they do not need the assets and prefer instead to pass your gift onto another beneficiary.

Mistake 3: Not Using Specific Names

One mistake many people make is listing a generic term – such as children, parents or aunts – instead of specific names in their beneficiary selections. This can be problematic, especially if you are part of a blended family. Many states will not include or recognize stepchildren when the word "children" is listed. Another risk of being vague is that a family member you have lost contact with may enter the picture and try to claim a piece of your remaining assets. Keep this in mind and always make sure you use full names of each person when naming beneficiaries.

Mistake 4: Failing to Review your Beneficiary Selections Regularly

Beneficiary designations override your will, so it is crucial to keep them up-to-date. You may need to update your choices every few years due to life changes, such as if beneficiaries have died or your relationship with them has changed. This is particularly applicable if you have gone through a divorce or remarried. If your ex-spouse inadvertently remains the designated beneficiary of an account, he or she may have the upper hand if the case winds up in court.

Mistake 5: Not Communicating Your Preferences with Your Partner and Family

Communicating your legacy wishes is an important step to helping your loved ones know what to expect upon your death. Although it can be tough to initiate the conversation, doing so can help reassure loved ones that you have a plan. Keep in mind that you do not need to share the exact amount of money you plan to pass down to respective family members, unless doing so is your preference. Instead, share high-level details that give your family insight into how you intend to share your hard-earned wealth.

Estate planning is not the most enjoyable part of planning for your financial future, but it is crucial to helping ensure that your assets are handled the way you desire after you no longer have control. Beneficiary designations can be complex, and depending on your situation, it may be hard to decide who to list as the recipient of assets. If you want a second opinion or help assessing the implications of your options, consult an estate planner and financial advisor in your area.

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

Rabin, Barkat & Associates Wealth Advisors, a private wealth advisory practice of Ameriprise Financial Services, LLC in Mesa, AZ. We specialize in fee-based financial planning and asset management strategies and have been in practice for a combined 42 years. Contact us at, www.rabinbarkat.com, 480-396-6040, 161 E Rivulon Blvd. Ste. 108 Gilbert, AZ 85297 or 16220 N Scottsdale Rd. Scottsdale, AZ 85254.

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LEGACY FILES

10 Important Estate Planning Tips



By Rilus M. Dana

There are several estate planning options, methods and strategies. However, there are some basic estate planning tips that everyone should know to better prepare for the future and protect their legacy. It is easy to put off these decisions for as long as possible because they can be difficult and even uncomfortable to think about. But they are vital for the sake of your family and future well-being.



Here are 10 essential estate planning tips everyone should know and follow!

1. Think About a Trust: The probate court process can be lengthy and stressful for your loved ones. If you want to avoid this, consider creating a living trust, especially if you have assets of significant value. A trust can also be used to designate someone to handle your assets if you become unable to.

2. Assign Medical Power of Attorney: Certain injuries, sicknesses or simply getting older could render it impossible for you to make decisions about your own medical care. Make sure you assign this power to a person that you trust to abide by your wishes.

3. Make a Living Will: After you have assigned medical power of attorney to someone, make a living will. This allows you to think through medical decisions ahead of time and put on paper how you would like to be cared for in various scenarios. A living will addresses under what circumstances you want to be kept alive if the worst were to happen.

4. Protect Your Business: If you are a business owner, you will have additional decisions to make, such as a succession plan if you are the sole owner. If you are a co-owner with business partners, you will need to draw up a buyout agreement.

5. Make a Guardianship Plan: With blended families and unique circumstances growing more common, you may need to consider a guardianship plan for any minor children or adult children with special needs or disabilities who you care for. You can plan for how life insurance payouts and inheritance should be handled so they are taken care of no matter what. You will also want to consider if the person caring for them will also manage their money or if you will name a different person for that role.

6. Create a Funeral Payment Plan: Funeral expenses can be a major burden on your loved ones. To help them out, set up a payable-on-death account with funds specifically designated for funeral and burial expenses.

7. Update Your Plan Regularly: Circumstances change. You may lose loved ones, gain children or lose or gain income and assets. It is important that you regularly review your estate plan and adjust it as needed. This will ensure your wishes are carried out with ease.

8. Make Arrangements for Assets: While some joint assets may automatically pass to a spouse in the event of your death, others may not. Make sure you know which assets this could apply to and make arrangements accordingly that will benefit both of you. Additionally, if you have children from a previous relationship and want them to receive some of your assets instead of all of it going to your surviving spouse, you would have to make a plan for that. Another common scenario that requires thought and planning are unmarried couples. Any assets you share but are not held jointly will not go to your partner unless your will or trust specifically says so.

9. Safely Store Your Documents: Having all the right documents will not do you any good if they go missing. Make sure you have a reliable system in place for all of your relevant estate planning documents so they can be easily accessed by your attorney and/or executor upon your death. When you create an estate plan with us, we provide both physical and digital storage. You will get a well-organized binder with all your documents and important information to put in a safe place at home, including a secure digital vault.

10. Trust Experts with Estate Planning Questions: Perhaps the most important estate planning tip everyone should know is you do not have to do it alone. Although the internet has a great deal of information available, it can still be confusing and overwhelming. The team at Dana and Associates is here to answer any of your estate planning questions and make the process easy and stress-free.

Follow these 10 very important estate planning tips to protect your legacy and the future of your loved ones.

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

LW News Submission Guidelines

The Communications Department strives to make the monthly newspaper the best it can be! But we don't do it alone!

We produce an informative and fun-filled newspaper thanks to so many of you who freely take the time to submit vital club, recreation, wellness and many other articles of interest.



To best facilitate the publication process and meet our monthly deadline, please adhere to the following submission guidelines:

1. All articles, clubs, obituaries and any other submissions must be sent **no later than the 10th of every month** and will be assessed for publication.
2. Club and obituaries submitted should be 200 words maximum; Articles of interest should be 750 words maximum.
3. All submissions must be emailed to news@lwca.com.
4. All submissions must be in a Word document and not as a PDF or in the body of the email.
5. Do not use all caps. Capitalize only the first letter of sentences or proper nouns.
6. When listing a contact number, please include the area code.
7. If photos are included, please list all names of individuals appearing from left to right, including any relevant titles.
8. Please save and attach photos as a .jpg file. Please do not send as a PDF.

Please also be aware that submitting an article does not guarantee publication. If accepted, articles are subject to editorial guidelines and changes at the discretion of the Communications Department.

Thank you for all your efforts in making our newspaper a valued community resource! We appreciate your voice and look forward to receiving your contributions!



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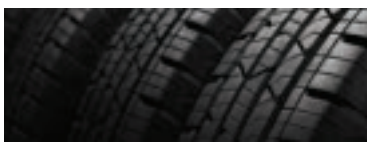
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RE/MAX Classic: Here to Serve You in 2022!

By Mike Ryan

Happy New Year from you community-owned real estate brokerage!

The New Year brings excitement, a new start and a recommitment from RE/MAX Classic to provide you with superior customer service and diligent efforts in all your real estate needs. It is our number one goal for 2022 to become your trusted real estate office. Please stop by and say hello!

The real estate market continues to be in favor of sellers. Presently, we continue to see a large demand from buyer clients to purchase and a very short supply of available homes. As I write this, Leisure World has only nine active homes available. This equates to less than .5% of all manors.

RE/MAX Classic's largest demand is in our Property Management Division. We have an endless supply of potential renters for the season. We booked up early and have no manors available to rent. If you are considering putting your manor in the rental pool, just give us a call to discuss.

If it has been a while since you last checked the value of your manor, now is a great time to stop by our office to get a free manor evaluation. We consider ourselves Leisure World specialists since our office has been serving Leisure World for over 30 years!

We look forward to serving you in the new year and giving back to Leisure World!

-Mike Ryan is Designated Broker at RE/MAX Classic in Leisure World.

Thank you to all the homebuyers and sellers who use RE/MAX Classic. Your support benefits the Leisure World community!

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1557	LEISURE WORLD	$444,800.00	Dan Callahan	Buyers
2293	LEISURE WORLD	$725,000.00	Babs Shadoan	Sellers
1130	LEISURE WORLD	$344,000.00	Allison Davis	Sellers
2449	LEISURE WORLD	$540,000.00	Cherie Lauro & Judy O'Malley	Sellers & Buyers
294	LEISURE WORLD	$300,000	Cherie Lauro	Buyers
1916	LEISURE WORLD	$325,000	Babs Shadoan	Buyers
791	LEISURE WORLD	$280,000	Jill Vicchy Heimpel	Sellers
671	LEISURE WORLD	$269,900	Dan Callahan	Sellers
1855	LEISURE WORLD	$344,000	Cherie Lauro	Sellers

Keep Spirit of Adventure Alive in 2022!

By Kim A. Hansen

Another year of adventures is ahead! Are you still able to adventure? Even with the COVID-19 pandemic and its multiple variations, you can go and explore while keeping yourself safe. We really are not meant to be hermits if we can get out and about!

New Year's resolutions are truly goal setting in disguise. You ponder the major accomplishments you would like to make in the coming year and put a timeframe on the resolution, aka the goal. I think goals are what keep so many elderly young in spirit. We look forward to something exciting in the future, helping us work toward and achieve the desired item.



Of course, for many, the most popular goal for the New Year is weight loss. You might have already overcome this lifelong challenge, but many of us still struggle. Don't give up! Keep trying, get out for some fresh air or go to Leisure World's wonderful Fitness Center! You may also try the exercise programs in the pools! Make up your own program of exercising; that is the beauty of making your own goals. You will see a difference if you keep trying.

Explore Mesa and Beyond

Maybe your goal is to do more exploring outside our immediate neighborhood. Start local, right here in Mesa, or somewhere else in Arizona. There are so many parks, museums, historical sites, destination activities, small towns, and adventures to sign up for when time and money allow. You could go for a day trip, somewhere overnight, or choose days during the week when everyone else is working and you have less people around!

Let your adventurous spirit start wandering through a map of Arizona or on the internet, and when you spot a place that looks interesting, make it a goal of visiting — either next week, next month or a few months from now. The fun part is in the planning! A few day trips or overnights under your belt, and you will be branching out to other activities. You might even decide to fly somewhere new or take that cruise you have been putting off. The cruise lines are offering great deals right now!

Keep Learning

Need an excuse to visit our local library? We have one here in Leisure World, but the Mesa Public Library is just down the street at Power and Brown. The library would be a great place to find books and magazines on travel within Arizona or anywhere else your little heart desires. This might even be a goal for the New Year — to explore the library to see what kinds of things they offer. The library is not just about books anymore. They have magazines, videos/DVDs, classes and even computers to use in case you do not have one yourself. There are lots of subjects to read and learn about, or just enjoy leisure fiction reading. The library has tons of books and topics to explore.

DIY Projects Galore

Goal setting and New Year's resolutions do not have to take you out of your home if you do not wish. You might decide that 2022 is the year you finally tackle that new paint job in the dining room, redecorate your bedroom or start that jigsaw puzzle. There is always the garage that is never ending with project possibilities to accomplish. Or that pile of papers you have been meaning to file — set a goal to do 15 minutes every week. Before you know it, the pile is gone! Could be you have some photos you have been meaning to mount in a photo album. If you are a crafter, you might consider handmaking a gift for Christmas 2022, never too early to start since you could do a little every month and finish right on time!

You might decide that having a few close friends over would be a marvelous goal. Plan the month, then a few food and beverage items, get some party plates, napkins, utensils, colorful tablecloth, even disposable cups. The Dollar Store, Dollar General or Save On all have things to make your special get together one to remember for just a small cost. Send out invitations, everyone will feel special for being invited.

Have some fun in 2022! Be adventuresome and set some goals!

-Kim A. Hansen is a Leisure World resident.



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New Year 2022

By Kim A. Hansen

Christmas is over, the New Year has begun;

And now you're wondering, what to do for fun?

Look closely around, there's so much to do;

Just get started, invite a friend or two.

Go out and explore, or stay in at home;

Surprise someone special, when you call on the phone.

Find a person you know, someone in need;

Be an example by doing, others will follow your lead.

Now you feel good, you're well on the way;

Keep a smile on your face, to brighten your day!

-Kim A. Hansen is a Leisure World resident.



New Year, New You!

Happy New Year! Welcome to 2022! There is just something hopeful about starting a new year! Many are determined to purge the old and usher in new changes. We strive for better days ahead and want to be our best self. What a great time to reinvent yourselves and focus on personal growth.

Here are five tips to a new you in 2022!

1. Focus on the New: This is a brand-new year. No regrets can follow you into this new chapter. You can, however, look at the things that you want to improve and create an action plan for your goals. This will help keep you accountable. Remember to choose two or three things you want to improve and focus on positive action.

2. Assess Honestly: Assess your life and be honest about what you need to change. The truth at times can hurt but it also sets you free. Change is not always easy but is necessary. Only you know the person you desire to become. No one knows you better than you so its time to get real, get honest and get on with the process to shift in your life.

3. Be Positive: Leave the negativity alone. It is so easy to get caught up into complaints and negative energy. Before you know it, your energy is drained you have forgotten about your goals, and the world is a horrible place to live. You are no longer surrounding yourself with that type of thinking. 2022 is a year of positive thinking, new experiences and manifested dreams. Leave the "Negative Nancy's" and "Doubtful Dan's" in 2021.

4. Receive With Open Mind: You have heard the saying that closed mouths do not get fed. It is the same with experiences. You cannot want a different life if you



remain closed to anything that is out of your comfort zone. Try new things. If you want to meet new people, commit to attending two recreational events a month. If you want to have a healthier lifestyle, join a group fitness class at the Fitness Center. Try yoga to center yourself and become more flexible. There are so many opportunities to do something different. Open your heart and mind to receive.

5. Let it Flow! Positive change is very fulfilling! Make a plan, take action and see where it all unfolds. Don't resist the flow of progress. And don't rush it. Everything happens in due time. Just live your life with a positive attitude and be in awe of how things unfold and amazed fall into place.

Welcome the new year by focusing on the new changes and positive action. Be patient and open to new experiences. A new you and adventure awaits! This will be your best year yet!

How to Keep New Year's Resolutions

The celebration of a new year often ignites a renewed desire to live our best life. Many of us begin each year with good intentions for losing weight, saving money or exercising more. Unfortunately, only a few of us follow through.

But achieving your goals can be as simple as creating a realistic and sustainable plan. Check out some tips below for making and keeping your resolutions this year!

1. Start Small: Setting a high bar often ends in failure. Instead of creating a long list of huge goals, focus on small changes. For example, maybe you want to cut back on sweets. Rather than swearing off chocolate altogether, limit yourself to just two small squares per day. Want to run a marathon? Focus first on running that first mile. As months pass, you can re-evaluate and create new goals based on your progress. You will soon find yourself at the finish line!

2. Be Specific: Lofty goals are great, but generally not attainable without a specific action plan. For example, if you want to lose weight, get down to the nitty gritty. Creating a specific plan increases the likelihood of achieving your goal. Planning to work out for 20 minutes



each day, five days a week, and keep a food journal is a specific action plan to help you to succeed. You are more likely to reach your destination if you have a map of how you will get there.

3. Tell Others: Sharing your goals with others can help keep you accountable. Tell your spouse, friends and family members about your goals and why they are important to you. They can help keep you on track and provide emotional support and encouragement. Everything is easier with a supportive team!

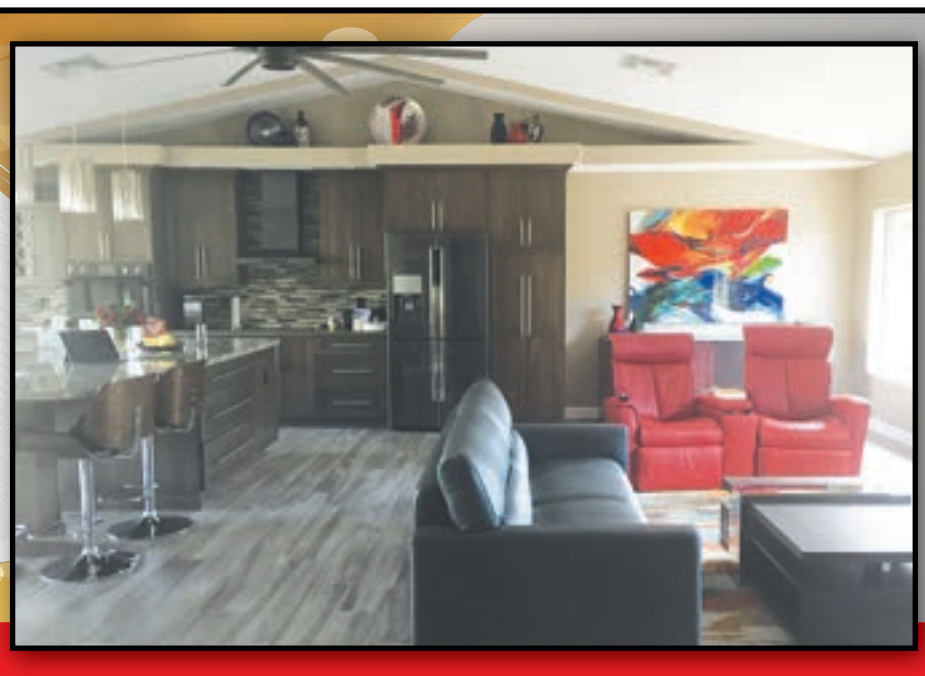
4. Put it in Writing: Seeing your goals in written form can be a great daily reminder and help you strengthen your resolve. Jot it on a dry erase board, put it in your journal or stick it on a post-it on your fridge! Your written reminders will help you keep your goals front and center.

5. Celebrate Small Victories: Don't get discouraged — get energized! Celebrate the small milestones on your journey to keep your momentum going. Make notes about your progress in a journal or on social media and reward yourself for your dedication. Don't feel down if your progress seems slow — each mile walked, pound lost and dollar saved, adds up in the long run! Slow and steady wins the race! Be proud of your baby steps — you are your best cheerleader!

Making resolutions can help bring about a renewed body, spirit and mind. But sticking to your resolutions over the long-haul can be difficult. Instead, achieve success by starting small, making a specific plan, and getting support from family and friends! Change is hard but reaping the rewards will make it worthwhile.

Happy New Year!

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LW Woodworkers Inspire: Dream, Believe, Create!

By Lady of Leisure

I walked past the building many times on my way to the Fitness Center. The crafted objects on display in the window piqued my interest. But the sight of the massive machines prevented me from exploring my curiosity.

Like most women, big machines feel part of a man's playground and that my amateur DIY skills would not be welcome. After all, my expertise was curated by none other than Chip and Joanna Gaines and the Property Brothers! Who doesn't think they can install a kitchen island or lay down tile floor after watching these shows on repeat!



Dare to dream and create at Leisure World's Woodshop.

Ironically, my introduction to the Woodshop was by a woman. Leisure World resident Carolyn Collins, marketing volunteer for Bags & Boob Babes, asked me to take a few pictures of a pen for the breast cancer fundraiser last October. The pen was made by Woodworking Club board member Ira Leibowitz, who has been with the club since 2002 and a Leisure World resident for over a decade.

I can honestly say that I was a little nervous. After all, serious projects are made here. This is not child's play. But I put one foot in front of the other as Carol ushered me through the Woodshop doors. To my surprise, I was greeted with huge smiles, warm handshakes and a sincere welcome. This was nothing like I imagined. Somehow, I felt right at home, as if there was a place for me and my HGTV savvy.

After a quick photography session, Ira took me for an impromptu tour of the Woodshop. There was a creative force in the air. If you have ever experienced building and creating something from nothing, you understand the creative flow of inspiration. Every machine sound was linked to an idea that was in the process of becoming a reality. It is amazing how the birth of something new can empower you —make you dream, believe and create!

As Ira introduced me to the other creative woodworkers, it became more evident with each of their stories, that these men were not simply DIY afficionados, but instead were pursuing their passion. Ira, himself has been with the club for nine years! These men were providers who worked most of their lives to take care of their families. They are husbands, fathers, sons and friends.

Retirement was the vehicle that allowed these men to shift from doing what they had to for their family livelihood to now having the luxury of doing what they wanted to do. Together, they had a newfound purpose and a special shared camaraderie.

The Woodshop is where they come to contribute to their community. It is also a place where they can restore a portion of themselves that was lost in the hustle and bustle of life. In some cases, the shop introduced them to a new man they never even knew existed.

Ira shared that he only received the opportunity to explore his creativity when he became a Leisure World resident. He never even knew he had woodworking talent. His philosophy was simply that you don't have to be good at something to enjoy it.

As I spoke with everyone, I mistakenly assumed that the Woodshop was only for men. But I was quickly corrected! The 230 members of the Woodworking Club consist of both men and women. I should not have been shocked. After all, more and more women are becoming contractors and leading construction companies. We learn by seeing what others can do. There are some fierce women who know their way around plywood, so why wouldn't some of them be at Leisure World!

The Woodshop is respected. For many, it is their second home. The woodworkers pride themselves that the shop is a self-maintained and self-governed. Although Leisure World has provided the space, the equipment, tools and materials are all purchased by the members. Have you seen the equipment? Incredible!

After my tour and meet and great was over, I walked out with a different perspective of Leisure World and life. Here is the great takeaway: You are never too old to forge a life of purpose and be creative, regardless of what stage you are in. Don't be afraid to pivot and grow into a better version of yourself. The Leisure World woodworkers are certainly carving out their lives, one creation at a time! Dream, believe, create! You know you want to!

-Lady of Leisure is passionate about all things Leisure World.

MESA LEISURE WORLD LIONS

Lion Bob Hutton "Fly the Flag Program"

The proud display of, and devotion to, the symbol of our nation is uniquely American. It is how we reaffirm the fact that we are indeed "one nation" and that whatever our other differences, there are core values Americans hold in common: a belief in individual dignity, a love of liberty, and a commitment to government of, for, and by the people.

By displaying our flag, we express our gratitude to the past generations who fought and died for this country, and we remind ourselves of our obligation to preserve for generations to come the freedom that others won for us.

For a $40 annual fee the Leisure World Lions Club will install an American flag to fly in front of your house. This will be done on six major holidays in succession each Flag year: Presidents' Day, Memorial Day, Flag Day, Independence Day, Labor Day/Patriots Day, and Veterans Day (one Flag year). You will join your neighbors in flying our flag, and in showing your patriotism and commitment to our country's ideals.

All proceeds from this program are reinvested in important community service and charitable projects.

If you would like to be a part of this program, just complete and return the form on the right along with your check, payable to Leisure World Lions Club, and we will do the rest. Questions: Contact Lion Frank Strainis (frasues2001@yahoo.com) or Lion Barry Jacobsen (barryjj63@q.com)

Name: _____

Manor/District for Flag Placement: _____

Phone: _____

Email: _____

Please indicate if the billing address is different than the flag location:

Street Address: _____

City, State & Zip: _____

MAIL WITH YOUR CHECK TO:
Leisure World Lions Club
PO Box 6905
Mesa, AZ 85216

1 Year FIRST FLAG: $40 // 2 Year FIRST Flag: $75
Additional Flags: $20 EACH per year (Multiple flags must be placed at same manor for discount)

If you pay before February 5, 2022, pay $40.00
If you pay after February 5, 2022, pay $50.00*
(Additional Flags at same residence are $20 each.)
(complete separate form for each residence)

Total Payment: _____

Thank you for supporting the Mesa Leisure World Lions!

Clubs

Alzheimer's/Dementia Support Group

Submitted by Vicki Noble

Caregivers of loved ones who have any form of dementia, you are not alone! We have a community of caregivers who come together every month to receive and share information, reassurance, and support.

We meet on the third Wednesday of each month from 10:00 a.m. to 12:00 p.m. in the Queen Card Room in Rec. 1.

You will realize as we share our questions, concerns and experiences, that we can all learn from one another and lift each other up. Some of us are just starting out on this journey, while others have had more experience. Regardless, we share helpful ideas and strategies.

We provide handouts from the Banner Alzheimer's Institute and Barrow Neurological Institute, which offer invaluable information, tips and strategies for caregivers. There are so many facets to these diseases; we need all the help we can get!

We hope to see you and any friends who are caregivers. We always enjoy some treats to sweeten our day!

For more information, please 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 will meet on Wednesday, January 5 at 1:00 p.m. in the King Card Room in Rec 1. Our speakers will be three of the 12 scholars sponsored by our branch.

Plans will be finalized for the scholarship luncheon, "Paris is Always a Good Idea," with author Jenn McKinlay, on Saturday, February 26. Tickets will go on sale after the first of the year.

AAUW 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 through local grants.

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

Dakota Club

Submitted by Trudy Artz

The Dakota Club is planning to gather once again. Mark your calendars for Thursday, January 20, 2002. We do not have any further details at this time, but we will get more information out to our group via email and The Post.

If you are from North or South Dakota, you are welcome to join us! If you are new, please send your email address to trudyartz@gmail.com to be added to our list.

We look forward to seeing all our North and South Dakota friends!

Democratic Club

Submitted by Kathleen Roderick

Happy New Year to all our fellow Leisure World Democratic Club members. We hope you had a wonderful holiday season.

Our first meeting for 2022 will be on Wednesday, January 12 at 1:30 p.m. in the King Card Room at Rec. 1. All Democrats living in Leisure World are encouraged to attend.

Message from the LWDC President Ruth Crook:

At the beginning of the new year, it is time to reflect on how the Leisure World Democratic Club has more than doubled in membership and finances in the past six months. As President, I value the time I have spent in trying to bring the best speakers, reorganizing and communicating with members. With the continued help from our committee and board members, we will be ready for the upcoming 2022 elections. Let's Build Back Better in support of our President Joe Biden!

Dues are $10 per person, per year. Please check to see if you are current for 2021.

There will be a special surprise treat at our January meeting. Please join us!

Grief Support Group

Submitted by Marguerite Huspen

The Grief Support Group meets bimonthly on the second and fourth Tuesday of the month from 1:00 -2:30 p.m. in the Banquet Room. If you have experienced a loss, this group can certainly provide help and support.

The grief facilitator is Chaplain Stephen Gardner. You may contact him at 480-487-1096 or Stgardner@hov.org.

For more information, please contact Leisure World Outreach Specialist Marguerite Huspen at 480-832-0000 ext. 126 or Outreach@lwca.com.

Investment Club of Leisure World (aka San Tan Investment Club)

Submitted by Shelly Begel

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

The club meets every second Thursday of the month at 10:00 a.m. Our January 13 meeting will be a hybrid meeting. We will meet in person at the Queen Card Room and have a Zoom link for those who wish to attend the meeting offsite.

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Clubs

We continue to include members out of Arizona and the country. Our portfolio is doing well in this investing environment. We look forward to engaging our inquiring minds in the New Year!

For more information, please contact Alan Forbes at 808-497-8109 or johnalanforbes@yahoo.com.

Iowa Club

Submitted by Lori Borland

We are back! After a year away, vaccinations administered and the pandemic (kind of) under control, we will be having the Iowa Club social and dinner event! It will be on Wednesday, January 19 in the Club King Room at Rec. 1. Social hour with bingo will start at 5:00 p.m., followed by dinner at 6:00 p.m. BYOB with mixers furnished. The cost is $15 per person. Please have your checks made out to Lori Borland. If paying cash, please have a note with the names. Payments can be dropped off in the box on my patio at manor 1532 from January 12 to 17.

Anyone born, raised or affiliated with Iowa are welcome!

Hope to see all our Iowa natives again on January 19!

Leisure Rovers RV Club

Submitted by Kent Larsen

As another year comes to an end, we have great memories of interesting travels with family and friends.

In the New Year, the Leisure Rovers RV Club will meet on Monday, January 3, Monday, February 14 and Monday, March 14. We will travel to Lake Havasu for the Balloon Festival in January, with additional trips planned for February, March and April.

The objective of our club is to "Promote fellowship for members through regular meetings, planned trips and social events." If you have an RV and live in Leisure World, we welcome an opportunity to meet you and see if Leisure Rovers appeals to you.

Check out the Leisure Rovers website at: https://sites.google.com/site/leisureworldrovers/home.

For mor information, please contact club President Kent Larsen at kentlarsen504@gmail.com.

Happy New Year and safe travels!

Leisure World Community Theatre

Submitted by Denise Haala

Mark your calendars for "The Complaint Department and Lemonade" coming to the Leisure World stage on February 19, 20 and 22. This fast-paced comedy features a host of characters whose complaints will keep you laughing until blackout. I mean, really, who complains about Oreos? And we are proud to be teaming with the Leisure World Foundation for this production. All proceeds will go to support its programs to assist local charities.

We are into rehearsals but always need help offstage, set, props, makeup, lighting, sound, etc.

Our next meeting is on Wednesday, January 19, 2022, at 12:00 p.m. in the King Card Room in Rec. 1. We love seeing new faces and guarantee a warm welcome!

For more information, please contact Denise Haala at 224-805-7885 or denisehaala@gmail.com.

Leisure World Computer and Technology Club

Submitted by Helen Price

Our program, Tech for Daily Living, is on Mondays at 9:00 a.m. Everyone is welcome. The Monday programs are free for all Leisure World residents and will be hybrid (in person and online via Zoom). Program announcements will be emailed to club members and shared via The Post and LWAZU.

Social time begins at 9:00 a.m., and programs follow at 9:15 a.m. Thursdays at 9:00 a.m. Members will get to discuss Monday's topics and have hands-on practice with the technology.

On Saturday, January 8 and 22, there will be Questions and Answers with Chris Winter for club members only in the Rec. 1 Theater at 9:00 a.m. Also, Windows Tips Class 1 with Michael Beck is on Wednesday, January 5 in the Computer Lab from 1:00 p.m. to 2:30 p.m., $5 for non-members. Class 2 will be on Wednesday, February 2 and Class 3 on Wednesday, March 2.

Membership is $10 per manor per year and gives access to all meetings and programs. Topics focus on how to use available technology in our daily lives.

We welcome beginners, tech gurus and everyone in between!

For more information, please visit our website at www.lwazcc.org or contact us at lwctclub@gmail.com.

Leisure World Investment Club

Submitted by Frank Jacobs

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

The Leisure World Investment Club has been educating members and residents about investing in the stock market and investing the assets of the partnership for the benefit of members since 1987. Our portfolio achieved 41% growth in 2020.

Every meeting (excluding May through October) features an education component designed to help you begin or supplement your skills as an investor. Members enjoy access to the resources and benefits derived from our affiliation with myclub and Better Investing. Non-members, new members, beginners and seasoned investors are always welcome guests at our meetings.

We meet the second Wednesday of each month from October through April, and as needed over the summer. Our next meeting is on Wednesday, January 12 at 1:00 p.m. Arizona time in the Rec. 1 Theatre and via Zoom.

For more information or a meeting invitation, please contact Frank Jacoby at frankjacoby4@gmail.com.

Leisure World PEO Group

Submitted by Gayle Butler

Our PEO Group will have their meeting on Friday, January 7 at 9:00 a.m. in the King Card Room. We will enjoy refreshments, followed by a meeting. There will be a program presented by Galene Sobolik.

Founder's Day will be held on Friday, January 15 at 9:00 a.m. in the King Card Room.

The group has formed a Book Club and a Safari Club. The Safari Club takes trips to places of interest in the Phoenix area.

PEOs living in Leisure World are invited to join the group.

For more information, please contact President Judy Ruth at 715-558-5794 or judyrruth449@gmail.com.

We hope to see you our next meeting!



Leisure World Photography Club

Submitted by Bob Bennett

Our next event is the Leisure World Foundation exhibit on Wednesday, January 26 at 5:00 p.m. The speaker will be travel photographer Roger Naylor, sharing highlights from his latest book, "Arizona's Scenic Roads and Hikes."

The Leisure World Photography Club meets each Saturday (October through March) from 10:00 - 11:30 a.m. Here are the details for our January meetings:

- **January 8:** Weekly Challenge is "Three." The activity is a still-life photo shoot in the Art Studio, details to follow.
- **January 15:** Weekly Challenge is "Toys." The activity is a video lesson on landscape photography.
- **January 22:** This meeting will feature guest speaker Peter Coskun who will share his knowledge of nature photography in Arizona. There is no Weekly Challenge when we have a guest speaker.
- **January 29:** Weekly Challenge is "Night Photo." The activity is another video lesson on landscape photography. Remember, the limit for the Weekly Challenge is eight photos.

The Monthly Challenge for January is "Twisted." The limit for the Monthly Challenge is three photos (8x10), name on the back and placed in the lockbox at manor 2312.

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

Leisure World Shalom Group

Submitted by Neesa Galanti

We wish everyone a healthy and Happy New Year!

The Shalom Group meets the third Sunday evening of each month from October through May. The meetings are at 7:00 p.m. in the Clubroom in Rec. 1. There is always a short business meeting, followed by an interesting program, refreshments and social time. Major Jewish Holidays are observed with special events and dinners. Anyone with an interest in Judaism is welcome.

The Shalom Group Torah Study class is on Monday mornings at 10:00 a.m. in the Anniversary Room in Rec 1. All are welcome. For more information, please call Cindy Fowler at 602-290-2163.

For more information, please call Neesa Galanti at 206-356-2727.

Let's Do Something

Submitted by Vicki Noble

Let's Do Something lives up to its promise of something fun, delicious and entertaining rather than another night in front of the TV!

We meet on the first Monday night of each month in the Rec. 1 Ballroom for a potluck, which always proves to be a delicious meal, as we sit with old or new friends. Then, we are entertained by local individuals or groups who graciously share their extraordinary talents with us after dinner.

On Monday, January 3 at 5:30 p.m., come to Let's Do Something. Please bring a dish to share with your own plate and silver/plastic ware. We will eat around 6:00 p.m. and entertainment begins at 7:00 p.m.

Our entertainers are two groups:

- **The Chimers:** This group began as neighbors, friends and associates to perform Christmas songs (formerly at Mesa's Merry Main Street) at the Mesa Christmas Market, besides a joint concert with Sunrise Senior Living in Chandler. They all play chimes!
- **The Desert Rose Folk Ensemble:** They perform ukulele band in addition to a banjo, bass, baritone ukulele and fiddle. They perform for retirement centers and homebound neighbors and friends. Don't miss this!

If you have any questions, contact Vicki Noble at 480-369-1466 or vicnal7@gmail.com.

Lions Club

Submitted by Carolin Lowy

Happy New Year from the Leisure World Lions Club!

The Lions are happy to continue to offer our neighbors the following ongoing services:

- Aluminum Can Disposal: Rec. 1 close to the Pickleball Courts and at Rec. 2 south side of the building.
- Cell phones, eyeglasses, hearing aids (working or not working), disposal boxes: Rec. 1 next to the Billiards Room.
- Estate Sales and House Clear-Outs: Lions Barbara and Alan Yapp at 480-218-5782.
- Fly the Flag Program: Lion Barry Jacobsen at 406-581-1277.
- Disposal of old Flags: Rec. 1 next to the Billiards Room (box is marked).

Clubs

- Mailbox Painting: Lion Joy Kosterman at 360-903-4930
- Membership Information: Lion Jill Heimpel at 480-262-7535
- Tablecloth Rentals: Lion Carolin Lowy at 480-641-4626
- Yard Weeding: Lion George Miller at 774-275-4009

Lion Carolin Lowy is once again offering two different dining options for you and your friends at her home. Afternoon Tea for eight guests for $140 or an English Country dinner for eight guests for $250. All funds go directly to the Lions Treasury. To make reservations, please contact Lion Carolin at 480-641-4626.

We hope you will save the above listings of our services and reference them when needed!



LW Art Association

Submitted by Pat Billingsley

Congratulations to all the Fall Art Show winners! We have very talented artists in Leisure World.

The Art Association will hold its next monthly meeting on Thursday, January 13 at 3:00 p.m. The new board will be instated at the meeting. A regular board meeting is held one hour prior to class.

Every Friday from 9:00 a.m. to 1:00 p.m. is Open Studio for painting. Everyone is welcome! The Art Studio is now open daily.

Information for classes will be posted in the Art Studio and published via email and The Post. There is also a calendar posted in the studio with upcoming events.

Sebastian will teach watercolor classes every Tuesday afternoon. See information in the Art Studio.

Please take time to sign up and join the Leisure World Art Association for 2022. Forms can be found in the Art Studio. Membership is $20 per year.



LW Chorus

Submitted by Bruce Collier

I've got the music in me!

What if you could go back in time — like at least a year, maybe two? What the heck, 2020 did not exist anyway!

But here is the scoop: the show we were going to perform in 2020 will now be available for your listening pleasure on either Saturday, March 12 or Sunday, March 13. It is your choice, but why not do both! The selections will be energetic, emotional and memorable! More on those later.

Our 1:00 p.m. Tuesday and Thursday Our Tuesday and Thursday rehearsals at 1:00 p.m. begins on Tuesday, January 4.

Happy New Year! We hope you will join us!

Music Therapy Class

Submitted by Vicki Noble

If you are a caregiver of a loved one who is struggling with any form of dementia, including Alzheimer's, Lewy Body, frontal lobe or with Parkinson's disease, this is the place to be! We enjoy singing our favorite old songs with our talented music therapists. It is amazing to watch and listen to our loved ones singing songs they still remember!

Our January class at Leisure World will be in the Music Room at Rec 2. We will announce the date and time on The Post when we know. We will post it several times before the date.

Our music therapists also offer a Zoom class every Friday from 10:00 to 11:30 a.m. We have singing, play fun music-related games, contests, rhythm activities and get to dance right at home. It is so much fun that the time flies by. It is worth a try!

If you are new, please send your email address to Vicki Noble at vicnal7@gmail.com or text it to 480-369-1466. She will email you the link the day before class. Wait until class time, click on the link and join the fun!

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

Republican Club

Submitted by Diane Andersen

The Republican club will be hosting many candidates for you to meet, so you will be well-prepared to vote in the 2022 Primary and general elections. Our club motto remains: "Educate, Encourage and Inspire." The members have every intention of keeping these ideals alive. It is critical that every Republican or conservative get or stay involved in the important process of getting back to "Making America Great Again!"

Please join us on Monday, January 17 at 7:00 p.m. in the Rec. 2 Hopi/Pima for the regular monthly meeting. Our guest speakers are gubernatorial candidate Matt Salmon, Mesa School Board candidate Rachel Walden, Superintendent of Public Instruction candidate Shiry Sapir and Corporation Commission candidate Kim Owens.

All conservatives – whether you belong to a political party or are a registered voter in Arizona – are welcome to join our activities. Membership fees are $5 per person/year.

For more information or to be added to our email list, please contact Diane Andersen at 480-395-5515 or azpatriot13@yahoo.com.

SOLO (Stepping Out-Lively Outlook)

Submitted by Barbara Peters

Inviting all Leisure World singles to the following events:

- Every Tuesday: Breakfast at the Rendezvous Café at 8:00 a.m. in Rec. 2.
- Tuesday, Jan. 4: Concert in the Courtyard.
- Thursday, Jan. 6: LW Dance "Uncorked" Rec. 2, 7:00 p.m., $10.
- Friday, Jan. 7: Dinner at the Rendezvous Café at 5:00 p.m.
- Thursday, Jan. 20: Potluck in the Club Room at 5:00 p.m., bring a dish to share, $3, table setting, water, ice, soda/mix will be furnished. Then go to dance at 7:00 p.m. at Rec. 2, $10. "Bounce."
- Friday, Jan. 28: Free music at Fletcher's. Superstition Springs Mall from 1:00 to 3:00 p.m.

For more information or reservations, please call Barbara Peters at 309-215-7203 or George Miller at 774-275-4009.



Sonoran Desert Club

Submitted by Renée Menard

It is time to start thinking about your spring flowers and herbs! All Leisure World residents are invited to attend our quarterly meeting on Thursday, January 20 at 4:30 p.m. at the Rec.1 Promenade.

Bring your questions, thoughts and ideas. We are lucky to have two master gardeners available to assist us!

Wisconsin Club

Submitted by Robin Dougherty

Happy New Year Wisconsinites!

Please save the date for our Wisconsin Club gathering on Wednesday, January 19 in the Rec. 2 Rendezvous Café. Doors open at 4:30 p.m. for social and dinner at 5:00 p.m. BYOB, soda and ice provided. Grant and his staff will cater an Italian-style dinner of lasagna with garlic bread, salad and dessert. The price is $15.

Checks should be made payable to Leisure World Wisconsin Club. To make your reservation, drop off your check or cash at manor 50 by Sunday, January 16. There will be a plastic container in a secured location. Please include names of all attendees, manor numbers and email addresses.

Plan to come and socialize with your fellow Wisconsinites. Everyone is welcome, even if you are not from Wisconsin. Wear your favorite Wisconsin team colors. We plan to have a 50/50 raffle. Hope to see you there and wear your name tag if you have one.

We will be sending out an email to Wisconsin Club members and a reminder message on The Post of the gathering.

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

Leisure World Woodworking Club

Submitted by Larry Bair

The Leisure World Wood Shop is open and active! We welcome many new members to the club and encourage all members who have not yet paid there 2022 dues to do so.

The club is sponsoring classes in pen making, bowl making and general woodworking for all members interested in these areas. These classes will be available as requested. We have very capable members who would love to share their talents.

The club is sponsoring an eight-week course in beginning wood carving starting on Tuesday, February 3. Each class is taught by experienced carvers and lasts for three hours on consecutive Tuesdays.

Tuition is $30, plus a club membership fee of $20. Additionally, each participant will be expected to purchase their own carving tools.

For more information and to enroll, please drop by the Woodshop.

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Arts and Crafts Clubs

Ceramics Club

Submitted by Laura Krever

The Ceramics Club is open on Tuesdays and Fridays from 9:00 a.m. to 12:00 p.m. in the Arts and Crafts building. The annual membership fee is $15.

We normally have an instructor at Leisure World two days a month, but we have yet to determine when these classes will resume. For now, we go to the Bits and Pieces Ceramics store for our Tuesday classes twice a month.

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

Jewelry/Lapidary Club

Submitted by Colleen Bodnar

The Jewelry and Lapidary Club classroom and shop are open for the fall-winter season. Our general hours are Monday through Friday from 9:00 a.m. to 4:00 p.m. Classes have already begun.

We offer classes in casting, chain making, dichroic glass, wire wrap, lapidary, faceting, and torch-enameling. We will teach you step by step and will supply the necessary tools and supplies to make your own piece of jewelry.

If you are interested, come in and sign up. Classes are filling up fast. Class instruction time may be in the morning or afternoon. If you are not a member, our yearly membership fee must be paid before you take the class. Dues are $20.

A friendly reminder to our current members: Your annual dues and locker fees should be paid by January 2022.

All interested residents are invited to stop by the shop for a tour and learn more about our classes. We hope to see you soon!

Leisure World Quilters

Submitted by Carol Stickling

Happy New Year!

Our quilt group is anticipating a very productive year. We have added a few new members who have brought us new ideas and quilt patterns.

December meetings included speakers from Sunshine Angels and Hospice. Donations were given to both organizations. We also learned how to make self-binding baby blankets. Our last meeting of 2021 was a demonstration by one of our members on quilt-as-you-go ideas and double binding.

In January, we will be making a group quilt called "Monsters in the Closet," which was designed by Heidi Pridemore from Gilbert, Arizona. We will all be working together to complete this children's quilt.

We meet on Thursdays from 9:00 to 11:30 a.m. in the Rec. 1 Ballroom. Our dues are $10 for a year of new patterns, quilting projects and lots of socializing!

For more information, please contact Merrilly Strom at 480-699-9352 or Linda Phar at 480-510-0498.

Pottery Club

Submitted by Bonnie Rausch

The Pottery Club held their annual election for club officers on Thursday, December 9. Congratulations to standing officers: President Marcia Steele, Vice President Judy Cooley, Treasurer Diane Tyndal and especially to new Secretary Linda Rumberger. The club is in excellent hands with their leadership and willingness to serve!

Leisure World residents who want to work with clay are welcome on Monday and Thursday mornings from 9:00 a.m. to 12:00 p.m.

New students pay $5 the first two sessions. If you decide to join the Pottery Club, the dues are $20 per year and $3 per session. Clay and glazes are additional charges.

We hope you join us!

Twiddlers, Friday Morning Knitters and Crocheters

Submitted by Carolin Lowy

Happy New Year to all!

We have donated all our completed items this past November and are starting to create more hats, scarves, throws, and children's sweaters for 2022. We appreciate all the donated yarn, which is put to good use by our members.

The Warmup America — our project that uses leftover bits of yarn — has gone over 5,000, yes 5000 rectangles to our sponsoring organization who then piece them together for throws given to various groups, including veterans, homeless, nursing homes, the Red Cross, women's shelters and many more!

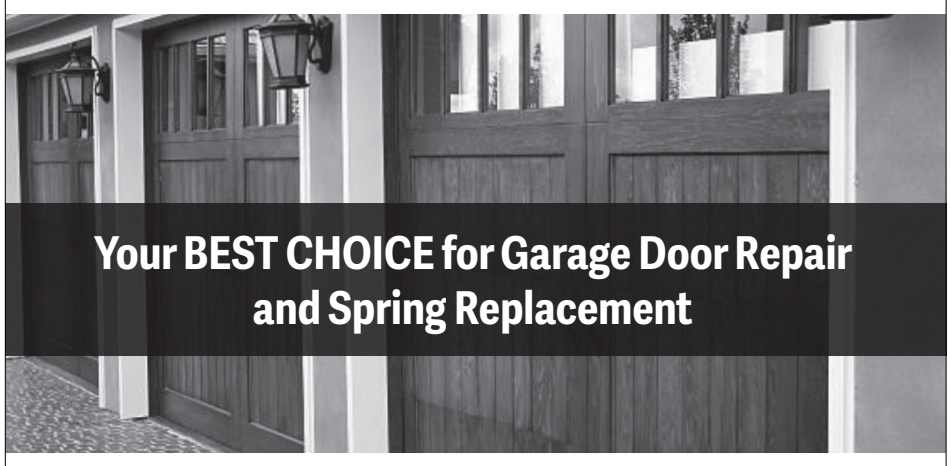
Note: It takes 49 rectangles to complete an above-mentioned throw, so our efforts have helped complete over 100 and is still growing!

We welcome all current knitters, crocheters and hand embroiders to join us on Monday and Friday mornings from 9:00 to 11:00 a.m. in the Queen Card Room. We have supplies that can be shared and accept any supply donations.

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



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Card/Game Clubs

Bunco

Submitted by Laura Krever

Bunco meets the first Thursday of the month at 6:30 p.m. in the King Card Room at Rec. 1. Please try and be there at 6:15 p.m. We play all year-round and everyone is welcome. It is a very easy game to learn, so if you have not played before, come and try it! Our next Bunco night is on Thursday, January 6.

The cost is $3 per person and all money collected is paid out in prizes. Please do not bring anything larger than a $5 bill since we will not be able to make change.

Bring your own drink and wear your Leisure World name tag if you have one. Please come early. We can



accommodate a maximum of 40 people.

Congratulations to our December winners: Kathi Ferrera, Paul Johnson, Mary Alice Wittig, Teri Cuocci, Ruth Pechmann and Trudy Artz.

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

Scrabble Club

Submitted by Carolin Lowy

The Scrabble Club wishes all Leisure World residents a Happy New Year!

We will be having our annual after the holiday's potluck dinner on Monday, January 10 at 5.30 p.m. in the Lakeside Club House at Rec. 1. All current players and interested new players are invited to join the fun. Bring a side dish or a dessert to share.

After dinner, we will play several games of either Scrabble or Upwards.

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

Music and Dance Clubs

Casual-Aires Dinner Dance Club

Submitted by Allen Cziok

The Casual-Aires Executive Committee wishes you a Happy New Year filled with fun, adventure, success and good health! We hope you had an enjoyable holiday season with your family and friends.

A huge thank you to those who renewed their membership and attended our November event. We are happy you could return to Leisure World after so many difficult months!

Our Casual-Aires 2022 schedule kicks off on Saturday, January 15 when the musical group "Rhythm Edition" returns to the Hopi/Pima Ballroom. We hope you will join us!

Casual-Aires events may be attended by any Leisure World residents for only $40 per person or $75 per couple.

If you have talents and ideas to enrich the Casual-Aires experience, we are always seeking help with our membership, reservations, decorating, music or food committees.

For more information or reservations, please contact Gary or Nancy Smith at 480-854-1435

We hope you will help us make 2022 a great new year!

Desert Belles

Submitted by Sharon Shields

Season's greetings to our Leisure World friends! We hope your new year is off to a great start!

We had a delightful time at our Christmas caroling and chili dinner on December18.

Desert Belles meet on Mondays from 12:30 to 3:00 p.m. in the Music Room in Rec. 2. If you can carry a tune and want to join us, we would love to have you!

We have exciting news: our music director, Jim Yancey is meeting with us, three times this month and once in February. With his help, we are working on improving our technique and keeping our singing skills at peak performance.

If you are looking for a place to meet good friends and have a great time, please join us! The more, the merrier!

For more information, please contact Karen at 480-807-6487.

Leisure World Cloggers

Submitted by Joyce Loland

Why not give clogging a try in the New Year? It is a wonderful way to exercise and have fun! It is not too strenuous, but enough of a workout to burn some calories after the holiday season!

Dan Rowan and Cathy Martin teach clogging every Friday in the classroom next to the Fitness Center.

Classes are on a regular schedule:|

- **Beginners Plus:** 12:30 - 1:30 p.m.
- **Intermediate 1:** 1:30 - 2:30 p.m.
- **Intermediate 2** and 3: 2:30 - 4:00 p.m.

Good news for true beginners, their classes are free from 12:00 to 12:30 p.m. Fran Dusek meets with them if they notify her at 602-684-9353 on Thursday before class. Everyone else pays $5 and can dance for as many sessions on that day as they wish. Both residents and non-residents are welcome.

We hope to see you soon!

Leisure World Dinner Club (Formerly Western States & Canada Club)

Submitted by Andy Bistline

This month, join us on Wednesday, January 19 for Wildep'lay, who will present, "A Night at the Movies." This will be a fun evening with great food by Premier Catering and music to move you. Tickets are $25 and are on sale at the Recreation Office for the January 19 event. Doors open at 5:00 p.m. at Rec. 2 Hopi Room.

On Wednesday, March 2, Brady Goss, our favorite piano man, will be performing.

Moonlight Serenade Dinner Dance Club

Submitted by Clarice and Joe Chism

Wishing you a New Year that sparkles with fun, bursts with joy and crackles with laughter!

The Moonlight Serenade Dinner Dance Club will make this wish to come true. Our next dance is on Tuesday, January 18 in the Hopi Room. "Fair Night" is the theme and Lonny Lynn Orchestra, will provide beautiful music for dancing and listening. All are invited to this gala affair, where you can wear lovely evening clothes and enjoy a fabulous dinner catered by Premier Catering. Set-ups will be provided, BYOB.

The club offers four dinner dances a year. All enjoyed "Falling for Fall" dance on Nov. 13.

- **January 18:** Lonny Lynn, Fair Night
- **February 12:** Howard Schneider, Chinese New Year of the Ox
- **March 5:** Sonoran Swing, Take Me to Paris

Membership dues for entire year are $248/couple or $80 per guest couple per dance. Please send a check to Membership Chairperson Shirley Rake at 1560 Leisure World, Mesa, AZ 85206.

For more information, visit http://moonlightserenade.yolasite.com or email moonlightserenade@cox.net. You can also call President Ron Litzenberger at 719-930-6490.

Make your New Year's resolution to dance!

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Sports Clubs

Gun Club

Submitted by David Larson

Our January meeting is on Wednesday, January 5, 2022, at 7:00 p.m. in the Rec. 1 Theatre. Please remember to bring your three donations for the food bank.

Sporting clays for January will take place on following Thursdays: January 6, 13, 20 and 27 at Rio Salado. Meet in the shotgun facility parking lot at 7:15 a.m. to start shooting at 7:30 a.m. The cost is $25 for 100 birds, or $13 for 50.

The Rimfire event will take place on Wednesday, January 12, 2022, at Rio Salado's Pistol Bay #2. Please arrive by 6:45 a.m. to help with the course setup and the safety meeting.

January's Practical Pistol event will be shot on Friday, January 14, 2022, at Rio Salado's Pistol Bay #2. Please be there by 6:45 a.m. for setup and the safety meeting.

This month's Gun Club luncheon is on Monday, January 31 at 11:30 a.m. at B.J.'s Superstition Springs.

Be sure to watch your weekly Gun Club emails for any schedule changes.

For more information, please contact Bob Clark at captsteptoe@gmail.com.

Lawn Bowling Club

Submitted by Tish Murphy

Happy New Year from the Leisure World Lawn Bowling Club!

Official lawn bowling is on Monday, Wednesday and Fridays. The arrival time is at 1:15 p.m. to retrieve name tags so that the teams can be formed. Play begins at 1:30 p.m.

We have been playing on Thursday nights at 7:00 p.m. and will continue as long as there is an interest in being outside in the evening. The greens are available to members every day, so call another member and come out and roll some bowls!

If you are interested in learning to play, free instruction is available. If you would like to join, the membership fees are $35 for the year and renewal fees are $30. This includes use of membership bowls or a locked closet space for your bowls.

For more information, please contact Tish Murphy at 602-363-8821 or Tishsource@aol.com.

Leisure World Swim Club

Submitted by Tina Cook

Happy New Year!

If a renewed commitment to exercise is part of your plans for 2022 and you are thinking of incorporating the pool as part of this plan, you can find our group at the Rec. 1 pool six days a week from Monday through Saturday.

We are a resident-led group and meet from 1:00 p.m. to 2:00 p.m. Our exercises emphasize balance and stretching using the resistance the water provides. Singing, laughing and just plain fun are also major components of our program!

The exercises are free. You are welcome to drop in whenever your schedule allows, no commitment is required. Just bring your grin!

As we always say, "Come on in, the water's fine!"



Pickleball Club

Submitted by Donna Macfarlane

Happy New Year! Here's to an activity-filled 2022.

Welcome to pickleball, 350 members strong!

Not sure what pickleball is? Come on down to the courts by Rec. 1 and check it out. There will be a friendly face there to give you the low-down.

There are free lessons to both members and non-members on Tuesdays from 12:00 to 1:30 p.m. and Thursdays, from 6:30 to 8:00 p.m. Just show up and learn! Don't have a paddle? No problem, we will loan you one.

- **January 4:** Our general meeting in the Rec. 1 Ballroom.
- **January 21:** The pickleball dinner/dance in the Hopi/Pima Room at Rec 2. It is a casual-themed evening, so think, margueritas on the beach. Enjoy a lovely catered dinner and then trip the light fantastic. $25/person.
- **February 16-19:** This will be our USAPA pickleball tournament. Come out and cheer for our club members who are participating and other participants from all over. It is a sanctioned tournament, so there will be some amazing play.

Check out all the action on our website at www.lwpickleball.com.

Tennis Club

Submitted by Sue Weber

All Leisure World residents are invited to participate in drop-in tennis on Monday through Friday from 7:30 to 9:00 a.m. on courts 3, 4 and 8. Please bring your racket and wear court shoes.

All residents are invited to attend the free Tennis Academy every Wednesday from 1:00 to 3:00 p.m. at the Tennis Complex. It teaches beginners basic strokes and rules of the game and allows 2.5 - 3.5 level players to improve strokes and doubles' strategy. Rackets are provided if needed.

This year, the Tennis Club has a 75+ EVSTL team. There are 11 men and three women. Marty Maciejewski is the team captain. The 75+ team plays on Saturdays. Thank you to Eleanor Tracht, Carol Nordness, Ann Moskal, Helen Layne, Kim Loffler, Bill Cousineau, Ed Clark, Grant Engel and Jim Melsness for volunteering to keep score during EVSTL matches.

The next Tennis Club meeting is on Wednesday, January 12 at 3:00 p.m. at the Tennis Pavilion — weather permitting — otherwise it will be held in the Card Room.

For information, please visit our website at https://sites.google.com/view/lwaztc.



Thursday Morning Ladies' Billiards Players

Submitted by Carolin Lowy

Happy New Year to all!

Ladies who enjoy a fun game of billiards are invited to join us on Thursday mornings at 8.30 a.m. in billiard room at Rec. 1. We enjoy regular games of pool under Leisure World rules and also try our skills at 9 ball.

If you have never played before we are happy to get you started, everything needed is on hand in the billiard room.

Haven't played in a while? Come by and get back in the game! Hope to see you soon!

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





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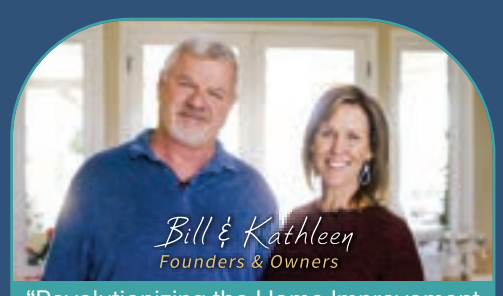
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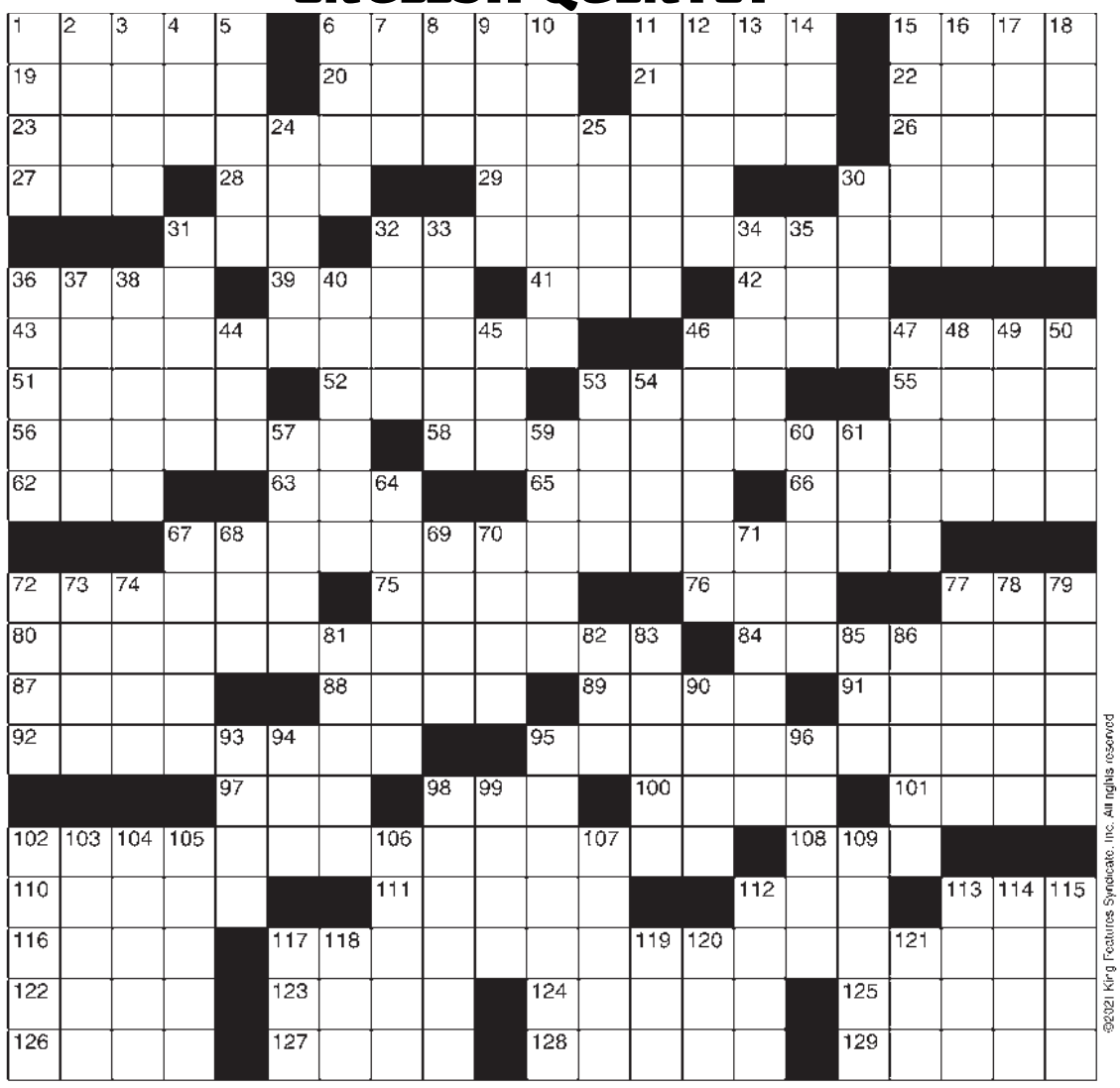


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ACROSS

1 Tribal carving
6 Beatle Ringo
11 Depict with bias
15 Ellipsoidal
19 Earthy tone, to a Brit
20 Magazine release
21 Irene of "Fame"
22 Central point
23 He played Jim Dial on "Murphy Brown"
26 Kazan with three Tonys
27 Carp in a garden pond
28 Football's Manning
29 "-- my way!" ("Scram!")
30 Cathedrals' main areas
31 Necklace of 12-Down
32 Strong product-selling influence
36 Toon skunk Le Pew
39 Nonstick cookware brand
41 Ending for priest
42 In-favor vote
43 Partly joking
46 Shabby hotels
51 Striped stone
52 "Are you -- out?"
53 Currency of Belgium
55 Dormant
56 Able to feel
58 Taking a rolling pin to
62 Period
63 Add- -- (extras)
65 Brings a civil action
66 Snare loops
67 What the Australian Open is played on
72 Druids, e.g.
75 Burn soother
76 Bruins' Bobby
77 Purpose
80 Black Protestant denom. since 1821
84 Have coming
87 Green shade
88 Blood-related
89 Daddy
91 Pond buildup
92 Expected saviors
95 Gave a worthy effort
97 -- -ray Disc
98 Long-headed antelope
100 Florence's river
101 Pod items
102 Franz Liszt piano piece in 3/4 time
108 Purpose
110 In regard to
111 Conga relative
112 Standoffish
113 Animal kept in the house
116 Feudal VIP
117 Crossing during a journey
122 Balladeer Burl
123 Green shade
124 Ho-hum feeling
125 Volunteer's offer to be sent
126 Disaffirm
127 Male tabbies
128 Regards as
129 Sequence found in this puzzle's nine longest answers

DOWN

1 Tick follower
2 Eight, in Madrid
3 Bangkok resident
4 Fumble
5 Rumble
6 "Yes, yes!," in Mexico
7 "For shame!"
8 "Just -- suspected!"
9 Bit of hearsay
10 Reprimands
11 Actors Baio and Wolf
12 A Hawaiian Island
13 Work unit, in physics
14 Sound of a crying baby
15 Ryan of "Love Story"
16 Swedish vehicle make
17 Ta-ta, to Tati
18 Most minor
24 Aristocratic
25 Numbered hwys.
30 Scholastic sports org.
31 Some turns and jabs
32 Principal
33 Standoffish
34 Tarp material
35 "I didn't know that!"
36 Period
37 Avid
38 First strategy
40 Buddy
44 Viking locale
45 E-address
46 Plaster painting
47 Archie Bunker, e.g.
48 Hubbubs
49 Model binder
50 U.S. Open units
53 Sewing case
54 Beehive State college team
57 Bodily trunk
59 Ed of "Roots"
60 Habituate (to)
61 Negative conjunction
64 Neat piles
67 Visibility reducers
68 DiFranco of song
69 Pre-coll., in education
70 Pluralizable word
71 Appoint to holy office
72 Oahu tree
73 French gal pal
74 Tiara stones
77 Have a tiff
78 She divorced Donald
79 Intersects
81 Bible book after Micah
82 Tax form pro
83 Went to town on
85 Plant pouch
86 Run off to tie the knot
90 Cuzco locale
93 "Likely story!"
94 "Thrilla in Manila" boxer
95 Spoke indistinctly and softly
96 Put one's finger on, say
98 "R.I.P." sites
99 City in Alaska
102 Legitimate
103 Superior to
104 Sophia of "Two Women"
105 Froth-filled
106 Pious song
107 "Common Sense" writer Thomas
109 Aleppo locale
112 Possible reply to "That so?"
113 Hungarian sheepdog
114 Kellogg's waffle brand
115 Holier-than- --
117 Blast source
118 -- Grande
119 Dir. from Little Rock to Chicago
120 Juicy Fruit, e.g.
121 Bullring yell

Sudoku

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

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

Word Search

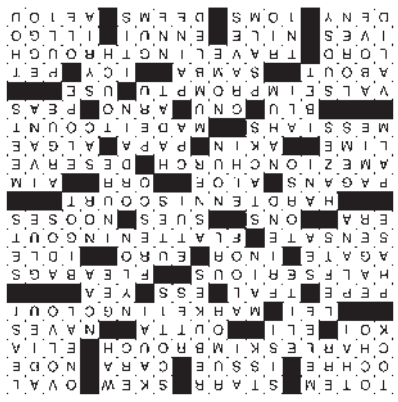
Crayola Colors

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

ATOMIC TANGERINE
BURNT SIENNA
CARNATION PINK
BURNT ORANGE
BITTERSWEET
SALMON
RED VIOLET
SEPIA
FUCHSIA
GOLDEN ROD
PEACH
RED ORANGE
BLACK
DENIM
MIDNIGHT BLUE
NEON CARROT
PLUM
BRICK RED
ASPARAGUS
CERULEAN
HOT MAGENTA
RAZZMATAZZ
PERIWINKLE
SCARLET
APRICOT

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Puzzle Answers

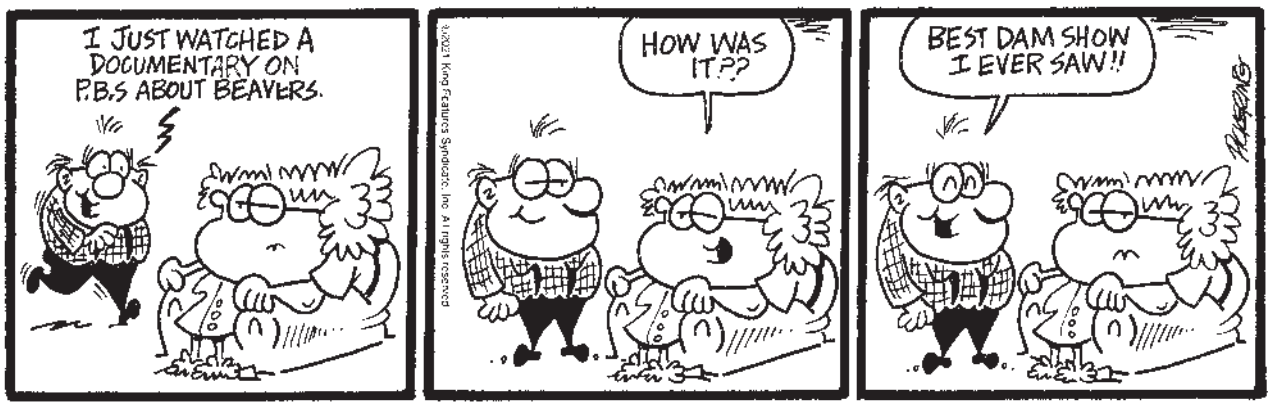


4	1	6	5	2	7	9	8	3
2	8	7	6	3	9	5	1	4
3	9	5	1	8	4	6	2	7
6	4	8	9	5	1	3	7	2
1	5	9	2	7	3	4	6	8
7	3	2	8	4	6	1	9	5
9	7	4	3	6	2	8	5	1
8	2	1	4	9	5	7	3	6
5	6	3	7	1	8	2	4	9

Comics

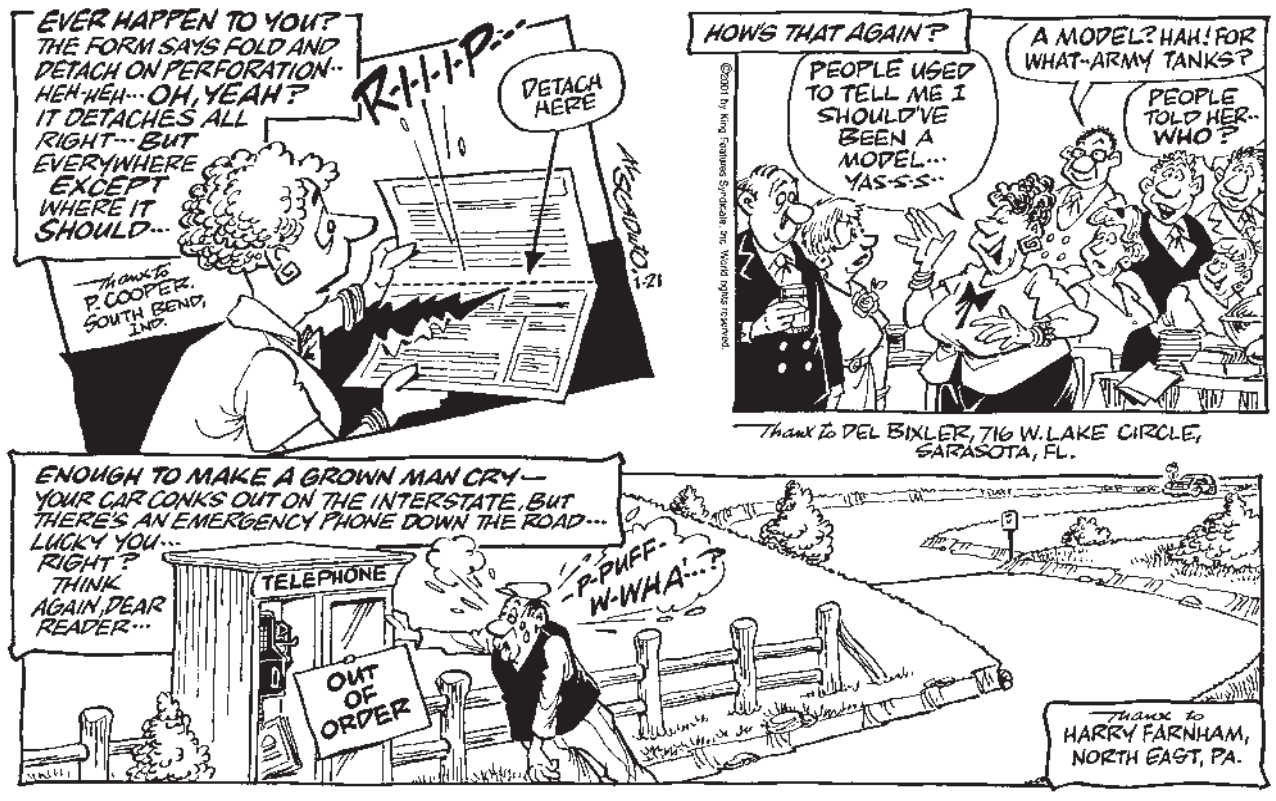
The Spats

By Jeff Pickering



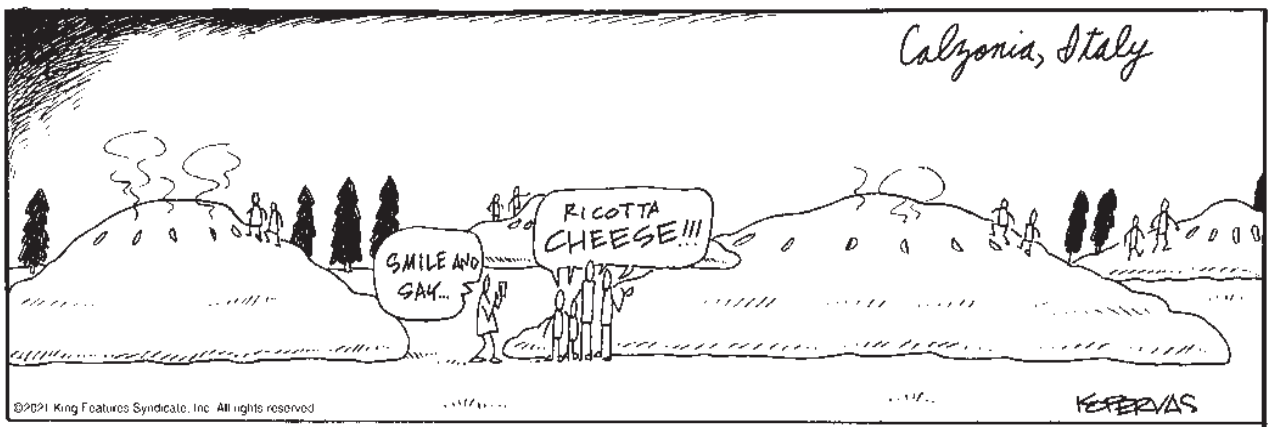
They'll Do It Every Time

By Al Scaduto



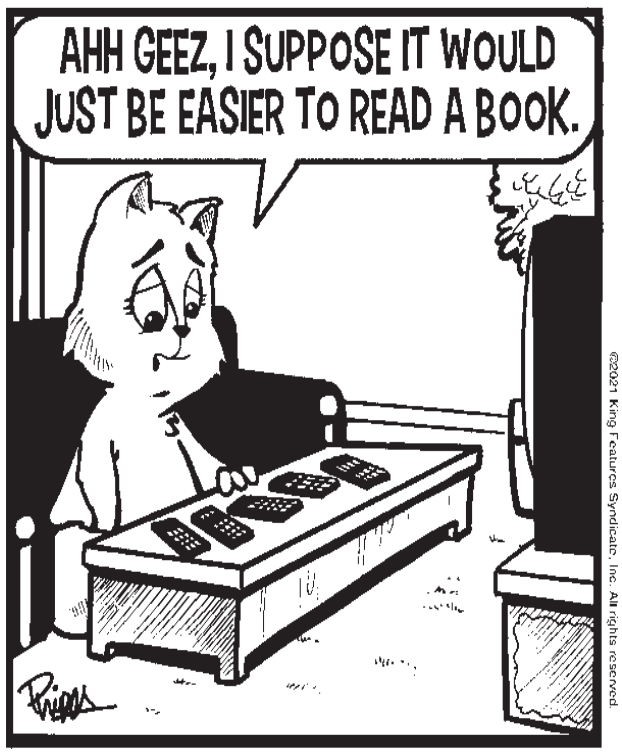
Out on a Limb

By Gary Kopervas



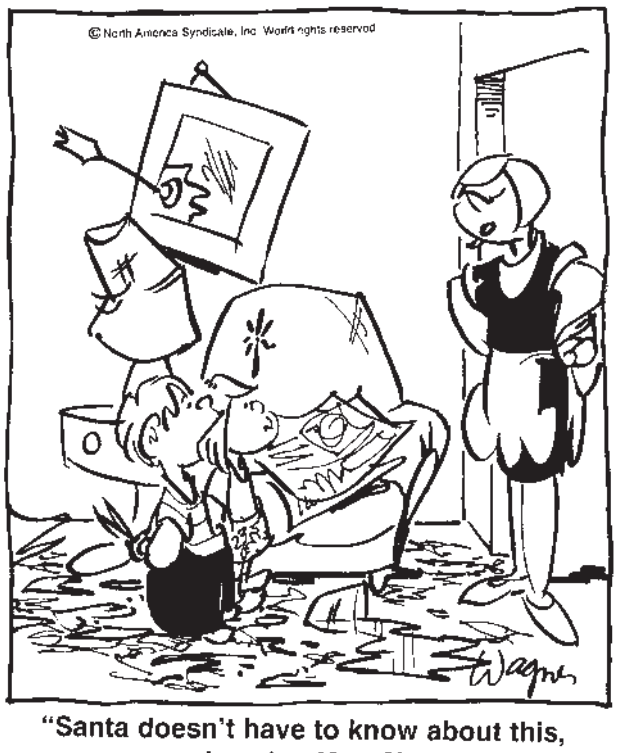
Just Like Cats & Dogs

By Dave T. Phipps



Grin and Bear It

By Fred Wagner



"Santa doesn't have to know about this, does he, Mom?"

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ASTROLOGY

January Horoscope

ARIES (March 21 to April 19) I know, dear Lamb, that you don't like anyone trying to take charge of one of your projects, but try to be a bit more flexible. A new idea could help hasten a positive result.

TAURUS (April 20 to May 20) I'm sure, like the time-thrifty Taurus that you are, that you've done much of your holiday shopping. But don't relax yet. Wrap those gifts now to save yourself lots of unwanted pressure.

GEMINI (May 21 to June 20) Be receptive when a family member or friend asks to confide in you. Your positive reaction could ensure that he or she will have a happy holiday experience.

CANCER (June 21 to July 22) Don't be rushed into wrapping up that workplace problem. Consider leaving it until after the holidays. This way you'll have the facts you need to reach the right resolution.

LEO (July 23 to August 22) You'll get news that will make you glow brighter than the lights of the holiday season. Be sure to use what you learn both carefully and kindly, to avoid giving the wrong impression.

VIRGO (August 23 to September 22) That frayed relationship could be mended in time for the holidays if you were more flexible. Give a little, and you could get back a lot more than you imagined.

LIBRA (September 23 to October 22) Things might not seem to be settling down as quickly as you would prefer. But it might be just a little holiday time flutter. You'll soon get news that will lead to more stability.

SCORPIO (October 23 to November 21) Stop getting so involved in everyone's personal problems that you lose precious time with loved ones. Remember, even the Supreme Court closes for the holidays.

SAGITTARIUS (November 22 to December 21) All signs point to a bright holiday, with all of those pesky problems finally resolved in your favor. Share the good times with people you love and, of course, who love you.

CAPRICORN (December 22 to January 19) Your plans should not be set in stone and cemented over. Leave some openings in case you need to make changes. Spend the holidays with your nearest and dearest.

AQUARIUS (January 20 to February 18) Surprise! This holiday finds you on the receiving end of the generosity of those who are usually the recipients of so much that you give so freely and lovingly.

PISCES (February 19 to March 20) That piece of good news assures that you'll be swimming in clearer, calmer waters this holiday season. There might be a storm or two ahead, but you'll weather it all in fine style.

BORN THIS WEEK: You have a flair for seeing things as you'd like them to be, as well as a gift for turning your perceptions into reality.

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Life Tributes

William Harold Artz



William "Bill" Artz was welcomed into eternal life on October 12, 2021, surrounded by his family. He was born on March 29, 1947, to Harold and Regina Artz in Bottineau, North Dakota. He was the third of 15 children, growing up on the family farm in Antler, North Dakota.

After graduating in 1967, Bill attended NDSSS in Wahpeton for two years, graduating with a degree in Gas and Diesel Mechanics and Welding. He enlisted in the Navy Sea Bees and served his country proudly in Vietnam.

Bill married Trudy Deschamp on April 8, 1983. After 45 years of farming, Bill proudly handed over the farm to his son, Lenny, in 2015, when he realized Arizona sunshine and golf courses were calling him.

Bill and Trudy spent eight wonderful winters in Leisure World, where they made many new friends. Bill loved to golf! He was also a very talented mechanic and enjoyed restoring old tractors and fixing golf carts.

Bill leaves behind his wife, Trudy and children, Sara (Jesse) Wiedrich, Lenny (Amanda) Artz and Molly Artz (Brieanne Schmidt). He will be remembered and forever loved by his grandchildren Will, Ty, Parker and Nash Artz and Cole, Mason and Hattie Wiedrich.

Leland W. Doty



Leland W. Doty passed away on November 8, 2021, of heart failure. He was born in Cedar Rapids, Iowa to Louis E and Isabel (Hurd) Doty on November 23, 1928, where he was a lifelong resident. He spent his last year in Mesa, Arizona.

Lee served in the Korean Conflict from 1951 to 1952. Following his discharge, he married Virginia Mae on August 16, 1952, in St. Louis, Missouri.

Survivors include his sister Phyllis Doty McIntyre, niece Teresa McNamara, brother-in-law David (Dottie) Held, Lettie Held, Alta May Held and nieces and nephews.

Lee was preceded in death by his wife Virginia, his parents Louis and Isabel Doty, brothers James and Glenn.

Arrangements were made by Bunker Funeral Home, Mesa, Arizona, and the interment in Cedar Memorial Cemetery, Cedar Rapid, Iowa.



To Those Whom I Love and Who Love Me

By Anonymous

When I am gone, release me, let me go.
I have so many things to see and do,
You mustn't tie yourself to me with too many tears,
But be thankful we had so many good years.

I gave you my love, and you can only guess
How much you've given me in happiness.
I thank you for the love that you have shown,
But now it is time I traveled on alone.

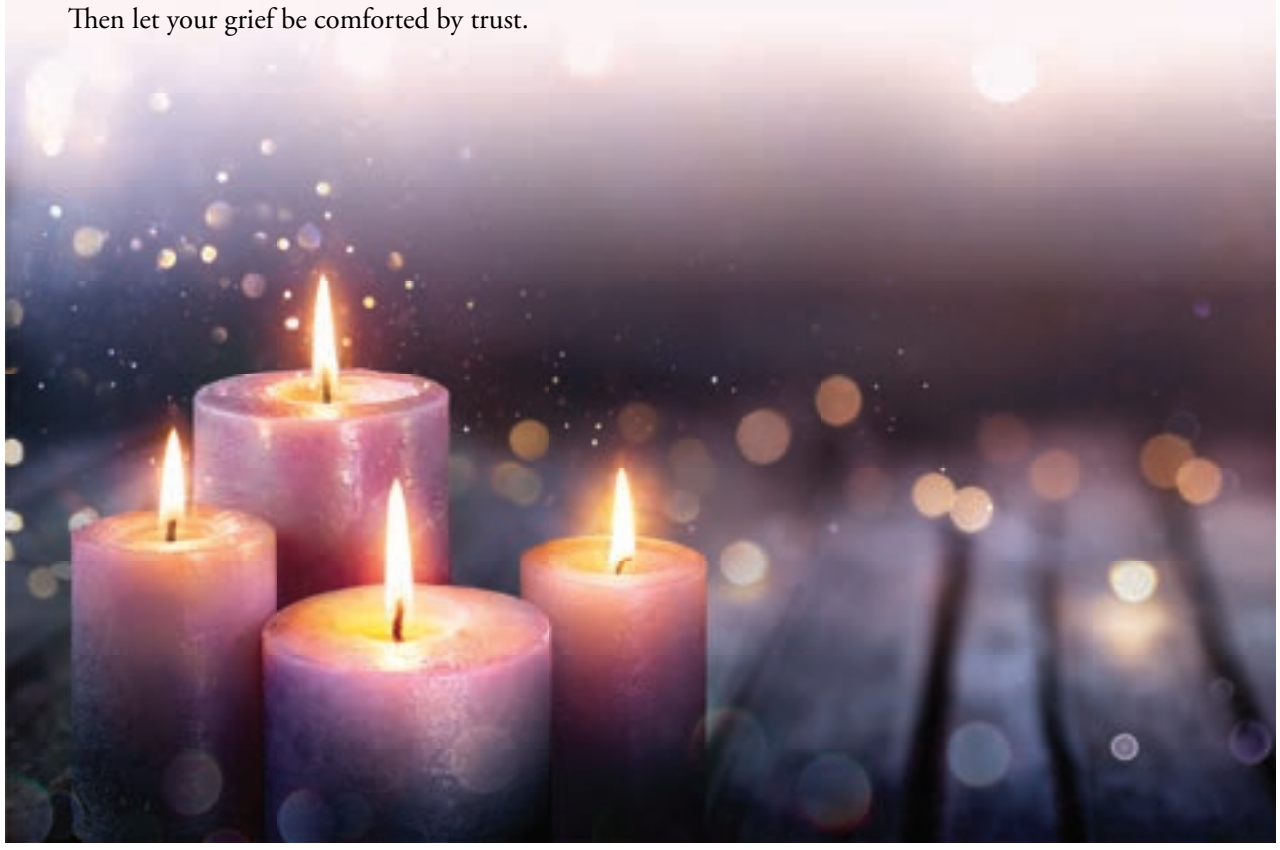
So grieve for me a while, if grieve you must,
Then let your grief be comforted by trust.

It is only for a while that we must part,
So treasure the memories within your heart.

I won't be far away for life goes on.
And if you need me, call and I will come.

Though you can't see or touch me, I will be near.
And if you listen with your heart, you'll hear,
All my love around you soft and clear.

And then, when you come this way alone,
I'll greet you with a smile and a 'Welcome Home.'



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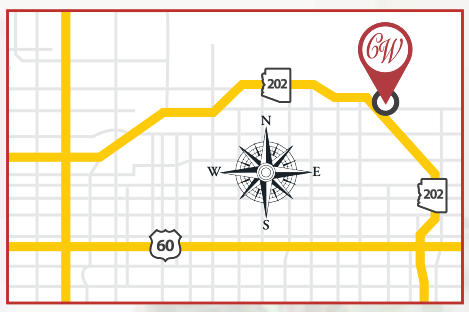
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Page B16

Wacky Wednesday Trivia!
Page B15

Wellness Expo
Page B16

"Hot Tropical Nights"
Leisure World Foundation Fundraiser



Get ready to escape the winter blues and come out to "Hot Tropical Nights!" Dance with the hottest band in the Valley, Rhythm Edition. This band has been entertaining groups in the Phoenix area for over 20 years with a wide range of musical styles.

The evening will start off with soft dinner music and the beat will heat up throughout the night. This is not the only entertainment! Samba dancers with a tropical flare will perform. They will be dancing with guests and taking photo-ops. Speaking of photos, you will want to check out the photo booth with fun life-size cutouts.

There will also be a 50/50 event, plus silent auction, so bring your money.

Let's talk food! Baked ham with pineapple sauce on the side, Polynesian meatballs, teriyaki chicken breast, stir fry vegetables, lemon grass rice, rolls, pineapple upside down cake and sweet coconut vanilla cake for dessert.

Don't miss this hot event!

Date: Sat., Jan. 29
Time: 5:00 - 9:00 p.m.
Place: Rec. 2 Hopi/Pima Rooms
Cost: $50 per person
Deadline: Fri., Jan. 21

Mentalist Mark Stone's
Comedy Mindreading and ESP Show



Mentalmania is the funniest mindreading and ESP show you'll see. Mark never fails to astound audience members with his ability to read minds, make predictions, and "see" with his fingertips while blindfolded. He leaves audiences shaking their heads in disbelief when he demonstrates super memory, clairvoyance and telekinesis.

Mark will amaze everyone with his uncanny abilities and keep the audience laughing throughout the show. This is a show you don't want to miss!

Includes BYO setups and snacks.

Devoted HEALTH PLANS

Date: Sat., Jan. 8
Time: 7:00 p.m. (1½-2-hour show)
Place: Rec. 2 Hopi/Pima Rooms
Cost: $15 Advanced Tickets and $18 at the door

Experience Memorable Performing Arts Shows!

Performing Arts Series

January Battle of the Sexes: Boy vs Girl Group

The New York FlyBoys

The FlyBoys sang their first song together back in 2015 over in the United Kingdom. The group was formed as a way of bringing Swing music to a new generation. The British group received critical acclaim on the hit BBC show, "Pitch Battle," making it all the way to the finals.

Date: Mon., Jan. 10
Time: 7:00 p.m.
Place: Rec. 2 Hopi/Pima Rooms
Cost: $19-25 per person in advance or $2 extra door charge



The Starlets

Inspired by iconic groups, including The Ronettes, The Angels, The Shirelles, The Chordettes, and The Supremes, The Starlets deliver all your 50s and 60s favorites with a trio of voices that will knock your socks off! Taking a page from Postmodern Jukebox, these ladies also sing contemporary hits in that classic doo-wop style.

Date: Mon., Jan. 24
Time: 7:00 p.m.
Place: Rec. 2 Hopi/Pima Rooms
Cost: $19-25 per person in advance or $2 extra door charge

February Tribute Acts

Karen Hester as Dolly

Karen Hester has a magnificent stage presence! On her way to becoming one of "Legends in Concert" and best Dolly tribute artist, she has impressed crowds countywide, time and time again. Direct from Nashville, Ms. Hester sings the greatest hits by one of the most popular country artists of all time featuring a live country band!

Date: Mon., Feb. 7
Time: 7:00 p.m.
Place: Rec. 2 Hopi/Pima Rooms
Cost: $19-25 per person in advance or $2 extra door charge

Monkeemania

This show features the music from one of the most popular television and musical groups of the button shirts, this show captures the look and sound spot on! Let's not forget what Davey Jones said, "Wherever I go, people still shout out, Hey, hey we're the Monkees, and I never tire of that."

Date: Mon., Feb. 21
Time: 7:00 p.m.
Place: Rec. 2 Hopi/Pima Rooms
Cost: $19-25 per person in advance or $2 extra door charge

March North American Treasures

Oh Canada!

What do Céline Dion, Michael Bublé, Shania Twain, Bryan Adams, Joni Mitchell and Paul Anka have in common? They are all incredible musicians who hail from Canada! All of these artists, plus many more are featured music in this amazing show. Three amazing vocalists, along with an incredible band, take you on an eclectic journey through Canada's awe-inspiring music history, paying tribute to the musicians and bands who took the world by storm!

Date: Mon., Mar. 7
Time: 7:00 p.m.
Place: Rec. 2 Hopi/Pima Rooms
Cost: $19-25 per person in advance or $2 extra door charge

Troubadour Experience

This tribute show delivers a list of up to sixty #1 hits that encompassed the unmistakable sounds that made George Strait the "King of Country Music." From the moment the first sounds of the fiddle and steel guitar kick off "Deep in the Heart Of Texas," you are instantly pulled into a concert recreation like no other. As if the uncanny resemblance and body language was not enough, once you hear the first few lines sung, you know this is the real deal and you are in for a treat!

Date: Mon., Mar. 21
Time: 7:00 p.m.
Place: Rec. 2 Hopi/Pima Rooms
Cost: $19-25 per person in advance or $2 extra door charge

P.L.A.N. Your Weigh to Success

P = Plate L = Lifestyle A = Activity N = Nutrition

There is still time to register for our 12- week **P.L.A.N. Your "Weigh" To Success Program**! All new for 2022, AM Nutrition Services and the Leisure World Fitness team are partnering for a completely redesigned approach to weight management! The program includes the following:

- 6 Group Sessions presented by AM Nutrition Services
- The opportunity to personally work with a registered dietician apart from these group sessions.
- 6 exercise sessions led by the Leisure World Fitness Team

Don't' miss your chance! This program starts soon! Register today!

Register online at www.LWCA.com or call the Fitness Center at 480-832-0000 ext. 212.

Dates: Fridays, January 14 - April 1 (12 Weeks)
Time: 1:00 - 2:00 p.m.
Place: Rec. 1 Theatre and the Fitness Center (alternating weeks)
Cost: $150 with $50 attendance rebate incentives

Leisure World

Recreation Department

Valentine's Brunch



Come join us to celebrate Valentine's Day with your favorite Valentine and loved ones. We will be serving up an all-in-one cheesy breakfast casserole which includes eggs, cheese, crumbled bacon and hashbrowns. There also will be a tasty bread pudding, chicken enchilada with white sauce and fruit salad for a side. Choose from variety of pastries which includes blueberry muffins, rum cake and banana bread, and a couple extra tasty sweets that will spark your taste buds.

Since this is a brunch, we will be providing the orange juice, so bring your favorite champagne to add and just sit and enjoy your brunch

Enjoy listening to Connie Neill tickling the ivories. Connie has been playing piano since she was 12, performing at church for all to enjoy. She will be joined by a surprise singer!

Date: Sun., Feb. 13
Time: 9:00 a.m.
Place: Rec. 2 Hopi Room
Cost: $12/person advance tickets
Deadline: Thurs., Feb. 10

Special Engagement: Elvis Las Vegas Show!



From his natural physical resemblance, amazingly Elvis-like voice and spot-on moves, Thane Dunn delivers the full Elvis package. His off the wall Presley-like sense of humor and magnetic personality make his interaction with the audience second-to-none. He will make you laugh, cry and cheer in amazement, all while having the time of your life!

Please note that this Elvis show is not part of the Performing Arts Series season ticket holder package. You must purchase tickets separately.

Date: Mon., Feb. 14
Time: 7:00 p.m.
Place: Rec. 2 Hopi/Pima Rooms
Cost: $19-25 per person in advance or $2 extra door charge

Fun Courtyard Concerts!



Spend your afternoon with this high energy, traditional and contemporary bluegrass band. **Alpine Divide** features soulful ballads, tight harmonies and interesting originals. Having performed at festivals and other venues throughout the region, each member brings years of experience to the band. Whether it is a hot instrumental break or great harmony vocals, each adds versatility to the sound of the band. Come see Galen Anderson, Steve Forcier, Jaysyn Slayde and our own Leisure World resident Jan Zale!

The event is free thanks to our sponsor Semper Fi Cooling and Heating!

Remember to bring a lawn chair and your favorite beverage. Plan now to sit back and enjoy the show! Register online or in the Rec. Office.

Date: Tues, Jan. 4
Time: 1:00 p.m.
Place: Rec. 1 Courtyard Concert
Cost: Free!

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Meet the **Venture Out Swing Band**. They are a 17-piece band that will make you want to stand up and cut a rug! Come and listen to them play big band songs of the 20s, 30s, 40s and 50s. Little Brown Jug, Mood Indigo, Ballin' the Jack, Brazil to name a few.

Then, they stick in a song or two that brings back memories of the 60s, 70s and 80s; The Beatles – "When I'm 64," The Tijuana Brass – "Lonely Bull," or show tune, "Beauty and the Beast." Feel the beat and tap your toes to our big band Sound. Benny Goodman, look out!

Remember to bring a lawn chair and your favorite beverage. Plan now to sit back and enjoy the show! Register online or in the Rec. Office.

Date: Tues, Feb. 15
Time: 1:00 p.m.
Place: Rec. 1 Courtyard Concert
Cost: Free!

The Fitzgeralds



A family group consisting of fiddling and step dancing siblings: Tom, Kerry and Julie Fitzgerald. Featuring three-time Canadian Grandmaster Fiddle Champions and Ontario Open Step Dance Champions, this unique act showcases high-energy fiddling and mind-blowing step dancing. The Fitzgeralds are some of the most talented, energetic, animated and genuine performers you will see!

Please note that PAS ticket holders who purchased by July 15, 2021, received The Fitgeralds as a free bonus show. All others must purchase tickets separately.

Date: Mon., March 14
Time: 7:00 p.m.
Place: Rec. 2 Hopi/Pima Ballroom
Cost: $19-25 per person in advance or $2 extra door charge

Leisure World Recreation Department Staff



Rhonda Cap
Lifestyle Director



John Stickling
Facilities Supervisor



Jamie Knowlton
Office Supervisor



Carla Nicely
Scheduler



Arlene Hougland
Administrative Assistant

480-832-0000 ext. 209 • Hours: 7:15 a.m. to 3 p.m. Monday - Friday • recreation@lwca.com

Name That Tune Game Night

How much do you know about music? More specifically, are you really good with song titles and artist names? Can you name a tune and artist after hearing a short clip of a song? If this sounds like you, then it is time to put your knowledge to the test. Hosted by DJ Bob (Robert D'Elena), you will be challenged to identify music in two games.

The first game/hour will be devoted to Motown, and the second game/hour to general, popular music (primarily rock). Play on your own or with a team of up to six people. Play either hour or both, and compete for Leisure World bragging rights.

Tickets include your mixology stations of soda, water, ice, cups and snacks.



Date: Wed., Jan. 19
Time: 7:00 p.m.
Place: Rec. 1 Ballroom
Cost: $8

Save Date for Chili Cookoff!



Save the date for Leisure World's first Chili Cookoff! Registration and details coming in February.

Date: Sat., Mar. 5
Time: 12:00 p.m.
Place: Rec. 1 Promenade

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info@familyallergyclinic.com
Melissa Ferrell, DNP, FNP-BC, Family Nurse Practitioner
www.familyallergyclinic.com

Rock it Out at Dance Parties!

Keep your feet happy and let your body do the talking on the dance floor this season! Reserve tickets now on sale online or in the Rec Office and include your mixology stations of soda, water, ice and cups. Fresh popcorn just two for $1. Sponsored by RE/MAX Classic.

Uncorked



This band combines a multi-faceted female vocalist with a full arsenal of collaborating musicians and singers. The band is a full six-piece band with saxophone and keyboards, and up to seven members adding percussion. Uncorked provides a diverse selection of dance music, peppered with offerings of rock, R&B, country and even music with a Latin flair – something for everyone! With their fun, high energy and familiar songs, you will have no choice but to get up and dance!

Date: Thurs., Jan. 6
Time: 7:00 - 10:00 p.m.
Place: Rec. 2 Hopi/Pima Rooms
Cost: $10 per person in advance or $12 at event

Bounce



One of Arizona's hottest live dance bands! Bounce Band members have played for national artists around the world. Performing today's hottest hits and past favorites, you don't want to miss the chance to see this band in action.

Date: Thurs., Jan. 20
Time: 7:00 - 10:00 p.m.
Place: Rec. 2 Hopi/Pima Rooms
Cost: $10 per person in advance or $12 at event

Caution



Caution gives audiences the ultimate jam music experience, covering legendary jam bands like the Grateful Dead, Phish and Widespread Panic. No setlist is ever the same and no song is ever played the same way twice. Caution truly provides a jam band experience like no other!

Date: Thurs., Feb. 3
Time: 7:00 - 10:00 p.m.
Place: Rec. 2 Hopi/Pima Rooms
Cost: $10 per person in advance or $12 at event

Midnight Confessions



Get ready to rock 'n' roll with this band all season! Don't miss out on the fun with Midnight Confessions. They are coming back to play their music all night – the best of the 50s, 60s and 70s hits are their specialty. They are a walking, talking, singing, playing jukebox full of classic hits and one-hit wonders!

Date: Thurs., Feb. 17 and Mar. 31
Time: 7:00-10:00 p.m.
Place: Rec. 2 Hopi/Pima Rooms
Cost: $10 per person in advance or $12 at event

Johnny K & Kompany



With an unforgettable vibe Johnny K & Kompany will take you back to a time when life was simple and people enjoyed being together. Enjoy good times with some of your favorite oldies like "Stand By Me," "Proud Mary," "Brown" and more. You will have a grand experience of yesteryear with a touch of simplicity and timelessness of the music standards from the 50s, 60s and 70s!

Date: Thurs. March 3
Time: 7:00 - 10:00 p.m.
Place: Rec. 2 Hopi/Pima Rooms
Cost: $10 per person in advance or $12 at event

Rhythm Edition



The ultimate party band performs all styles of music, including Latin. With a two-piece horn section and seven lead singers in the band, they can cover all styles of music. They play hits like "Proud Mary," "Shout" and "Neon Moon." You will find it hard to sit still!

Date: Thurs. March 17
Time: 7:00 - 10:00 p.m.
Place: Rec. 2 Hopi/Pima Rooms
Cost: $10 per person in advance or $12 at event

Food Truck Nights

New Dough Riders in 2022!

Dough Riders use premium quality white oak and olive wood to bring our oven temperature up to a calculated 800°. Cooking pies at this temperature creates a thin, crispy pizza with an incredible taste. Choose from 12 different pizza specialties.

Come to the Rec.1 Parking Lot to walk up and order your meal from their whole menu. You are welcome to enjoy your food under the Promenade or take it home.

Date: Thur., Jan. 13
Time: 4:00 - 6:00 p.m.
Place: Rec. 1 Parking Lot

Taste the Sea with East Coast Joe's



East Coast Joe's is known for their fresh Maine lobster rolls! They fly their seafood in daily, and they use fresh, never-frozen lobster meat from York, Maine. They also serve up some favorite coastal classics like fish and chips, which are hand-beer battered to order, and crab Hushpuppies made from scratch!

Come to Rec.1 Parking lot to walk up and order your meal from their whole menu. You are welcome to enjoy your food on the Promenade or take it home.

Date: Tues., Feb. 15
Time: 4:00 - 6:00 p.m.
Place: Rec. 1 Parking Lot

Crafting with Hatfield



When you register for Lorri Hensley's Arts & Craft classes, you will have a chance to interact, learn and create seasonal themed pieces that you can take home or give away as a beautiful, personalized gift to a loved one! All supplies are free! Simply come with smiles and an open mind as Lorri leads the class to create everything from ornaments to potting rocks! There will be fun for everyone!

We have two classes open for registration. In January, paint a rock for a fun cactus garden. For February, paint Mason jars with heart a great Valentine decoration.

Register online or in the Rec. Office.

Date: Tues., Jan. 11 & Tues., Feb. 8
Time: 2:00 p.m.
Place: Rec. 1 Art Studio
Cost: Free!

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New Year Classes!

Are you looking for fun activities or to learn something new? Leisure World has over 100 clubs and organizations for you to participate in and get involved with. Check out these new classes and sign up today!

Ballroom Dance Lessons

Learn how to ballroom dance with rhythms that are used in night club and party dancing. Three exciting sessions offered.

Start: January 5 - Cha Cha, February 1, West Coast Swing, March 2, Single Swing
When: Wednesdays, Four evenings each session
Time: 7:00 - 8:00 p.m.
Place: Rec. 1 Classroom
Cost: $32 per person per session. Sign up at the Rec Office. Sessions will be limited to 12 couples, so sign up quickly!
Contact: Teachers Bill & Carol Goss, 480-275-4647

Bridge Lessons: Beginner, Intermediate and Advanced

Have you always wanted to learn to play bridge? This is your chance. Classes offered in January, February and March.

Start: January 3
When: Monday mornings
Time: 9:00 - 11 a.m.
Place: Rec. 1 Clubroom
Cost: $90 per person
Contact: Barbara Rees, 480-309-9039 or babs.booker@gmail.com

Cooking Classes

Popular classes by Mary Kulgren will introduce you to new and exciting, tasty recipes. Classes offered in January and February.

Start: January 7
When: Friday and Monday
Time: 12:00 - 3:00 p.m.
Place: Rec. 1 Banquet Room
Cost: $30 per person
Contact: Mary Kulgren, 480-324-8442

Mosaic Glass

Learn beautiful and creative designs.

Start: January 7
When: Friday
Time: 1:00 - 4:00 p.m.
Place: Rec. 1 Ceramics/Stained Glass Studio
Cost: $30
Contact: Kay Eakin, 480-641-8719.

New Frontiers for Lifelong Learning: Presentation on the Federalist Papers

Discussion of the federalist papers is a very timely topic in our Country today! The Federalist were pamphlets drafted by Alexander Hamilton, James Madison, and John Jay that were published to persuade the 13 colonies to endorse and vote on a new Federal Government designed under a new written document, the constitution of the United States of America. This course will examine and analyze the concepts underlying our U.S. constitution as laid out in the federalist papers. The classes include an excellent video from the Great Courses discussing the underlying principles of American Federalism, popular Sovereignty and States rights, the Separation of Powers, the Federal Legislature, the President of the United States, the Federal Judiciary and much more. Explanation and open discussion will follow each video.

Start: February 7
When: Tuesday for 6 weeks
Time: 1:00 - 3:00 p.m.
Place: Rec. 1 Theater

New Frontiers for Lifelong Learning: What is Art and Music Good For

Alternating weekly this class will present biographies of artists and musicians to illustrate how they have influenced the cultural life of America and how the times they lived in have been reflected in their art. Jill Freedman is a prize-winning artist who has been presenting emeritus classes for New Frontiers for Lifelong Learning for several years.

Start: February 8
When: Monday for 6 weeks
Time: 1:00 - 3:00 p.m.
Place: Rec. 1 Theater



Spirit Tasting

A new class will be presented. Class will be showing 5 different distilleries in each class. We will see and taste the subtle differences that each Cellar Master wishes to present. We will be tasting vodka, gin, rum, bourbon and cordials in that rotation. This is a five-week course. Look forward to an interesting class, sharing your stories and learning some fun facts. Try something different! For questions, contact me directly. More information to follow mid-December.

Start: January 12, March 9
When: Wednesdays
Time: 4:00 - 5:30 p.m.
Place: Rec. 1 Promenade
Cost: $75 per person.
Contact: Vikki Classen, CSW, CSS, WSET 2nd Level Wine & Spirits Instructor, at 312-217-6220 .

Wine Tasting

Explore the world of wine by tasting domestic and international varietals. Come on out for social Interaction, fun, and laughter. Sign up now 312-217-6220. Two six-week sessions are offered.

Start: January 10, March 7
When: Mondays
Time: 4:00 - 5:30 p.m.
Place: Rec. 1 Promenade
Cost: $75 per person
Contact: Vikki Classen, CSW, CSS, WSET 2nd Level Wine & Spirits Instructor, at 312-217-6220 .

Flea Market



Take this opportunity to sell used household items, handmade craft items, or residents may sell commercial items like Tupperware, Avon and other similar items. Sellers sign up for $5 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 LWCA.

Tables are on a first-come basis and limited to two per manor. Sign up for a table online or in the Recreation Office no later than the day prior to the event.

Date: Fri., Jan. 14 & Feb. 11
Time: 9:00 a.m.
Place: Rec. 1 Ballroom
Cost: $5 per table; $1 per rack

Community Happy Hour!



Socialize with your friends and neighbors. Have fun, chit chat, dance and just relax as **DJ Justin** spins some of his favorite music from the 70s and now..

Ice, water and plastic cups provided. Sodas available for $1.

Date: Fri., Jan. 21
Times: 5:30 - 7:30 p.m.
Place: Rec. 2 Hopi/Pima



Calling all Wine Lovers!

Our wine classes will begin on Monday, January 10 and run six weeks consecutively. We will be ending on Valentine's Day, which will be wonderful, because that is our Sparkling & Champagne class. We will be holding the classes on the Promenade as we did last season. It works perfectly for us.

Classes start promptly at 4:00 and run until 5:30 every Monday. You bring your own wine glasses which will be a total of six for each class. Your choice of glasses but for the perfect tasting, wine glasses are best. Stemmed is preferable. If you don't have enough glasses, Goodwill has plenty and they do not have to match.

I also suggest that you bring your own snacks. I bring plain crackers, but everyone brings their own and makes it a party while learning. Every class is different. Two white classes, a Rose class, two red classes and everyone's favorite on Valentine's Day! The cost is $65 a person, cash.

If you are new to the classes and are wanting to sit with friends, when you sign up with me, let me know and you will have your own table. Let me know if you are solo and I will assign you to a table so you will be with others.

We are here to learn, meet new friends and most important, to have fun! I guarantee it! I look forward to seeing old friends and making new ones!

For more information, please contact Vikki Classen CSW, CSS, WSET 2nd Level Wine and Spirits Instructor, at 312-217-6220.

Start: January 10 & March 7
When: Mondays
Time: 4:00 - 5:30 p.m.
Pace: Rec. 1 Promenade
Cost: $75 per person



Learn How to Play Piano and Guitar!



Have you always dreamt of learning or relearning the piano or playing the guitar? Now is your chance to pursue your dream!

Classes will be taught by Craig Coffman, a private piano instructor, who has successfully taught Instant Piano and Guitar to over 25,000 students in 15 states and overseas.

All classes will be offered on Saturday, February 12 in the Rec. 1 Ballroom. The cost is $49 per class, including book materials and online videos.

Register at the Rec. Office for each class.

Instant Piano for Hopelessly Busy People, 9:00 a.m. - 12:00 p.m.

Topics include: How chords work in a song, how to get more out of sheet music by reading less of it, how to form the three main types of chords, how to handle different keys and time signatures, how to avoid counting, how to simplify over 12,000 complex chords.

How to Play the Piano by Ear, 1:00 - 3:30 p.m.

Topics include: How to find the starting note, how to determine when chords change, how to predict the chord progression, how chords help you find the correct melody, How the melody helps you find the correct chords, how to learn songs from recordings in all keys, how to transpose, The Universal Key Signature, how to use the Circle of Fifths, how to recognize the most common chord patterns.

Instant Guitar, 4:00 - 6:30 p.m.

Topics include: How chords work in a song, how to form the three main types of chords, how to tune your guitar, Basic strumming patterns, how to buy a good guitar (things to avoid), How to play along with simple tunes.

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Pickin' on the Prom



Calling all Pickers and Grinners!

Leisure World Recreation is partnering with the Arizona Bluegrass Association this winter to bring you "Pickin' on the Prom." This two-hour bluegrass jam session will be the second and fourth Sunday afternoons, January, February and March from 1:30 to 3:30 p.m. on the Promenade.

It will feature bluegrass musicians from all over the East Valley singing and playing traditional bluegrass acoustic instruments.

Pickers of all skill levels are welcome and encouraged so tune up your guitar, mandolin, fiddle, banjo, bass or other acoustic bluegrass instrument and join in. Grinners, come on up and enjoy a free afternoon of bluegrass!

Date: Sun., January 9 & 23
Time: 1:30 - 3:30 p.m.
Place: Rec. 1 Promenade

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.

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: Thurs., Jan. 27
Time: 10:00 a.m. - 3:00 p.m.
Place: Rec. 2 Hopi/Pima Rooms



New Ballroom Dancing Classes!



Come learn how to ballroom dance with the rhythms that are used in night club and party dancing. Three exciting sessions, each one consisting of four lessons for $32 per person.

Sign up at the Rec Office to get your tickets. Sessions will be limited to 12 couples, so sign up quickly.

- **Cha Cha Session:** Jan. 5, 12, 19, 26 - This versatile dance can be used with lots of faster numbers at weddings and nightclubs.
- **West Coast Swing Session:** Feb. 2, 9, 16, 23 - This variation of swing dancing can be used for slower numbers and is less physically taxing than east coast swing. It can be used to dance to lots of types of music from swing to country to rock and roll.
- **Single Swing Sessions:** Mar. 2, 9, 16, 23 - This variation of swing dancing can be done with faster rhythms but is less demanding than standard east coast swing. Great for many big band and rock and roll selections.

Please note that special COVID-19 restrictions may apply.

For more information, please call 480-275-4647.

When: Weds. 7:00 - 8:00 p.m.
Place: Rec. 1 Classroom
Cost: $32 per person per session
Teachers: Bill and Carol Goss



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Trips and Tours

Whether you enjoy traveling near or far, there is a trip that is right for you. If you like one-day excursions or are looking to find your next big travel destination, look below to see what might fit your interests.

To reserve your spot, visit the community website, the Recreation Office or call 480-832-0000 ext. 209 to purchase your tickets. 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.

Deadlines are fast-approaching for February events, so don't delay!

ASU Gammage "The Band's Visit"

In this joyously offbeat story, set in a town that's way off the beaten path, a band of musicians arrive lost, out of the blue. Under the spell of the desert sky, and with beautiful music perfuming the air, the band brings the town to life in unexpected and tantalizing ways. Even the briefest visit can stay with you forever.

Date: Tues., Feb. 8
Depart: 6:15 p.m.
Cost: $105 per person
Deadline: Mon., Jan. 10

Scottdale's Famous Sip and Sample Tour

Spend an afternoon visiting four of Scottsdale's favorite saloons, restaurants, and wineries, complete with food and drinks at each location. Make sure you come hungry and expect a variety of signature menu items, unique to each destination and includes four alcoholic beverage pairings. Tour is led by local foodie enthusiasts. A food tour is the perfect way to experience a mix of notable restaurants, and patios in Scottsdale. The walking tour is suitable for all fitness levels and approximately 1 mile. The tour can also accommodate dietary restrictions, be advised selection will differ slightly from others. A Motor Coach is included with this tour. Come and cheer with your friends and fellow neighbors!

Date: Wed., Feb. 9
Depart: 10:15 a.m.
Cost: $200 per person
Deadline: Tues., Feb. 1

Tubac Arts and Crafts Festival

Tubac Arts and Crafts Festival is held in the historic art colony of Tubac, the annual Festival of the Arts is the Southwest's longest running arts festival. The festival brings tens of thousands of visitors each year. The festival runs concurrent with Tucson's internationally renowned Gem and Mineral Show which draws visitors from around the globe. Many Tucson visitors make both the Gem and Mineral show and the Festival of the Arts their destination. Highlights of the Festival include more than 250 fine artists and craftsmen, a large assortment of festival eateries, live entertainment, and a wine and beer garden. The artists are integrated throughout the Village, along roadways and plazas, and among more than 125 art galleries, boutiques, specialty shops and restaurants – providing one of the most beautiful and unique Festival settings in Arizona!

Date: Thurs., Feb. 10
Cost: $99 per person
Deadline: Mon., Jan. 7

Tucson Rodeo

The La Fiesta de los Vaqueros (Celebration of the Cowboys) is a nine-day celebration centering on the Tucson Rodeo. Tucson's annual celebration of the cowboys has been heralded as Southern Arizona's oldest and most celebrated heritage event since its inception in 1925. It's centered around the Tucson Rodeo, one of the top 25 rodeos on the Professional Rodeo Cowboys Association (PRCA) calendar, at which the sport's best cowboys and cowgirls compete in six rodeo performances at Tucson Rodeo Grounds. The fun also includes the Tucson Rodeo Parade, billed as the longest non-motorized (horse-drawn) parade in the world. Includes grandstand seating for the Rodeo Parade and Rodeo.

Date: Thurs., Feb. 24
Cost: $139 per person
Deadline: Mon., Jan. 24

Saint Anthony's Monastery And Florence

A Greek Orthodox monastery standing in the Sonoran Desert of Arizona. Tour the St. Anthony's Greek Monastery, founded by six Greek Orthodox Monks in the 1995. In the name of Saint Anthony, the Great and is currently a home to approximately 42 monks. Lunch is included at the laidback dining spot named Mt. Athos Greek Restaurant that provides familiar Greek eats such as gyros, souvlaki and more. You will also visit Pinal County Museum which preserves Florence's rich history and diverse culture. See fascinating displays including, cactus furniture, Florence's Historic District, Second Territorial Prison, farm implements, and more! Lastly finish the day with a glass of wine at the Windmill Winery with signature wines that are locally produced featuring grapes that thrive in the Arizona desert terrain.

Date: Mon., Feb. 28
Cost: $125 per person
Deadline: Fri., Jan. 28

ASU Gammage "Tootsie"

It is "far and away the funniest musical of the season" (Daily News). It is "the most uproarious new show in years" (The Hollywood Reporter). It's "the best comedy on Broadway" (Forbes). No matter how you say it, "Tootsie" is unanimously funny! It's a laugh-out-loud love letter to the theatre, based on the Oscar®-nominated film.

Date: Tues., Mar. 15
Depart: 6:15 p.m.
Cost: $105 per person
Deadline: Mon., Feb. 14

Agritopia, Lunch, And Wildhorse Ranch Rescue

Tour Agritopia, a community garden in Gilbert It is not only serene and beautiful, but an amazing variety of produce can be seen growing and thriving. Lunch is included at Joe's Farm Grill before stopping at Wildhorse Ranch Rescue. The rescue saves animals from abuse, neglect, and premature death and provides a safe place for them to live for the remainder of their lives through adoption or sanctuary. Meet the rescues up close and personal.

Date: Fri., Mar. 18
Cost: $115 per person
Deadline: Mon., Feb. 14

Arizona 2-Canyon: Antelope and Grand Canyons

Day One: Depart the Valley and travel to Page, AZ in Coconino County. Tour the magnificent Antelope Canyon, a photographer's dream. You will then rest in your hotel for the evening. Dinner will be on your own in Page and don't worry they do have door dash for food delivery.

Day Two: This morning, tour Horseshoe Bend, part of the Glen Canyon National Recreation Area. The hike to the overlook of this iconic site is a gentle slope of 1.5 miles round-trip over flat terrain. The trail is wide, easy for low-impact walkers. You will then continue to the Grand Canyon for an afternoon full of beautiful scenery. Followed by traveling to Sedona and to check into your hotel for the evening.

Day Three: Enjoy the beautiful red rocks of Sedona in the morning. Then, you will travel to historical Jerome for additional sightseeing and lunch on your own before returning to the Valley.

Date: Sun., March 20 - Tues., March 22
Cost: $775 per person/double; $950 per person/single
Deadline: Fri., Feb. 2

Frank Lloyd Wright and Lunch

Tour Taliesin West, a National Historic Landmark nestled in the desert foothills of the McDowell Mountains in Scottsdale, Arizona. It is also the home of the Frank Lloyd Wright Foundation and the School of Architecture at Taliesin. Lunch is included at the Biltmore — another Frank Lloyd Wright creation. Also, visit the Gammage Theatre on the ASU campus before returning home.

Date: Fri., Apr. 1

Cost: $175 per person

Deadline: Tues., Mar. 1

Elegant Dolly Steamboat Twilight Dinner

The Dolly Steamboat dinner boat cruise at Canyon Lake offers all the grandeur of a steamboat cruise with a special, added ambiance of the twilight. Dine in style and complete relaxation during this magical time of day. Observe Canyon Lake wildlife, like bighorn sheep and bald eagles, as they settle in for the evening. A twilight dinner cruise aboard the Dolly is an experience you will never forget. You get to enjoy a "Mark Twain" voyage while you relax and admire the breathtaking scenery, with a delicious meal. Tri-Tip & Grilled Chicken with Artichokes, served with mashed potatoes and seasonal vegetables. Deluxe motorcoach transportation included.

Date: Wed., April 6
Depart: 3:30 p.m.
Cost: $110 per person
Deadline: Fri., March 4

Arizona Diamondbacks vs. San Diego Padres

Come enjoy up close seating at field level. Cheer on our D-Backs as they take on the San Diego Padres. Our deluxe motorcoach transportation departs in time to get you to the game early to see all the special opening day activities.

Date: Thur., April 7
Cost: $110 per person
Deadline: Mon., March 7

Arcosanti And Lunch

Arcosanti, begun in 1970, continues to be developed as an experiential learning center, walk-through demonstration of how to pursue efficient "lean" alternatives to urban sprawl. Tour Arcosanti, an experimental town and molten bronze bell casting community developed by the Italian-American architect Paolo Soleri. Check out the Windbell Gallery which features an awe-inspiring collection of our hand-crafted, one-of-a-kind bells. Enjoy lunch in Cottonwood, a new culinary hot spot in Arizona.

Date: Tues., Apr. 12
Cost: $149 per person
Deadline: Mon., Jan. 24

ASU Gammage "The Lion King"

Making its Triumphant return to ASU Gammage! Winner of six Tony Awards®, including Best Musical, "The Lion King" brings together one of the most imaginative creative teams on Broadway. Tony Award®-winning director Julie Taymor brings to life a story filled with hope and adventure set against an amazing backdrop of stunning visuals. "The Lion King" also features the extraordinary work of Tony Award®-winning choreographer Garth Fagan and some of Broadway's most recognizable music, crafted by Tony Award®-winning artists Elton John and Tim Rice.

Date: Tues., Jul. 12
Depart: 6:15 p.m.
Cost: $145 per person
Deadline: Mon., May 2



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Bingo's Bringing the Party!



Leisure World Bingo is having a party! On Friday, January 7, 2022, Leisure World residents and their guests are invited. We will have gifts, food and lots of fun as we pay top prizes for all games!

Play is every Friday night at 7:00 p.m. On-sets are 3 for $3; 6 for $6; and 9 for $9. Refreshments are served at the break. Water, ice, lemonade, coffee, popcorn and pretzels. Play starts promptly at 7:00 p.m. Players may arrive at 6:00 p.m. to purchase on-sets. You can enjoy time to chat and mingle with friends and neighbors before play begins.

Leisure World Bingo is for residents and their guests 18-years-old and older. Our bingo games are for recreational play and not open to the public.

Date: Fridays
Time: Doors Open: 6:00 p.m.
Game Starts: 7:00 p.m.
Place: Rec. 1 Ballroom

Music and Dance

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

Clogging Classes (C) Contact: Fran Dusek, 602-684-9353 or Joyce Loland, 480-588-5789.
Fridays, 12 - 4 p.m. and Wednesdays 3:30 - 5:30 p.m.

Fridays start with Beginners at 12:00 p.m., Intermediate 1 at 1:00 p.m., Intermediate 2 at 2:00 p.m., and Intermediate 3 at 3:00 p.m.

Wednesdays Introduction to Advanced - 3:30 p.m., Advanced - 4:30 p.m.

Friends of Clogging (C) Contact: Mary Noble – 804-366-0023, Mondays, 5:30 - 8:00 p.m.

Learn clog dancing, attend class in evening, do an extra class or try a different type of dancing for a new fun experience.

Line Dance (Hopi/C) Contact: Dee Dee Dougherty, 480-510-3318. Sundays 1:30 - 3:30 p.m.

Line Dance Contact: Susan Tuttle, 602-329-2213

Monday: 11:30 a.m. - 12:30 p.m. - Rec. 2 Hopi

Tuesdays: 6:00 - 7:00 p.m. - Rec. Ballroom

Wednesday: 1:30 – 2:30 a.m. - Rec. 2 Hopi

Enjoy line dance lessons taught by instructor Susan Tuttle. Beginners are taught easy to follow steps to the "New Pop Country" songs you hear on the radio. $5 per person per class. Additional classes starting in October.

Music Makers (MR) Contact: Marty Maciejewski, 480-307-8061. Tuesdays, 2:30 p.m. – 3:30 p.m. This fun group is open to anyone who plays or wants to play an instrument.

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

Shall We Round Dance - Contact: Larry Tracht at 480-325-1054, or email rddancer@aol.com.

Tap Dancing - Contact: Judy Free, 480-396-3103

Ukulele Practice Group - Contact: Karen Robinson, 480-807-6487

Like to play the Ukulele or always wanted to learn? Come and join up with others who love to play this amazing instrument.

Arts and Crafts

Decorative Arts

Art Assoc. – (AS) Contact: Carol Pope, 480-628-4134
Open Studio: Friday, 9 a.m.– 1 p.m. Classes by Lori Pilato, Wednesday, 9:30 a.m. -12:00 p.m.

Jewelry and Lapidary (LAP) Contact: Judy Barnes, 480-985-5760
Thursday, 9 a.m. - 12 p.m. (Classes resume in November)

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

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

Fabric Arts

Knitters & Crocheters (QCR) Contact: Carolin Lowy, 480-641-4626 . All interested knitters, beginners to experienced, join in. We teach beginners and help those who having difficulty with a pattern, no charge.
Friday, 9 - 11 a.m.

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

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

Quilters (CLR/SR) Contact: Merrilly Strom, 480-699-9352
Join our group of quilters to experience the fun of sewing a class project and learning new techniques. Interested in quilting or are a beginner, join the group.
Thursday, 9 a.m. - 12 p.m.

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

Fired Arts

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

Fused Glass (CER/SG) Contact: Kay Eakin, 480-641-8719
Open studio Monday and Wednesday 9 a.m. - 3 p.m.
Classes scheduled:

1. January 7 & 14, 1 - 4 p.m.
2. February 18 & 25, 1 - 4 p.m.
3. March TBD

Mosaic Glass (CER/SG) Contact: Kay Eakin, 480-641-8719
Open studio Monday and Wednesday 9 a.m. - 3 p.m.
Class scheduled , includes all three sessions January 21, 28, February 4, 1 - 4 p.m.

Porcelain Painting (POT) Contact: Barbara Culver, 480-924-6871 or Edie Pearcy, 480-734-0685
No teacher, no lessons. Work on your own. A semi-annual fee of $5 for firing. All china painters are welcome.
Open Studio: Wednesday and Friday, 9 a.m. to 12 p.m.

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

Stained Glass (CER/SG) Contact: Kay Eakin, 480-641-8719
Open studio Monday and Wednesday 9 a.m. - 3 p.m.
Private instruction mornings only, 9 am - 12 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.

Bridge Groups

Duplicate (CLR) Contact: Barbara Rees, 480-309-9039
Monday, 12:30 p.m.

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

Duplicate (CLR) Contact: Barbara Hemerson, 480-218-0745
Thursday, 12:30 p.m.

Int. Duplicate Practice (APA) Contact: Bobbie Stearns, 701-523-6264
Friday, 8:15 a.m. (Resumes in November)

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: Shirley Edmonds, 602-501-4618
Thursday, 12:30 to 3:30 p.m.

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

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

Poker Groups

5 & 10 Cent (LC) Contact: Ann Bachner, 480-641-5197
Cancelled classes due to death in family.

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

Men's (QCR) Contact: Corey Walraven, 480-924-0622
Tuesday & Thursday, 6:30 p.m.

5 & 10 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, 480-203-2517 or Dana Bourque, 480-699-2199
1st Thursday, 6:30 p.m.

Cribbage (LC) Friday, 1 p.m. , Don Newman, 480-272-8829

Cribbage (QCR2) Contact: Ted Jackson, 518-248-2052 or Don Newman, 480-272-8829
Wednesday, 1 p.m.

Euchre (APA) Contact Ted Jackson, 518-248-2052
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
Tuesday, 1 p.m.

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

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

Mah Jongg Madness (LC) Contact: Karen Hassan, 412-418-8343
Monday, 12:00 p.m. & (CLR) Friday, 11:00 a.m.

Pinochle (QCR) Contact: Jackie Anderson 480-985-8503
Tuesday, 12:30 p.m.

Rummikub (NAV) Contact: Taylor H. Sanford, 832-477-7277
Thursday, 6:00 p.m.

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

January Movies

Free Sunday movies in the Theater 4:00 p.m. Refreshments provided. ***Due to the popularity of the movies, there will be no seat-saving. All seats will be on a first-come basis only. Schedule may change due to Netflix movie availability.***

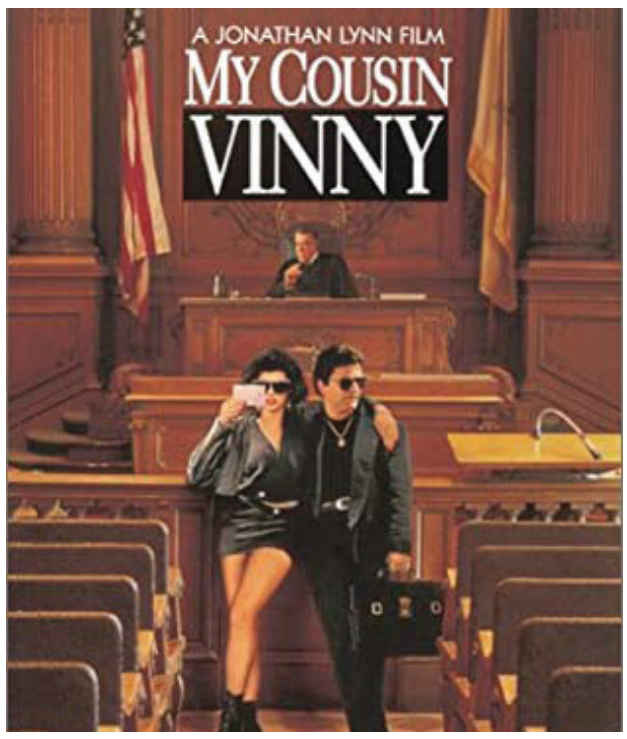
January 2 New Year's Eve (PG13) – 1hr 57m
In this star-studded romantic comedy, the fates of a diverse group of New Yorkers are wound together on New Year's Eve -- including one expectant couple hoping their baby will be the first to be born in the Big Apple after midnight.

January 9 Radio (PG) – 1hr 49m
When a high school football coach befriends a developmentally disabled man nicknamed "Radio" -- who's the target of teasing -- their friendship raises eyebrows. But Radio's growth under the coach's guidance causes the townsfolk to think differently.

January 16 My Cousin Vinny (R) – 2hr 0m
When teenage buddies Billy (Ralph Macchio) and Stan (Mitchell Whitfield) are falsely accused of croaking a convenience-store clerk in a backwoods Southern town, Billy calls on his Noo Yawk cousin Vinny (Joe Pesci), a fast-talking personal injury lawyer who's never tried a case. Vinny's crass demeanor lands him in hot water with the judge, but the lippy Brooklyn barrister has a few tricks up his sleeve. Oscar winner Marisa Tomei plays his gal pal.

January 23 Land (PG13) – 1hr 29m
Edee, in the aftermath of an unfathomable event, finds herself unable to stay connected to the world she once knew, and in the face of that uncertainty, retreats to the magnificent, but unforgiving, wilds of the Rockies. After a local hunter brings her back from the brink of death, she must find a way to live again.

January 30 1917 (R) – 1hr 59m
At the height of the First World War, two young British soldiers, Schofield and Blake are given a seemingly impossible mission. In a race against time, they must cross enemy territory and deliver a message that will stop a deadly attack on hundreds of soldiers—Blake's own brother among them.



Silver Screen Classic: "The Birds"



Melanie Daniels (Tippi Hedren) meets Mitch Brenner (Rod Taylor) in a San Francisco pet store and decides to follow him home. She brings with her the gift of two love birds, and they strike up a romance. One day birds start attacking children at Mitch's sister's party. A huge assault starts on the town by attacking birds.

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.

Do not miss this chance to seeing this classic on the big screen. Free! See you at the movies!

Date: Tues, Jan. 18
Time: 6:00 p.m.
Place: Rec. 1 Theater

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January Calendar

SAT 1

SUN 2
4:00 p.m. Movie Matinée "New Year's Eve" (T)

MON 3
1:00 p.m. Music Therapy (MR)
5:00 p.m. Rover Meeting (HPG)
5:30 p.m. Lets Do Something (BR)

TUES 4
8:00 a.m. Board Work Session (BR)
1:00 p.m. Courtyard Concert (CY)

WED 5
8:00 a.m. Wednesday Coffee (CLR)
4:00 p.m. Pickleball Meeting (BR)
7:00 p.m. Gun Club Meeting (T)

THUR 6
6:30 p.m. Bunco (CLR)
7:00 p.m. Dance Party "Uncoked" (HPG)

FRI 7
9:00 a.m. P.E.O. (CLR)
11:00 a.m. Fitness New Member Welcome (T)
7:00 p.m. Bingo (BR)

SAT 8
7:00 a.m. Tennis Club Breakfast (BR)
4:30 p.m. Sonoran Desert Club Meeting (PROM)
5:00 p.m. Photography Club Holiday Party (CLR)
7:00 p.m. Mentalist Mark Stone (HPG)

SUN 9
1:30 Pickin' on Prom Bluegrass Jam (PROM)
4:00 p.m. Movie Matinée "Radio" (T)

MON 10
8:30 a.m. Computer Club Meeting "How to store and manage holiday digital photos" (T)
7:00 p.m. PAS "The New York FlyBoys" (HPG)

TUES 11
7:00 a.m. Lions Club Meeting (BR)
1:00 p.m. Grief Support (BQ)
2:00 p.m. Hatfield Craft (AS)
4:00 p.m. District 5 Meeting (HOPI)
4:30 p.m. District 3 Meeting (BR)
5:30 p.m. District 8 Meeting (HPG)

WED 12
8:00 a.m. Wednesday Coffee (CLR)
9:00 p.m. Library Volunteers (QCR)
1:00 p.m. District 1 Meeting (BR)
1:00 p.m. Democratic Club (CLR)
1:00 p.m. Green Bananas Meeting (T)
3:00 p.m. Tennis Clube Meeting (CLR)
4:30 p.m. District 6 Meeting (HOPI)
6:00 p.m. Wacky Wednesday Trivia (BR)

THUR 13
9:30 a.m. San Tan Investment Meeting (QCR)
4:00 p.m. District 7 Meeting (BR)
4:00 p.m. Food Truck " Dough Riders" (R1PL)
5:00 p.m. District 4 Meeting (T)

FRI 14
9:00 a.m. Flea Market (BR)
1:00 p.m. PLAN Your Weight (T)
7:00 p.m. Bingo (BR)

SAT 15
11:00 a.m. P.E.O. Reciprocity Gathering (CLR)
5:30 p.m. Casual Aires (HPG)

SUN 16
4:00 p.m. Movie Matinée "My Cousin Vinny" (T)
7:00 p.m. Shalom Meeting (CLR)

MON 17
8:30 a.m. Computer Club Meeting "VPNs and how they can keep you safe online" (T)
7:00 p.m. Republican Meeting (HPG)

TUES 18
1:00 p.m. Assisted Living Locators Presentation (T)
5:30 p.m. Moonlight Serenade (HPG)
6:00 p.m. Classic Movie Night (T)

WED 19
8:00 a.m. Wednesday Coffee (CLR)
10:00 a.m. Alzheimer/ Dementia (QCR)
12:00 p.m. Theatre Meeting (CLR)
1:00 p.m. Sarah Hanna Presentation (T)
1:30 p.m. HOA Annual Meeting (HPG)
5:00 p.m. LW Dinner Club (HPG)
7:00 p.m. Name That Tune (BR)
7:00 p.m. Woodworkers Club Meeting (T)

THUR 20
5:00 p.m. SOLO Meeting (CLR)
7:00 p.m. Dance Party "Bounce" (HPG)

FRI 21
5:30 p.m. Happy Hour (HPG)
7:00 p.m. Bingo (BR)

SAT 22
5:00 p.m. Pickleball Dinner Dance (HPG)

SUN 23
1:30 p.m. Pickin' on Prom Bluegrass Jam (PROM)
4:00 p.m. Movie Matinée "Land" (T)

MON 24
8:30 a.m. Computer Club Meeting "Low-cost airline travel" with Michael VanDernoot" (T)
7:00 p.m. PAS "The Starlets" (HPG)

TUES 25
1:00 p.m. Grief Support (BQ)
4:30 p.m. Lions Club Meeting (BR)
4:15 p.m. Trip Gypsy AZ Broadway (MC)

WED 26
8:00 a.m. Wednesday Coffee (CLR)
1:30 p.m. Open Board Meeting (BR)
3:00 p.m. Sip & Chip (Heron Lakes 13 Hole)
6:00 p.m. Foundation Lecture Series (HPG)
6:00 p.m. Wacky Wednesday Trivia (BR)

THUR 27
9:00 a.m. District 1 Standards (LC)
10:00 a.m. New Image & Vendor Sale (HPG)

FRI 28
1:00 p.m. PLAN Your Weigh (T)
7:00 p.m. Bingo (BR)

SAT 29
5:00 p.m. LW Foundation Fundraiser "Hot Tropical Nights" (HPG)

SUN 30
4:00 p.m. Movie Matinée "1917" (T)

MON 31
8:30 a.m. Computer Club Meeting "On-line shopping" (T)

Weekly or Monthly Event Calendar Corrections/Changes

Contact Carla Nicely in the Recreation Department:
480-832-0000 ext. 208 or cnicely@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

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Regular Weekly Events January 2021

SUNDAY

9:00 a.m. Pottery Open Studio (POT)
9:00 a.m. Tillerman Yacht Club (LDL)
1:00 p.m. ACBL Bridge (CLR)
1:00 p.m. Lawn Bowls Play (LBG)
1:00 p.m. Line Dancing w/ Dee Dee (HOPI)
4:00 p.m. Movie Matinee (T)
6:30 p.m. Partner Bridge (LC)

MONDAY

6:45 a.m. Early Bird Stretch (C)
7:00 a.m. Heron Lakes Men's Golf (APA/NAV)
7:00 a.m. Lap Swimming (PO)
8:00 a.m. Tap Dance (C)
8:30 a.m. Computer Club Meeting (CC)
8:30 a.m. Glass Program (CER/SG)
8:30 a.m. Pillowcase Dresses (AR)
9:00 a.m. Art Association (AS)
9:00 a.m. Bridge Lessons (CLR)
9:00 a.m. Pottery Class (POT)
9:00 a.m. Shuffleboard (SHB)
9:00 a.m. Twiddlers (QCR)
10:00 a.m. Computer Lab Open (CC)
10:00 a.m. Shalom-Torah Study (AR)
11:30 a.m. Line Dance (HOPI)
12:00 p.m. Cooking Classes (BQ)
12:00 p.m. Mah Jongg Madness (LC)
12:00 p.m. Pottery Open Studio (POT)
12:30 p.m. Desert Belles Practice (MR)
12:30 p.m. Duplicate Bridge (CLR)
12:30 p.m. Texas Hold-em (QCR)
1:00 p.m. Lawn Bowls Play (LBG)
1:00 p.m. Swim Exercise (P)
2:00 p.m. Water Volleyball (P)
4:00 p.m. Wine Tasting (PROM)
6:00 p.m. Friends of Clogging (C)
6:30 p.m. Progressive Bridge (QCR)
6:30 p.m. Scrabble (LC)
6:30 p.m. Stamping (POT)

TUESDAY

7:00 a.m. Lap Swimming (PO)
8:00 a.m. Table Tennis (C)
9:00 a.m. Art Class (AS)
9:00 a.m. Ceramics Open and Firing (CER/SG)
9:00 a.m. Pottery Open Studio (POT)
9:30 a.m. Big Band Practice (HOPI)
10:00 a.m. Computer Lab Open (CC)
12:30 p.m. ACBL Bridge (CLR)
12:30 p.m. Pinochle (QCR)
1:00 p.m. Hand and Foot (LC)
1:00 p.m. Lawn Bowls Play (LBG)
1:00 p.m. Mixed Chorus Practice (MR)
1:00 p.m. Swim Exercise (P)
3:15 p.m. L.W. Music Makers (MR)
6:00 p.m. Dealer's Choice Poker (NAV)
6:00 p.m. Line Dance (BR)
6:30 p.m. 5 & 10 Cent Poker (LC)
6:45 p.m. Euchre (APA)
7:00 p.m. Mah Jong (CLR)

WEDNESDAY

6:45 a.m. Early Bird Stretch (C)
7:00 a.m. Donut League (APA/NAV)
7:00 a.m. Lap Swimming (PO)
8:00 a.m. Tap Dance (C)
8:00 a.m. Wednesday Coffee (CLR)
8:30 a.m. Glass Program (CER/SG)
8:30 a.m. Round Dance (HPG)
9:00 a.m. Porcelain Painting (POT)
9:00 a.m. Shuffleboard (SHB)
9:00 a.m. Tillerman Yacht Club (LDL)
10:00 a.m. Computer Lab Open (CC)
12:00 p.m. Pottery Open Studio (POT)
12:30 p.m. Shufflers (NAV)
1:00 p.m. Cribbage (QCR)
1:00 p.m. Lawn Bowls Play (LBG)
1:00 p.m. Swim Exercise (P)
1:00 p.m. Line Dancing (HOPI)
2:00 p.m. Water Volleyball (P)
3:00 p.m. Cloggers (C)
4:00 p.m. Spirits Tasting (PROM)
6:00 p.m. 7 Card Hi Lo Poker (NAV2)
6:15 p.m. Hand and Foot - Samba (LC)
6:30 p.m. 5 & 10 Cent Poker (NAV)

THURSDAY

7:00 a.m. Lap Swimming (PO)
8:00 a.m. Table Tennis (C)
8:30 a.m. Computer Club Follow-Up (CC)
8:30 a.m. Ladies Billiards (B)
9:00 a.m. Christian Fellowship (T)
9:00 a.m. Heron Lakes Men's Golf (APA/NAV)
9:00 a.m. Pottery Class (POT)
9:00 a.m. Quilters (CLR/SR/BR)
9:30 a.m. Christian Fellowship (T)
10:00 a.m. Computer Lab Open (CC)
12:00 p.m. Ceramics Pouring (CER/SG)
12:00 p.m. Pottery Open Studio (POT)
12:30 p.m. Duplicate Fun Bridge (CLR)
1:00 p.m. Dealer's Choice Poker (NAV)
1:00 p.m. Lawn Bowls Play (LBG)
1:00 p.m. Mah Jongg (APA)
1:00 p.m. Mixed Chorus Practice (MR)
1:00 p.m. Swim Exercise (P)
6:15 p.m. Hand and Foot - Samba (LC)
6:00 p.m. Rummikub (NAV)
6:30 p.m. Party Bridge (APA)

FRIDAY

6:45 a.m. Early Bird Stretch (C)
7:00 a.m. Lap Swimming (PO)
8:00 a.m. Tap Dance (C)
9:00 a.m. Ceramics Class (CER/SG)
9:00 a.m. Drop in Art (AS)
9:00 a.m. Knitters & Crocheters (QCR)
9:00 a.m. Porcelain Painting (POT)
9:00 a.m. Shuffleboard (SHB)
9:30 a.m. Round Dance (HPG)
10:00 a.m. Computer Lab Open (CC)
11:00 a.m. Mah Jongg Madness (CLR)
12:00 p.m. Glass Program (CER/SG)
12:00 p.m. Pottery Open Studio (POT)
12:00 p.m. Beginning Clogging (C)
1:00 p.m. Cribbage (LC)
1:00 p.m. Intermediate I Clogging (C)
1:00 p.m. Lawn Bowls Play (LBG)
1:00 p.m. Open Sewing (SR)
1:00 p.m. Swim Exercise (P)
2:00 p.m. Intermediate II Clogging (C)
3:00 p.m. Intermediate III Clogging (C)
3:00 p.m. Lawn Bowls Socials (LC)
4:00 p.m. Band w/No Name (PROM)
6:15 p.m. Game Night (LC)
7:00 p.m. Bingo (BR)

SATURDAY

7:00 a.m. Lap Swimming (PO)
8:00 a.m. Computer Club Q&A (CC)
8:00 a.m. Table Tennis (C)
9:00 a.m. Pottery Open Studio (POT)
10:00 a.m. Computer Lab Open (CC)
10:00 a.m. Photography (T)
1:00 p.m. Lawn Bowls Play (LBG)
1:00 p.m. Swim Exercise (P)
2:00 p.m. Water Volleyball (P)
6:30 p.m. Progressive Bridge (QCR)
7:00 p.m. Square Dancing w/Dee Dee (BR)



Wacky Wednesday Trivia



Who is into trivia? Trivia is now available two times per month. Come and gather with your friends and neighbors to test your knowledge and expand your brain!

Trivia will be hosted by our very own Security Gate Guard Scott Immel! Three rounds of 15 questions will challenge you and others to see who will top the charts. Test your knowledge with a group of six or on your own. Refreshments included.

Date: Weds., January 12 & 26
Time: 6:00 p.m.
Place: Rec 1 Ballroom
Cost: $2 per person

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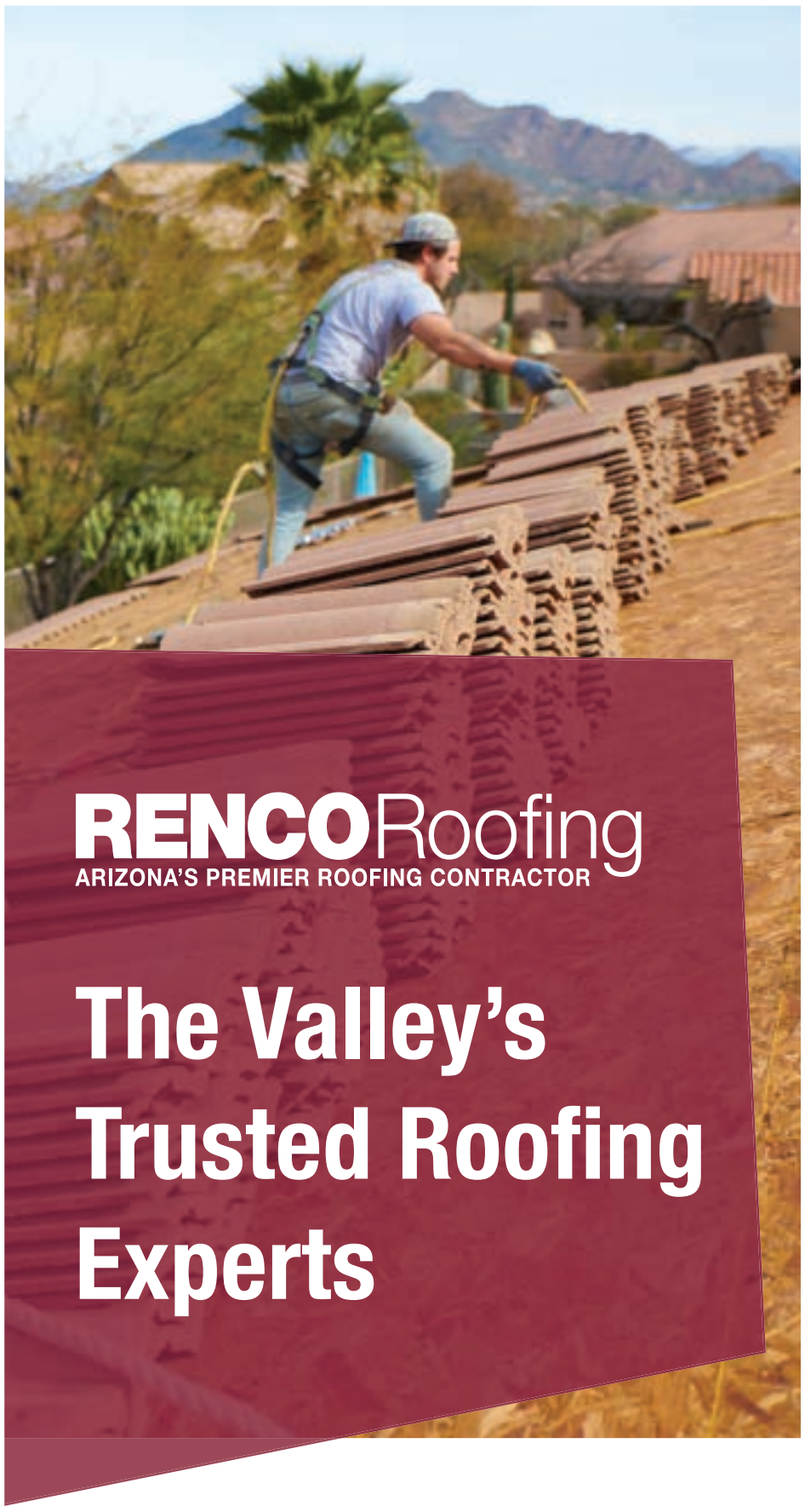
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February Group Exercise Class registration begins January 4 at 7:00 a.m., online, in-person or by phone.

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.

Find Your Fit: Welcome to Fitness!



All new for 2022, the Fitness Center Team is hosting a "Find Your Fit" welcome to fitness! We are eager to introduce our team members, share information on our Group Exercise Classes, including types of classes, how to register and insurance plans that may provide complimentary classes.

We will also explain the types of fitness equipment we have and offer suggestions on how to get started with exercise. Whether you are brand new to exercise or have a lifetime of experience, we would love to meet you and help enhance your experience at the Oasis Health Spa Fitness Center!

To register, call the Fitness Center at 480-832-0000 ext. 212 or at www.LWCA.com.

Date: Fri., Jan. 7
Time: 11:00 - 11:45 a.m.
Place: Rec. 1 Theater
Cost: Free!

Fitness Center Etiquette

We are so excited to be in our busiest time of the year at the Fitness Center! A new season is the perfect time to share some standard gym etiquette in the Fitness Center. Your safety is our number one priority. The goal is to keep everyone safe and practice healthy habits in an area with many moving bodies and heavy equipment. Please be aware that your behavior affects other people.

Fitness Center etiquette is more important than ever to keep our members safe and our space clean. In short, we have four simple rules for patrons to follow:

1. **Clean up after yourself.**
2. **Be safe and prevent the spread of germs.**
3. **Share with others.**
4. **Be nice.**

Safety First

When everyone follows these guidelines, it creates a safe and comfortable environment, allowing everyone to exercise without having to worry about what the person next to them is doing. These are no-nonsense, common-sense guidelines we should live by daily.

Clean it Up: It is standard gym etiquette to wipe equipment off before and after you use it. Use our high-grade disinfectant wipes to clean the equipment you use to keep yourself and others healthy.

Be Safe: Safety is our number one concern at Leisure World. Please stay home if you have a cold, flu or COVID-like symptoms! Hand sanitizer stations are located throughout the Fitness Center for your safety and convenience.

Additional safety measures include using a daily locker (key is provided) inside the locker rooms to store your bags and personal belongings to prevent tripping hazards. Be sure to remove your belongings when finished and leave the key in the locker for the next person to use.

Don't Sit on Equipment You are Not Using It: During our



busy season, please be considerate of sitting on equipment that you are not using. Prolonged resting and/or chatting with a friend may prevent another member from being able to use that machine or bench, etc. We love the camaraderie that occurs in the Fitness Center, but please be aware of the equipment needs of others.

Pick Up Your Equipment: If you use something, put it back. This makes it available for someone else to use right away. Remove weight plates and return them to their proper place. Cleaning up after ourselves creates a more user-friendly environment and helps other more easily locate equipment. It also creates a safer environment by preventing tripping hazards.

No Phone Calls: Although you may use your phones for music and/or have them nearby during your workout, talking on the phone is not allowed in the fitness area. There are times when taking a call may be necessary, but if possible, please take the call in the lobby or outside.

Be Nice

The Fitness Center is a shared space for all our residents. Please be mindful of others' workout space. Be respectful of social distancing guidelines. In the end, these etiquette guidelines boil down to the same concept: be considerate of other people.

By following these simple rules, the Oasis Health Spa Fitness Center will continue to be friendly and healthy place to exercise for all!

Save Date: Health and Wellness Expo

Save the date for our Health and Wellness Expo on Friday, February 25. This event is open to the public, so feel free to invite your friends and family. It is a great opportunity to meet health and wellness businesses that assist with many of your health, fitness, wellness, dental, caregiving needs and more!

Integrity Health Center – which is a Sponsor of the Fitness Center – will kick off the event with presentations in the morning!

Bring money for available food trucks to keep you fed during the event!

Date: Fri., Feb. 25
Time: 9:00 a.m. - 1:00 p.m.
Place: Rec. 1 Complex
Cost: Free!



Leisure World Wellness Department Staff



Marguerite Huspen
Outreach Specialist



Quoc Tran
Fitness Manager



Sue Patt
Fitness Specialist



Susan Kalnas
Fitness Specialist

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GROUP EXERCISE SPOTLIGHT

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Register Online at www.lwca.com or call the Fitness Center at 480-832-0000 ext. 212.

Zumba Gold



The Zumba Gold program retains the core Zumba design but caters more to active older exercisers than Zumba Fitness. Zumba Gold is a lower-intensity version of the typical Zumba class and was designed to meet the anatomical, physiological and psychological needs of seniors.

This cardio program offers easier-to-follow moves that focus on low joint impact, making it safer for active older adults to practice. It focuses on improving or restoring range of motion, strengthening posture and bolstering the bones, all while having a fun workout!

Register online at www.LWCA.com or call the Fitness Center at 480-832-0000 ext. 212.

Days: Mondays & Wednesdays
Times: 12:30 -1:15 p.m.
Place: Rec. 1 Classroom
Cost: $5 per class or $35/month FLEX, Silver & Fit, and Renew Active accepted!

Tai Chi Easy

We are thrilled to bring back, Tai Chi Easy Facilitator and Senior Trainer Roxanne Reynolds for another session of Tai Chi Easy!

The grandmother of all traditional Chinese medicines, Qigong dates back several thousand years. It is an ancient system of energetic movement, body positioning, meditation and breathing methods that have been developed to strengthen the body, stimulate the flow of blood and improve the circulation of Qi – the energy of life that flows through all living things.

Tai Chi Easy is not a kind of Tai Chi. It is a carefully developed approach that makes Tai Chi easy, fun and beneficial right away.

This very special form of training includes the following selfcare methods:

- Tai Chi Easy 9 movements
- Breath practices
- Self-applied massage during warm-ups
- Relaxation, visualization and meditation practice

To register, please contact Roxanne at 480-452-8265 or email her at Roxanne.reynolds7@icloud.comYou can also each her at www.stopfallsez.com

We must have 10 people signed up to start class.

6-Week Class Session

Date: Tuesdays February 1 - March 8

Time: 1:00 - 2:00 p.m.

Place: Rec 1 Classroom

Cost: $60 (pay instructor)



Forever Fit



We all want to stay forever young and one way to do that is to stay **Forever Fit**! You can be fit at any age by focusing on healthy aging and remaining active. Life is better when you eat healthy, sleep well, exercise and have positive social interactions. When you combine exercise with social interactions you get the best of both worlds. Exercise can reduce stress, improve your self-esteem and keep you living independently.

Our new Level 2 Forever Fit class is the perfect complement to your healthy lifestyle. This class will incorporate short, low impact cardio intervals between sets of weight-bearing exercises to increase strength and bone density. It will be a full body workout to include balance challenges and flexibility. You will also learn how to successfully get on and off the floor with or without a chair as needed.

By developing muscular strength you'll feel stronger, have more confidence and help eliminate falls. Strength training can help improve many health issues like osteoporosis, diabetes, depression, heart conditions and so much more. Your age does not matter but staying fit does! You owe it to yourself to stay **Forever Fit**!

Days: Monday & Wednesday
Times: 11:30 a.m. - 12:15 p.m.
Place: Rec.1 Classroom
Cost: $20/month or $5 drop-in FLEX, S& F and Renew accepted!

Yoga Flow



Imagine yourself sitting in your easy pose (crisscross legs or legs extended). Your eyes are closed while focusing on your breathing. Practice Ujjayi (pronounced U-jeye) breathing by inhaling slowly through your nose and exhaling slowly through the nose to keep your breath warm. Center yourself and release any negative energy that does not serve you.

If this scenario sounds relaxing and a great way to start your yoga practice, join Lyla Fell for Yoga Flow on Tuesdays and Thursdays at the Fitness Center.

Vinyasa Yoga is one of the most popular forms of yoga in the world. This flowing style of yoga helps develop a mind-body connection through breath. It enables you to be intentional with your movements as you flow fluidly from pose to pose. You will gain awareness of proper body alignment, strength and flexibility with continued practice.

Participants must be able to get up and down off the floor. It is encouraged to bring your own mat and a large towel.

Days: Tuesday and Thursday
Time: 4:00 - 4:45 p.m.
Place: Rec.1 Classroom
Cost: $5/class or $35/month FLEX, S&F, and Renew accepted!

Core Performance



Many people think of the core as abdominals. There are many more muscles involved. The major muscles of your core include your transverse abdominis, multifidus, internal and external obliques, erector spinae, diaphragm, pelvic floor muscles, and of course, your abs, the rectus abdominis. Your minor core muscles include your lats, traps and (to the surprise of many people) your glutes.

This class uses innovative exercises designed to target the entire core to improve posture, mobility, agility, movement and prevent injury.

Core exercises train the muscles in your pelvis, lower back, hips and abdomen to work in harmony. This leads to better balance and stability, whether on the playing field or in daily activities. In fact, most sports and other physical activities depend on stable core muscles.

Do more by working out your core!

Dates: Tues./Thurs.
Time: 6:00 - 6:45 a.m.
Place: Rec. 1 Classroom
Cost: $5/class or $20/month FLEX, S&F, Renew accepted!

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 and 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.

A.M. Yoga – This is an exercise program is that based on the slow stretching, strengthening, and relaxation techniques of Hatha Yoga. Not only does it teach the body to be strong and supple, it also keeps the mind alert and active. Join us to learn deep breathing and relaxation techniques that will keep your body refreshed. $5/class. Pay instructor.

˜***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.

˜***Core Performance** (Lvl 3) - This class utilizes an innovative/progressive program design to produce solid results, improve posture, mobility, agility, movement mechanics, and injury prevention.

˜***Forever Fit** (Lvl 2) - This class incorporates low impact cardio intervals with weight bearing exercises to increase strength and bone density for a full body workout including balance challenges and flexibility. You will also learn how to successfully get on and off the floor with or without a chair as needed

˜***Fight Back Boxing** (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). Visit our YouTube channel LWCA Fitness and watch the Boxing Fit Tips videos to prepare you for your first class!

˜***Functional Circuit** (Lvl 4) – An interval type of physical training (cardio and strength) that involves high intensity exercise alternated with rest periods. This 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.

˜***Master the Machines** (Lvl1) -This beginner class teaches proper technique, customized seat settings, starting weights, number of repetitions and sets, & help you learn how to progress a strength training program. This class is designed to get you started, build strength, and gives you tools to build your fitness program.

˜***Mat Pilates** (Lvl 3) – This class is based on Joseph Pilates principles focusing on connecting breath and core activation. It's designed to build core strength, abdominal endurance, and tone muscles. You must be able to get on and off the floor.

˜***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.

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

˜***Yoga Flow** (Lvl 2) - Enjoy this gentle Yoga FLOW that includes basic poses like Warriors I and II. A flowing style Yoga helps with a mind body connection through breath. Yoga is all about being intentional with your movements as you flow from pose to pose. You can gain strength and flexibility with Yoga. One requirement is to be able move down to your mat and back up to your feet.

˜***Zumba Gold®** (Lvl 2) - The Zumba Gold program retains the core Zumba design but caters more to active older exercisers than Zumba Fitness. Zumba Gold is a lower-intensity version of the typical Zumba class and this cardio program focuses on improving or restoring range of motion, strengthening posture and bolstering the bones all while having a fun workout!

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

TRU STRENGTH



This functional training class is designed to counter many of the physically adverse effects of aging by improving muscle tone, connective tissue strength, enhancing metabolism, and development of both daily and athletic performance while teaching you proper form and mechanics. The workload progresses through each week and exercises change each week.

A variety of equipment is used and your own body weight to keep you challenged in this total body workout!

You must be able to get up and down from the floor with ease in this Level 4 class.

Dates: Mon/Wed/Fri
Time: 6:00 - 6:45 a.m.
Place: Rec 1 Classroom
Cost: $5/class or $25/month FLEX, S&F, Renew accepted!

Group Exercise Classes

CLASS	DAYS	TIMES	PRICE	PLACE
A.M. Yoga	Mon/Wed/Fri	8:00 - 9:30 a.m.	$5 per class Pay Instructor	Rec. 2 Hopi Room
Aqua Fit	Mon/Wed/Fri	12:00 - 12:45 p.m.	$25 Monthly $5 Drop-In	Rec. 1 Pool
Core Performance	Tues/Thurs	6:00 - 6:45 a.m.	$20 Monthly $5 Drop-In	Rec. 1 Classroom
Fight Back Boxing	Mon/Wed/Fri	9:30 -10:15 a.m.	$25 Monthly $5 Drop-In	Rec. 1 Classroom
Forever Fit	Mon/Wed	11:30 a.m. - 12:15 p.m.	$20 Monthly $5 Drop-In	Rec. 1 Classroom
Functional Circuit	Mon/Wed/Fri	4:00 - 4:45 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®	Tuesday or Thursday	12:00 - 12:45 p.m.	$25 Monthly $10 Drop-In	Rec. 2 Therapy Pool
Master the Machines	Tues/Thurs	2:00 - 2:45 p.m.	$20 Monthly	Rec. 1 Fitness Center
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. OR 11:45 a.m. - 12:15 p.m.	$15 Monthly $5 Drop-In	Rec. 1 Classroom
TRU Strength	Mon/Wed/Fri	6:00 - 6:45 a.m.	$25 Monthly $5 Drop-In	Rec. 1 Classroom
Yoga Flow	Tues/Thurs	4:00 - 4:45 p.m.	$35 Monthly $5 Drop-In	Rec. 1 Classroom
Zumba Gold	Mon/Wed	12:30 - 1:15 p.m.	$35 Monthly $5 Drop-In	Rec. 1 Classroom

Outdoor Class Temperature Guidelines and Cancellation Policy

Safety first! That's the philosophy of the Leisure World Fitness Team! We take this seriously when it comes to offering classes outdoors in colder temperatures. Here are the temperature guidelines and procedures we follow for holding and cancelling outdoor classes.

Aquatic Classes: Leisure World Fitness Center staff follows the guidelines established by the American Council of Sports Medicine in conjunction with Aquatics Exercise Association for safety purposes. According to these guidelines, Aqua Fitness and Hydrorider should not be held if the ambient temperature is below 64 degrees Fahrenheit.

TRX Fit: Leisure World Fitness requires a "feel-like" temperature" of 45 degrees and a dry surface for this class to conduct a safe, dynamic class that is based on stabilization and gripping ability.



Determining Class Cancellations

Leisure World Fitness Center uses the website www.weatherbug.com to check temperatures and lightning strikes in Mesa, 85206. The predicted air temperature will be checked when the Fitness Center opens to determine if the ambient temperature prediction meets the required temperature for classes being offered on the day at the time of class.

If any predicted temperature does not meet the above requirements for the time of class, communication will be sent via email. With our new Northstar software system, please be sure to update your current email pending any inclement weather. We are grateful to live in a beautiful climate but unfortunately, even in paradise, the weather sometimes does not allow for certain activities to happen safely.

Thank you for understanding and your cooperation in creating a safe environment for all participants!

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MEMBER SPOTLIGHT

Kathy Tello: From Rehab to Active Dynamo!

The year 2018 was monumental for my husband Todd and I. We both retired and, in July, were married. In March 2019, we began our search for a retirement home as snowbirds from Colorado. We fell in love with Leisure World the minute we saw it! The pools, Fitness Center and golf courses were a huge plus!

In March 2021, we sold our Colorado home and became full-time Leisure World residents, with plans to maintain an active and healthy fitness regimen. That came to a screeching halt for me one year ago in November.

Unfortunately, I suffered a slipped disc in my lower back. I was in severe pain and was down for five weeks. It seemed the inactivity of a COVID lockdown, 44 years of work as a nurse, and osteoarthritis, finally caught up to me. I was reduced to wearing a hard back brace and was barely able to walk without pain.

With help from my great neighbors, the wonderful support of my husband and the guidance and therapeutic treatment from my health professional, I was finally up and moving again. Now, I faced rehabbing my very out of shape body. Our Leisure World facilities had everything I needed!

I started with short walks on the beautiful grounds. Then swam laps in the pool and kicking around with noodle floats, and relaxing in the hot tubs, got massages and finally used our amazing Fitness Center!

As I became stronger, I felt confident to restart fitness classes. I did Functional Circuit, Hustle and Muscle and now HIIT classes. Leisure World has built an amazing team of highly qualified fitness instructors. I have greatly appreciated their knowledgeable instruction on proper technique and their helpful suggestions on how to modify an exercise when I needed it.

As I felt better and stronger, my competitive spirit from my old competitive swimming and diving days kicked in. As I listened to my body, I began to challenge myself to do more in the classes: a little higher kick, a little heavier weight, extra bounce in the moves. And I did this all while having fun and meeting new people who were encouraging me.

I also was inspired by those older than me (I'm one year shy of 70, but don't tell anyone!). It is a testimony to Leisure World to have such a physically active community. We can be forever young mentally and physically!



Kathy working out in the Fitness Center.

My sons, who are athletes in their own right, always tell me, "You can do it, Mom! Move it or lose it!"

Now, nearly a year since my injury, I feel so much stronger and fit. Keeping active with swimming laps, two fitness classes a week, and now finally returning to some intermittent golf and learning pickleball. My back condition will not go away completely, but I can still be active. I just have to always listen to my body and take breaks or modify an activity as needed.

My husband and I feel blessed to live in such a wonderful community with everything it has to offer to keep us young, fit and happy!

So now, when I have that serious look on my face while working out, it is because I am focused on...pulling my belly button into my spine!

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Determining Right Time for Assisted Living



Have you ever wondered when is the right time to consider assisted living for yourself or a loved one?

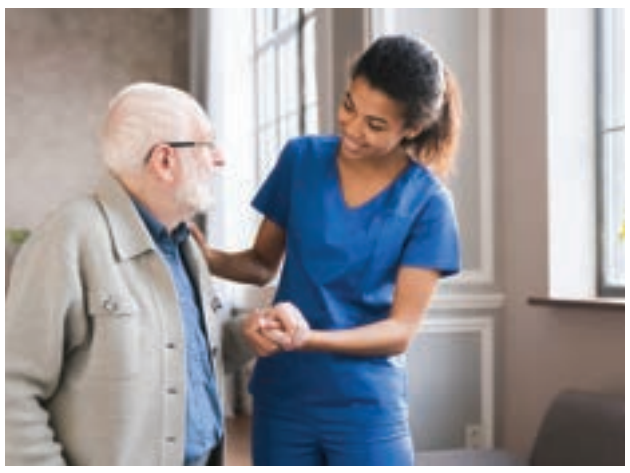
In this educational seminar, you will learn to spot the signs of when it is time to consider independent or assisted living, and different available care options. Melissa Stuckey with Assisted Living Locators will discuss when it makes sense to stay home, seek outside assistance and different ways to pay for your long-term care costs.

Join us for this informative presentation that will help guide you on this journey.

Register online or call the Fitness Center at 480-832-0000 ext. 212.

Date: Tuesday, January 18
Time: 1:00 - 2:00 p.m.
Place: Rec. 1 Theatre
Speaker: Melissa Stuckey with Assisted Living Locators

Neck Pain, Dizziness and Imbalance



Join Master Physical Therapist Sarah Hanna with Performance Physio to learn about the common causes of neck pain, dizziness and imbalance. You will learn the following:

1. How a problem in your neck can be a cause of dizziness but can often be missed or misdiagnosed.
2. How to determine if dizziness is coming from your inner ear versus your neck.
3. How a problem in your lower legs and feet can contribute to imbalance and/or dizziness.
4. How to choose the right treatment or exercises to help you feel better, return to an active lifestyle and start living again!

RSVP by emailing Performance Physio at performancebasedphysio@gmail.com.

Date: Wed., Jan. 19
Time: 1:00 - 2:00 p.m.
Place: Rec. 1 Theater
Speaker: Sarah Hanna, PT, MPT, FAAOMPT with Performance Physio

February is American Heart Month!



Heart disease is largely preventable and focusing on improving your heart health has never been more important! The American Heart Association has assigned February as American Heart Month. That's why the Fitness Center is preparing for some fun heart healthy activities for the month. We had great success with our Olympic Triathlon last year.

This year, we are offering more of a challenge with the option to increase distance and duration to include a half iron man or iron man triathlons! You will have most or all of the month to complete the following activities:

- Swim/Row
- Bike-Indoor/Outdoor
- Run/Walk-Indoor/Outdoor

There are other ways to celebrate American Heart Month by wearing red on Friday, February 4. Watch for more details on the Triathlon, a Resident CPR/AED/First Aid Training certification, a **free** "Step" Up to Heart Health class and ending the month with the Health and Wellness Expo.

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Leisure World is partnering with Dignity Health to bring you an eight-week workshop on balance and managing concerns about falls. This workshop will focus on practical strategies to reduce the fear of falling and increase activity levels! It will help you improve your flexibility, balance and strength in to live a healthier life!



The program will also teach you how to do the following:

- View falls as controllable.
- Set goals for increasing activity.
- Make changes to reduce fall risks at home.
- Exercise to increase strength and balance.
- Recognize the important physical risk factors for falls.
- Use Personal Action Planners to meet your goals.
- Learn positive thinking and self-motivation strategies.

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

Dates: Mondays, February 7 - March 28
Time: 9:00 - 11:00 a.m.
Place: Rec. 1 Clubroom
Cost: Free!
Deadline: Fri., Jan. 28

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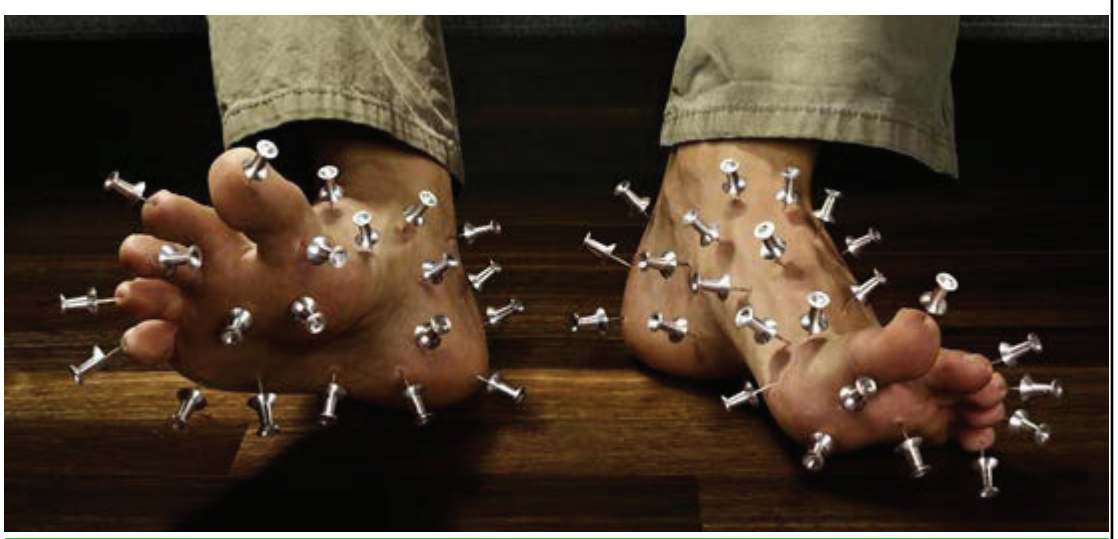
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"I was skeptical since I had been to so many doctors that didn't help. After one month on Dr. Shapiro's recommended program, my painful, numb feet and hands are 70% better." - Sharon B.

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5 Tips to Get Fit and Healthy!



It's a new year! And like many, you probably aspire to get fit and healthy. It is a noble goal, indeed! But don't be part of the percentage of folks who enthusiastically start, only to stop and fall short of their aspirations. Remember, the name of the game is slow and steady!

It is important to be realistic with your fitness goals. Losing a lot of weight in a short period of time is not healthy. In fact, by doing so, you risk putting it on all back and then some. Weight loss and building strength takes time and consistency. Start slow and increase the number of days you work out, for how long and the intensity. If you are not sure how to proceed, the Fitness Center has wonderful fitness coaches to guide you. If you are more of a loner, there are plenty of good fitness apps that can help.

Here are five suggestions to jumpstart your fitness goals.

1. **Train for a 5k:** Every year, Leisure World has an annual Turkey Trot just before Thanksgiving. Make it a goal to train for this event. If you are new to running, get help training with popular programs like Couch to 5k. In no time, you will be able to complete the 5k course around Leisure World Blvd!
2. **Get Flexible:** Take a flexibility or yoga class at the Fitness Center. Stretching is amazing for the body. A good stretch can help you recover from a workout and improve your conditioning. If you have back issues, stretching can be incorporated into your fitness plan for some relief.
3. **Drink More Water:** This is very important! Water helps keep you hydrated and your body running smoothly. Moreover, drinking up to eight glasses of water a day will help you feel more energized and satiated, lose weight, and even improve your complexion. Keep a bottle on hand throughout the day and drink up!
4. **Walk it Out:** Leisure World is such a beautiful community. Take a walk around the lakes and trails in the early morning or at sunset. You will get your body moving while enjoying fresh air. You can also gather with friends and take a stroll or grab your fury four-legged friend for a quick power walk. You will all reap the benefits! Just remember, every little bit helps!
5. **Eat More Fruits and Veggies:** Healthy fruits and vegetables can more easily replace refined sugar when cravings hit, so start stocking up your fridge and have your blender ready. Get creative and try different smoothie recipes or make an acai bowl, which are very easy to make at home. Check out YouTube for some healthy recipes.

Achieve your fitness goals with these five easy tips. Use the many resources available at Leisure World, the Fitness Center and online. All you have to do is start. In no time, you will be living a healthier lifestyle and feeling fabulous!

Fun with Kids Packs!



This Christmas season, we had over 200 kids' packets taken! These packets included children's exercises, Christmas countdown: random acts of kindness, kitchen crafts, mazes, coloring pages and a fun craft to put together.

We hope everyone had fun with these Christmas packets! We look forward to doing it again next year!

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FOOT HEALTH

Varicose Veins: Beyond the Surface

By Reisha Zang

Even when we do our best to ignore it, our bodies change over the years. But not every ache or pain can be chalked up to aging. If you notice a feeling of heaviness in your legs, fatigue or aching in your leg muscles, swelling, skin discoloration, soreness, wounds that don't heal or leg cramps at night, you may have chronic venous insufficiency (CVI).

A common symptom of CVI is varicose veins. But varicose veins are not the only sign, and even if you do not see varicose veins, this does not mean you don't have CVI. It is a progressive problem that can lead to serious complications if left untreated. Therefore, it is important to know all the signs!



The Symptoms

Symptoms like varicose veins or heavy legs are easily treatable and a warning that your circulatory system is not working properly and needs to be addressed sooner rather than later.

"After you live with these symptoms for a while, many people unfortunately just accept that this is the way their legs will feel. But that shouldn't be the case," says Dr. Jeffrey Braxton, Director of Venous Intervention at the CiC Vein Center.

These symptoms can have an impact on everyday living, and many people find themselves limiting their activities.

How it Develops

CVI develops when excessive pressure builds up in your leg veins. This happens when your leg veins are unable to bring the blood back to the heart.

"The veins in your legs must work against the force of gravity when sitting or standing to get the blood up to your heart," explains Dr. Braxton. Your calf muscles act as a pump and one-way valves inside the veins work to keep the blood flowing."

When there is a breakdown of this system, blood backs up in the legs. This is called reflux. As the pressure builds, veins near the surface can bulge which are called varicose veins and excessive fluid can accumulate in the legs. This can cause symptoms such as pain, aching and leg heaviness. Left untreated over time the skin can darken, thicken and even break down into leg ulcers or sores.

"Vein disease is surprisingly common, affecting about a third of us, but the good news is, it's manageable," says Dr. Braxton, who is board certified in venous and lymphatic medicine. "Vein treatments have really advanced, they are less invasive and more effective than in the past."

Diagnosis and Treatment

Diagnosis involves a painless ultrasound exam to show if the valve in the vein is allowing blood to leak or flow back into the veins or blocking it all together. If the valves are weak or damaged, one of several minimally invasive in-office treatments can be done.

Innovative techniques can improve the condition, and as a result, their appearance. Patients are awake and alert during the procedure, with minimal discomfort. There is a short recovery period in the office, and patients are able to walk out afterwards.

Treatments involve closing or sealing the diseased vein. There are a variety of options available, and the doctor determines which one is best for each condition. The goal is to shut down the vein, making it disappear.

"The body eventually absorbs the closed vein," explains Dr. Braxton. "Your body has plenty of veins and there is no cause for concern when unhealthy veins are eliminated."

After the vein disappears, your body reroutes the blood to healthier veins, improving flow in the leg. Most people notice a significant improvement within days.

"I want people to know that they should not have to make adjustments to their life, like not going out as often or spending less time doing the things they enjoy," says Dr. Braxton. "The sooner you are seen, the better your chances are for reducing or avoiding serious complications."

Don't procrastinate when it comes to your health. Be proactive and get medical help!

-Reisha Zang is Director of Communications at CIC. You may contact her at 480-860-6455 or reisha.zang@ciccenters.com.



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Turkey Trot 2021 a Success!

Thank you to everyone who participated in the 2021 Turkey Trot and made it a success! It was a great day, benefitting a great cause! We raised $2,645.75 for the Parkinson Network of Arizona

Thank you also to all our sponsors: Modern Physical Therapy, Hearing Life East Valley, Inspira Gateway, Crockett Dental, Arizona Songbird Senior Placement, Semper Fi Heating and Cooling and HomeWell Care Services. We could not have done it without you!

We look forward to seeing you trot with us next year!



Fitness Manager Quoc Tran and Fitness Specialist Nicole Frederickson give participant a gift basket from sponsor!



Winners of the female 40-49 age bracket: Bonnie LeBlanc and Betty Cobb.



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SUSTAINABLE PROGRAMS

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.

MISSION OUTREACH

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.

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.

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"What the Hell Did You Do To Me?"

True Story

Joy Wiedenbush, an 80 year old woman living in Sunland Village, made this statement immediately after her first treatment, when her pain went from a 10 to a 2!

Joy is a patient in our knee program who has seen significant improvement in both of her knees since coming into our office. After it recently rained in Mesa, she shared with us that she experienced no pain. "We got lots of rain and usually I will know by the way my knee feels when rain is coming because it gives me excruciating pain!"

We have loved watching Joy's knees get better over the course of her treatment, and we are excited to see her continue to improve!



IMAGINE what you would be able to do if you didn't have knee pain!

IMAGINE how you'd feel if you didn't have any knee pain holding you back!

IMAGINE knowing immediately if you can be helped!

There are a lot of people that suffer from knee pain and THINK that the only options they have are either medication or surgery.

What if there was a new technique that could help you get rid of your on-going, constant knee pain?

WOULD YOU BE INTERESTED?

If you answered "yes," then keep reading.



Hi, I'm Dr. Aaron Shapiro and I have been helping patients in the Mesa area for 28 years. In my years of practice, I have seen all kinds of knee pain.

Sometimes it's a young boy who's been playing football and tore his ACL ligament. Or it's everyday people like Joy, who suffer from chronic knee pain. There are four reasons why knee pain occurs:

- **Arthritis (wear and tear)**
- **A knee surgery gone bad or re-injured**
- **A misaligned knee joint**
- **Improper nutritional component**

I know you don't care what causes it, but I do know you just want it **FIXED.**

I get that. But, do you think in your wildest dreams that taking drugs is actually curing your knee pain? **NO!** It doesn't, it's only giving you temporary relief.

If you have ever had pain that bothers you no matter what you do or what you take, you need to call me ASAP.

"Dr. Shapiro is great! He more or less saved my life. I'd been to some other doctors in the area, but none of them had been able to take my knee pain away. It hurt, a lot. It hurt from the time I got up in the morning, until the time I went to sleep. Sometimes my knee hurt me, even in bed, and I was so upset that I could never do anything about it. But with Dr. Shapiro's treatment, my knee pain is almost 100% better now."
-Gale C.



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Reduce Stroke Power for Improved Consistency

By Shane Romebsburg

This month, I will be helping you with your wedges and short irons, better known as the scoring clubs. We all like to swing as hard as we can and hit the ball a long distance from the tee box. But these scoring clubs determine what you shoot for your round. Whether you are a low handicapper trying to get it close for a birdie putt, or a higher handicapper trying to save a par or bogey, these shots from 125 yards in are crucial.

Most golfers remember their best shots — that one time you hit your sand wedge from 100 yards right next to the flagstick. However, they easily forget the numerous other times they hit it 20 yards over the green or chunked it 20 yards in front of themselves.



Less is More

Here is one tip to you can take to the range that will help you better control your scoring clubs and create consistency: Hit ball at 75% to 80% of your capacity for consistent accuracy.

The most common error when hitting the scoring clubs is trying to hit them too hard by making a full golf swing. This causes an inconsistent trajectory, which leads to poor distance control.

The key to consistent accuracy with scoring clubs is the trajectory. We want the ball to travel the same distance in the air all the time.

Simply put, do not try to hit these clubs with maximum power. When you have a longer club in your hand, you are thinking distance. But with the shorter scoring clubs, you should be focused on accuracy. This way, you will get much better control if you can swing at 75% to 80% of what your full swing would be. This will bring down the trajectory and increase distance control.

Consistency is Key

It doesn't matter if you hit a sand wedge 60 yards or 100 yards. But what does matter is that you hit it that far every time. Next time you are on the driving range or on the golf course, take one more club than what you would normally hit. Make a 75 to 0% swing and notice your new, much more controlled ball flight.

Follow this tip for improved golf scores and a more enjoyable game!

-Shane Romesburg is Head Golf Pro at Leisure World.

Sip and Chip



Golf, Recreation and Fitness are teaming up again! Hang out with friends and neighbors between the 13th green and 14th tee of Heron Lakes (right behind the Fitness Center.) We will have putting games, DJ music and light refreshments.

Leisure World's very own Fitness TPI specialist and golf professionals will do a short demo each month with a new subject. This is a great chance to mingle and hang out with some of our fitness and golf staff! We even hope to bring in a fantastic sponsor to support and participate in this fun event with us!

All events sponsored by Modern Physical Therapy.

Dates: Jan. 26, Feb. 22 & March 30
Place: 13th green of Heron Lakes behind Fitness Center
Time: 3:00 - 4:00 p.m.

Learn Golf with the Rookie League!

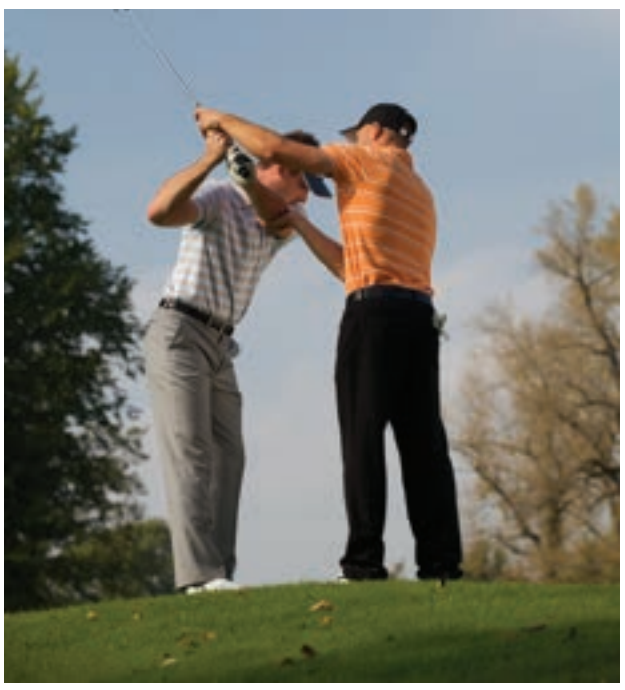
If you have not tried golf before, we think you should! If you have thought about playing golf for some relaxation or to add some exercise to your life, or maybe just to meet new people, then we want to help you REALLY enjoy your experience! And that's with our Rookie League every Wednesday afternoon at 2:30 p.m. at the Coyote Run Driving Range.

The Rookie League is also for folks who may have played golf once or twice but never really got into it. We want the opportunity to show you how healthy, fun and social the game can be!

This fun group provides a venue for you to enjoy the game, get some sunshine and exercise and meet new people! It is also a great way to experience golf with less stress until you perfect your skills.

We would also like to encourage previous mentors, former graduates of the Rookie League or any hopeful volunteers, to come out and join us. We look forward to your participation in our Rookie League program!

For more information, please contact Heron Lakes at 480-590-5669.



When: Every Wednesday
Time: 2:30 p.m.
Place: Heron Lakes Golf Course

Leisure World Golf Staff



Shane Romesburg
Head Golf Pro



Scott Van Engelen
Manager,
Heron Lakes

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USGA NEWS

Ball Moved or Deflected: Your Questions Answered

Have you ever accidentally moved a ball on the putting green or haphazardly moved the ball maker? You are not alone! So, what do you do in these instances? The USGA has the answers.



Accidental Movement of Ball

Q. I accidentally caused my ball to move on the putting green, do I replace it?

A. Yes. There is no penalty for accidentally causing your ball to move on the putting green, but you must replace it on its original spot before making your next stroke (see Rule 13.1d(1))

Wind Moves Ball

Q. The wind moved my ball on the putting green, do I replace it?

A. If you have not touched your ball yet (by marking and lifting it or accidentally causing it to move), then you must play from where the ball came to rest. If you have marked, lifted and replaced your ball, or you replaced it because you or someone else caused it to move, and then it later moves for any reason, including by wind, you must replace your ball on its original spot before making your next stroke (see Rule 13.1d(2)).

Ball Marker Accidentally Moved

Q. I accidentally moved my ball marker, what do I do?

A. There is no penalty for accidentally causing your ball marker to move. If this happens, you must either replace the ball maker or replace your ball on its original spot before making your next stroke (see Rule 13.1d(1)).

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Golf Clubs

Guys and Dolls

Submitted by Janet McMaster

Guys and Dolls is a fun couples (one man and one woman) golf group that plays 18 holes of golf at Heron Lakes on Sunday afternoons twice a month. All players must have a handicap. The cost is $5 per couple for sweeps and social event.

We had 54 golfers out for our first event of the season on December 5.

Here are the results:

- **1st Place $10 each:** Joe and Deb Jablonski, Glenn, and Peggy Stein
- **2nd Place $8 each:** David and Shelley Burnett, Paul and Marsha Mansfield
- **3rd Place $5 each (tie):** Joe and Debbie Beardsworth, Cal and Lisa Stewart; and Bill and Pam Moore, Tom Byttynen and Janet McMaster
- **5th Place $4 each:** Gary and Pat Loewen; Mac and Sue Ann McCoy

Sunday, December 5 turned out to be a special day for one of our long-time members, Joe Hebert, who got an ace on the challenging Hole 11. This was his first hole-in-one. Congratulations, Joe!

Play dates for January are: Sunday, January 2 and Sunday, January 16. New members are always welcome. Sign up in the lounge at Heron Lakes by the Friday before play on Sunday.

For more information, contact Dave and Carole Foley at 480-264-6027, Tom Byttynen and Janet McMaster at 480-656-6027, or the Heron Lakes Pro Shop at 480-664-0762.



Joe Hebert gets first hole in one on Hole 11!

Coyote Run Men's Golf Club

Submitted by Phil Johnson

In the first half of 2021, we had many successful events despite some challenges. We cancelled events involving outside participants but completed a full tournament and the Thursday league schedule.

In November, we had our annual meeting with fried chicken dinner, President's Cup, Match Play Flights Three-Day (WWW: Klaers, Fitz, Perkins, Wolkosky, Kemp, Taylor, Appelgren, Frane, Atnip, B.Strobel, Soni), Christmas Party sponsored by the Women's League, and Home & Home vs. Sun Lakes Cottonwood (We lost the cup which we held since 2019.), Elkei was our only prize winner, $140 for closest-to-pin, plus our regular Thursday league play.

This fall, we will resume a full schedule.

- January 2022 begins with member-member (Three-Day Ryder Cup) tournament, followed by Home & Home v. Apache Wells.
- February has our member guest two-day and memorial.

Join the Men's Club and participate in Thursday league and all the fun tournaments, great food and drinks, 50/50 and raffle prizes!

Skill is not an issue because we are all amateurs with handicaps to \level the playing field."

Signup for Coyote Run Men's Club on the AGA website; tournaments, the Hole-in-One Club and daily play at the Pro Shop!

Get on the email list!

Coyote Run Women's Golf Association

Submitted by Nancy Gerlach

The Coyote Run Women's Golf Association has been very busy in the latter part of November and beginning of December.

We have held two tournaments, with the first one being The Eclectic Tournament. This was a two-day competition on November 16 and 23. There were six flights with a total payout of $820.

In between our tournaments we held our Annual Christmas Party with both the Coyote Run Men and Ladies Golf Associations on December 1. It was held in the Pima Room with dinner and dancing. The food and music were a hit, and everyone had a good time. Thanks go out to all the people who put these events together. It is not an easy task in these challenging times and their work is much appreciated!

The winners are for the tournaments are as follows:

Overall Champion: Jan Mitchell who shot a 75.

Flight 1:
- 1st Place at 77: Leslie Goff
- 2nd Place at 79: Linda Shostak
- 3rd Place at 80: Ardie Vandenboss

Flight 2:
- 1st Place at 80: Sara Levenstein
- 2nd Place, tie at 81: Debbie Meidl and Judy Duntz

Flight 2:
- 1st Place at 86: Patti Flanders
- 2nd Place at 87: Cindy Lakey
- 3rd Place at 88: Jan Biddle

Flight 4:
- 1st Place at 95: Nancy Will
- 2nd Place, tie at 96: Carol Hall and Sylvia Mittlesteadt

Flight 5:
- 1st Place at 94: Lavina Dyck
- 2nd Place at 95: Anna Schuler
- 3rd Place, tie at 97: Cindy Gee and Ann Jonasen

Flight 6:
- 1st Place at 98: Lynda Longpre
- 2nd Place at 99: Lulu McQueen
- 3rd Place at 101: Gail Schafer

We also held our Member/Member Tournament on November 30 and December 3. The results are as follows:

Member/Member Championship Team: Sara Levenstein and Diane Coole at 133.5.

Flight 1:
- 1st Place at136: Shostak/Flanders
- 2nd Place at 140: Nell/Dalhed

Flight 2:
- 1st Place at 142: Biddle/Brinkman
- 2nd Place at 143: Vandenboss/McQueen

Flight 2:
- 1st Place at 139: Schuler/Lindbloom
- 2nd Place, tie at 139.5: Dunitz/Longpre and Clark/Shafer

Congratulations to all winners!

Heron Lakes Ladies 9-Hole Golf

Submitted by Janet McMaster

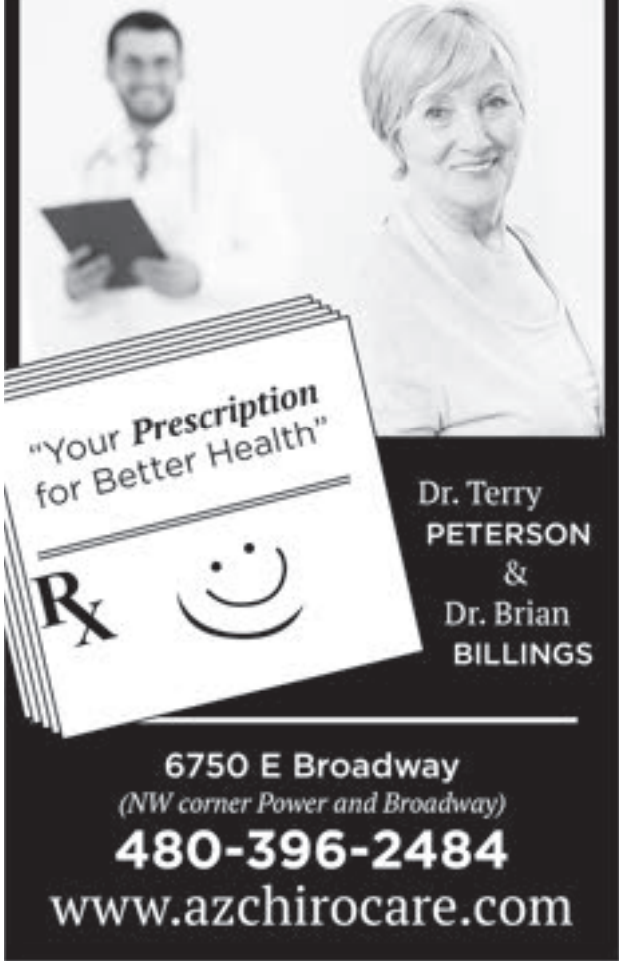
The Heron Lakes Ladies 9-Hole Golf League is busy and active again this year and has events every Tuesday at Heron Lakes. On November 23, we played a Scramble, followed by brunch and a general meeting. President Peggy Babb chaired the meeting and welcomed both the returning and many new members.

On December 7, our league hosted a "Step-Aside Scramble" golf game and Christmas lunch with the Heron Lakes 18-hole Ladies League. Chair Debi Budvarson and her committee did a wonderful job of organizing this tournament with several special holes on the golf course, a delicious lunch served by committee members, as well as lots of raffle prizes.

We are an active, fun golf league that welcomes new women of all ages and abilities. We have many special events coming up this season, including our popular Invitational Tournament on January 18.

Additional information about our league, including registration forms, can be found in the golfer's lounge at Heron Lakes.





Golf Clubs ...continued from page B31

Here are the results of games played in November and December!

November 23 Scramble:

- **1st Place at 30:** Pam Schmitt, Pam Gass, Mary Bell and Deb Jablonski
- **2nd Place at 31:** Rita Folk, Karen Jacoby, Anne Manike and Susan Paitel
- **3rd Place at 33:** Carla Wizniak, Lynn Peters, Judy Warner and Marilyn Weber
- **4th Place at 34:** Lois Stockton, Bev Dillon, Cheryle Wenck
- **5th Place at 34:** Janet McMaster, Pam Moore, Gwen Johnson and Deb Beardsworth

November 30 Roll the Dice:

- **1st Place at 28:** Carla Wizniak, Pam Gass, Kay Anderson and Lynn Erickson
- **2nd Place at 30:** Betty Horner, Marcia Steele, Ginger Kummerle and Susan Paitel
- **3rd Place at 30:** Arlene Rexine, Peggy Babb, Lynn Peters and Mary Shields

December 7 Step-Aside Scramble:

- **1st Place at 47:** Carla Wizniak, Debi Budvarson, Deb Jablonski and Mary Paulson
- **2nd Place at 47:** Carol Silver, Marcia Steele, Terri Goade and Sharon Czoik
- **3rd Place at 48:** Debra DeVault, Janet Robinson, Punk Salberg and Pat Connelly
- **4th Place at 49:** Janet McMaster, Jane Cox, Mary Bell and Carole Foley
- **5th Place at 50:** Jan Wahl, Pam Moore, Bev Krusemark and Pam Gass

Heron Lakes Men's 9-Hole Golf League

Submitted by Gino Vitetta

Heron Lakes Men's Club - 9 Hole League (Thursdays) had no competition play in November due to three weeks of overseeding and Thanksgiving Day.

Heron Lakes Men's 18-Hole Golf League

Submitted by Gino Vitetta

The Heron Lakes Men's 18 Hole Golf League (Monday) played only two days of competition due to overseeding.

November 22 (Scramble)

- **1st Place at 60:** Shane Budvarson, Tom Byttynen, Jerry Perkins and Lee Nixon.
- **2nd Place at 60:** Vern Monson, Virgil Knapke, John Mullen and Geno Wincek.
- **3rd Place at 60:** Andy Kolankowski, Wayne Seiffert, David Foley and Tomy Mitchell.
- **4th Place at 61:** David Babb, Ken Dryden, Jim Ivey and Herb Fish.
- **5th Place at 62:** Barry Budvarson, Bill Dickerson, Jeff Sanders and Randy Manikel.
- **6th Place at 64:** Bill Kemp, Joe Miola and Don Steffan (only 3 players).

November 29 (Shamble)

- **1st Place at 132:** Randy Manikel, Ken Dryden, Roger Dillon and Glen Myrick.
- **2nd Place at 133:** Rich Blum, Ken Steele, Ken Meidl and Bruce Rodabaugh.
- **3rd Place at 133:** Shane Budvarson, Bob Wilkins, Ray Haug and Geno Wincek.
- **4th Place at 135:** John Fleming, Wayne Seiffert, Dean Gray and Lee Nixon.
- **5th Place at 135:** Don Steffan, Duane Dehne, Cliff Draper and Gary Byrd.

Heron Lakes Women's 18-Hole Golf Club

Submitted by Nita Calow

We wish to welcome all the new members of the Heron Lakes Women's 18-Hole Golf Club to our ranks! It is a great time to get acquainted and it would help if everyone would start wearing their name tags again.

We played Coyote Run during the overseeding. It is good to be back on the Heron Lakes course with the ability to drive to our shots.

On Tuesday, December 7, the Heron Lakes Ladies 9-Hole Club hosted the annual Christmas get together and, as usual, they did a fabulous job. Everyone had a great time with the elves who made shots (golf shots) for us on several holes and the different ways to play. Have you ever tried to drive a golf ball with your putter? Some had that for their drive on Hole 10. It was a really fun event!

Please note that cores of the November 11 game (Coyote Run, cart path only) were not posted since it was just for fun.

November 18: Two Best Scores Net (Coyote Run)

- **1st Place:** Anita Neustadt, Sharon Brundrett, Barbara Young, Darlene Baron (blind draw)
- **2nd Place:** Vonna Thomas, Darlene Baran, Kathie Renpenning, Carole Foley
- **3rd Place:** Penelope Dixon, Lynn Peters, Maria Young, Kathie Renpenning (blind draw)

December 2: Bingo, Bango, Bongo

- **1st Place at 29:** Judy Dunitz and Mary Hayes
- **3rd Place at 22:** Carla Wizniock
- **4th Place at 21:** Jackie Spencer
- **5th Place at 19:** Debra DeVault
- **6th Place at 18:** Anita Neustadt
- **7th Place at 17:** Ruth Ann Atnip
- **8th Place at 16:** Darlene Baran, Bev Dillon, Vonna Thomas and Dorothy Kemp

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