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August 2020



Leisure World News

The Official News Publication of Leisure World Arizona



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Mike and Theresa Mead Adventurously Sail the World

Leisure World residents Mike and Theresa Mead have been blessed to have the wind at their back and the sun upon their face as they bravely sailed the world. In 2014, the adventurous duo achieved their dream by sailing from Mexico across the Pacific Islands to New Zealand in a 40-foot sailboat.

"It was a challenge and I've always liked having an adventure," explains Mike. "Plus, with sailing, the wind is free, so it's a great way to travel."

After watching sailboats in San Diego during a visit, the couple became inspired.

"It became our dream," says Theresa. "So, we took lessons and made a plan!"

Travel Lovers Unite

Mike and Theresa, both Arizona natives, worked for Tucson Electric Power. Mike began working in design construction in 1971 and Theresa in energy marketing in 1975. But after several years as co-workers for the same company, they had never met.

In 1979, they finally crossed paths and sparks flew.

"He was, and still is, very handsome," gushes Theresa. "It was also always important for me to have someone who understood my work during the day, and he did."

From the start, Mike and Theresa's love for travel united them.

"We are two peas in a pod," adds Mike. "We complete each other's sentences. We also both wanted to travel to Tahiti and Australia."

After dating for two years, the couple got married in 1981. They now have three kids, four grandchildren and one great-grandchild.



The Meads in Australia in February.

Prepping the Sails

In 2001, Mike and Theresa took a beginner's sailing lesson in San Diego. They then continued practicing chartering sailboats while on a trip in the Caribbean.

Since they knew they would be doing a lot of sailing in retirement, they purchased a 40-foot sailboat in Mexico in 2007, where it remained docked when they weren't out to sea.

For a few years, they enjoyed sailing around the Sea of Cortez and taking trips to Catalina Island. But Mike wanted to start planning for their dream to sail the world. After he retired in 2009, he took sailing classes to learn about celestial and coastal navigation, hurricane seasons, weather conditions and monitoring devices.

"The more you know, the better off you are," explains Mike. "We had to be smart enough to know not to get ourselves into trouble."

"It looks easy, but there's so much you have to do," adds Theresa. "If you don't pay attention, you can get off course very easily. We had an electronic map that Mike used to show me the nearest landmark, which made me feel secure."

Then, they started formulating a plan. They both wanted to see Tahiti and Fiji, so they set a course across the Southern Hemisphere.

Finally, after Theresa retired in 2013, they were free to embark on their dream!



Theresa takes the helm in San Diego on a trip with Mike in June.

Sailing the Seas

In March 2014, Mike and Theresa set sail from Mexico.

Along the way, the couple enjoyed the beauty of the ocean and marine life. They spotted hundreds of dolphins, turtles, sharks and birds. They even took a swim with humpback whales as part of a guided group.

"We saw everything," says Mike. "It's like a circus out there. You're out in the middle of nowhere and the dolphins just come and swim around your boat."

But the couple were just as happy when the sea creatures didn't come out to play.

"It's very relaxing and peaceful," says Theresa. "The perfect space to sit and read. We were just content to enjoy each other's company."

Their course took Mike and Theresa to the French Polynesian islands, including Tahiti and Bora Bora. They spent two weeks in a small marine reserve, then on to American Samoa and Western Samoa. They enjoyed the island of Tonga and several weeks in Fiji.

Continues on page A6

FOUNDATION FLASHES

Leisure World Foundation Helps Educate Incarcerated Women

Rio Salado College is less than 20 miles from Leisure World, but it is unattainable if you are incarcerated. However, the Leisure World Foundation gave women in prison access to it by awarding $4,000 to Matthew 25 Prison Ministry to pursue their education. The funds helped 14 participants obtain certification or enroll in coursework toward a degree.

Biblical Inspiration

Matthew 25 Prison Ministry is a volunteer prison ministry providing support and hope primarily to female inmates through pen pals, educational scholarships and re-entry assistance upon release. In 2020, the ministry helped fund 265 scholarships to women in prison.

The ecumenical nonprofit organization was inspired by the biblical verse Matthew 25:35-36:

"....for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me...truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me."

"Being released from prison without a support system in place is a very isolating experience," explains Matthew 25 Prison Ministry President Bill Duff in Mesa, who was formerly incarcerated. "When women are released from prison, the authorities usually drop them off somewhere in the downtown area with little or no money, which can lead to repeating a criminal life."



Foundation Flashes continues on page A4



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

Contacting Leisure World

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

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

LWCA Directory

Main Number: 480-832-0000

Effective as of June 3, 2020

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

Welcome New Owners



John Edward Fleming	341
Catherine Cremer	95
John and Pam Haugen	1874
Pamela Reed	1785
Timothy and Andrea Fritz	195
Sherry McCormick	2169
Terrill and Rosemary Kahl	2337
Carol Ann Stucki	2254
Dennis and Jill Heimpel	1622
Lance Pittman	163
George and Martha Latch	537
Melanie McFarland	2211
David and Michelle Mink	1237
Miguel Chavez and Raul Mendoza	784
Jan Rydalch	557
Pamela Reed	1785

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Leisure World News

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Administrative Announcements

August Zoom Meetings

All meetings subject to change. Updates will be provided.



Meetings	Date	Time	Location
Special Open Board Meeting	August 19	8:30 a.m.	Zoom
Wednesday Morning Coffee	August 5	9:00 – 10:00 a.m.	Zoom
	August 12	9:00 – 10:00 a.m.	Zoom
	August 26	9:00 – 10:00 a.m.	Zoom
Community Chat Meeting	August 25	2:00 p.m.	Zoom

Voting Polling Places



According to the Maricopa County Recorder's Office, there will be no polling place in Leisure World for the Primary Election on August 4, 2020. But there are many early polling places around the Valley where you may vote. The list is available at www.elections.maricopa.vote.

The closest poll to Leisure World is located at Mesa Community College at 7110 E. McKellips Road, Mesa, AZ 85207. It will open at 7:00 a.m. on voting day.

If you cannot travel to a polling place, you still have time to request a mail-in ballot to be sent to your home. The cut-off date for this request is July 24. You may do that at www.request.maricopa.vote.

Meeting Minutes



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





Foundation Flashes...continued from page A1

"Matthew 25 Prison Ministry helps these women transition to a better life outside of prison," adds Bill. "Re-entry programs, coordinated through other churches, provide transportation, purchasing personal items and assistance in housing."

Compassionate Beginnings

Matthew 25 Prison Ministry began in 2012 when retired minister Rev. Karen Spencer at Red Mountain United Methodist Church wanted to help incarcerated women at Perryville Prison in Goodyear, Arizona, see a brighter future. With a unique vision and working collaboratively with others, she determined that one of the most effective ways to help women in prison was through an old-fashioned method of communication: pen pals. A caring and trusting relationship would develop between senders.

It became evident that these women wanted to improve their situation while in prison. The program then expanded to help these women attain their General Education Diploma or GED, high school equivalency. The Prison Ministry added funding to this effort for a few years. Thankfully, the state of Arizona saw the benefits and was willing to pay for the GED courses and instruction.



Distance Learning at Rio Salado College

The Prison Ministry funding then turned to post-high school education as participants were eager to advance. Rio Salado College added the Incarcerated Distance Learning Program (IDLP) in Tempe, which provides coursework for participants.

Students apply for scholarships to attend this program. Before entering, participants are interviewed and their background is reviewed to determine if they are a good fit and will be successful in the program. For further scholarship information, email kylsia.hand@riosalado.edu.

The Rio Salado College's IDLP provides their instruction via U.S. mail and paperwork. The students earn their credits while in prison. It is a time-consuming, but rewarding experience.

Many participants have earned their degrees and others have become peer counselors. When these women are released and return to society, they will be able to show their training, educational background and get a job.

Mighty Rewards

Since its inception, Matthew 25 Prison Ministry has made huge strides in helping incarcerated individuals.

- Since 2012, it has provided pen pal encouragement and decreased recidivism
  -264 inmates have received pen pals;
  -128 have become "returning citizens."
- Matthew 25 has a return rate of 3.1% (only four returned to person) vs. the national recidivism rate of over 50%.
- Since 2015, it has funded $98,047 in education scholarships.
- Since 2014, it has funded over $11,000 in re-entry assistance.

Despite these milestones, the need is still very great. In 2020, 1,500 women were turned away due to lack of funding.

"About 99.9% of funds go directly to the women needing help, either in tuition, re-entry into society or the pen pal program," concludes Bill. "There are still 98 pen pal connections. We hope to continue to help many more women in need!"

For more information, email matthew25azpm@gmail.com or contact Bill Duff at wilik6193@gmail.com.

Testimonials

Matthew 25 Prison Ministry receives feedback of their success through from scholarship recipients, excerpted below:

From Kimberly: *"I would like to give thanks for helping me continue my education. Being able to earn a degree that I will be able to use for the rest of my life is something I did not believe I would be able to do since coming to prison. I am so grateful for this opportunity."*

From Sylvie: *"Thanks to your organization for giving me the chance and also for believing in me that I could reach my goal."*

From Colleen: *"Thank you for helping me get my education through your scholarship program. So far, I've gotten all A's! Words alone cannot truly convey how much I appreciate you."*



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Administrative Announcements

COMPLIANCE CORNER

Real Estate Sign Rules

Please be aware of the following Leisure World Rules and Regulations pertaining to real estate signs.

"No signs of any kind shall be displayed to the public view from any manor except as provided for in this section.

A. Real Estate Signs:

1. Non-Condominium residents or their agents may display on their property one commercially produced "For Sale," or "For Rent sign no larger than 18 inches by 24 inches with one commercially produced 6 inch by 24 inch rider, which shall be located in a double-stake sign holder no higher than 42 inches and no wider than 54 inches. No flyer boxes or tubes are permitted

   Golf course lot residents or their agents may place one sign as described above on the front of the lot and one on the rear of the lot facing the golf course.
2. Condominium residents or their agents may display one commercially produced "For Sale," or "For Rent," signs, no larger than 18 inches by 24 inches with one commercially produced 6 inch by 24 inch rider, which must be placed on the inside of a window, or on the outside surface of the manor. No flyer boxes or tubes are permitted
3. Property owners or their agents may display one commercially produced temporary "Open House" sign on the lot in front of the residence. The sign must be no larger than 18 inches by 24 inches. Commercially produced directional signs may be displayed on other private properties with written permission of the property owner. Such written permission must be produced upon inquiry from Security. "Open House" directional signs may also be placed in the common area, as described in Paragraph 4.
4. Open House directional signs may be placed in designated common areas, except in those areas outside the access gates, subject to the following conditions:
   a. The sign must be commercially produced and no larger than 18 inches by 24 inches nor in excess of 42 inches above the ground. Balloons and other accessories shall not be attached to the signs.
   b. The signs may be placed between the hours of 8:00 a.m. and 6:00 p.m. on the days the manor is open for public viewing and a representative is present at the manor.
   c. Signs shall not be placed on sidewalks or at locations which block traffic visibility or create a safety hazard. Signs may be placed adjacent to curb of streets provided they do not create a traffic hazard.
   d. All Open House signs must include contact information the name and phone number (i.e. an attached business card) for the sign owner or representative.
   e. Security will contact the sign owner and ask them to relocate any sign determined to be a traffic safety hazard, or in violation of other LWCA regulations, or signs that are placed on another owner's manor without written permission. Signs must be moved or removed immediately upon notification. Signs that are not brought into immediate compliance will be removed by Security and fines will be assessed. (See Schedule Of Fines, Chapter 9)
   f. LWCA shall not be responsible for any Open House signs which are damaged or stolen, and the sign owner shall be responsible for any damages resulting from placement of the sign.
5. All Real Estate "For Sale," and "For Rent," signs must be kept in good repair and condition. If a manor owner or their agent is notified by an authorized LWCA representative that a sign is not in with this rule, and the sign is not brought into conformance within 24 hours, a fine may be imposed for each day the sign is not brought in compliance. (See Schedule Of Fines, Chapter 9) If the non-conforming sign still is not brought into compliance, a fine will be imposed for each day the sign is not brought into conformance. (See Schedule Of Fines, Chapter 9) All fines will be levied against the homeowner.
6. Except as provided in this rule, no resident may display any sign on the exterior of a condominium unit, condominium common elements, or LWCA property."

Thank you for your cooperation!











Stay Safe During Monsoon Season



It's a tornado, it's a hurricane, wait, no – it's a monsoon! Arizona's desert climate has a unique weather hazard between mid-June to September, known as monsoon season. If you are new to the Valley, you may not know what to do when these monstrous dust swirls destroy your visibility and wreck trees.

But there are specific things you can do to stay safe during the monsoon season.

Proceed with Caution

It is always recommended to stay off the road until a monsoon passes. But if you are already out, drive slow and with extreme caution.

Pull Over: At the beginning of the storm, it may seem like you can drive through it with no problem. But monsoons can strike quickly and heavily. The dust will easily wipe out your visibility. Before that happens, the Arizona Department of Transportation (ADOT) recommends drivers pull over to the side of the road as soon as it is safe to do so.

Although you may think it prudent to alert other drivers of your location by leaving your car lights on, the opposite true and this is extremely dangerous. As other drivers attempt to navigate the road, which won't be as visible, they will tend to follow the brake lights in front of them to know where to go. This means, if you are on the side of the road with your brake lights on, you are more likely to get hit from behind.

Instead, it is recommended to turn off your lights, put your car in park and take your foot off the brakes.

Avoid Flooding Areas: During the storm and after the monsoon passes, avoid flooding areas. The Phoenix area doesn't get much water, so there aren't many drainage systems. Instead, rainwater tends to flood canals and dips in the road. Please do not attempt to drive through flooded areas. Your car can easily get stuck or slip.

This includes caution at the Leisure World Ridge. In the event of flooding, the 56th St. access to manors on the Ridge may be blocked. In this case, the Security Department will activate the Ridge Gate on Southern Avenue to allow residents and visitors access.

Protect Your Health and Home

As soon as you are aware of an impending monsoon, it is best to stay indoors to be safe and protect your health. The monsoon pollutes the air with dust and debris that can be harmful to your lungs. Anyone with asthma, allergies or other breathing limitations should be extra cautious during this storm. Keep your windows and doors closed to avoid dust in your home.

After the storm, clean up your front patio and back porch to remove any lingering hazards. These storms are known for their heavy winds, which can lift and carry objects like trees, lawn chairs and road signs. If you have any loose items of value outside, bring them inside for safekeeping.

Monsoons are hazardous and dusty. Thankfully, they don't last very long. But when they strike, be prudent and take necessary precautions to ensure your safety. Once you are safe and the storm clears, check on your neighbors to ensure their safety!

MIKE AND THERESA MEAD *continued from page A1*

"We met a lot of really nice people along the way, some that we still keep in touch with," says Mike. "My favorite was reaching land, enjoying the scenery and the people."

Finally, they reached New Zealand in October of 2014, where they could keep the boat anchored for up to two years. During this time, Mike and Theresa would only stay for 90 days at a time per New Zealand's travel visa restrictions. So, every three months, they would fly back to the United States and travel around the country to visit family, then return to their boat.

In April 2016, their grand adventure was officially over when they arrived in San Diego. After seven months at sea, Mike and Theresa had achieved their dream.

"Thankfully, we prepared so well, we never had bad weather or any close calls," recalls Mike. "It was very rewarding."

"I am so proud of them," says their daughter Jessica, who lives in Phoenix. "It's impressive and I admire them. My family was nervous and shocked when they decided to do this. We were so relieved when they came home."

Theresa and Mike's neighbor Jerry Grout was equally impressed.

"You don't hear about people doing something like this often," says Jerry. "They are fascinating people and very adventurous. It's inspiring to have neighbors like them!"

Leisure World: A Home Base

Before their trip, Mike and Theresa sold their house in Tucson to live on the boat. Now back in Arizona, they needed a place to call home — somewhere close to Jessica.

In December 2016, they found a new remodeled home in Leisure World.

"It was perfect for us," explains Theresa. "We enjoy the greenery here and the security."

In Arizona, they spend a lot of time with their daughter, and Mike occasionally plays golf. The couple also travel to San Diego once a month to check on their boat, which is now docked there. They recently took a cruise to Australia in February 2020.

"We look forward to traveling again soon," concludes Mike. "We're not sure where yet, but it will be an adventure wherever we go."

Congratulations, Mike and Theresa on achieving your dream! Here's to your next adventure!

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A DOSE OF PROSE

Leisure World Library Prepares to Reopen!

By Charlene Ingerson

When I was a child, my siblings and I spent each summer on my grandfather's farm in upstate New York. Once a week, our mom would take us to the tiny, stone library in town and we would borrow books to read in the evenings.

Although I loved these weekly trips, my most vivid memory of the library was the musty smell of all the old books on the shelves. Like many small-town libraries, there was little money to keep their collection current. Over the decades, the library became a collection of aging books which filled the shelves, but rarely left.

This is not the case with the Leisure World Library.

Preparing to Open

During the past month, quite a bit of behind-the-scenes work has been done to prepare our space and collection for when we reopen. Four volunteers at a time have been allowed to work in the library for two hours each weekday morning. These volunteers have been pulling and examining every single one of the 10,000-plus books in our collection.

During this massive review, our entire collection is undergoing a comprehensive audit. The volunteers are identifying missing books and determining if the shelved books are being read by patrons. If a book hasn't been checked out within the last two years, the volunteers pull it from the shelves. They also amend the card catalog and inventory with the changes. Unlike the musty library in my grandfather's town, Leisure World Library books don't languish on the shelves.

Returned books are also part of the volunteers' efforts. They are doing the same inventory reviews as above and have also established a system for returning library books. Books will no longer be shelved immediately upon return but held for a week in isolation to kill any virus that may be lingering on them.

Hours and Services

When we reopen the library again (no date determined as of print), our available times and services will be limited. Here are some highlights to be aware of:

- Library hours will be Monday through Friday from 8:00 - 10:00 am.
- Face masks must be worn while inside the Administration Building.
- Ten (10) person maximum will be allowed in the library at any one time.
- Entry is through the front door only.
- Library seating will be unavailable and social distancing is strongly encouraged.
- Self-checkout is temporarily suspended. A librarian will check out all books for patrons.
- Books can be returned at the library or in the collection box at Manor 259.
- The Wall Street Journal subscription has been suspended.
- Book reservations are temporarily suspended.
- Access to reference materials is temporarily suspended.



Many residents are anxiously awaiting the reopening of the library, but please don't come if you are feeling sick.

Gripping Redemptive Crime

I recently read David Baldacci's book, "Redemption." This book features the character, Amos Decker. Although the book is part of the Memory Man series, it can be read as a stand-alone novel.

Decker is a detective who has suffered two tragedies in his life. The first was when he was a professional footballer and a blow to his head left him with perfect memory. The second is when a murderer wipes out his family. When we meet him, Decker is a blob of a guy who can't sink any lower. Small wonder, he can't forget anything!

Having perfect recall sounds fun, but it's really a nightmare. Can you imagine having every grief inescapably raw in your memory? Never having any relief from forgetting a mistake or indignity or unkindness? For Decker, time doesn't heal all wounds – awful memories are as fresh as the moment they happened.

Decker has returned to Burlington, Ohio, to visit the graves of his murdered family. While at the cemetery, he is unexpectedly confronted by Meryl Hawkins, the recently released, convicted killer from the first homicide case Decker investigated as a young detective with the Burlington police. Hawkins also has terminal cancer and reaffirms his innocence.

When Hawkins is murdered and the bodies start piling up, Decker revisits his mistakes and oversights made during the initial investigation. He then uncovers evidence of a stunning, unsuspected criminal operation that explains the Hawkins conviction, which extends far beyond Burlington's city limits. The twists and turns in this taut story kept me gripped from beginning to end. This was my first book by Baldacci, but it won't be my last.

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

Donor	In Honor of
Sue Kirkland	Linda Long
Shirley and Rob Strunk	Linda Long

Statistics for June

Volunteer Hours: 152

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











YOUR POCKETBOOK

Crucial Time to Help Struggling Charities

By Steven M. Rabin



In these challenging economic times, many worthwhile charitable organizations find themselves in a precarious financial position. Meanwhile, they are experiencing unprecedented demand, especially charities which provide basic needs like food and shelter.

Thankfully, new, unique provisions in the tax code have been implemented in response to the COVID-19 crisis, creating more incentives for giving. You may be able to better leverage your donations with tax-smart strategies.

So, if you're able to extend your generosity during this time of increased need, it may be an opportune year to make contributions to charity.

Everyone can Claim a Deduction: In 2020, the standard deduction is $12,400 for a single tax filer or $24,800 for a married couple filing a joint return (even more for those age 65 or over). Your itemized deductions would need to exceed those levels to benefit from itemizing. Those who don't typically itemize are not able to deduct charitable contributions from their taxes.

However, on your 2020 tax return, you will be allowed to deduct up to $300 in cash contributions to qualified charities even if you choose the standard deduction.

Higher Ceiling on Tax-Advantaged Giving: If you do itemize deductions and plan on large gifts, the tax rules prevented you from claiming a deduction that exceeded 60% of your adjusted gross income (AGI) in a single year.

In a unique provision for 2020, you can now claim a deduction valued at up to 100% of your AGI for charitable contributions. If your financial circumstances put you in a position to make substantial gifts, this will be the most favorable year — from a tax perspective — to do it.

Tax-efficient IRA Distribution Strategy: A special provision for 2020 allows individuals subject to Required Minimum Distributions from IRAs and workplace retirement plans to forego those distributions. If you don't need to draw from your IRA to meet your income needs for this year, you still have an opportunity to put the funds that would have been RMD dollars to use as a charitable contribution.

The most tax-efficient way to do so is with a Qualified Charitable Distribution (QCD). Up to $100,000 per year can be contributed in this way to charitable organizations. With a QCD, if you are 70.5 or older, funds are distributed directly to the charity from your IRA so you don't have to claim the income before making the contribution. That is a tax-saving strategy you can use whether you itemize deductions or claim the standard deduction.

Devise Giving Strategy: Your circumstances today and your financial future may require careful reassessment given the current economic challenges. Your charitable giving strategy should be incorporated into a review of your comprehensive financial plan. Check with your financial advisor and tax professional as you consider your options for giving in 2020 and beyond.

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

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LEGACY FILES

The Benefits of Working with an Estate Planning Lawyer



By Rilus M. Dana

When deciding who to work with for your estate planning, you may be tempted to have your general practice lawyer handle your documents. However, there are many benefits to choosing an experienced estate planning lawyer instead.

An estate planning attorney does more than simply prepare your last will and testament. A capable and experienced attorney will engage in deep discussions to understand your family situation, finances and any of your wishes.

What to Expect

When you meet with a qualified estate planning attorney, you should be prepared to discuss intimate topics, including your family dynamics, tax goals, intended beneficiaries and your current financial situation. These topics are important to ensure your estate plan addresses all your wishes.

This also minimizes any potential issues with administering your estate after your passing. Having an attorney who has created and administered hundreds or thousands of estate plans means they can pull from this vasxt experience to guide you in your decisions.

Planning for Medical Emergencies

An estate planning attorney will also assist you in planning for your possible future incapacitation by preparing two important documents: A Health Care Proxy and a Power of Attorney.

A Health Care Proxy designates an individual to make your medical decisions if you are unable to do so. On the other hand, a Power of Attorney designates someone to handle your financial affairs.

Each of these documents allows you and your loved ones to avoid the need for a costly, and sometimes arduous, guardianship proceeding if you became mentally inept.

Mindful Tax Planning

Mindful estate tax planning seeks to minimize the amount of taxes owed by your estate upon your death. An experienced estate planning attorney will employ the use of living trusts, testamentary trusts and other sophisticated tax planning tools to accomplish your goals.



An estate planning attorney can ensure that your property is passed to your beneficiaries in the most favorable format. They will create testamentary trusts to protect your estate from creditors of your beneficiaries or to protect disabled beneficiaries from losing any government benefits.

They can also assist you in drafting beneficiary designations on retirement accounts and life insurance policies for a favorable tax treatment and creditor protection.

Help with Tough Decisions

It is best to work with an estate planning attorney with experience in assisting clients whose goals are similar to your own. If you don't know what your goals are, a qualified estate planning attorney will help you figure them out.

They will ask you questions you may never have considered, such as who your ultimate beneficiaries should be in the event you and your primary beneficiaries should perish together. Or, who you would like to make your medical decisions for you in the event of your incapacity.

Your attorney will ask about staggering the payout of assets to minor beneficiaries or those with a known spending problem or disability.

You will know you have met with an experienced estate planning attorney when you leave their office after your initial conversation with important new questions to answer. A general practitioner will not have the knowledge or experience to ask all the right questions to get you to your desired result.

Qualities of a Good Estate Planning Attorney

When looking for an estate planning attorney, be sure to find someone who is well-informed about the laws in your state and who will listen thoughtfully to the details about your relationships and your finances.

You should consult professionals with whom you already have a relationship for a referral to an estate planning attorney. This may be someone like your financial advisor, your accountant or even an attorney practicing in a different field.

It can be overwhelming knowing who to choose and trust with such an intimate process. That's why Dana and Associates offers a free personal family legal session where you get to meet us, talk about your estate planning goals and needs. You will leave with our recommendations and a flat-rate fee for your custom estate plan.

During this pandemic, our attorneys are available to meet virtually. We have implemented sanitization and safe social distancing for any in-office signings or appointments.

We look forward to helping and working with you!

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





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VETERAN SPOTLIGHT

Bob Pettitt: Selflessly Serving Country, Family and Friends

Leisure World resident Bob Pettit lives by the Boy Scouts of America motto: "Do a good turn daily." From his service in the Navy to supporting his Leisure World neighbors, Bob always goes the extra mile to help others.

"He's a great neighbor! Whatever you need, Bob's there to help," says resident John Ruth who Bob often helps with electrical issues around his home.

This helpful attitude was instilled in Bob as a young child when he joined the Boy Scouts. It's one that permeates his life and wants to share with the next generation of Boy Scouts. He even earned a Silver Beaver Award in 1995 and the Centurion Award in 2015 for extraordinary service.



Carol and Bob in North Dakota in 1968.

"It's been fun," says Bob. "I have the opportunity to pass along my experience and skills."

The values he learned as a Boy Scout, taught Bob the value of serving others, including for his country.

"I was proud to serve our nation and our national intelligence as part of the Navy Security Group," says Bob. "It was an important job and I am happy to have contributed in these efforts."

From 1968 to 1971, Bob served in the Navy as a Communications Technical Interpreter 2nd Class where he became fluent in Spanish in order to successfully intercept Cuban communications and relay back to the U.S. military.

Gaining New Skills

A North Dakota native, Bob enlisted in the Navy in 1968 shortly after graduating from high school.

When it was time to specialize, Bob was hoping to use his electrical background after working for the North Pacific Railroad during school. But unfortunately, he failed the military's color perception test. Instead, Bob was assigned as a Spanish Linguist, which was needed following the Cuban Revolution.

"It was a new specialty for me," explains Bob. "I didn't think I was a natural linguist, but I was ready for the challenge."

Bob attended the Defense Language Institute from July to December 1968 to learn from expert instructors. He then did intelligence training until March 1969.

Dangers in the Sky

After training, Bob began duties at Guantanamo Bay in Cuba for one year. He was then transferred to Florida's Key West Naval Air Station in 1970.

In both places, Bob flew around Cuba on missions with a team of five other linguists. While listening to the air and ground traffic, they would overhear Cubans requesting permission to shoot the "Yankees" down.

"Luckily, they always said, 'Not today'," says Bob relieved. "They would dive underneath the front of our airplane to create this big jet wash and rock our plane, like they were having fun with the Americans."

They also dealt with difficult weather conditions. One time, they flew into a hurricane. As the plane went down a thousand feet, anything not strapped in went flying. They even lost a gas tank that tore off the wing.

"We could've gone down for good," shares Bob in disbelief. "That was one of those crazy experiences."

In December 1971, Bob was honorably discharged after the U.S. military reduced forces.

Family First

After Bob returned home, he began working as a crew foreman for the Northern Pacific Railway. He later embarked on a career in quality and reliability engineering for medical device companies, like 3M, after earning his MBA with a concentration in information systems management in December 1988.

But diligently working didn't stop Bob from finding love and starting a family. In 1968, Bob married his college sweetheart Carol. They now have three kids and three grandchildren. Throughout their marriage, Bob always put family first.

"Bob is a very caring person, always willing to help people," says Carol. "The kids always say, 'Oh, Dad can fix anything, even a broken heart.' He was always available for them, whatever they needed."



50th wedding anniversary in LW 2018.

Helping Community Members

When Bob retired in 2012, he and Carol spent time looking for a sunny place to retire. After friends recommended Leisure World, they moved into the community in 2016.

"Carol wanted green grass, to be within days of travel of the grandkids and live in a destination location," explains Bob. "She got most of what she wanted."

Immediately, Bob befriended his neighbors and began lending a helping hand.

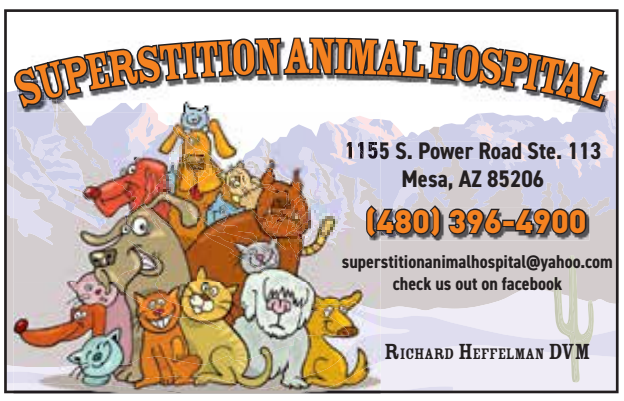
"He's a very helpful neighbor," says resident Earl Hanson with appreciation. "He came by to help me move furniture and noticed one of my electrical outlets was loose, so he just fixed it without a second thought."

Bob's also there for emotional support.

"He's always there if you need to talk about anything," says resident Jeanne Doll. "He's a very dear friend and a pleasant guy!"

When Bob's not helping others, he enjoys woodworking, playing golf and pickleball. He was even Pickleball Club President in 2018. He is also active in his church and Bible study groups.

Thank you, Bob, for your service to our country and the community!









CELEBRATING EVERYDAY BEAUTY

Hummingbirds: Tiny Body, Big Heart



By Charlene Ingerson

When I opened the blinds this morning, there was an exceedingly small hummingbird sitting at the feeder. Its body was not more than 2" long. Normally, birds are disturbed by movement, but this tiny bird continued sitting calmly a few feet away, dipping its beak to sip up nectar. It was so very small, so incredibly self-possessed.

I love these airborne jewels. I love how their colors flash and dazzle as they hover and swoop. I love their buzz and aerobatics. I will always stop to watch hummingbirds. In that moment, we eyed each other through the glass, silently sharing a sliver of morning. Then, he turned his attention back to feeding. This was a bird who wore his grace easily as he readied himself to meet the day.

Hummingbirds live on a knife's edge of survival. Their metabolism alone keeps them on the brink of famine nearly all the time. Since their hearts beat more than 400 times a minute as they zoom about during the day, they can't go much longer than 15 minutes without eating or they begin to starve and weaken.

Fierce Samurai

It's a small wonder that they are ferociously territorial in defending their food sources. They battle like fierce samurai with any competitor. I've actually seen a hummingbird in aerial combat with a northern flicker, successfully driving it from a feeder. Although the flicker was 15 times larger, the hummingbird was undeterred by the disparity. "Heart, not heft" seems to be the hummer war cry.

Extreme weather months magnify the hardships hummingbirds face. When the temperature rises above 90 degrees, hummers can easily overheat in direct sunlight. Imagine a person running a marathon in an Arizona summer and you get a glimpse of the issue created by a hummingbird's supercharged metabolism. These Lilliputian creatures not only need nectar frequently to stave off starvation and dehydration, but shaded rest when it is hot to avoid overheating. The three specters of starvation, dehydration and heat exhaustion waft continuously through a hummingbird's summer days in Mesa.

Battling the Elements

Every night, hummingbirds go into a torpor until the dawn. They slow their metabolism to a near-death state, grip their perches and face whatever the night brings. Will a monsoon or dust storm sweep through and bring injury? Will a predator discover them while they are helplessly inert? Will the night outlast their bodies' meager reserves? Will food still be close by when the sun rises?

These are vital, daily questions of life for a hummingbird. I thought about them all as I watched the small gleaming bird, freshly emerged from torpor into a day, which was already hot by 7:00 a.m. He sat and sipped serenely. Such a tiny creature; such calm acceptance of the day's coming adversities. And then, with a quick launch, he was off to face them.

Bravery comes in every size.

-Charlene Ingerson is a Leisure World resident.

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2386 Leisure World	$239,900	Jill
2169 Leisure World	$252,000	Dan
745 Leisure World	$256,000	Sheila
2345 Leisure World	$270,000	Judy
1138 Leisure World	$290,000	Dan
1440 Leisure World	$300,000	Dan
2337 Leisure World	$305,000	Babs/Dan
557 Leisure World	$198,000	Jill
163 Leisure World	$202,000	Cherie
2780 Leisure World	$350,000	Babs/Judy
2033 Leisure World	$355,000	Cherie/Cherie
1181 Leisure World	$390,000	Dan
2242 Leisure World	$209,000	Dennis
590 Leisure World	$220,000	Jill/Investor
537 Leisure World	$243,900	Dan
1322 Leisure World	$223,500	Jill
2211 Leisure World	$250,000	Jill
1785 Leisure World	$255,000	Cherie
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John and Mary Smoltz: In Sync for 54 years!



Music is the key to the hearts of Leisure World residents John and Mary Smoltz who celebrated their 54th wedding anniversary on June 18.

"Music means everything to us and brought us together," shares Mary. "It's our common denominator."

Mary grew up around a large family of musicians, including her Uncle Tony who taught her the accordion in his music studio. For years, the love of her life was right under her nose since her future husband had been taking lessons with her uncle since he was 7-years-old.

But the two Michigan natives didn't meet until they were adults when they both attended an accordion competition in Chicago in 1963. It was destiny.

"God must have wanted to put us together," explains John. "We were taking lessons on the same day for years. We both were born in the same hospital, both Catholic and from strong families. I immediately fell in love with her and her family, their music and parties."

Some High Notes

Three years later, John and Mary got married on June 18, 1966. They celebrated their big day by playing the accordion with Uncle Tony.

As newlyweds, both taught music. To make ends meet, John began a career in sales in 1969 with General Motors and then Sony Corporation. After 25 years, John and Mary went into business together selling dictation equipment for lawyers and court reporters until 2016.

Together, they have three children, 12 grandchildren, one great-grandchild and two more on the way.

But the music didn't stop. John often traveled with a five-piece Italian band on the weekends. Even when they moved to Arizona in 2000 for better weather, John still played around town.

A New Chapter

Unfortunately, John's professional music career ended in 2012 after issues with his hands and spinal surgeries. Due to his physical limitations, John and Mary decided to move into a smaller home.

After an online search, they found the perfect place at Leisure World in 2018.

"We love that it's gated, a nice and secure community," says Mary. "Plus, we always came to Mesa for polka dances anyway, so it was a great location."

When they're not out dancing, they listen to different types of music at home. They also enjoy the community pool and the Fitness Center.

So, how have they been in sync for more than half a century?

They take an annual weekend getaway. But first and foremost, they communicate.

"We've always communicated when there was a problem," shares Mary. "In fact, if we really needed to talk something out, we would go out to dinner and discuss it over a bottle of wine."

Even though John can no longer play the accordion, Mary recently bought him a keyboard that he's learning to play.

"This way, he can play it while I join him on the accordion," concludes Mary. "We always wanted to retire playing for nursing homes."

Happy Anniversary, Mary and John!

Sandra and James Boese: Perfect Complements for 53 Years



Opposites attract. Just ask Leisure World residents Sandra and James "Jim" Boese who celebrated 53 years of wedded bliss on July 1.

"I'm artistic and I leap into things, but Jim's a man of science that makes thoughtful decisions," explains Sandra. "But we have the same values."

"Plus, my wife is a very good-looking woman," adds Jim. "When the chemistry is there, you just know it. We are very compatible together."

Dancing to Love

College sweethearts, the South Dakota natives met while studying at South Dakota State University. During Christmas break, Jim and Sandra ended up at the same holiday party and danced the night away.

But when the night was over, they forgot to exchange numbers.

"After we went back to school, I noticed someone was following me on my way to class," chuckles Sandra. "It was him. We've been dating ever since."

A year-and-a-half later, they tied the knot on July 1, 1967.

Five Decades Together

Shortly after their nuptials, Jim was drafted to the military in 1968 during the Vietnam War. Since he graduated as a Doctor of Pharmacy, Jim served stateside in a military hospital at Fort Dix in New Jersey.

After Jim left the military, he found a job in Minnesota as a pharmacist for Walgreens. Sandra, who earned her master's degree in psychology with a bachelor's in music, led therapy groups and taught piano lessons. They raised three children and now have eight grandchildren.

In 2007, the couple retired and decided to move to sunny Arizona. Luckily, Jim's two sisters were already living in Leisure World, so it was a no-brainer.

"We love that everybody comes here from somewhere else and is open to friendship," says Sandra. "Everyone is really nice."

Jim and Sandra are avid bridge players and enjoy playing card games with their community friends.

To celebrate their 53rd wedding anniversary, they will be heading to Minnesota to celebrate with family. The dynamic duo plan on continuing their lifelong dance.

"Jim's had my back through difficult times," says Sandra gratefully. "And we always laugh and enjoy each other. We're a unit."

Happy Anniversary, Jim and Sandra!

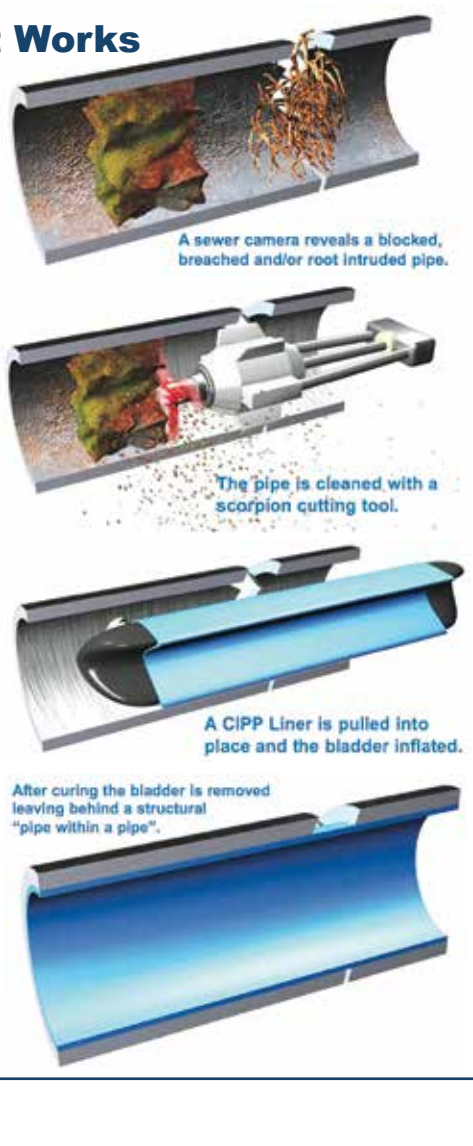
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Clubs

American Association of University Women East Mesa Branch

Submitted by Shirley Davis

Marvel Bongart was an active member of the American Association of University Women (AAUW) East Mesa Branch. She was president of the local branch, a state AAUW officer, a teacher, educator and principal with a dedication to education.

Marvel was a resident of Leisure World since 1990. When she became ill in 2004, the local branch wanted to share her memory. They worked diligently to raise $100,000.00 to create a fellowship in her name at the national AAUW.

The 2020-2021 Fellowship Award was given to Ann Brunton, a student at the University of Arizona in Tucson. Ann's coursework focuses on water-resource engineering with an emphasis on watersheds of the Southwest United States. She is active in the Society of Women Engineers and Tau Beta Pi, the engineering honor society.

Ann is the ninth recipient of this fellowship. Congratulations, Ann!

Alzheimer/Dementia Support Group

Submitted by Kim Wolf

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

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

We meet in Leisure World every second Wednesday throughout the year. However, this year, the COVID-19 closures have affected our schedule.

If Leisure World reopens, we hope to meet on Wednesday, June 10 at 10:00 a.m. in the Queen Card Room in Rec. 1

For more information, contact Vicki Noble at 480-369-1466 or vicnal7@gmail.com, or JoAnn Sheerin at 775-220-7418 or gjsheerin@sbcglobal.net.

Ceramics Club

Submitted by Laura Krever

The Ceramics Club is now open on Tuesdays from 9:00 a.m. to noon in the Arts and Crafts Building. We hope to resume our Friday classes in the fall. However, we currently have not determined a start date at this time. Annual membership fee is $15.

We have no instructor during the summer months. We normally have an instructor two days a month, but we will determine when these classes will start up again.

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

Leisure World Democratic Club

Submitted by Ruth Crook

My fellow democrats, I look forward to being together soon to carry on with our work. Sadly, we continue with the coronavirus. I hope everyone is keeping safe and wearing their mask.

Our strategy for winning the November election is: Register and vote by mail. This election is the most important in our lives. Let's turn Arizona blue.

Endorsement of the following candidates:

1. Joan Green for Congress
2. Mark Kelly for Senate
3. Adrian Fontes for Maricopa County Recorder
4. Paul Penzone for Sheriff
5. Board of Supervisors (BOS)
   Deedra Abboud, Whitney Walker, Jevin Hodge
6. Susanne Hug for Arizona LD25 House

Please try and plan for being available and ready to work on calling our neighbors and friends. Maricopa County is the nation's largest battleground county.

LW Metaphysical Club

Submitted by Glenda Pearson

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

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

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

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

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

Music Therapy

Submitted by Vicki Noble

Join our Zoom Music Therapy class each Friday morning from 10:00-11:30 a.m.! If you are a caregiver for a loved one who has dementia such as Alzheimer's, Lewy Body or Frontal Lobe, or Parkinson's is an issue, please join us online for a very uplifting, fun-filled class of singing old favorites with Sun Joo Lee, our delightful music therapist.

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

If you want to join us, please contact Vicki Noble at vicnal7@gmail.com or 480-369-1466 to provide your email. She will send an email the link to you each week. All you have to do is click on the link at 10:00 a.m. each Friday, and you will be a part of our group!

Pottery Club

Submitted by Bonnie Rausch

The pottery studio remains open to current members only, with only eight allowed to attend each session.

If you wish to use the studio on a Monday or Thursday morning, please call Vice President Judy Cooley at 512-470-9456 or Treasurer Diane Tyndal at 480-924-0876 to reserve your spot.

Republican Club

Submitted by Diane Andersen

COVID-19 has changed our lives, possibly forever. Our club meetings have been delayed, but hopefully will be back before long. You will be notified by email or the Leisure World Post of any future club activities.

If you haven't voted in the Primary Election, you may do so by 7:00 p.m. on August 4, 2020. The closest polling place to Leisure World at Mesa Community College at 7110 E McKellips, Mesa, AZ.

Please remove all candidate signs from your yard by August 7. Please do not throw them away. Place them near your garage to be picked up.

The candidate signs for the General Election on November 3, 2020 can be placed on August 24 and must be removed by November 6.

Political yard signs for candidates, including President Trump, will soon be available free of charge. Call Gene Klund at 480 985-5705 for sign delivery and/or installation. Be a good citizen and display candidate signs while following Leisure World signage rules. See ARS 22-1261.

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

San Tan Investment Club

Submitted by Shelly Begel

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

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

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

Twiddlers, Friday Knitters and Crocheters

Submitted by Carolin Lowy

As of mid-June, we have been able to meet again following the guidelines set forth by Leisure World. We have been maintaining social distancing, wearing masks and bringing our own supplies.

With the above in place, over 500 rectangles have been sent to "Warm Up America." Hats and scarves are being prepared for our winter donations. And yes, even in Arizona there is a need!

What a treat! We have had an ample supply of yarns thanks to many generous donations! If you have found any surplus yarns, donations are gladly accepted. All will be welcome.

Shared experiences are enjoyed by and all! Come and join us!

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



Music and Dance Clubs

Casual-Aires

Submitted by Allen Cziok

Greetings to all Casual-Aires members and friends. I hope you are enjoying your summer wherever you are. In Arizona, we are bracing for our annual monsoon weather.

Thank you to all who have renewed their membership for our 2020-2021 season. Our Executive Committee has already organized our musical groups and dining menus for next year.

But, as you are aware, there is much uncertainty regarding current and future Leisure World activities because of the coronavirus. We are also aware of potential restrictions on travel for our snowbird friends this fall.

Our organizing committee includes both full-time Leisure World residents who are staying abreast of Leisure World and local government rules, and Canadian residents who are aware of border and health insurance issues that may affect the upcoming dance season.

We expect to be well-positioned to make informed decisions that protect everyone's health and the financial needs of the club and its members.

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

Leisure World Cloggers

Submitted by Joyce Loland

The Leisure World Cloggers are happy to be dancing in the classroom again! With the reopening of Leisure World buildings, the first in-person session was in the classroom by the Fitness Center on July 3.

As before, clogging sessions will be every Friday. New Beginners dance from noon to 12:30 p.m., as long as they notify Fran Dusek at 602-684-9353 by Thursday of that week.

Beginners from last season, now in Intermediate 1, will start at 12:30 p.m. and are welcome to stay as long as they want — hopefully, until at least 2:00 p.m. More advanced dancers can come at 2:00 p.m. or any time they wish, and clog until 4:00 p.m.

After months of inactivity, clogging may be the perfect way to get some needed exercise! Happy clogging!

Moonlight Serenade Dinner Dance Club

Submitted by Clarice and Joe Chism

Monsoon season is upon us! Summer has flown by, even with the advent of the coronavirus and stay-at-home order.

We hope to be dancing in the 2020-2021 season when Moonlight Serenade Dinner Dance Club meets in Leisure World beginning November 2020. All are invited and welcome. Dues are only $248/couple for the calendar year and $80/guest couples. Please send check to: Shirley Rake, Membership Chair at 1560 Leisure World, Mesa, AZ 85206.

Mark your calendars for the following events:

- Nov 14, 2020: Myon Sommerfeld Orchestra
- Jan 19, 2021: Lonny Lynn Orchestra
- Feb 13, 2021: Howard Schneider Orchestra
- Mar 20, 2021: Danny Kealey Orchestra

Dressed in your tux, suit tie, evening dress, you will enjoy a fantastic meal prepared by Premier Catering. Setups are provided. BYOB.

We hope to see you on the dance floor!

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

Sports Clubs

Lawn Bowling

Submitted by Tish Murphy

The lawn bowling green was closed since the beginning of May to accomplish two much-needed green improvement projects:

1. May 12: Green laser leveling project.
2. June 29: Core aerating and topdressing.

Now that these projects are completed, the greens reopened for play on Saturday, July 11. Hours of play are 6:00 a.m. to noon and 6:00-9:00 p.m. daily.

Bowlers must comply with Leisure World's COVID-19 protocol until further notice. At this time, play is limited to members who have their own bowls since the clubhouse is closed.

It took great effort to accomplish these projects and those involved deserved recognition. This year, Director of Golf and Landscape Travis Fish and Greens Superintendent Ryan Standifird have showed a renewed commitment to provide a first-class facility for us.

Additionally, the Leisure World Lawn Bowling Green Committee was pivotal in advocating for these projects. Those involved with this effort are Steve Weber, Rich Hering and Gene Lawrence. We have to remember Dan Aicher's efforts in securing the funding for the leveling project. Thanks to everyone for making this happen!

Now, let's go bowling!

For more information, contact Tish Murphy at 602-363-8821.

Card and Game Clubs

Bunco

Submitted by Laura Krever

Our Bunco group meets the first Thursday of the month in the King Card Room. We play all year-round and everyone is welcome to join us. We start playing at 6:30 p.m. Hopefully, our next Bunco night will be on Thursday, August 3, depending on when we can safely play again in close proximity to one another.

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

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

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

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For more information, call 832-0003 ext. 248.

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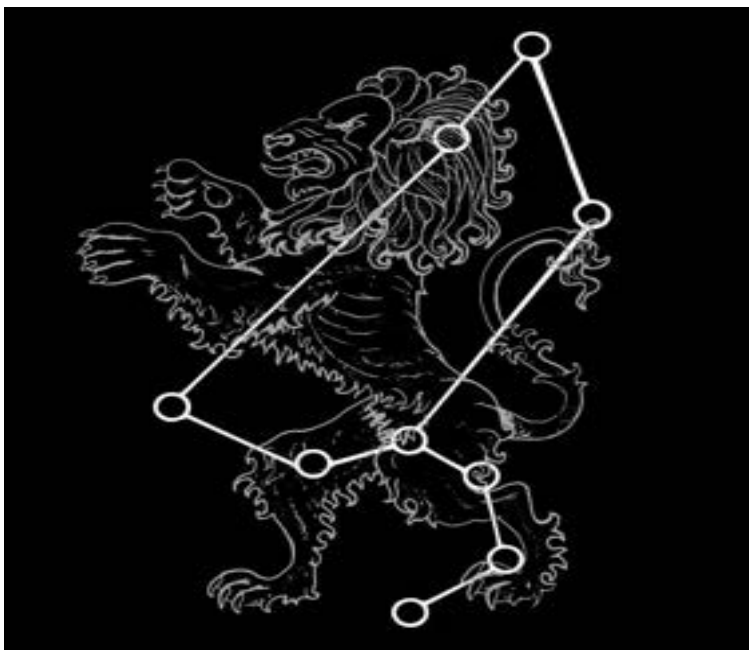
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ASTROLOGY

August Horoscope



ARIES (March 21 to April 19) Although you don't like to change plans once they're set, once again, you might find that doing so can make a big difference in your favor. Family matters dominate the weekend.
TAURUS (April 20 to May 20) You continue to get encouragement for your proposals, including some support from unlikely sources. Use this positive flow to move forward with your plans. Good luck.
GEMINI (May 21 to June 20) Family matters are dominant this week. It's a good time to be with those you love. It's also a good time to contact loved ones with whom you've lost touch.
CANCER (June 21 to July 22) Be careful not to allow differences of opinion to create unpleasant feelings, especially in the workplace. A neutral observer could check out the situation and suggest a resolution.
LEO (July 23 to August 22) While the Lion's Den is the center of attention this week, with family matters dominating much of your time, workplace issues are also important. Try to find a balance between them.
VIRGO (August 23 to September 22) The future of a new relationship could depend on how much the usually impatient-to-get-things-done Virgo is willing to stop pushing and let things happen naturally.
LIBRA (September 23 to October 22) Worry over a loved one's well-being is eased with good news from a sympathetic source. Your continued show of love and support is important. Stay with it.
SCORPIO (October 23 to November 21) This is a good time to consider mending fences with someone you wish was back in your life. Forget about blame, and focus on the good things you once shared.
SAGITTARIUS (November 22 to December 21) This is a good week to start researching information regarding whatever changes you're considering, whether it involves a new home, a new location or a new job.
CAPRICORN (December 22 to January 19) A long-anticipated job opportunity could turn out to be less than you expected. But appearances might be deceiving. Check it out before you decide it's not for you.
AQUARIUS (January 20 to February 18) Good news: Adapting to a new situation might come more easily than you expected. You can look for continued support from colleagues who appreciate your contributions.
PISCES (February 19 to March 20) Someone you care for might need more reassurance from the typically "unemotional" Pisces. Go ahead. Open up, and you might be surprised at what you find when you do. BORN THIS WEEK: You are a romantic at heart, although you can be amazingly practical when you need to be.
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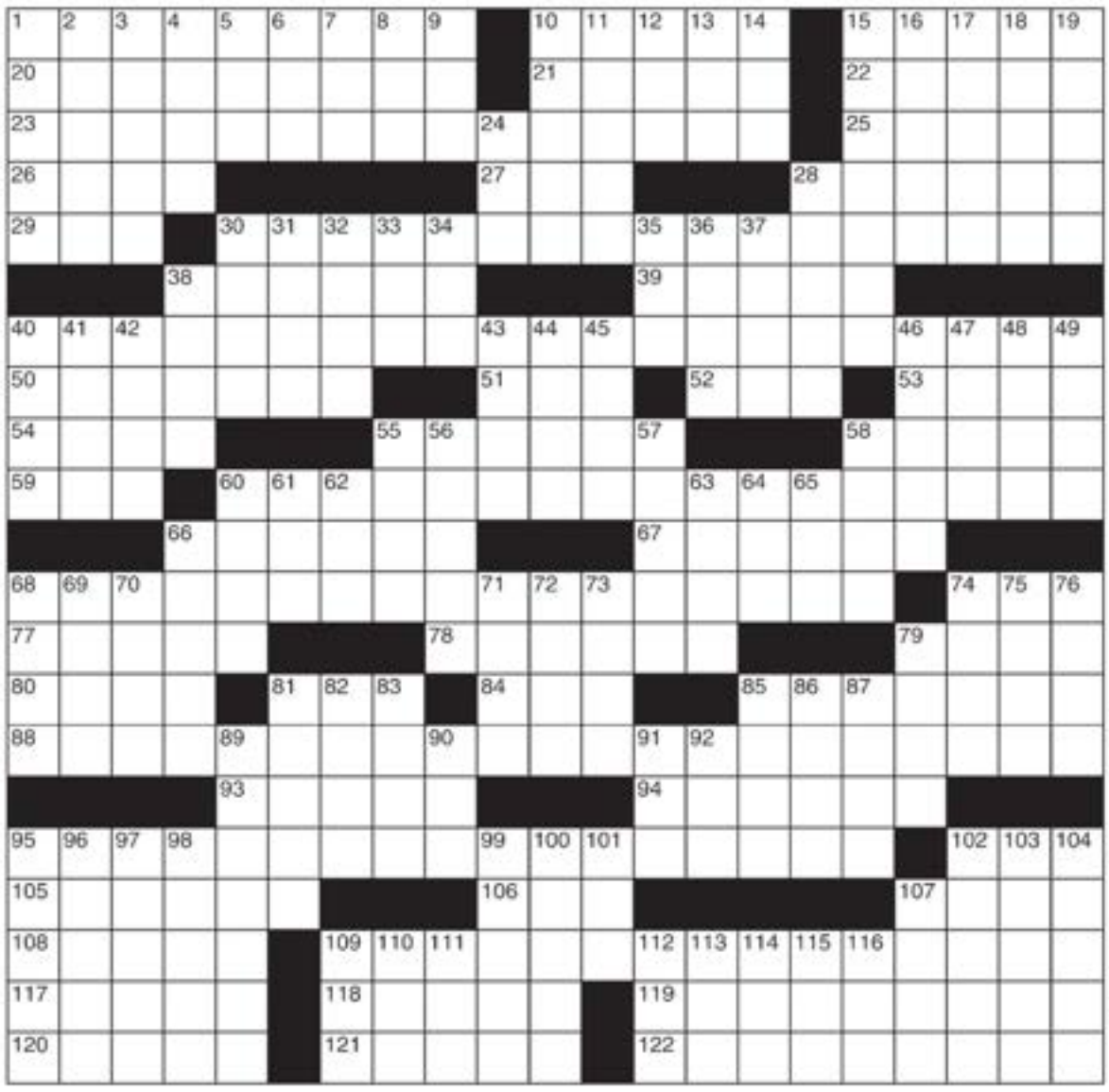
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ACROSS

1 Bus or train schedule
10 Marveled vocally
15 Cowboy rope
20 Like political cartoons
21 Lilting song syllables
22 Sigmoid curves
23 Start of a riddle
25 Michigan city
26 Scotland's -- Ness
27 Address on the net
28 Opening part of an email
29 Munched on
30 Riddle, part 2
38 Melodious passage
39 Wipe out
40 Riddle, part 3
50 Guevara called "Che"
51 Tillage tool
52 Cut short
53 In -- (lined up)
54 French lady friend
55 Treating unkindly
58 Big like Santa
59 Sitting spot on Santa
60 Riddle, part 4
66 How-to book
67 Unspecified travel destination
68 Riddle, part 5
74 Install, as tile
77 "-- Doone" (1869 novel)
78 Defiant types
79 Pill bottle info
80 Campus VIP
81 Feel unwell
84 Egypt, before 1971: Abbr.
85 Clings
88 Riddle, part 6
93 10th-century Holy Roman emperor
94 Gremlins' kin
95 End of the riddle
102 Letter before sigma
105 One ruining something
106 Porto Rico, par exemple
107 Buy stuff
108 Figure skater Slutskaya
109 Riddle's answer
117 Material for jeans
118 Pig
119 Talked into
120 "Alive" actor Vincent
121 Certain eel
122 Big names in daytime dramas

DOWN

1 Elon Musk's car company
2 -- box (TV)
3 Chop finely
4 Write deeply
5 Bodily digit
6 Onassis' nickname
7 Drill addition
8 Chou En- --
9 Ernie of golf
10 Cheri of comedy
11 Brand of toothbrushes
12 Bit of a laugh
13 Pipe bend
14 Night's counterpart
15 Match official
16 Mullah's faith
17 Off the direct course
18 Core belief
19 Houston baseballer
24 Letters before xis
28 Sprayed, with "down"
30 Spring flower
31 Coin maker
32 Jumping stick
33 Sch. in Columbus
34 "... or -- thought!"
35 Ang of film
36 Art Deco illustrator
37 Young deer
38 To -- (perfectly)
40 Good buy
41 "-- la Douce"
42 Cut short
43 Rug type
44 Daughter in "Haegar the Horrible"
45 Software testing phase
46 Mogul
47 Mined metals
48 Part of ENT
49 Jug type
55 Sound of an air kiss
56 Caught fish with pots
57 Comparable (with)
58 -- -Free (contact lens solution)
60 Mama's ma
61 Yoko of art and music
62 Beaten track
63 Foldout beds
64 Suffix with meteor
65 L-P link
66 Miracle food
68 Alan of "The Aviator"
69 Caroling tune
70 Be a lure to
71 Castro of Cuba
72 Bundle up
73 In this spot
74 Petty of films
75 On the ocean
76 Rural assent to a lady
79 Meanings in dicts.
81 Moving around
82 "Suffice -- say ..."
83 Boxer Spinks
85 Oodles
86 Salami shop
87 Sword part
89 Spanish for "I love you"
90 Untruth
91 Siouan tribe
92 Aetna rival, for short
95 Lumps of chewing tobacco
96 Certain intl. delegate
97 Minneapolis neighbor
98 -- -law (non-blood relative)
99 Ross or Rigg
100 Bowling lane
101 -- canto
102 1970s sitcom
103 "Iliad" writer
104 Newspaper think pieces
107 ESPN no.
109 Suffix with hero
110 Four halves
111 Title for Elton John
112 Auto navig. aid
113 Rock's -- Speedwagon
114 Lyricist Gershwin
115 Supposed psychic gift
116 Gloomy --

Sudoku

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

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

Word Search

Deserts of the World

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

DESERT
GREATBASIN
MOJAVE
SONORAN
CHIHUAHUAN
NAVAJO
DEATHVALLEY
CACTUS
ARID
DANGER
DUNES
SAND
SUN
MOISTURE
PREDATOR
PREY
EXTREME
HEAT
COLD
SAHARA
ARCTIC
ANTARCTIC
OUTBACK
ARABIAN
GOBI
KALAHARI
PATAGONIAN
SYRIAN
KARAKUM
ATACAMA
COLORADO
PLATEAU
KYZYLKUM
TAKLAMAKAN
THAR
DASHTEMARGO
REGISTRAN
COLUMBIABASIN
NAMIB

Created with TheTeachersCorner.net Word Search Maker

Puzzle Answers



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

Comics

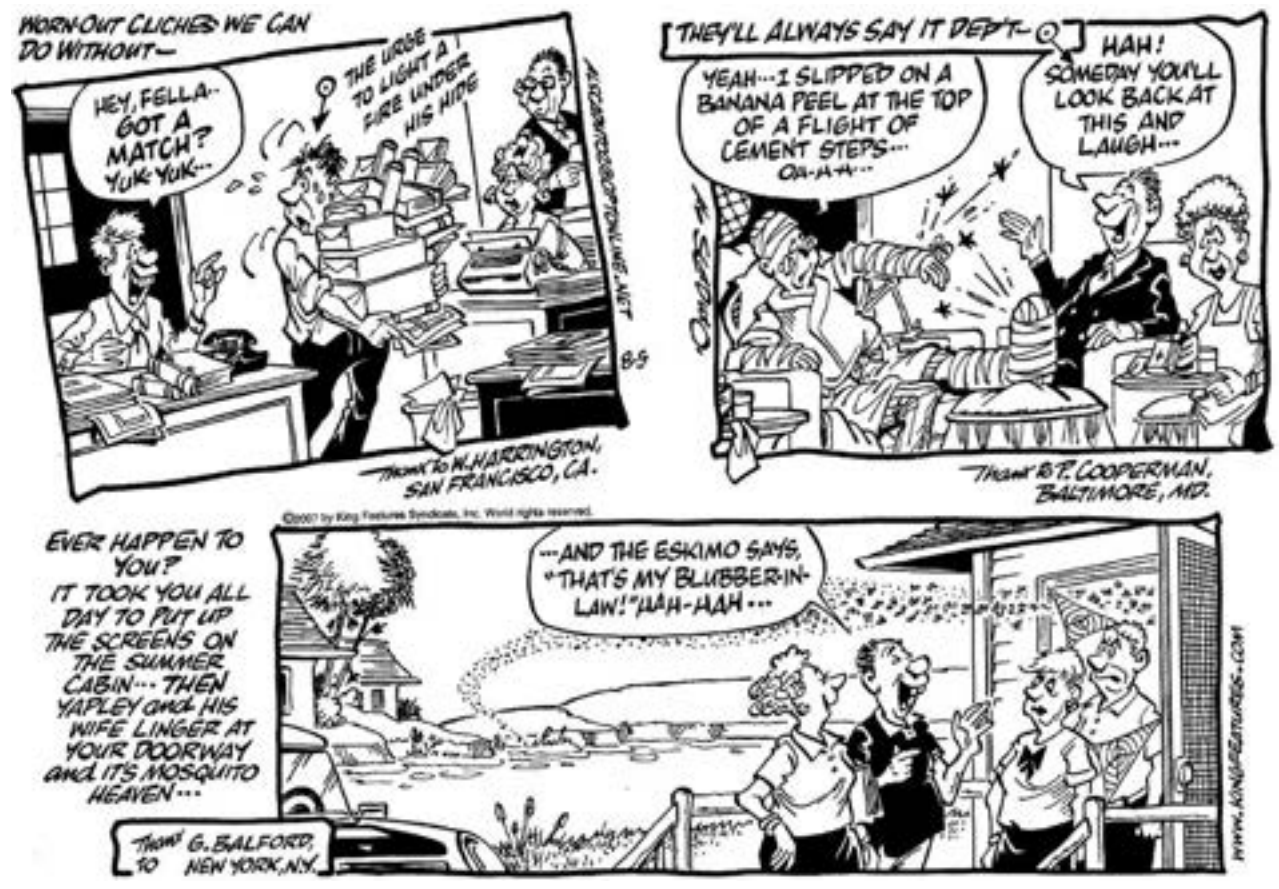
The Spats

By Jeff Pickering



They'll Do It Every Time

By Al Scaduto



Amber Waves

By Dave T. Phipps



Just Like Cats & Dogs

By Dave T. Phipps



Grin and Bear It

By Fred Wagner



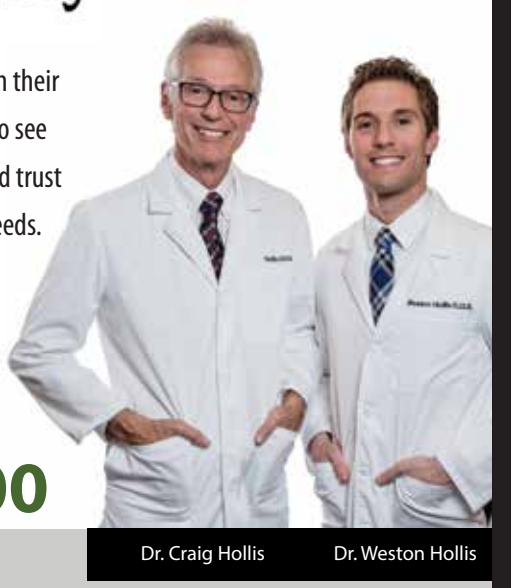
"I'm glad we had this talk, son... I learned a lot!"

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Over 5 quarts oil, $3.99 per extra quart. Diesel not included. Limit one per customer/family. With this coupon. Most Cars. Not valid with other offers or prior services. Expires 8-31-2020

$79.99 Radiator Flush
Includes new coolant plus tax
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$129 Premium semi-metallic pads
$149 Premium ceramic pads
PERFORMANCE AUTOMOTIVE & TIRE CENTER
480-924-7444
Pads or shoes, includes machining rotor drums. Lifetime warranty on pads. With this coupon. Most Cars. Not valid with other offers or prior services. Expires 8-31-2020

Life Tributes

Donald Warren Duesenberg



Donald Warren Duesenberg passed away peacefully at home on June 22, 2020. Don was born in 1935 in Newton, Iowa.

Don and his wife, Shirley, made their home in Clear Lake, Iowa, before retiring to Leisure World in 1999. Don was an outdoors man. An avid prospector, he enjoyed hours in the desert panning for gold and sharing his knowledge with other prospectors. Don could often be found on the golf course with friends.

Don is survived by two children, Darcy Duesenberg and Troy Duesenberg.

We are grateful to friends and neighbors at Leisure World who brought so much joy into his life.

Rita Tasman Greenberg



Rita Tasman Greenberg passed away peacefully on June 15, 2020 in Mesa, Arizona. She was born June 12, 1929 in Buffalo, New York.

Rita was married to Irving Greenberg (1922-2011) for 61 years until he passed away. They owned Gallery of Homes real estate business that Rita managed.

Rita and Irv lived part-time in Arizona for about 32 years, with their last home in Leisure World in Mesa. Rita and Irv took many classes at Gilbert Community College. Rita was an active member of the Leisure World Shalom Club, Hadassah and attended many classes provided by Leisure World.

Rita is survived by her children Marcie Greenberg (son-in-law, Tony Potucek), Andrew Greenberg, Amy Herman and Joan Hickman; seven grandchildren; eight great-grandchildren; a step great-grandson; and many nieces and nephews.

Rita is preceded in death by her six sisters and best friends. There will be no public services.

Donna Rae Vangen

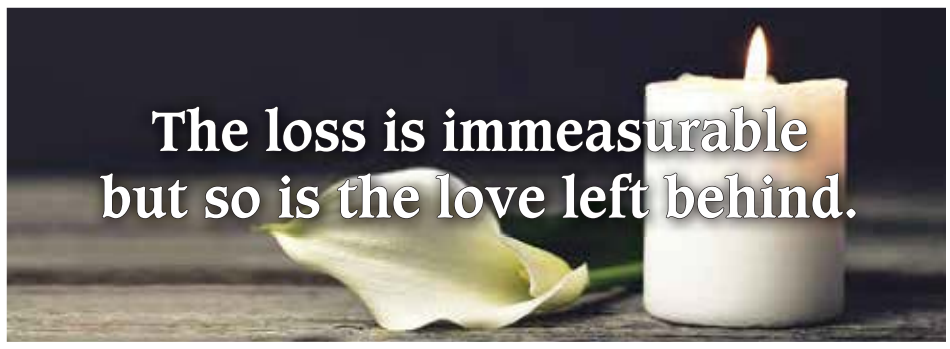


Donna Rae Vangen, 80, died peacefully from Alzheimer's disease with family by her side on July 5, 2020 in Mesa.

Donna was born in Cavalier, North Dakota, to Albert and Beulah Barta Jr. and raised in Walhalla, North Dakota. She moved to Minneapolis, Minnesota where she met her future husband Roger Vangen. They were married in 1960 at "The Little Brown Church in the Vale" and moved to Sioux Falls, South Dakota. They spent 40 years there and enjoyed summers at their Lake Okoboji home. In 1999, they moved to Leisure World.

Donna's greatest joy was entertaining family and friends. She was an excellent cook and loved preparing special dinners, doing home projects and caring for family dogs.

Donna is survived by her husband of 60 years Roger, daughter Shelley, step-daughter Gail (Bob), grandchildren Wesley, Scott, and Kylie (Mike), great-grandson Jaxson, and her much-loved dog Jingles.





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SIDE EFFECT OF COVID-19 AND HEARING LOSS.

This has not been the year for anyone with a hearing loss. Not only are masks making it harder to understand people but now we are finding people are losing their hearing aids because of the masks.

Even worse, because hearing aids are so comfortable, people may not realize that their hearing aids are gone until it's too late.

Here's what ABC Hearing Center recommends to protect your investment:

1. If you can get it, make sure you have loss and damage protection on your hearing aids. At least if something happens you will be able to replace your investment.
2. Change the style of mask you are wearing. Do not use the type of mask that goes behind your ear. Instead use a mask that either ties or has elastic that goes around your head.
3. Consider using an extender if the only type of mask you can find has the elastic behind the ears. One of these can easily be made with two buttons sewn on a piece of fabric. The elastic would then attach to the buttons.
4. Consider switching to a custom hearing aid. These devices are custom fit to your ear. Since these go in your ear, there is no need to worry that they will be pulled off when you remove your mask or put on your glasses.

ABC Hearing Center is an exclusive supplier of Circa Edge AI in the Arizona area. If you are looking to give yourself an edge with better hearing, contact our office today to schedule your free hearing evaluation.

Confused about hearing loss? Talk to our experts.

ABC Hearing has been delivering world renowned care for many years.



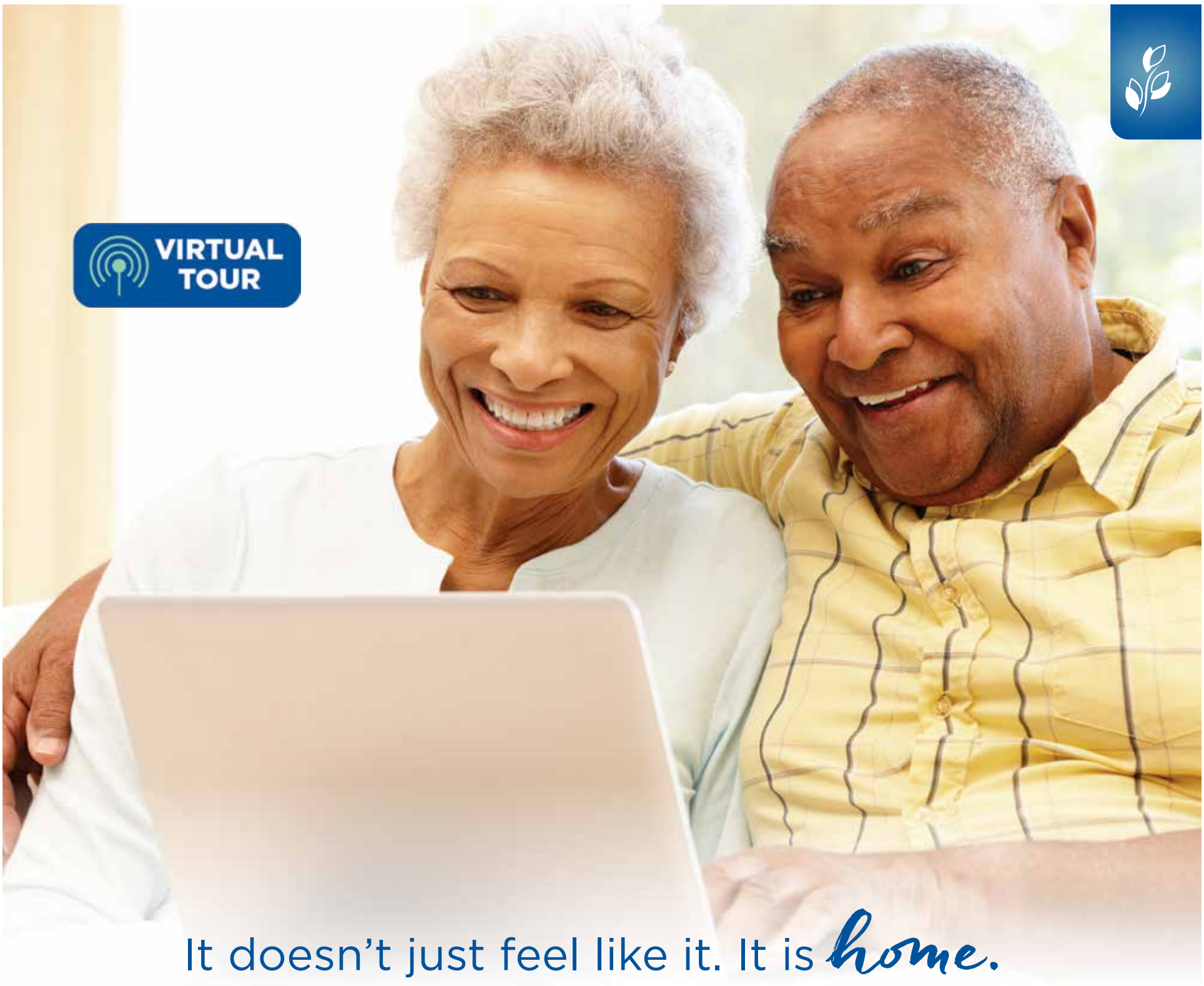
Dawn Sanchez
Board Certified Hearing Instrument Specialist

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

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

Brookdale North Mesa
Assisted Living
Alzheimer's & Dementia Care
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Brookdale Springs Mesa
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BROOKDALE SENIOR LIVING

August 2020

Leisure World

LIFESTYLE

Recreation, Wellness and Golf



Zoom Bingo
Page B3

Sedona Trip
Page B2

Mindful Tips During Quarantine
Page B14



Friendly Reminder: All events are currently for residents only. Children and other guests are not allowed at this time.



Subscribe to LWCA Fitness YouTube Channel!

The world is changing and The Fitness Center is doing our part to keep you engaged in fitness with a safe, free alternative: **LWCA Fitness YouTube!**

It's our way to reach out to the Leisure World community and offer free exercise alternatives. Sure, you can exercise to thousands of different YouTube channels online, but when you are familiar you're your Fitness Center's surroundings, it feels a little bit more comforting. Plus, there's a personal connection working out with one of our Leisure World's Fitness Specialists.



To access the channel, just type **www.youtube.com/c/LWCAFitness** and it will bring up the channel. From there, you will see a variety of videos. We have several different workouts to choose from.

We have everything from a beginner Strength & Balance workout to higher intensity levels, including Body-Weight Only workouts, with Mat Pilates and Flexibility workouts in between. The Lifestyle Beat includes a weekly link every Wednesday.

We encourage you to subscribe to the channel. Here's how:

- Click on the red **Subscribe** button.
- Then, you will see a little **bell** pop up.
- Click on the **bell**
- There is a **dropdown menu** with 3 options.
- Click **all**. You will get a notification in your email every time a new video becomes available.

Yes, it's that easy! You can view the videos as often as you would like. Feel free to share the videos with your friends and family. Please leave comments below the video and click on the thumbs up if you like the video. We love hearing from you!

For more information or assistance, call the Fitness Center at 480-832-0000 ext. 212.

Arizona Snow Day



Have you ever built a snowman in the summer? Does that sound impossible? Come pack your best snowball and let us play together. The best place to cool off is right here in Leisure World this August. Enjoy lunch with Old School Grub Food Truck, bring a chair, blanket, and wallet. Play with us as we have snowball corn hole, snow chipping, fun while you build the tallest snowman and more. Event lasts until the snow melts.

Date: Saturday, August 22
Time: 11 a.m.
Place: 16th Hole Coyote Run (corner LW Blvd. and 61st St.). Parking is limited so please bring your golf cart if possible.

Take Back Your Fitness with Personal Training!

Let's take back our fitness! Our LWCA Certified Personal Trainers are here with a complete tool box to help you with:

- **Education:** We coach correct form and technique to maximize effectiveness and reduce risk of injury.
- **Motivation:** We provide support and encouragement every step of the way.
- **Accountability:** A scheduled appointment time keeps you on track.
- **Personalized Plan:** We work with your goals, health history, and abilities.
- **Challenging:** A challenge is provided for the appropriate level and continuously monitored.
- **Variety:** With so many options, we will not let you get bored!

Why wait? Contact the Fitness Center to get started at 480-832-0000 ext. 212.

Movie on Deck!



Come on out for a night of fun! You can make a splash and be cool floating in the pool or stay dry on deck. We're showing a classic, "Beach Blanket Bingo," starring Frankie Avalon and Annette Funicello.

The gang hits the beach for some good old-fashioned shenanigans. To get the party underway, the manager (Paul Lynde) of pop singer Sugar Kane (Linda Evans) decides a skydiving publicity stunt will really do the trick. As Frankie and the others are pulled into the plan, things get out of control. Throw in Bonehead (Jody McCrea) falling in love with a mermaid (Marta Kristen) and a kidnapping biker (Harvey Lembeck), and the party's just getting started!

Take this opportunity to get out of the house and have fun practicing social distancing with community friends and neighbors. Our own Leisure World classic movie buff and former producer, Jim Politano, will share fun facts and movie insights!

Snacks and refreshments will be available for purchase. *Event capacity will be limited to approximately 50 residents.*

Date: Friday, August 28
Time: 7:30 p.m.
Place: Rec. 1 Pool
Cost: Free!

Ride Along Safety: Bike Tips 101

If you're one of the 47.5 million Americans who ride a bicycle, then you understand the appeal. Fresh air, freedom and the wave of exhilaration are extremely rewarding. A leisurely bike ride requires little preparation, equipment or planning.

But before you take your bike on the road, beware of a few safety tips.

- **Tune it Up:** Every time you go for a bike ride, check your tires and inflate them to the correct pounds per square inch. Also verify your brakes. Make sure to get bike tune-up annually to get in tip-top shape.
- **Be Flashy:** Daytime, nighttime or dusk, it's your job to make sure everyone sees you. The right clothing can save your life! Think about wearing neon, fluorescent or bright white clothing. It is also good to post reflective tape or flashing lights to your bicycle or helmet. Arizona law requires night riders to wear a white headlight visible from at least 500 feet and a red rear deflector visible from 50 to 300 feet.
- **Always Hands-On:** According to Arizona law, every bicyclist must have at least one hand on the handlebars at all times. Like driving a vehicle, your focus should always be on the road. Carry everything in a backpack and use a hydration pack for hands-free drinking.
- **Safeguard Your Brain:** Wearing a helmet is a smart way to protect your most valuable asset: your brain. Correctly fitted helmets cushion your head from the impact of a crash. Studies show that wearing one reduces your risk of a serious head injury by 70 percent.
- **Obey the Rules:** Vehicles always stay to the right of the road with the flow of traffic. If there's a bike lane, use it. Pay attention to all traffic signs, including stop signs, traffic lights and lane markings.



A ride around your community is a wonderful way to see the sights and meet with friends. It's inexpensive, easy and fun! Join the millions of adults who bike for daily exercise. Just be safe while you have fun and peddle away!

To review Arizona Bicycle Safety Laws, visit https://www.azdps.gov/safety/bicycle.

Leisure World

Recreation Department

We All Scream for Ice Cream!



The Rec. Department will be offering root beer floats and a variety of single-serve ice cream novelties like drumsticks, ice cream sandwiches, and more! Give in to your temptations and come by the Rec. 2 Pool Pavilion to cool off with a little sweetness. Please help us practice social distancing while waiting in line. If you choose to stick around, know that seating is very limited.

Date: Thursday, August 13
Time: 2:00 p.m.
Place: Rec. 2 Pavilion
Cost: Only $1 per ice cream novelty or $2 for root beer float.

Hopeful for Labor Day Dance!



With any luck, we may be able to host a band from our Rec. 1 Ballroom with doors open wide for the music to carry outside to seating around the Promenade (has new cooling misting system) and Courtyard.

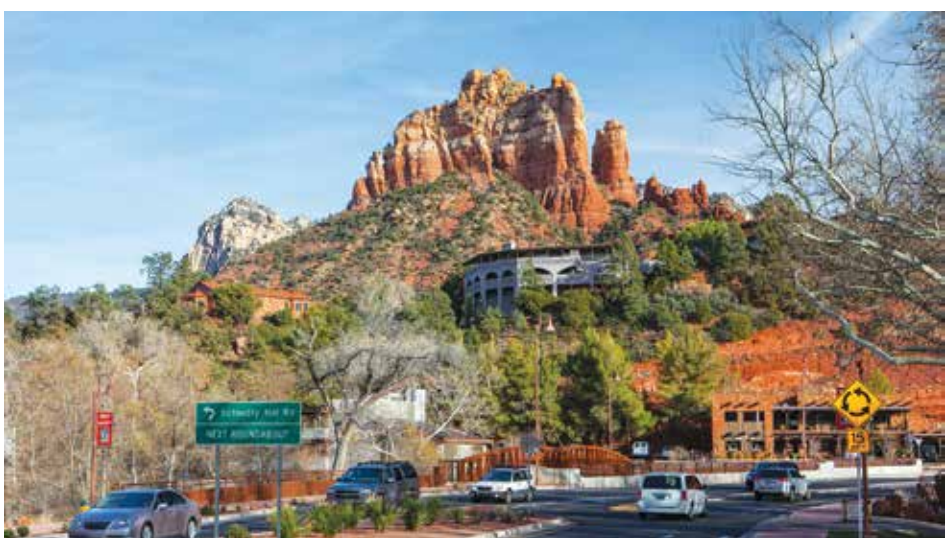
Open seating format with limits to number of people per table; social distancing practices should be adhered to and face masks required. Mixology station will offer soda, water, ice, and cups.

About the Band: "Uncorked The Band" combines a multifaceted female vocalist with a full arsenal of collaborating musicians/singers. The band is a full six-piece band with saxophone, and keyboards and up to 7 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.

Ticket sale availability will be announced via the Lifestyle Beat or a special News Flash.

Date: Monday, September 7
Time: 5:30 - 8:30 p.m.
Place: Rec. 1 Complex
Cost: $10 per person or $12 at event.

Shop 'til You Drop in Sedona



Take in the views as you travel to Sedona, home to over 300 artists that are inspired by the quiet, colorful, and spectacular physical environment. The red rocks, drifting clouds, towering pinnacles, and sheer canyon walls lend incredible beauty to this area. Shop in the many shops and galleries. Lunch is included.

Dates: Wednesday, September 9
Motorcoach departs: 6:00-8:30 a.m.
Tickets: $99 per person
Deadline: Monday, August 10

A Taste of Elgin Wine



Travel to Elgin and visit Autumn Sage Winery, 16.5 acres of high desert bliss with 7,500 Sagrantino, Alvarinho, Counoise, Cabernet Franc, Aglianico, and Malvasia Bianca grape vines. Enjoy an educational tasting, entertainment, and picnic lunch. Stops will be made at two additional wineries for anyone wanting to taste and purchase (additional cost).

Date: Saturday, October 24
Motorcoach departs: 6:00-8:30 a.m.
Tickets: $125 per person
Deadline: Monday, September 21

Performing Arts Series

2020-2021 Season Update

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



Leisure World Recreation Department Staff



Rhonda Cap
Lifestyle Director



Pene Mathison
Scheduling/Office Manager



John Stickling
Recreation Supervisor



Jamie Knowlton
Recreation Programmer



Carla Nicely
Administrative Assistant

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

The Sounds of Summer

Come and kick back, relax and cool off under the new misters on the Promenade. We are pleased to welcome back Scott Hallock and Suzie Kiraly! Together, they play over 700 songs ranging from classic rock, acoustic folk, bluegrass, country, tropical rock, reggae and alternative rock from the 50s to the present. They also play Scott's original music.

Just in case your feet make you want to get up and dance, the Recreation Department will mark off some isolated dance locations. For a little extra fun, take your best shot in our **50/50 corn hole contest**!



Mixology station provides soda, lemonade ice, water and cups. Fresh popped popcorn just two for $1. Sponsored by RE/MAX Classic!

Please note this event will be open seating with no seat-saving. Table seating will be limited due to social distancing with maximum of 50 available. Face masks required. Tickets on sale through the Rec. Office. Give us a call to register!

Date: Thursday, August 20
Time: 7:00 p.m.
Place: Rec. 1 Promenade
Cost: $10 per person or $12 at the event.

Zoom Bingo!

All bingo lovers who are itching to play, here's your chance to play right from the comfort of your own home!

Advance registration required for bingo cards to be mailed to you directly. Once registered, you will receive more details and the link will be provided to you for game access on Zoom.

Thank you to **Mountain View Funeral Home** who will be hosting these games and providing prizes!

Date: Thursday, August 27
Time: 1:00 p.m.
Place: Online via Zoom – advance registration required.
Reservations: Call Hilary at 480-832-2850.
Deadline: Tuesday, August 25

Mountain View Funeral Home & Cemetery

All Aboard to Broadway!

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



"Oklahoma!" - $99 per person
December 1, 2020 (T) depart at 6:15 p.m. for 7:30 p.m. show

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

Deadline: Monday, November 2

"My Fair Lady" - $99 per person
February 14, 2021 (Sun) depart at 5:15 p.m. for 6:30 p.m. show



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

Deadline: Monday, January 11



"Jersey Boys" - $120 per person
May 23, 2021 (Sun) depart at 5:15 p.m. for 6:30 p.m. show

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

Deadline: Monday, April 19

"To Kill a Mockingbird" - $120 per person
June 8, 2021 (T) depart at 6:15 p.m. for 7:30 p.m. show

All rise for Academy Award® winner Aaron Sorkin's adaptation of Harper Lee's Pulitzer Prize-winning masterwork. The New York Times Critic's Pick "To Kill a Mockingbird" is "the most successful American play in Broadway history. It has not played to a single empty seat" (60 Minutes). Rolling Stone gives it 5 stars, calling it "an emotionally shattering landmark production of an American classic," and New York Magazine calls it "a real phenomenon. Majestic and incandescent, it's filled with breath and nuance and soul."

Deadline: Monday, May 10



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Limited classes, clubs and activities resumed!

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

These clubs are now functioning on a limited activity level:

Music and Dance: Clogging

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

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

Bingo

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

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

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



Music and Dance

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

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

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

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

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

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

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

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

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

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



Arts and Crafts

Decorative Arts

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

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

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

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

Fabric Arts

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

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

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

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

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

Fired Arts

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

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

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

Glass Program

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

Cards and Games

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

Poker Groups

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

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

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

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

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

Other Card And Game Groups

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Bridge Groups

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

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

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

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

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

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

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

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

Some Clubs Now Meeting!

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

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

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

The Three R's: Reduce, Reuse, Recycle Don't Waste Food

Did you know that globally, we throw away 30% of the food we produce?

The carbon expended in growing, transporting and processing food — and the methane from this wasted food in the landfill — create a significant amount of greenhouse gas. According to Project Drawdown, reducing the amount of food we throw out is the equivalent of taking 511 million cars off the road.

What can you do to help make a difference?

- Shop for quantities that you know you will use without waste.
- Cook meals that fit your appetite and plan to eat leftovers.
- Share plates in restaurants instead of over ordering and wasting food not eaten.
- Take home unfinished food from restaurant meals for leftovers.

Every bite and effort counts! Don't waste any of it!







Upcoming Trips and Tours

Deadlines are fast-approaching for September events!

September 9 (W) Shop Sedona and Lunch*
Motorcoach departs between 6-8:30 a.m.

Take in the views as you travel to Sedona, home to over 300 artists that are inspired by the quiet, colorful, and spectacular physical environment. The red rocks, drifting clouds, towering pinnacles, and sheer canyon walls lend incredible beauty to this area. Shop in the many shops and galleries. Lunch is included.
Tickets: $99 per person
Deadline: Monday, August 10



September 16 (W) Williams and Bearizona*
Motorcoach departs between 6-8:30 a.m.

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

October 9 (F) Pine with a Bit of Foliage
Motorcoach Departs: TBA

Fall is the perfect time to travel to the small, quaint community of Pine. Begin by visiting the Pine Creek Canyon Lavender Farm where three varieties of lavender are grown using the water of the Pine Creek. Some unique shopping, lunch and wine tasting are also included.
Price: $99 per person
Deadline: Monday, September 7

October 24 (S) A Taste of Elgin Wine*
Motorcoach departs between 6-8:30 a.m.

Travel to Elgin and visit Autumn Sage Winery, 16.5 acres of high desert bliss with 7,500 Sagrantino, Alvarinho, Counoise, Cabernet Franc, Aglianico, and Malvasia Bianca grape vines. Enjoy an educational tasting, entertainment and picnic lunch. Stops will be made at two additional wineries for anyone wanting to taste and purchase (additional cost).
Tickets: $125 per person
Deadline: Monday, September 21

October 26 (M) Arcosanti with Lunch in Cottonwood *
Motorcoach departs between 6-8:30 a.m.

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



November 9 (M) First Responders Tour and Lunch *
Motorcoach departs between 6-8:30 a.m.

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

November 12 (Th) Frank Lloyd Wright Taliesin West & Lunch *
Motorcoach departs between 6-8:30 a.m.

Taliesin West is a National Historic Landmark nestled in the desert foothills of the McDowell Mountains in Scottsdale, AZ. It is also the home of the Frank Lloyd Wright Foundation and the School of Architecture at Taliesin. Lunch is included.
Tickets: $125 per person
Deadline: Monday, October 5

November 13-14 (F-S) Verde Valley Overnight *
Motorcoach departs between 6-8:30 a.m.

Highlights of this overnight getaway include first-class seating on the Verde Canyon Railroad and more. Depart this morning for the Verde Valley Railroad. Begin with a stop

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Upcoming Trips and Tours

in Jerome before arriving at the depot. First class train is included. Continue to Cottonwood and check into the Best Western Cottonwood for the evening. Dinner at Blazin' M is included this evening. Breakfast is included this morning at the hotel. Tour the Copper Art Museum this morning before shopping and lunch on your own in Historic Downtown Cottonwood. Continue to Alcanterra Winery for a tour and tasting before returning home.
Tickets: $360 per person/double; $415/single
Deadline: Monday, October 5

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

December 1 (T) Gammage Broadway Show – "Oklahoma"**
See details in ASU Gammage Announcement



December 4 (F) Desert Botanical Gardens & Mill Ave Fair*
Motorcoach departs between 6-8:30 a.m.
Visit the Tempe Festival of the Arts, one of the Top 100 Classic & Contemporary Craft Shows in the nation. Then enjoy a magical night as the Desert Botanical Gardens come to life with the soft glow from more than 8,000 hand-lit luminaria bags, thousands of lights and entertainment throughout.
Tickets: $99 per person
Deadline: Monday, November 9

December 11 (F) Verde Canyon Magical Christmas Journey*
Motorcoach departs between 6-8:30 a.m.
Board the Verde Canyon Railroad and travel from the depot to the "North Pole," making a couple of slow passes by the delightful and funny buildings, acrobatic elves, Santa and Mrs. Claus. First class seating is included along with access to the open-air viewing cars for a better view of the fantastic decorations and illuminated buildings.... Reindeer Flight School, Mrs. Claus' Bakery, Santa's Workshop, Elf Training Center, Naughty Kid's Coal Mine and the Ugly Sweater Factory.
Tickets: $129 per person
Deadline: Monday, November 9

December 12 (S) Fantasy of Lights Boat Parade & Dinner*
Motorcoach departs between 6-8:30 a.m.
Light up the night and be dazzled at the Valley's most unique holiday event—the Fantasy of Lights Boat Parade Presented by SRP at Tempe Town Lake. The Boat Parade will feature as many as 50 festively lighted boats of all sizes. A fireworks finale will conclude the night. Dinner is included.
Tickets: $99 per person
Deadline: Monday, November 9

February 14, 2021 (Su) Gammage Broadway Show – "My Fair Lady"**
See details in ASU Gammage Announcement

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

May 23, 2021 (Su) Gammage Broadway Show – "Jersey Boys"**
See details in ASU Gammage Announcement

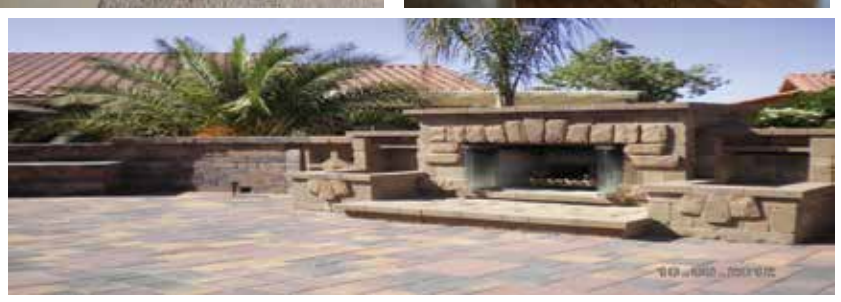
June 8, 2021 (T) Gammage Broadway Show – "To Kill a Mockingbird"**
See details in ASU Gammage Announcement

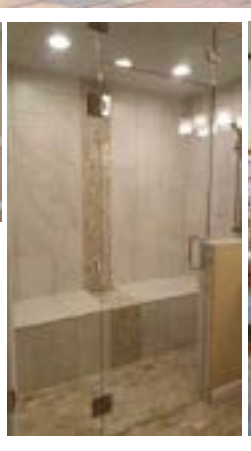
June 25 - July 3, 2021 Highlights of Norway*
Venture to a place where crashing ocean meets craggy mountains, forging the awe-inspiring majesty of the Norwegian fjords. Start in Oslo, where ancient history greets you at the famous Viking Ship Museum. Journey on one of the world's steepest train rides,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

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

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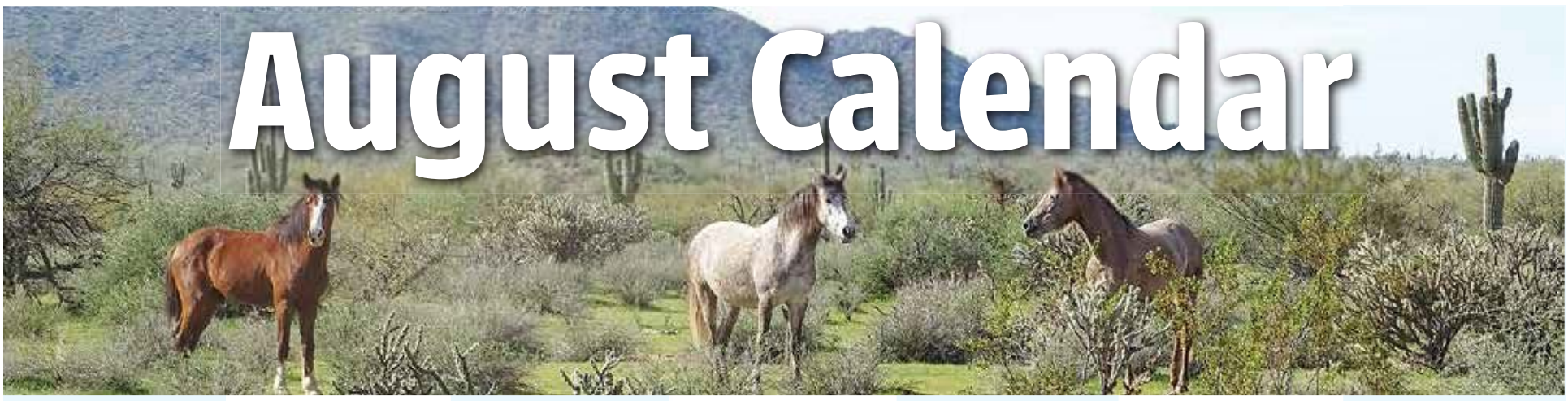

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August Calendar

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

						SAT 1
SUN 2	MON 3	TUES 4	WED 5 8:00 a.m. Wednesday Coffee (Zoom)	THUR 6	FRI 7	SAT 8
SUN 9	MON 10	TUES 11 9:00 a.m. District 4 & 6 (BQ) 1:00 p.m. Grief Support (Zoom)	WED 12 8:00 a.m. Wednesday Coffee (Zoom)	THUR 13 2:00 p.m. Ice Cream Social with Root Beer Floats (PAV)	FRI 14	SAT 15
SUN 16	MON 17	TUES 18	WED 19 8:00 a.m. Wednesday Coffee (Zoom) 8:30 a.m. Special Board Meeting (Zoom)	THUR 20 7:00 p m. Sounds of Summer (PROM)	FRI 21	SAT 22 11:00 a.m. Arizona Snow Day (16th Hole, Coyote Run)
SUN 23	MON 24	TUES 25 1:00 p.m. Grief Support (Zoom) 2:00 p.m. Community Chat (Zoom)	WED 26 8:00 a.m. Wednesday Coffee (Zoom)	THUR 27 9:00 a.m. District 1 Standards (Zoom)	FRI 28 7:30 p.m. Movie on the Deck (Rec. 1 Pool)	SAT 29
SUN 30	MON 31					

Weekly or Monthly Event Calendar Corrections/Changes

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

Recreation Center 1

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

Recreation Center 2

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

Recreation Center 3

Located at
Heron Lakes Golf Course

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

Regular Weekly Events August 2020

Limited Availability Depending on Club and Activity. See page B4.

SUNDAY

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

MONDAY

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

TUESDAY

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

WEDNESDAY

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

THURSDAY

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

FRIDAY

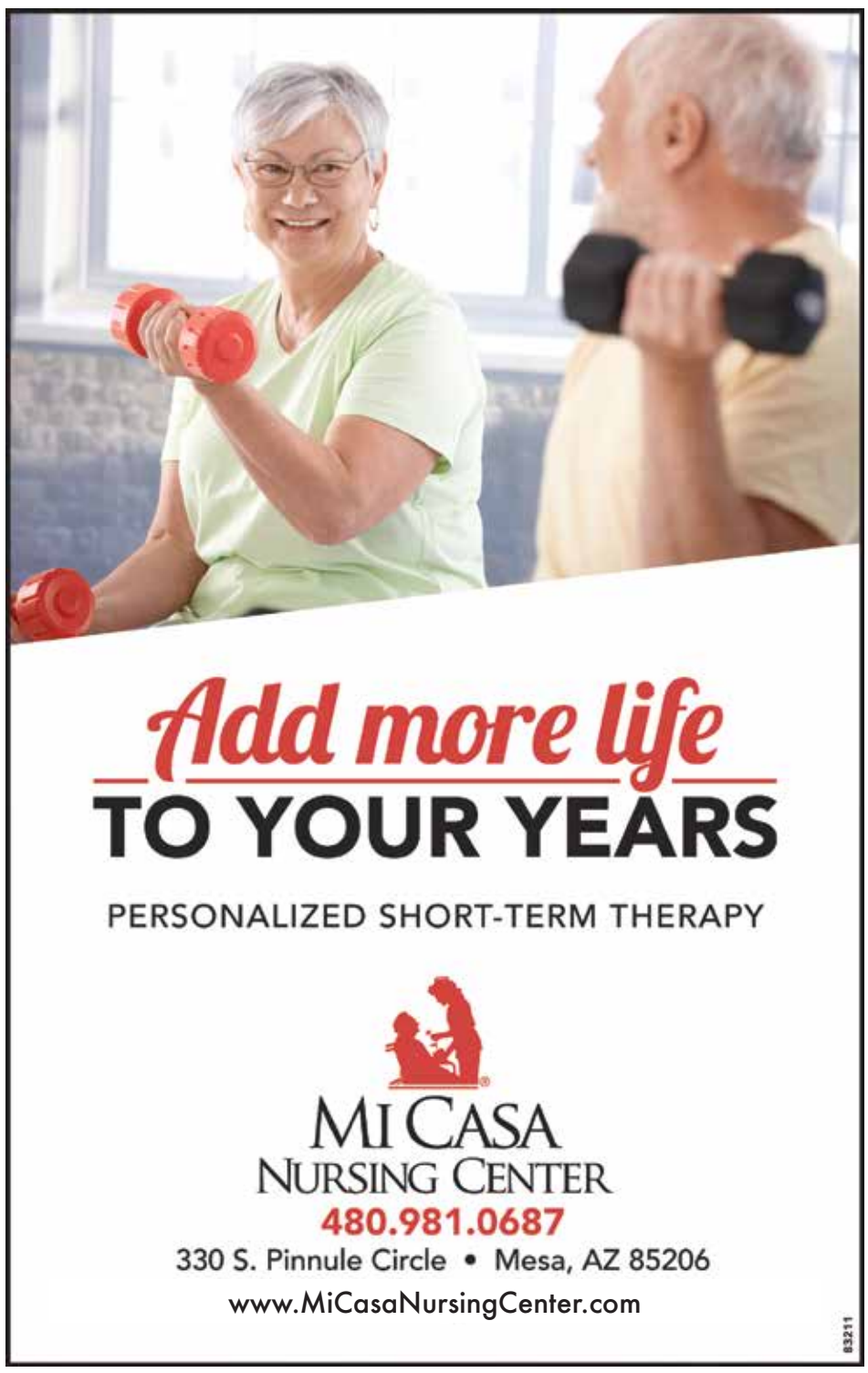
6:45 a.m. Early Bird Stretch (C)
7:00 a.m. Lap Swimming (PO)
8:00 a.m. Tap Dancers (C)
9:00 a.m. Ceramics Class (CER/ SG)
9:00 a.m. Drop in Art (AS)
9:00 a.m. Knit-A-Long (QCR)
9:00 a.m. Lawn Bowls (LBG)
9:00 a.m. Porcelain Painting (POT)
9:00 a.m. Swim Exercise (P)
10:00 a.m. Computer Lab Open (CC)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



3:00 p.m. Intermediate III Clogging (C)
4:00 p.m. Friday Social (CLRG)
6:15 p.m. Game Night (LC)
7:00 p.m. Bingo (BR)

SATURDAY

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



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Sat. - Sun 7 a.m. - 2 p.m.
Available by phone.

Health Office
Ext. 215 • Monday - Friday
9:00 a.m. - 2:00 p.m.
Available by phone.

August 2020 group exercise class registrations will be announced via e-blast.

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

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

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



We Bring Exercise to You!

Let's boost your mood, metabolism and movement as the Fitness Center brings exercise to you in the comfort of your own home. We are offering our new free **LWCA Fitness YouTube channel** with new workouts weekly.

Now, we are offering Zoom home exercise with our new Bands, Balls and Balance class on Mondays & Wednesdays at 11:30AM for $20. Flex/Renew/S&F There's no more excuses!!

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

Getting Back to Fitness

At Leisure World, we may not be heading back to school, but now is the perfect time to get back to fitness at the Oasis Health Spa! The coronavirus has changed the way we interact with people, do our shopping and, for many of us, taken a toll on our fitness level. We have heard things like, "I gained weight." "I have lost so much strength." "This has aged me." It is time to take charge of our health and fitness again!

Regardless of your age, ability level or goal, a personal trainer can provide the kickstart you need to get started on a routine or revitalize your workout! Perhaps you want to work on balance, improve your golf or pickleball game, or simply be stronger and feel better performing activities in your daily life.

A personal trainer helps you define individual fitness goals and creates a road map to get there. A trainer considers your current fitness level and what you want to achieve. If you are already exercising, consider this: many who follow an exercise routine are not maximizing the time and energy they spend doing their workouts! This is due to in part to incorrect techniques and exercise selection.

Our certified personal trainers ensure you follow proper form to maximize safety and the effectiveness of your workout. No one wants to be injured or waste their efforts. We will help you focus on smaller goals that are specific and realistic while working toward your larger goal.



When you can perform a move the right way, it increases the likelihood that you will want to exercise in between training sessions and/or continue to do it on your own! This confidence, along with new programs from your trainer, can help you stick with your exercise program over the long-term.

Between cable machines, body-weight exercises, free weights and props like balls, bands and TRX Suspension Trainers, there is no end to the combinations you could be working on. Trainers also help you make adjustments as your fitness level improves to ensure continued progress. This way, you won't plateau or feel stuck in the same, old routine. We will keep your body guessing to keep you progressing!

Although trainers do not have magical powers, we are skilled, knowledgeable and compassionate. We will cater to your needs and teach you exercise safety, form and technique based on your experience level, age and abilities. It feels amazing to achieve a better and healthier you at any age! This is the perfect time to renew your fitness routine and develop healthy habits!

Contact the Fitness Center for more information to get back to fitness!

Save the Date: Active Aging Week October 5-11, 2020



Active Aging Week celebrates the benefits of active living at any age. Residents at Leisure World are living proof of this! People are actively walking, using the Fitness Center, golfing, swimming, biking, and playing pickleball and tennis, and so much more!

Active aging includes:

- engaging with family, friends and/or community
- learning and trying new things
- volunteering
- mentoring
- pursuing further professional development or entrepreneurial endeavors
- travelling and
- maintaining an active spiritual/religious life.

These activities, along with leading a healthy lifestyle with good nutrition, exercise, mindfulness and other forms of stress management are all extremely important to taking care of ourselves. We need to stay positively engaged in all aspects of life!

Look for details on how we will celebrate Active Aging Week at Leisure World from October 5-11, 2020!

Leisure World Wellness Department Staff



Randi Rich, RN
Health Office Lead



Marguerite Huspen
Outreach Specialist



Quoc Tran
Fitness Manager



Sue Patt
Fitness Specialist



Susan Kalnas
Fitness Specialist



Theresa Mendoza
Fitness Specialist

COVID-19 Testing at Leisure World



CareToU, a returning provider at Leisure World, will have a Nurse Practitioner on-site administering COVID-19 testing, including preauthorization/consultation for insurance coverage. No telehealth consult needed.

CareToU will offer two types of tests: nasal swab and an antibody test. Please note that due to the pandemic, things are constantly changing and we may experience supply chain constraints with testing.

1. **Nasal Swab:** This is a molecular test and is highly accurate. This test will tell you if you have the virus. If you want to go through insurance, results will come 7-14 days. If you pay cash, results are in 24-72 hours.
2. **Antibody Test IgG and IgM:** This test will tell you that you have the virus approximately five days after you got it and at what stage you are at with the virus. IgM is the first antibody that you develop early on, and the IgG antibody is developed as you gain immunity. If you use insurance, results will be back in three to five days. If you pay cash, results are back within 24 hours.

Date: Friday, August 21
Time: 9:00 a.m. – 4:00 p.m.
Place: Rec. 1 Parking Lot
Cost: Insurance or $150 cash

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To schedule an appointment, please call Joe at 602-639-0189.

Mask Up. Safer at Home. Be Responsible.



Free face masks are being made available to seniors 65 years and older and those who are medically vulnerable by the Arizona Department of Health Services (AZDHS). Their goal is to provide 2 million cloth face masks to vulnerable populations.

Governor Doug Ducey wants to encourage more people across the state to wear masks. The free masks come from Hanes, who has partnered with AZDHS.

If eligible, you can order your free mask at azhealth.gov/ordermasks. Each order provides five washable, reusable cloth face masks, one order per household.

For more information, call the AZDHS customer service line for Hanes from 6:00 a.m. to 2:00 p.m. (AZ time) from Monday through Friday: 1-800-503-6698 or visit www.azdhs.gov.

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Class Descriptions

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

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

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

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

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



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

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

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

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

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

˜* **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.

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

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

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

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

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

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

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

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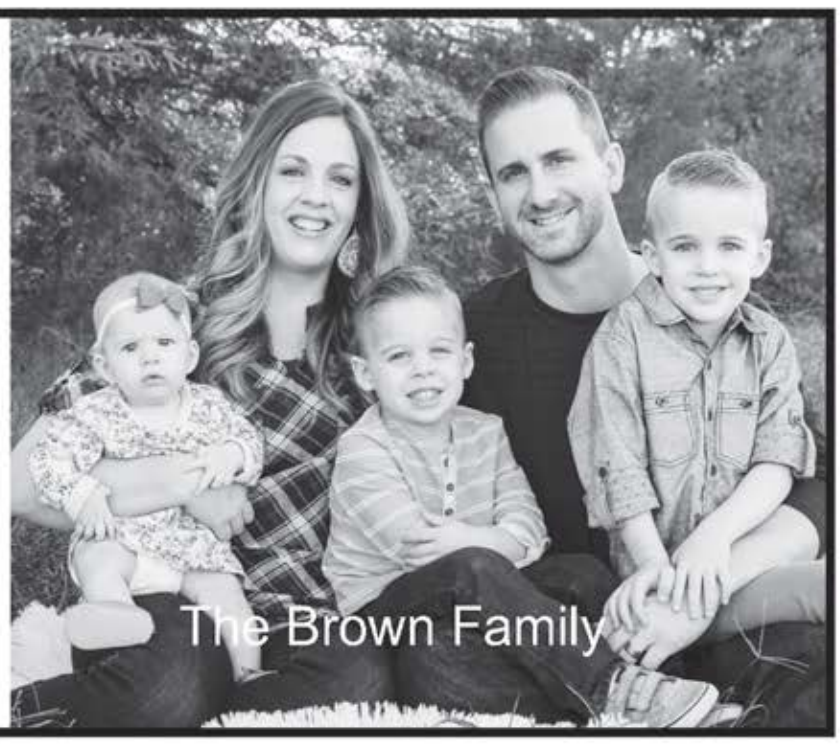
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Group Exercise Classes

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

Fitness Center Recommendations

Please contact the Fitness Center for current offerings and recommendations:

- Personal Training
- Group Exercise
- Massage

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

Summer Swim Lessons a Success!

Swim lessons are off to an awesome start here at Leisure World! Participants in these classes are advancing quickly, exploring the water and learning new strokes. Classes are being held in a small group setting which allows for increased individualized attention from the instructor and provides beneficial camaraderie.

If you missed your chance to sign up for our summer promotion, we will have additional sessions for you in the future! Stay tuned! These classes are being taught by Water Safety Instructors, certified though the American Red Cross.

For more information, please contact the Fitness Center at 480-832-0000 ext. 212.



Fitness Specialist Theresa Mendoza teaches resident Matt Menenberg.



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NURSE'S BEAT

How to Stay Calm During Quarantine

By Randi Rich

Have the coronavirus shutdowns making you crazy? Are you stir-crazy and feeling restless and anxious due to isolation?

Here are some ways to stay calm during quarantine:



1. Keep a strict sleep schedule that works for you.
2. Do yoga or exercise videos to help you stay active and flexible. Check out the Fitness Center's YouTube Fitness Channel with lots of options.
4. Prepare yourself for alone time by stocking up on entertainment – books, movies, food and blankets for comfort.
5. Use a grocery delivery service to make sure you have access to all the food you need.
6. Start your morning routine like normal – showering, getting dressed and eating breakfast.
7. Read: the best books for passing time are mysteries, fantasy, sci-fi, or any narrative-driven stories.
8. If you hate cooking – microwave.
9. Try to get as much sunshine as possible – open curtains or take a walk.
10. Stay connected with friends via calls, texts, skype or other communication modes.
11. Spread out your chores so that you can designate an important task per day. This will give each day some structure.
12. If you can't go into nature, bring it home with you – a houseplant will freshen the air and brighten your day.
13. Learn a new skill or hobby. It will fill the time and you will feel more productive.
14. Make your home a place you don't want to leave.
15. Keep a rigid schedule with chores and acvitivities. Now is the time to get organized.
16. Meditate! Meditation can help with learning, memory, and emotion regulation.

But most importantly and above all else, stay positive! Having a good outlook on the situation is all you need! Stay safe, healthy and upbeat! It's the best antidote to life, especially during this critical time.

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

MEMBER SPOTLIGHT

Marcia Aspinall: Fitness Enthusiast



I first started thinking about staying fit when I turned 40. My children no longer demanded so much of my time, so I started running. I lived in Charleston, West Virginia at the time and would usually go to the high school and run around the track.

After we moved to Illinois, I had a fitness center available because of my job and I started swimming and doing the StairMaster (remember that?) in addition to running.

Many years later, my husband and I were looking for a winter place in Arizona. We chose Leisure World primarily because of the Fitness Center.

After we moved, I worked with trainer Cindy Powner. She mapped out a routine on the Power Plate, which I still use. It keeps me limber and pain free. I still do the treadmill for walking now.

One final smile: A few years ago, I "ran" a 5k with my daughter and granddaughter, who was 8-years-old. My daughter is a marathon runner and she kept us going and we finished together in a decent time. I won my age group (70-75 years-old). I beat that other woman!

Kudos to Quoc, Sue, Susan, Theresa and Payton who do such a fine job in the Fitness Center!

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FOOT HEALTH

Listen to Your Feet: Forewarning Health Issues

By Reisha Zang

One in every 10 people have it. Over seven million have it and don't know it. It affects every major system of the body. What is it? Diabetes.

Unfortunately, over 30 million Americans are living with diabetes, according to the Centers for Disease Control and Prevention. It is the number one cause of blindness, kidney failure and amputation.

Your Body Talks

Your body sends you signals all the time. But we often don't listen, believing this is simply part of getting older and put it off — or maybe because you fear that something might be really wrong.

Regardless of your health status is, it is important to pay attention to your body. When you listen, you have the potential to reduce and sometimes even prevent long-term affects. Catching things early gives you the best opportunity for getting better and staying healthy.

So, what should you "listen" for? It's important to monitor your blood pressure and cholesterol, quit or don't start smoking, and pay attention to your feet. Yes, your feet.

There are symptoms that show up in your feet that can alert you and your doctor to the early signs of diabetes. And if you have it, they will help reduce some of the risks.

Risk Factors

Having diabetes puts people at higher risk for foot problems that can lead to amputation if they are not cared for. Diabetes causes more than 60% of amputations from the knee down for people not involved in an accident.

"If you ignore sores that won't heal, they most likely will get worse and that's when you run the risk of losing a toe or a foot," warns Dr. Shah Askari of Comprehensive Integrative Care (CIC) Foot & Ankle. "When that happens to one leg, the likelihood of it happening to the other is increased over the next five years. Once you start down that path, your life span becomes shorter, in many cases less than five years.

One of the most important things people with diabetes can do to lower their risk for amputation is to check their feet every day.



Know the Signs

So, what should you be checking for?

"Sores, redness, swelling and any other changes to the way your feet look or feel should be reported to your doctor right away," says Askari. "Waiting to see if something will go away on its own may let a small problem become a big problem in a hurry."

It is important to seek help at the first sign of any issue — no matter how small it may seem.

Burning, tingling and numbness are also common symptoms for people with diabetes. Many people with diabetes can't feel their feet, which is why you must pay attention to them in other ways.

"Let's say you get a rock in your shoe. Because of your diabetes, you don't feel it, so it stays in there and you're constantly stepping on it which can create a sore that you may not feel, just like you didn't feel the rock," explains Askari. "That's why you have to look at your feet every day. Just because they don't hurt, doesn't mean they're okay."

Every person with diabetes should have a team of doctors working together. Most primary care physicians and endocrinologists encourage their patients to develop a strong relationship with a foot doctor.

"Regular visits to a podiatrist help a diabetic keep their feet," stresses Askari. "Together, we can reduce the risks of many problems diabetics face."

If you don't know you have diabetes, looking at your feet may help discovering so.

"Your feet are like a canary in a coal mine," says Askari. "They can give you an advanced warning of diabetes. The first thing is to notice how your legs and feet feel. You might be experiencing muscle weakness in your legs, swelling, redness, numbness, pain or cold feet."

But cold feet are a tell-tale sign of poor circulation.

"Poor circulation is a warning sign that you might have undiagnosed diabetes," adds Askari. "High blood sugar levels related to diabetes may cause your arteries to narrow. When this happens, it reduces the amount of blood supply to your feet, which can make them feel cold."

Be Proactive

If you notice any of these symptoms, talk with your doctor to discover the root cause. Whether it's diabetes or not, the earlier you identify what's going on, the better your chances resolving or managing it.

Ultimately, the key is to listen to what your feet are telling you. They know more than you think!

- Reisha Zang is Director of Patient Education at CIC Foot and Ankle.

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The Lasting Beauty of Lantanas

By Sherry Rindels-Larsen

If you live in Leisure World year-round, you know how difficult it is to keep plants alive — let alone thriving during the summer. That's where lantanas come in. National Garden Bureau for designating 2020 as the year of the lantana. And it's not hard to see why.

Lantanas are easy to grow, pest-free and tough enough to survive our Arizona summers. These plants thrive in full sun and fairly dry conditions. Plus, bees, hummingbirds and butterflies are attracted to its colorful flowers. Its flowers and foliage have a spicy, somewhat pungent fragrance which also makes them unattractive to rabbits.

Multicolored Flowers

Gardeners enjoy the changing flower colors which results from individual flowers maturing. The umbel consists of many individual flowers that begin opening in the center and work their way to the outside. When all flowers are open, the umbels can have two or three different colored flowers at the same time. These flowers come primarily in shades of red, orange, yellow, pink, purple, lavender and white.

The lantana plant has more than 150 species, the most common are Lantana camara, Lantana montevidensis and hybrids of the two resulting in a wide selection of plants suitable for different landscape uses.

Newer Lantana hybrids fall into two growth forms: compact or trailing. The compact mounding plants work well in small spaces and containers. On the other hand, trailing forms can fill in larger areas with a beautiful display of color from early spring through fall.

Breeders have introduced sterile, or near sterile hybrids, which means plants never set seed and continuously bloom throughout the entire season. Older species and hybrids set seed and are considered weeds in southeast states because birds transport seed. This in turn results in unintended plantings.

Lantana Series

Several lantana series are available at garden centers or mail order nurseries. A plant series is a group of hybrids with the same or very similar growth habits but different flower colors. Some series to look for include:

- Bandana: superior, compact and mounded forms
- Bandito: smaller in size with intensely colored flowers
- Bloomify: the first "sterile certified" series
- Havana: naturally compact series, minimal seeding
- Landmark: thrives in heat, humidity and drought
- Little Lucky: dense and compact habit, heavy flowering
- Lucky: early flowering, more compact
- Luscious: excellent in baskets and mixed containers



Planting Tips

Lantana perform best when they receive at least six to eight hours of full sun and are planted in well-drained soil. They tolerate our salty and alkaline soils. Avoid overwatering and over fertilization but provide water weekly during the heat of the summer.

Deadhead (remove spent blooms) to keep plants tidy and neat. Prune in spring if needed to maintain compact form. Plants are not frost tolerant and are damaged by frost. When plants fail to flower, it is usually because of too much shade or overfertilization.

Thanks to the National Garden Bureau for making 2020 the Year of the Lantana (much better than all the negative things 2020 is being remembered for).

For more information about lantana and photos of the above listed series, visit www.ngb.org.

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

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The Benefits of Telemedicine



Have you used telemedicine yet? During the COVID-19 pandemic, telemedicine — visiting your doctor via a video chat or telephone call — has become increasingly popular to avoid waiting room and in-office contact. In fact, many insurance programs, including Medicare, eased restrictions on telehealth coverage. With so many benefits, many healthcare organizations are considering making this technology a permanent option to patients.

Here is everything you need to know about telemedicine and some of its advantages:

All the Benefits

Don't want or can't drive – no problem! Telemedicine allows you to see a doctor from the comfort of your own home. All that's needed is internet connectivity. Save time but not having to commute anywhere or worry about how to get there or parking.

What about if you want to see a specialist in another state? Telemedicine has got you covered. This technology allows you to use the service of any doctor of your choosing – either if the visit is covered by your insurance or you are willing to pay out of pocket.

More frequent check-ins with your doctor is another plus of this option. Since less effort is required to get to an appointment, you can touch base with your doctor more often and ensure you are getting the attention needed. If you have questions, this another way to get them all answered.

If this sounds good, here's how to get started.

Verify Insurance: The most important step is to verify if your health insurance covers telemedicine. During the coronavirus, many health care providers, including Medicare, are covering this as they would in-person visits. However, these organizations have not yet determined if this policy will continue after the pandemic is over. Err on the side of caution and check before scheduling anything and getting stuck with an expensive bill.

Select a Physician: Currently, not every primary care physician is offering this service. If you wish to make a telehealth appointment, contact your physician's office and ask for this option. If they are not providing it, you can ask for a referral instead. Many urgent care centers and pharmacies are also offering this service.

Prepare Your Visit: For a telehealth visit, you will need a secure internet connection and a computer or smartphone with a camera to allow for a video chat. If you don't have a camera, you can ask the provider if an audio-only call is acceptable.

Before your appointment, you should receive an internet link for a video chat program like Zoom, Skype or FaceTime via email or text.

Then, check if your physician requests other information or paperwork before your appointment. For example, he or she may request that you take your temperature with a thermometer.

During your visit, your doctor can prescribe medications, give you a referral, go over any recent tests or scans and provide any additional steps needed.

Telemedicine is an incredible option for patients who can't or don't want to travel to see their provider. However, always remember that if you are experiencing serious symptoms, seek immediate emergency medical care. Don't wait for a video chat with your doctor!

Explore the best options for you to stay safe an!

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Danger or Rattlesnakes: Real or Exaggerated?

By Dan Lundy

If there is any single animal encountered by the hiker or outdoorsman which evokes the most unreasoned fear, it must be the rattlesnake. And yet, wouldn't it be interesting if the mythology that has grown up around this animal were evaluated against true behavioral facts and we found that countless numbers of this remarkable reptile had been needlessly sliced or blown into pieces by shovel or shotgun?

If the myths of the rattlesnake seem unreal, the truth is almost certainly more so. Would you believe that rattlesnakes — with fangs and venom glands intact — can be bare-handled without any of the quasi-religious fanfare of various snake-handling cults found in the United States? Would you believe that rattlesnakes do not sadistically lie in wait for unsuspecting humans to wander by and then viciously imbed their fangs into innocent human flesh?

Atypical Behavior

I can tell you from personal experience that rattlesnake behavior is remarkably exact, knowable and predictable. It is not the mystery it seems to many in this age of environmental enlightenment. If no other fact impresses the reader except this one, I will have succeeded to some degree in restoring a balance of mutual survival between man and rattlesnake.

Understand this fact: the rattlesnake is much more afraid of you than you are of him.

You are much more dangerous to him than he is to you. That is precisely why he defends himself with such ferocity against what he perceives to be a threat to his survival.

An unthreatened snake is a harmless snake. This fact is of immense and practical use with snakes both in the wild and in captivity. Anyone who is lucky enough to observe a rattlesnake in the wild is placing himself at no risk if he obeys this simple rule of common sense: approach no closer than you can without the snake showing obvious signs of alarm.

This rule can be bent but under no circumstances should one, unfamiliar with the animal, approach closer than one snake length. This leaves some margin for error because the snake's striking range will be one-third to one-half of his body length, depending on the purchase he has on the terrain on which he rests.

On the other hand, never fear that a rattlesnake will deliberately approach you. There will never be a time when you need to flee a rattlesnake. Left to its own devices, the rattlesnake will do the fleeing.



Dan observes a sidewinder rattlesnake to further his curiosity.

Some Close Calls

But regardless, myths have arisen otherwise: "He came right toward me."

I can understand how events like these can be misinterpreted I once pulled a tiger rattlesnake (a rather small and-inoffensive snake despite its ominous sounding name) from beneath a bush outside Tucson, Arizona. Almost immediately, he raced toward me and was almost to my foot. Thankfully, I jumped away in the nick of time.

I hooked him back out onto the footpath and he immediately came toward me once again. This time, I was not very fast and he raced straight over my foot and under a bush on the opposite side of the trail. He was not coming toward me: I was between him and his escape. I was in no danger as long as — and here is a strong qualifier — I was motionless.

This is a fascinatingly useful fact. It is movement which is the primary indicator of a threat to the snake. Motion equals threat. No motion equals no threat. This is not very profound logic, but then reptilian intelligence is of a rather low order.

Once in the process of capturing a small Southern Pacific rattlesnake, I unintentionally relaxed an already poor grip on the hind portion of the snake and dropped him, plop, head first right on the back of my other hand, which was palm down, on the ground.

To my relief and amazement, my hand might as well have been a rock. It just happened to be the terrain on which he landed — no motion, no threat. I later made the experiment of jumping the same snake out of a cloth bag into my open bare palm. I got the same reaction, namely, no reaction, no alarm.

Proceed Cautiously

Now, I must mention that under no circumstances am I suggesting that the reader attempt any of these maneuvers. They are not things to be done as stunts; they were simply incidents on the trail of understanding how to handle live rattlesnakes with the least disturbance to them and therefore the greatest safety for the handler.

The traditional method of pinning down the head and grasping the snake close behind the head has its time and purpose, for instance, in the milking of venom. But one then has a handful of angry snake and one slip could mean a dangerous bite. I personally prefer the safer route of controlling the animal by allowing him to exercise his own self-control.

And so, I leave you with a few of my experiences and your own conclusions regarding these fascinating creatures. Is their danger exaggerated?

-Dan Lundy, a rattlesnake afficionado since childhood, has been exploring the natural world of the Sonoran Desert on foot and mountain bike since moving to Leisure World in 2010.

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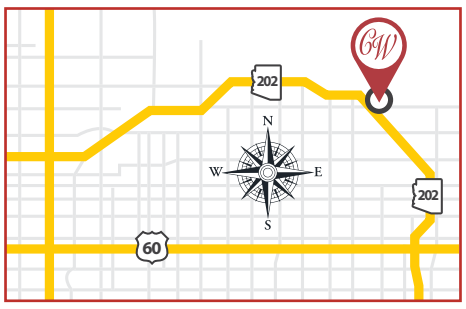


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5 Camping Safety Tips

It's camping season! From mid-May to October, many Arizonans try to escape the heat and flock north to enjoy the great outdoors. From s'mores, campfire stories and exploring surrounding lakes and hiking trails, camping offers many fun activities. But although camping is exciting, the wilderness can be dangerous.

Here are five tips to keep you safe on your next camping trip.

1. **Travel with a Companion:** Adventures are always better with friends, so why not bring a few with you! It's also a lot safer. A camping companion can assist in case of an emergency. Plus, you can pool your talents and survival skills if need be. This is especially handy if you get lost, can't read a map or are unfamiliar with any other safety hazards. A friend might just be able to provide the necessary skills and knowledge you lack.
2. **Know First Aid:** Before your camping trip, it's important to learn basic first aid. You should understand how to identify and treat injuries like scrapes and sprains. You should also know the signs of heat exhaustion, heat stroke, hypothermia and dehydration, and how to treat them. By knowing the signs, you can potentially prevent the situation from escalating.
3. **Have Emergency Supplies:** Be prepared! It's the camping way. Pack an essential kit of emergency supplies to bring with you. The most obvious is a first aid kit. You should also have a compass, map, flashlight, knife, waterproof fire starter, personal shelter (i.e. a tent), whistle, warm clothing, high energy food, water and insect protection.
4. **Choose Campsite Wisely:** Always research the area you plan to camp in first. Make sure there aren't any recent forest fires or rockslides that have closed the campground. Check on any current or predicted weather forecasts in the area that may create a hazard. Then, allow enough time to set up camp before dark so you can assess the surrounding terrain and any potential dangers. Set up away from the edge of any cliffs or areas that could flood during a rainstorm. Check the site for hazards like glass, sharp objects, large ant beds, poison ivy, beehives.
5. **Practice Fire Safety:** Don't cause a forest fire! Build any campfires in a safe open area far away from the tent. Make sure the fire can't spread laterally or vertically. After you light the fire, constantly keep an eye on it – never walk away from it. When it's time to put the fire out, dowse it with water and make sure all the embers or sticks are wet. Embers buried deep within the pile tend to reignite later. Be extra cautious!

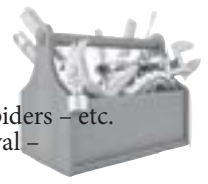


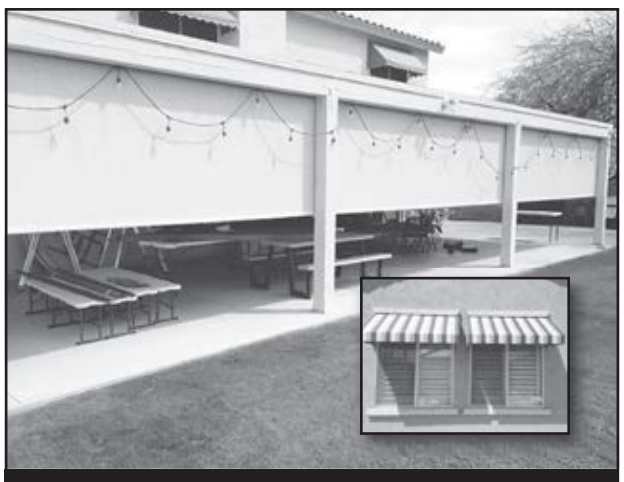
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Leisure World

Golf

HOT TIPS

How To Consistently Hit Farther

By Shane Romesburg



The most common concern I hear from golfers wanting lessons is, "I want to hit the ball farther."

As we age and lose flexibility, we also lose clubhead speed and distance in our golf shots. How many times have you heard someone say, "I used to hit an 8 iron 150 yards, now it only goes 125?"

So, to increase distance, most golfers will take the club back as far as they can, thinking this will increase their distance. But all they are doing is losing clubhead speed and power.

Let me share with you a drill to increase power in your golf shots. Although you may not hit an 8 iron 150 yards again, you will hit it more than 125 yards.

A Common Error

Many Leisure World golfers — especially females — take the club back too far and their wrists collapse at the top of the backswing. This takes all the power from your golf swing and increases the chances for a mishit.

Using an 8 iron, make a backswing until your left arm is parallel to the ground. At this point, the club should be at a 90-degree angle to your left arm. From here, slowly rotate your shoulders to the top of your backswing, keeping the 90-degree angle.

The amount of turn you make will depend solely on your flexibility. Most golfers cannot turn much more than the original position of left arm parallel to the ground. Thinking they need to take the club all the way back to hit it farther, the wrists breakdown. This causes you to flip the club on the downswing, resulting in complete loss of power and a mishit.

Drill Tip

Next time you are at the range, try this drill. Take the club back, so the left arm is parallel to the ground. You should practice hitting balls from this position.

With practice, you will see that your power doesn't come from how far back you take the golf club, but from how consistently and squarely you apply the clubhead back to the golf ball.

Practice makes perfect! Don't stop!

-Shane Romesburg is Head Golf Pro at Leisure World.

Leisure World Golf Staff



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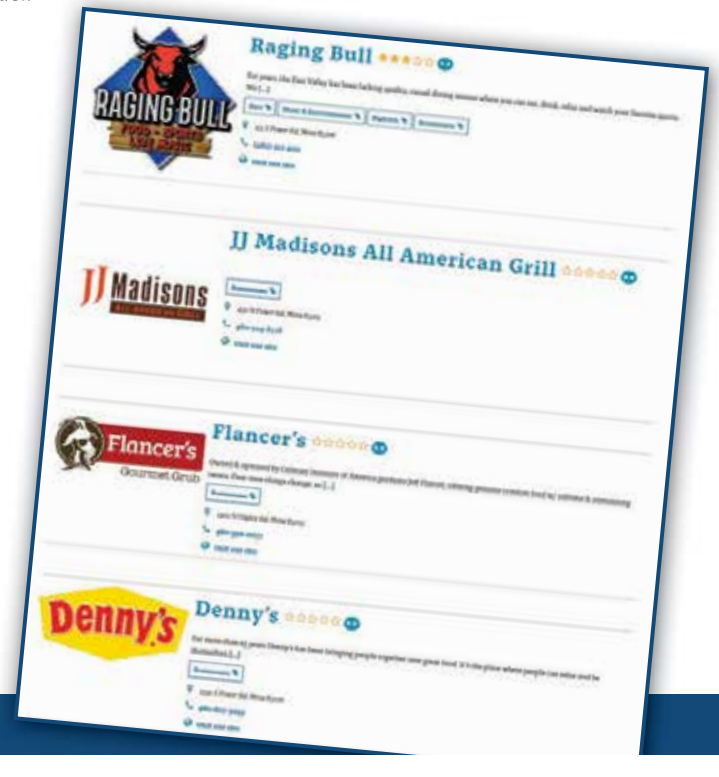


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Leisure World **Golf**

Practice Putting for Betters Scores



The area all golfers can always get better at is putting. It is part of the game that is practiced the least and has the largest effect on the final score. As one of the most important areas of scoring, you need to focus more in getting the ball into the hole.

Statistics show there are two goals that every player should focus on while working on their putting:

1. One-putting more often from distances at your level of play.
2. Eliminating three putts from distances at your level of play.

The probability of one-putting from different distances depending on a golfer's ability level:

Distance	Tour Pro	Scratch Golfer	90 Shooter
2	99%	99%	95%
3	96%	93%	84%
4	88%	80%	65%
5	77%	66%	50%
8	50%	41%	27%
10	40%	33%	20%
20	15%	14%	6%

The probability of golfers of different ability levels three-putting from different distances:

Distance	Tour Pro	Scratch Golfer	90 Shooter
15	1%	2%	5%
20	2%	4%	8%
30	5%	9%	18%
40	10%	15%	30%
50	17%	23%	41%
60	23%	30%	51%

A higher handicap golfer makes putts that are inside 5 feet 66% of the time. Higher handicap players looking to reduce their handicaps should focus on becoming better putters within the 5-to-10-foot range. Those putts will be more important to their score than putts they hit from 15-to-45 feet.

Based on the statistical data, a higher handicap golfer should "lag" putt beginning outside of 20 feet. The proficiency of a higher handicap golfer states that until they get the ball within 5 feet, they will miss more than half their second putts.

The key is to become more proficient from 5-to-10 feet to have a better chance from longer distances. If you cannot get putts from outside 40 feet into a 5-foot circle around the hole, your chances of two putting diminish greatly.

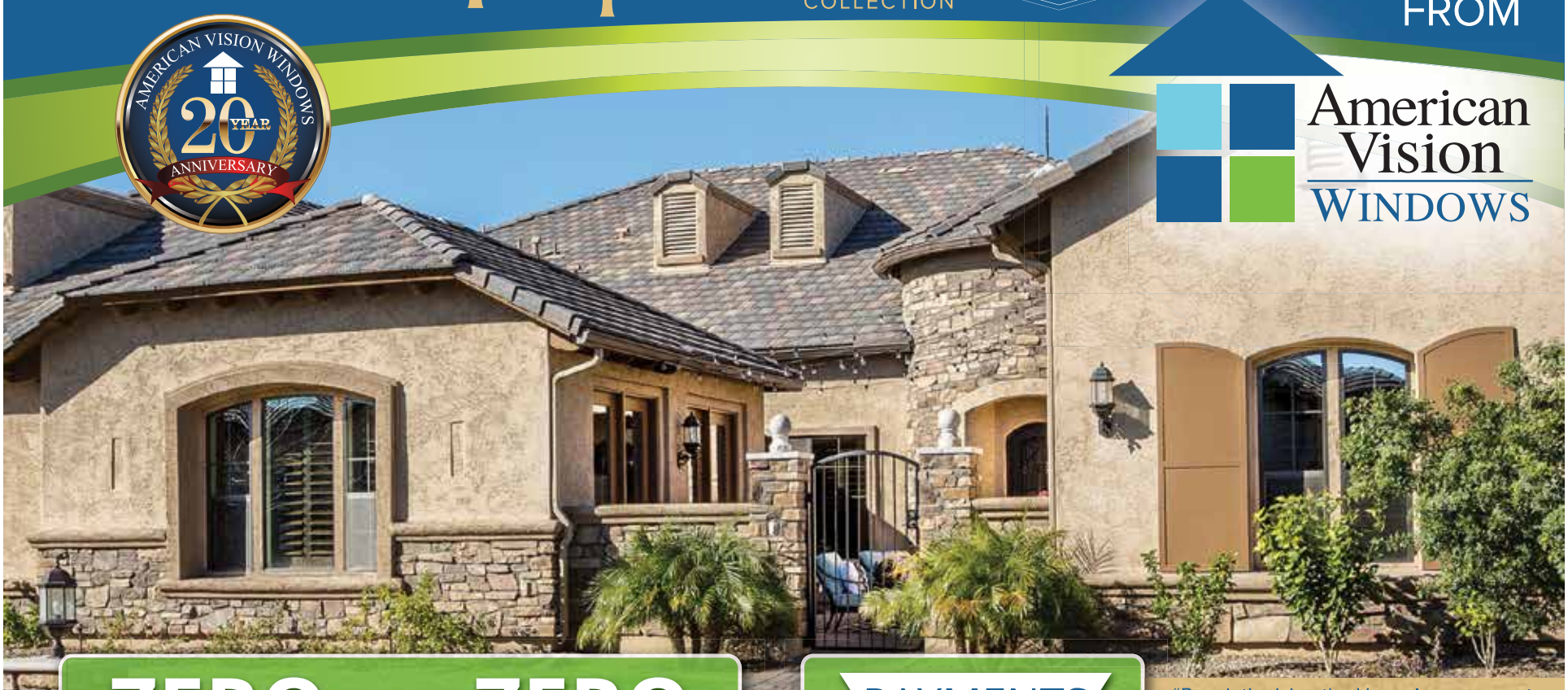
So, practice putting to improve your scores and golf game. Happy putting!

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