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May 2020



Leisure World News

The Official News Publication of Leisure World Arizona



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Heroes of Our Time: Residents Supply Cloth Face Masks During COVID-19

"The greatest heroes are those who do their duty in the daily grind of domestic affairs," said British social reformer Florence Nightingale. Nothing is truer during a crisis, as proven by Leisure World residents who are creating cloth face masks during the coronavirus global pandemic.

"With the severe shortage of masks, our Leisure World residents who sew have stepped up — some even sewing through the night — to provide protection for health care workers and neighbors," says Leisure World resident Linda Weinstock. "They are our heroes."

As the coronavirus continues, the Centers for Disease Control and Prevention encourages everyone to wear a cloth face covering in public to help curb the spread of the disease. But with the growing need, the nation is suffering a shortage of masks.

As a result, many Leisure World residents found some extra fabric and dovetailed to their sewing machines to sew cloth face masks for medical providers, family, friends and neighbors.

Ladies Stitching Together

That's what Leisure World resident Rose Shorma did.

"I always like to help people out," explains Rose, who has lived at Leisure World for seven years. "I think of the medical people that are working so hard out there for us while we sit back in our bubble. This is my way of supporting them."

When a face mask shortage emerged at the end of March, Rose quickly sprang to action. She found a face mask pattern online and reached out to friends to see if they could help and provide fabric. In no time, Rose was inundated with calls from others who wanted to step up to the plate.

"I kept getting calls from ladies asking how they can help," says Rose. "We now have a great group of 12 women putting these together."

Rose and residents Karin and Rita Bertelsen, Joan Bishoff, Tripta Chabra, Linda Mahoney, Gillian Black, Marlene Vancouver, Lela Ayers, Barbara Young, Lori Hines and Maria Sharkey, have banded together to sew and collect materials. Rose's home is the central drop-off and pickup location for face masks and materials.

Barb Young believes this is a good way to make a difference.

"It's a great way to pass the time, and it makes me feel good," says Barb who has lived at Leisure World for over 12 years. "I really like to sew, and I can do it all day. I've made masks with a lot of goofy cat patterns to help lift people's spirits."



Resident Barb Larson delivers masks to a neighbor.



Harmony Medical nurses April Grivet, Nick Rowbotham and Alex Dreyfus appreciate the handmade masks received from Leisure World residents.

Other Leisure World residents like Linda Mahoney are helping the group by donating materials.

"I had so much fabric and wanted to start sewing again, but then this opportunity came up," explains Linda who has lived at Leisure World for four years. "It feels good to help and do something proactive during this time by keeping people safe."

Paying it Forward

Rose and her group of heroic ladies have made over 300 face masks for health care professionals and others.

Linda Weinstock, who is Rose's neighbor, connected Rose with her daughters, April Grivet, a nurse at Harmony Medical Care, and Tami Heinl, a nurse at Oasis Behavioral Health. Together, they help Rose distribute handmade masks to other health professionals around the Valley.

"Having daughters, granddaughters and friends on the frontline working long hours is pretty stressful for everyone," says Linda with great concern. "You pray for protection. Leisure World answered that prayer."

The group is also giving cloth face masks to residents for free.

"We don't charge them anything," explains Rose. "Some people are so appreciative that they ask what they can pay me. I just tell them to pay it forward and return the act of kindness to somebody else."

Bridging the Gap

Rose and her group are not the only ones who have risen to the occasion.

Aware of the growing face mask shortage and in need of one herself, Leisure World resident Barb Larson discovered a group in Hutterite Colony near her hometown in South Dakota, who were making masks for people for only $2.50. To help others, she shared this great deal with the Leisure World community.

To Barb's amazement, she received 773 orders in one day!

"I figured I would let other residents know about this option since there was obviously a need," says Barb. "I was expecting maybe 100 orders, not over 700."

Given the incredible demand, Barb took charge and developed a spreadsheet system to track orders. For deliveries, she enlisted the help of her husband Gene and residents Henry and Kathy Percy, Kathleen and Larry Wheaton, Marcia and Ron Rupright, as well as non-residents Wolly and Rita Osgood.

Continues on page A5

Tennis Afficionado Dick Mendrop: 100 Years Young!

By John Latus

You're never too old to play tennis! Leisure World resident Dick Mendrop is living proof!

You can see Dick pictured here standing on the tennis court that he first stood on in 1979. At the time, it was one of only two courts in Leisure World.

Back then, Dick and his fellow nine Tennis Club members played tennis three to four times a week. Often, they would ask two residents of the Golf Resort to play with them just so they could have three full teams to play against one another.

Fast-forward 41 years later, Dick — who turns 100-years-old on May 14 — is still a member of the Tennis Club. He even continued to play tennis up until a few years ago at the age of 97 with a social group called the Wolf Pack. Simply incredible!



It's game, set and match for Dick!

The Wolf Pack was formed in 1990 when a group of eight men and women Leisure World Tennis Club members realized they were no longer able to play competitive league tennis. But they still wanted to play. And play they did!

From Monday through Friday, this select group played for an hour on the original two Leisure World tennis courts, now known as courts 11 and 12. Unfortunately, Dick dropped out of the group a few years ago because he was concerned that he might fall and break something. But thankfully, he was still able to play tennis into his late nineties.

Dick believes he was able to achieve this incredible feat because he remained active throughout his life.

To this day, Dick continues to take walks to get his body moving. As his motto goes, "You've got to move it or lose it!"

Continues on page A9



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 480-832-0003. 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 480-832-0000.

LWCA Directory

Main Number: 480-832-0003

Administration Reception	Ext. 210 reception@lwca.com
Facilities Department	Ext. 233 facilities@lwca.com
Finance Department	Ext. 227 finance@lwca.com
Fitness Center	Ext. 261
Golf	Coyote Run: 480-634-4370 Heron Lakes: 480-664-0761
Health Office	Ext. 222
Landscape/Maint. Department	Ext. 223 landscape@lwca.com
Communications/LW News	Ext. 219 news@lwca.com
Recreation Department	Ext. 224 recreation@lwca.com
Security Department	832-0000 security@lwca.com
RE/MAX Classic	480-832-7451
Outreach Office	Ext. 207

Welcome New Owners



Jane and Renee Vogel	232
Virgil and Jocelyn Iszler	551
Nicole Wurster and Michele Sobotka	1507
Gary and Janette Lindsey	1841
Debra Roben	2691
Larry and Karen Miller	2778
Neil and Avis Berger	2598
Evelyn Guehr	1282
Colette and Howard Cotton	1238
Gregory and Julie Miller	1175
Laura Siegel	753
Donald Higgins	534
Susan DeCarlo	210
Wayne and JoAnne Kratz	598
Donald and Marilyn Hansen	1549
Mark Lowry	436
Lois Braithwaite	586
Phylis Durbin	1264
Andrea Alstrup	1426
Daryl and Debra Eastridge	1794
Larry and Glenda Pearson	2128
Zane and Bonnie Anderson	2592
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David and Annabell Hill	44
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Leisure World News

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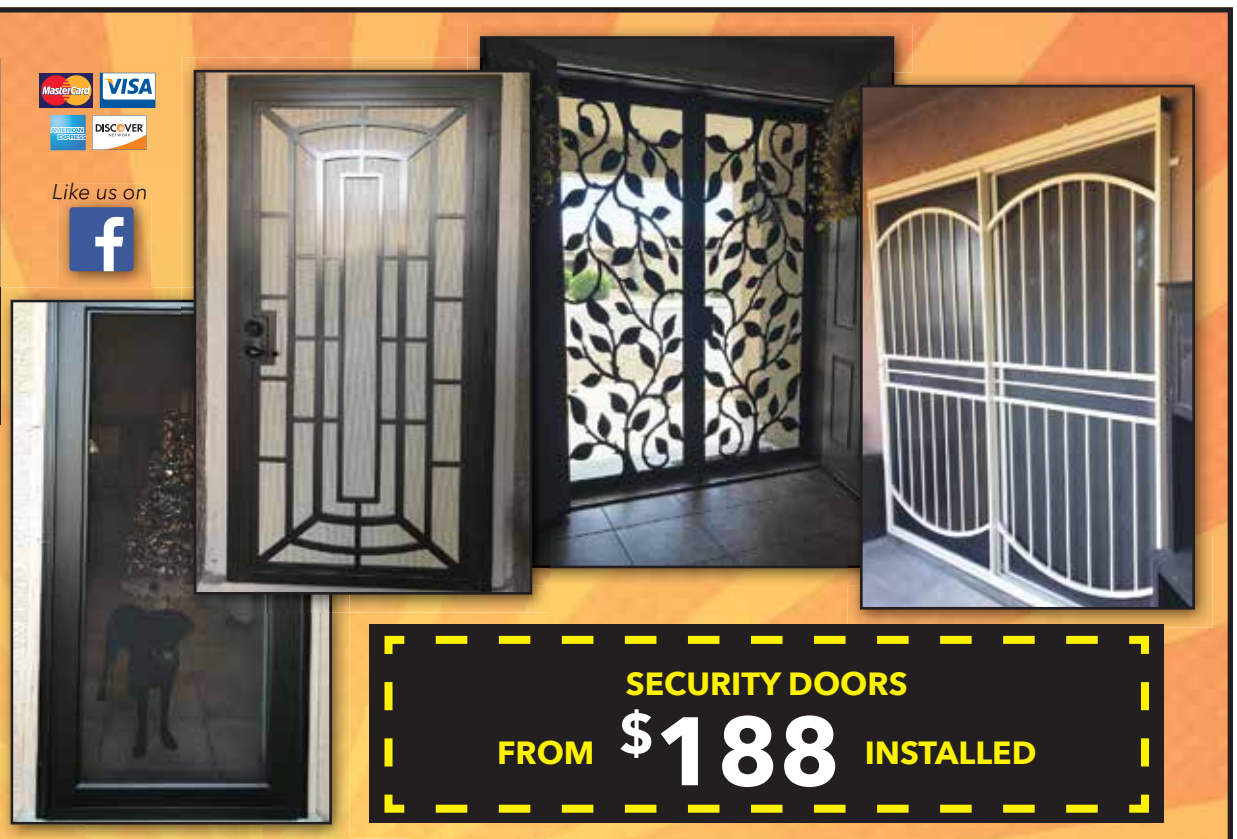
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DEADLINE FOR ARTICLES: 10th of the month submitted by email at news@lwca.com.

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Administrative Announcements

DID YOU KNOW?

Leisure World Security Puts Safety First

At Leisure World, your safety is our number one priority. And the Leisure World Security Department works hard to ensure this. Here are some important facts to be aware of:

- In the event of an emergency or crime, **call 9-1-1 first**. Do not call LW Security until **after** you have called 9-1-1.
- No street in Leisure World has a speed limit greater than 25 MPH – including Leisure World Blvd.
- Motorists are prohibited from passing moving cars, trucks or motorcycles on any Leisure World roadway – including on Leisure World Blvd. Passing golf cars and bicycles is permitted.
- Golf car and bicycle operators are required to follow all the same rules of the road as operators of motor vehicles.
- LW Security staff are not authorized, equipped, or trained to catch stray animals. We will investigate pet violations – e.g. off-leash violations, excessive barking, failure to clean up after a pet, etc. – but stray animals must be reported to Maricopa County Animal Control at 602-506-7387.
- A crime (very rare occurrence in Leisure World) can only be reported officially to the Maricopa County Sheriff's Office (MCSO) by the person experiencing the crime. LW Security cannot make a crime report for a third party. Moreover, LW Security is not a law enforcement agency, and while we maintain a record, we are not permitted to investigate crimes.
- The efficiency of our community entry security is enhanced when residents let LW Security know ahead of time of visitors. Call LW Security at 480-832-0000 (Option 1) to add visitors to your authorized entry list.
- Rural Metro Fire Department can come to your manor and conduct a free home safety survey/ inspection. Call Rural Metro's non-emergency number at 480-945-6311 to schedule a visit.



May Board and District Meetings

All Meetings subject to change or via Zoom. Updates will be provided.

Meetings	Date	Time	Location
District 1 Standards Committee	May 28	9:00 a.m.	
District 4	May 14	4:00 p.m.	
Community Chat	May 26	2:00 p.m.	Rec. 1 Ballroom

LWCA Closed



Leisure World Offices will be closed on Monday, May 25 in observance of Memorial Day.



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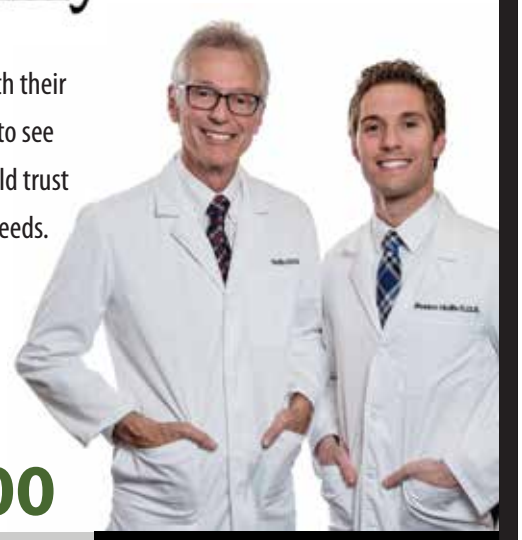
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Foundation Flashes

Challenge Days Funds Noble Causes

The Leisure World Foundation continues to support residents and the community during these difficult times. This year, our Challenge Day events raised an impressive $41,000.

Leisure World Foundation Board Member Jim Davis, along with other committee members, reviewed grant applications and awarded several local organizations.

These grants will provide much-needed assistance to the following worthy causes:

House of Refuge: The $11,000 grant provides direct services for a family living there for a year. The nonprofit assists families during a transition of homelessness to find permanent housing.

Child Crisis Arizona: The $10,000 grant awarded will benefit STEM Family Activity Nights. This program provides exposure and learning opportunities, particularly to children from low-income environments in science, technology, engineering and math in the state STEM network. The grant provides funding to support staff training and development, and once-a-month family nights.

Sunshine Acres Children's Home: The $5,000 donation will support a reading program to bring children up to grade-level reading ability with a math component.

Save the Family: With an $11,000 gift, this organization will assist 50 homeless veterans and their families with housing.

Matthew 25 Prison Ministry: The $4,000 grant will be used to pay post-secondary class costs for incarcerated women.

Donations also helped fund the Leisure World Music Therapy Class, the Leisure World Outreach Office and the Leisure World Library.



The Leisure World Foundation sponsors a home for a family in need through the Adopt a Home Project. This plaque hangs by the front door.

House of Refuge: Rescuing Families

The Leisure World Foundation would like to highlight House of Refuge, which received $11,000. This nonprofit transforms the lives of families by providing transitional housing and support. They provide safe, stable housing to families who are experiencing homelessness. Their professional staff work with families on regaining dignity, finding employment and ultimately, obtaining permanent housing.

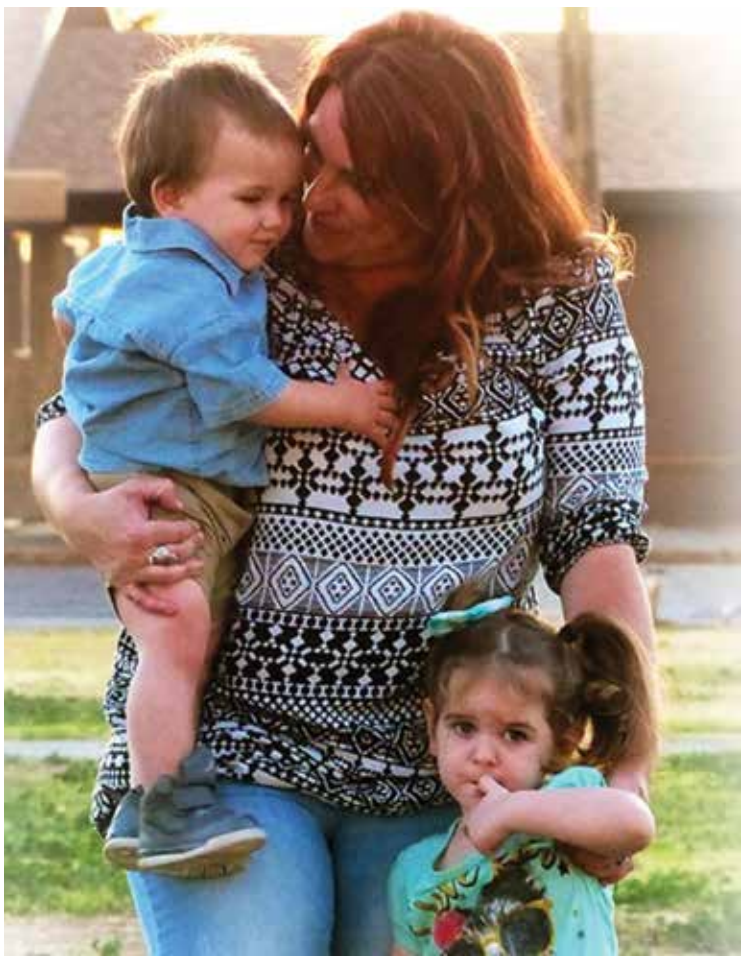
"Since 1986, we have served over 7,000 individuals to overcome homelessness, become self-sufficient, and move toward permanent housing," says House of Refuge Executive Director Nancy Marion in an interview. "Every item a family is given while living at House of Refuge is theirs to keep even after they move out. We want families to be treated as if they are worth it."

An Idyllic Place to Rebuild

House of Refuge is located less than 10 miles south of Leisure World on Power Road. It sits on 20 acres in the former Williams Air Force Base. It is surrounded by an Arizona State University site and the Bureau of Land Management. It consists of 88 homes, which has a playground, basketball court and a community vegetable garden.

Every enhancement to the grounds has garnered support from the community, such as Boy Scout Eagle projects and grant awards from the Attorney General's Office.

A Leisure World Foundation Challenge Grant provides $11,000 of direct services for a family living there for a year. One home of the 88 two-bedroom homes has a plaque which affirms the foundation's support for the family and the organization. Each home's plaque has the names of various sponsors, including individuals, churches and businesses.


House of Refuge provides safe, stable housing to families who are experiencing homelessness.

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Learning Life Skills

At House of Refuge, families receive classes on practical life skills on parenting, budgeting and healthy relationships. The parents are assisted by an employment and education center. A case manager also develops a personalized plan for each family.

Residents are encouraged to grow and become independent. But they are also held accountable.

"Another aspect of family residence is the motto, 'We love, but verify.' It is a safe, alcohol-free, drug-free, caring environment," explains Marion.

House of Refuge's future goal is to work with landlords to provide affordable housing for the families who eventually leave.

For more information on supporting House of Refuge, visit http://www.houseofrefuge.org or call 480-988-9242.

We are proud that the Leisure World Foundation can help our community and so many noble causes. We are grateful for the incredible generosity and support of our residents. Thank you!

Stay tuned next month as we highlight another worthy grant recipient!

Correction for April 2020 Foundation Flashes article: The Leisure World Foundation received a $5,000 from the Pickleball Club, raised through fundraising and donations. We thank you for your support and generosity!

LW Foundation Donors March 1-31

Challenge Days
Tennis Club
Pickleball Club

Endowment Fund
William and Lucia L. Causey

Library
William F Finnegan
Lois L Nelson

Admin. Announcements

Introducing New IT Manager Lisa Yttri

Leisure World is pleased to announce new Information Technology Manager Lisa Yttri.

I'm so excited to be returning to Arizona and working for Leisure World," says Lisa. "I will be able to share my love of technology and networking skills while being in a management role."



A Minnesota native, Lisa previously was a Systems Administrator for Manatee County in Bradenton, Florida, for the past six years. She also worked as a Sr. Network Administrator for the U.S. District Courts in Arizona from 2008-2013 and as a Sr. Network Engineer for Robson Communities from 2000-2008.

"I love IT because it is challenging and technology is ever-changing," explains Lisa. "I never shy away from learning new technologies and embracing the changes that come with it. Every day in IT is different, and that's one of the reasons I enjoy my career so much."

Lisa has a B.S. in Graphic Design from the University of Wisconsin–Madison. Upon graduating and moving to Buffalo, New York, she worked in graphic design and computer networking. While doing so, she became fascinated with systems administration and became certified in the field.

When Lisa is not working, she enjoys hiking, cycling and running with her dogs. An animal lover, she has two rescue cats, Madison and Victoria, and four rescue dogs: Ditto, Bama, Cameron and Ruffles.

"I'm very grateful for the opportunity to join the Leisure World Team," adds Lisa. "I'm looking forward to learning a new environment and putting my knowledge to use on any projects that come my way. I can't wait to meet you all!"

Welcome to Leisure World, Lisa!

RESIDENT FACE MASKS *continued from page A1*

"It was a really big undertaking and it was time-consuming. But I was happy to do it," adds Barb.

For any additional face mask requests, Barb now refers residents to others at Leisure World who are making masks.

"We're in this together," concludes Linda Weinstock. "I'm so proud of our community."

On behalf of Leisure World, thank you ladies, for being the unsung heroes during this crisis!

To Get a Cloth Face Mask

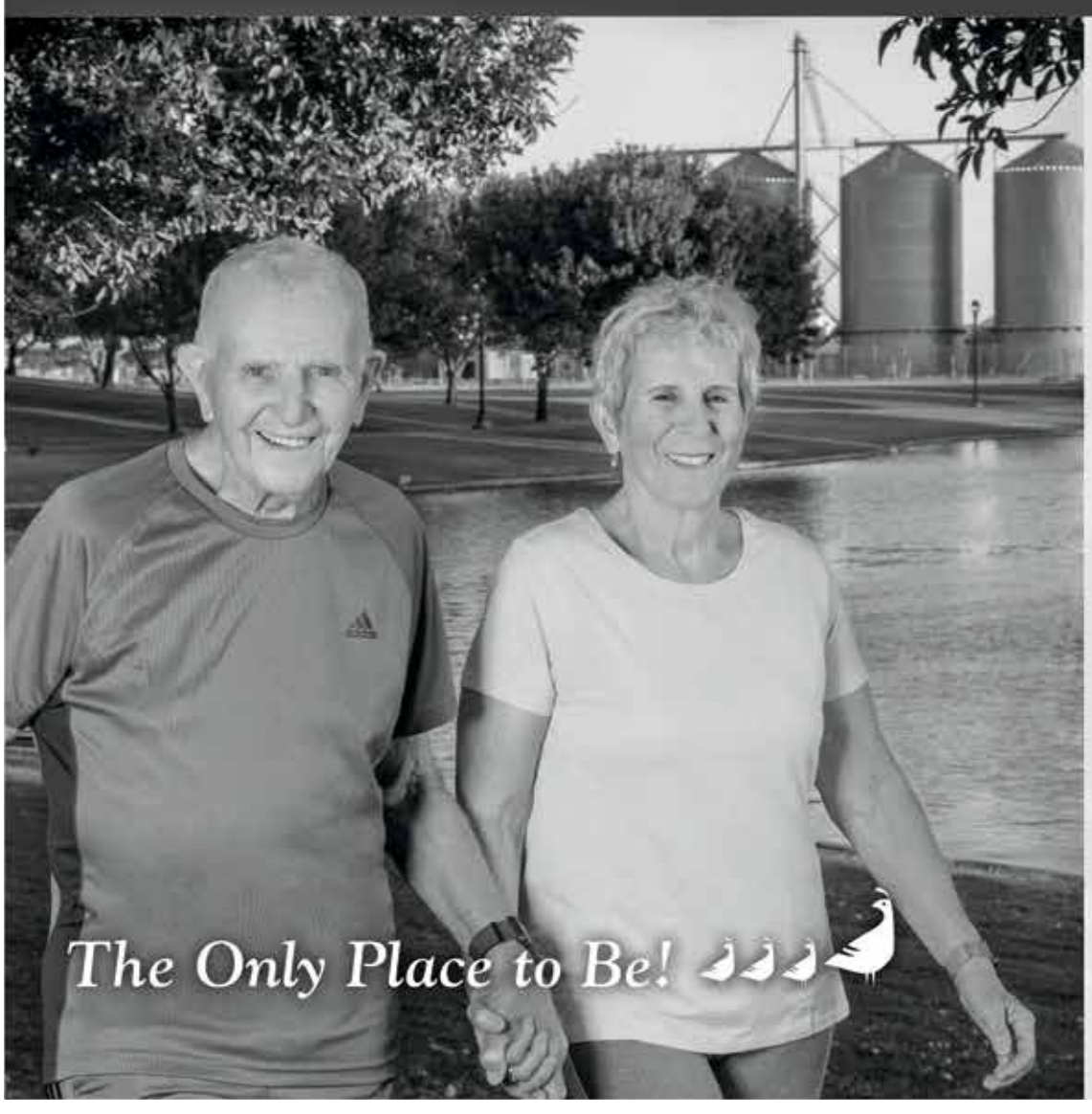
Many Leisure World residents are generously making face masks for friends and neighbors. If you need one, please reach out to the following residents:

Resident Linda Smithers has donated over 100 cloth face masks with elastic to residents. To get some, contact Linda at 480-540-0695 or pick them up at manor 2390.

Resident Sue Ford is selling "designer" masks for $10, which helps cover cost of materials. She is donating hundreds of masks to veterans, those with health issues and their families. For a mask, contact Sue at 605-595-2753 or sue.johnson.ford@gmail.com. You can also stop by manor 1264.

If you or someone you know is making cloth face masks, please contact the Communications Department at news@lwca.com.

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Administrative Announcements

COMPLIANCE CORNER

It's that time of year and snowbirds are fleeing north to avoid the upcoming scorching heat. But before you leave for the summer, please be aware of the following Rules and Regulations.

Answers can be found below and in Leisure World's Rules & Regulations.

Across

5 Except for plants, trees and rocks, an ACC _____ Permit is required for all exterior changes or alterations per the CC&Rs.

8 Removal of ripe _____ from trees by July 1st is required.

9 Golf carts that are not being used on a _____ basis shall be properly stored in a garage, carport or patio when such space is available.

Down

1 When it is not feasible to store the garbage containers provided by Leisure World's garbage collection service in an enclosed area, they may be stored outside in an area providing the least _____ from the street or adjoining property.

2 No temporary outside window coverings may be installed. Only non-_____ Styrofoam-type covers are allowed for inside use.

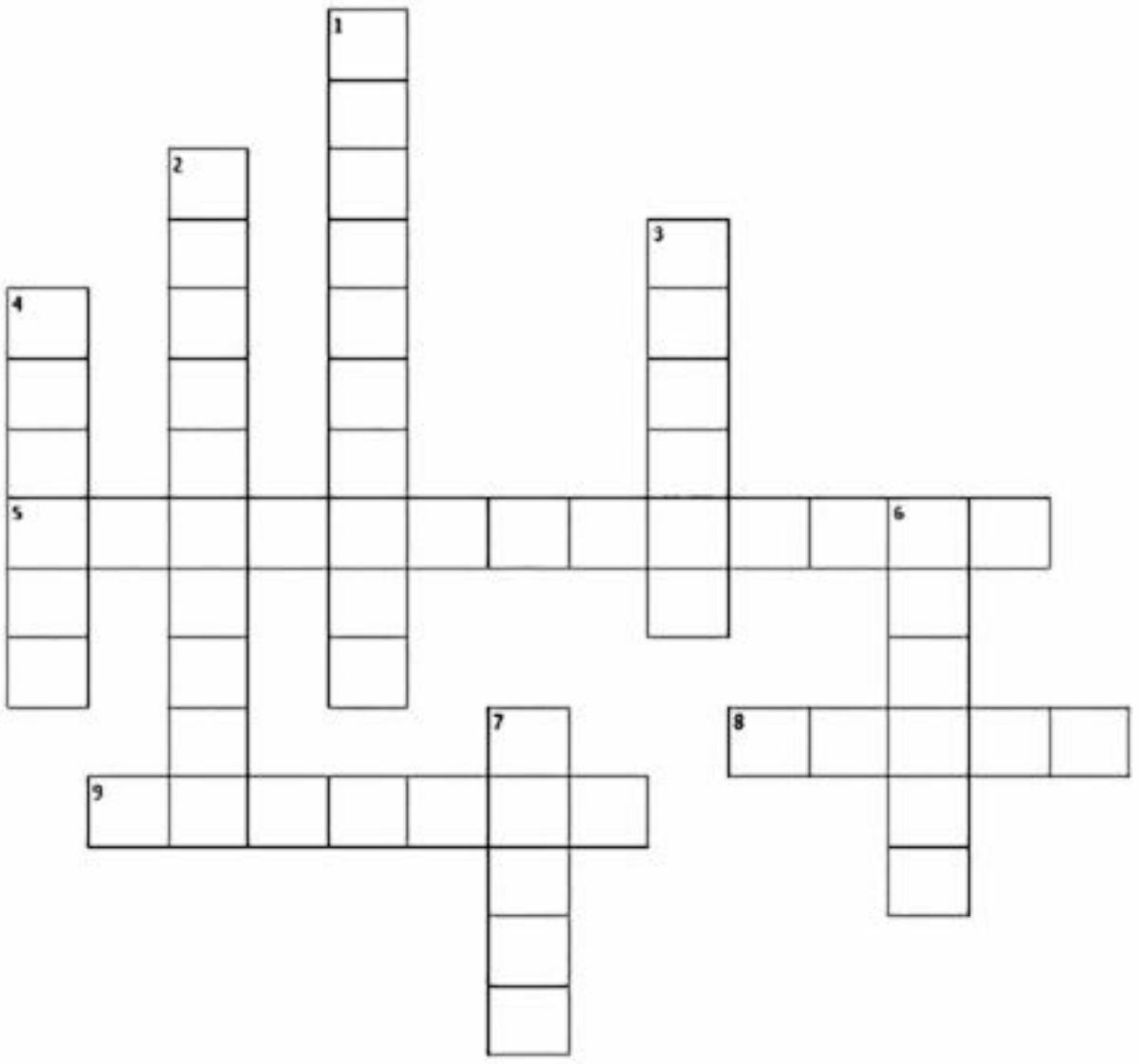
3 No owner may rent less than the entire manor and no rental may be less than _____ days.

4 Personal property may be stored in a _____.

6 To deter vermin and reduce the risk of fire and property damage it is required that palm trees be trimmed of dead fronds and foliage annually, by _____ 31st.

7 If any owner _____ to maintain their lot (i.e. including weed control, removal and trimming of trees, bushes, plants and palm trees, etc.) or manor (i.e. rotting wood, missing shingles/tiles, or peeling paint) or permits the storage of property on owners lot in violation of these rules, the LWCA after proper notification if feasible shall have the right to enter the owner's property and perform such landscape maintenance or removal of personal property.

Summer Preparedness Crossword



Across: 5: Architectural, 8: Fruit, 9: Regular
Down: 1: Visibility 2: Reflective 3: Thirty 4: Garage 6: August 7: Fails

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A DOSE OF PROSE

The Health Benefits of Reading

By Charlene Ingerson

Reading is an active process. This is particularly good news for seniors since the act of reading helps heighten overall brain function and improves memory. The extensive research on the impact of reading on our brains shows that more is better.

A Mental Boost

According to a current study at the Fisher Center for Alzheimer's Research Foundation, reading can help protect memory and thinking skills, especially with age. In fact, reading every day can potentially slow down cognitive decline later in life and keep our brains healthier and sharper for longer.

Reading can also compensate for mental capacity lost in illnesses like Alzheimer's disease. Scientists at the University of California, Berkeley discovered that the act of reading can lower the levels of beta amyloid — a brain protein involved in Alzheimer's — by keeping the mind cognitively stimulated.

Reading has also been linked to slowing mental decline by keeping important parts of the brain working and improving overall mental flexibility, which is needed for developing and retaining memory.

Ongoing research at Haskins Laboratories for the Science of the Spoken and Written Word reinforces these findings. Reading — unlike watching or listening to media — allows the brain more time to stop, think, process and imagine the narrative in front of us. This increased mental activity helps keep memory sharp, similar to how lifting weights keeps your muscles toned. Hence, reading boosts brain activity.

Research also shows that reading is a stress-reducing activity that can lower your heart rate and blood pressure.

Bottomline: reading improves people's memories, increases brain power and enhances empathic skills. Daily reading has even been linked to a longer lifespan.

LW Library Donation Appeal

The Leisure World Library volunteers have worked hard to create a haven for readers. Our 13,000 collection of books is both wide and deep. Our hardcover and paperback books spans many genres and authors that have a broad appeal to our residents. Moreover, a growing percentage of our hardcover books are in large print to make them even more readable.

The Leisure World Library receives no portion of the homeowners' fees. We rely solely on monetary donations and the proceeds of book sales to buy new books to keep our collection up-to-date and engaging.

However, since the global coronavirus pandemic, our ability to raise funds has been profoundly affected. Our annual fund drive was severely truncated, and we were also forced to cancel our major book sale during the Spring Arts & Crafts Festival. As a result, we were only able to raise one-third of the funds anticipated. Consequently, we are asking for any monetary donations — large or small — to help keep our beloved library a sanctuary of good reads.

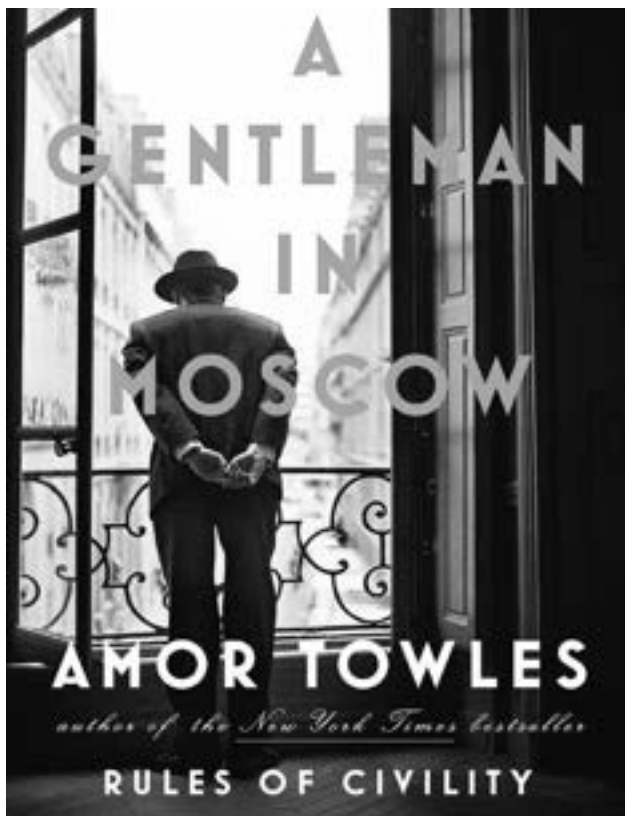
As I write this, Leisure World buildings are closed. If this is still true in May (or if you are out of town), you can donate by sending a check made out to "Leisure World Library" to our treasurer, LeeAnn Pettit, at manor 1211. If your donation is in honor of someone, please include their name.

Help us so that every resident can benefit from the positive impact of reading! We thank you for your continued support and generosity!

A Count for All Times

I have been reading many books as we engage in social distancing and re-read some of my favorites — in particular, "A Gentleman in Moscow," by Amor Towles. The novel chronicles the life of a Russian count, Alexander Ilyich Rostov, who was once part of the Russian aristocracy. But in 1922, he is sentenced to house arrest in the world-renowned Hotel Metropol in Moscow "for the rest of his days." If he leaves, he will be shot. Thus, we are treated to the story of this urbane man's life, thoughts and the relationships he forms with staff and guests during the next 30 years.

The count's sentence is hardly the gulag. After all, the Hotel Metropol is a grand palace seized by the communists to house bureaucrats and impress foreign guests. The count, however, is consigned to a tiny room on the top floor — a far cry from the extravagant life he lived previously. Regardless, the man makes the home, not the other way around. And the count is convinced that "by the smallest of one's actions one can restore some sense of order to the world."



Towles is a master of language and a gifted storyteller. *A Gentleman in Moscow* is a great novel and very pleasurable to read.

Thank you to those of you who made a memorial donation in March!

Stay safe and healthy!

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

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Why Is My Back Pain Worse With Physical Distancing?
BY DR STEVEN ALEXANDER
Leading Back Pain Expert
If you are 55+, there is greater than 80% chance you have dealt with back pain at some point in your life. And it seems with the physical distancing, this number seems to be at the greatest right now.
I just had one of your fellow neighbors write to me and ask, "Dr. Alexander, I have been noticing my back pain has returned over the past few weeks. I was doing well for over a year. Why do you think it came back?"
I jumped on a call with him to discuss what it could be. The answer: Corona Virus. No, he did not have the virus. In fact, he was practicing his physical distancing diligently. Physical distancing had actually turned into sitting around the house and eating his favorite chips and cookies.
What's more, his wife was *fed up* with his complaints about his **back pain** and his 'laziness'. He was starting to use that as an excuse to not go on his nightly walks with her. And that 'honey-do' list turned into a 'not-right-now' list.
If you are looking to:
◦ Get back to taking your **walks in the evening**
◦ **Rolling out of bed** in the morning with less pain
◦ Start **checking off tasks** from the 'honey-do' list
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VETERAN SPOTLIGHT

Ted Wilson: A Courageous Wartime Medic Helping Others

By John Latus

Leisure World resident Ted Wilson grew up in Englewood, Colorado. After high school, he joined the Air Force in January 1975, where he went through military police training. His class was supposed to be sent to England, but instead, they were assigned to Eielson Air Base, Alaska, south of Fairbanks. The winters were brutal, sometimes falling to 90 degrees below zero.

After Ted's four-year tour was up, he opted out and became a policeman in Weld County, Colorado. During the 1980s, he worked at small police departments in Ft. Lupton, Lakeside and Morrison. But he missed the camaraderie of the military, so he enlisted in the Army National Guard in 1989. He was sent to Ft. Sam Houston, Texas, in 2005 for special training at the Army's main medical school to become a combat medic.



Ted is promoted to Staff Sergeant in 2011.

Helping Stabilize Iraq

In July 2009, Ted was deployed to Ramadi, Iraq with the National Guard 3/157 Field Artillery group. As the medic, he would go out on patrol with the troops who would visit the small towns in the area and meet with the village chieftains to see what kind of help the villages needed. It was mostly financial help.

Ted loved the Iraq country. It was beautiful with people who welcomed U.S. presence as a stabilizing force. The villagers were very friendly towards the troops, appreciating what the American military was doing to help rebuild the country after Saddam Hussein was removed from power. For example, Sgt. Wilson helped establish a hospital in Ramadi. Although these patrols sometimes met with sporadic sniper fire, most of the problems in the area was with in-fighting among Iraqis. It was the ongoing conflict between the Shiites and the Sunnis that caused trouble in the region.



Ted shoots an AK47 in Iraq.

After his 12-month tour was up, Sgt. Wilson returned home on six-month leave.

Providing Emergency Care

Then in February 2011, Ted was deployed with the 928 Medical Company of the Colorado National Guard to Salerno, Afghanistan, a forward operating base supporting the 1st Combat Division. The majority of the time, Ted worked in the emergency room with the doctors after unloading helicopters carrying the wounded — many who had suffered from IED explosives and sniper fire.

Ted's group brought them into the hospital which was maintained and supplied by the national guard Army reserves. Often times, they too, were under sniper or mortar fire. The Taliban based in Pakistan would transport weapons and bomb-making materials from Pakistan over the border to Afghanistan for use by the Taliban groups operating there.

One interesting tactic used by the terrorists was to set up rockets on ice-covered launchers. When the ice melted and the rockets touched the launcher, the rockets would be fired. Early warning systems warned of any incoming attacks. But by that time, all the terrorists who set up the launcher were long gone.

After his 14-month tour, Ted returned to Ft. Lewis, Washington. Shortly after Ted left Afghanistan, his base in Salerno suffered a security breach and was devastated by a truck full of explosives. It exploded, destroying several facilities, and tragically killed 14 soldiers and wounded over 200.

Fighting Crime Locally

In 2012, Ted was discharged from Ft. Lewis. He used Veterans Affairs funding to enroll in Arapahoe Community College in Littleton, Colorado, and obtained a degree in Criminal Justice. He continued on working on a second degree in Computer Animation.

Ted then resumed National Guard duty once a month and worked at small police departments in towns throughout Colorado. He eventually became Deputy Sheriff of Park County, Colorado.

For three years, Ted dealt with numerous crimes, including domestic violence, arson, burglary, murder and more. He even worked 12-hour shifts for six months at the county jail which held 200 inmates. When Ted finally received his 100% disability from the U.S. government for his service, he decided to retire.

Leisure World Calls

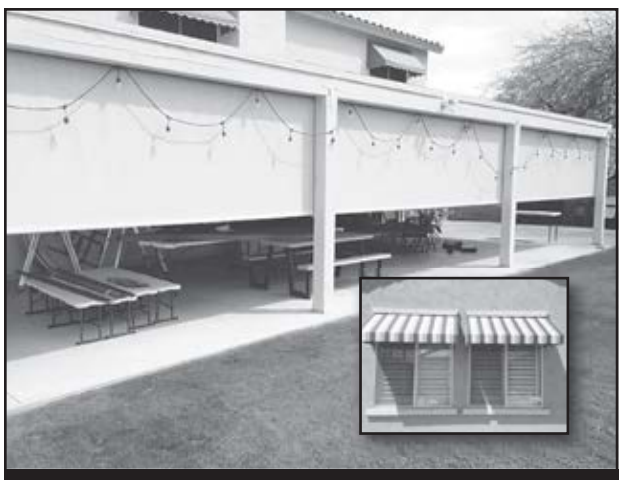
In October 2017, Ted moved to Arizona to be near his daughter and grandchildren who live in east Mesa. He started renting in Leisure World before he bought his present home in December of 2019. Ted enjoys building model vehicles and planes from kits and collecting G.I. Joes. His shelves overflow with helicopters, motorcycles, jeeps and tanks.

Thank you for your service overseas and to our country, Ted!

-John Latus is a veteran and Leisure World resident.



Ted with his dogs, Reggy (left) and Nana (right).



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Memorial Day Commemorates Our Fallen Heroes



Every May, America honors veterans who have died dutifully serving our country and protecting its citizens.

Memorial Day was first observed in May 1868. The celebration commemorated the sacrifices of the Civil War and the proclamation was made by General John A. Logan. Following the proclamation, participants decorated graves of more than 20,000 Union and Confederate soldiers.

The practice of decorating soldiers' graves with flowers is an ancient custom. Soldiers' graves were decorated in the United States before and during the American Civil War.

In April 1865, following President Abraham Lincoln's assassination, commemorations were everywhere. The memorialization of Lincoln—who presided over the Union victory in the American Civil War—and the more than 600,000 soldiers on both sides who died in the war, took on historical significance. An annual "Decoration Day" (aka Memorial Day) became enshrined in tradition.

Since World War 1, Memorial Day has become a celebration to honor those who died in all of America's wars. In 1971, it was declared a national holiday and is celebrated the last Monday of May.

On Memorial Day, the flag of the United States is raised to the top of the staff and then solemnly lowered to half-staff position, where it remains only until noon. The half-staff position salutes the more than one million men and women who gave their lives in service of their country.

The flag is then raised to full staff for the remainder of the day, symbolizing that the living will raise up the memory of these veterans and resolve to not let their sacrifice be in vain. Instead, patriotic citizens will rise up in their place and continue to fight for liberty and justice for all.

As President Ronald Reagan elegantly reminded fellow Americans at Arlington National Cemetery in 1982 on this holiday, "The United States and the freedom for which it stands, the freedom for which they died, must endure and prosper. Their lives remind us that freedom is not bought cheaply. It has a cost; it imposes a burden. And just as they whom we commemorate were willing to sacrifice, so too must we—in a less final, less heroic way—be willing to give of ourselves."

This Memorial Day, let us honor our fallen heroes and cherish the freedoms they so valiantly fought for.

DICK MENDROP *continued from page A1*

A Lifelong Love Affair

Tennis has always been a big part of Dick's life. His love of the sport began when he started playing on his high school team in Mississippi. He and his teammates played on a dirt court with lines drawn in. Dick also played tennis in college.

Even while serving in the U.S. military, Dick squeezed in a game whenever he could. During World War II, Dick was a bomber pilot in the Pacific Theater helping to defeat the Japanese war machine. Later, during the Cold War with Russia, Colonel Richard Mendrop was base commander of the North East Air Defense Command base at Thule Air Base in Greenland. But somehow throughout it all, Dick still managed to keep his love of the sport alive with an occasional game with her fellow comrades.

Staying Socially Connected

For Dick, tennis is more than just a physical hobby — it is also a special time for social bonding. He makes sure to keep social by connecting with his former tennis buddies. Although The Wolf Pack has disbanded, Dick keeps in touch with two fellow members who still live in Leisure World and one who lives in a nearby assisted living facility.

Dick also continues to embrace the fellowship of the Tennis Club. On March 11, at the last club meeting of the season, members honored Dick with a pre-100th birthday party celebration. They recognized him as the oldest and longest active member of the Tennis Club. Seventy-five members celebrated Dick's special achievement with refreshments and a huge cake with numerous candles.

"The Tennis Club is more than just a social organization," said Dick emotionally after the ceremony. "It's like an extended family where you make lifelong friends. Today, many of these friends congratulated me and reminded me of the good times we shared. This touched me deeply and made me more appreciative than ever for what I have!"

For Dick's upcoming milestone birthday on May 14, his children, daughter Marcia and sons Chris and Dick and their spouses, will have a celebratory dinner for him at Marcia's Sun Lakes home.

On this special day, remember to hoist a glass and say, "Happy 100th Birthday, Dick!

Thank you for your service to our country, Dick, and being an inspiration to the Leisure World community! Game, set and match!

-John Latus is a Tennis Club member and Leisure World resident.

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YOUR POCKETBOOK

Key Provisions of the Coronavirus Relief Bill

By David McBride



Recently, the $2 trillion Coronavirus Aid, Relief, and Economic Security (CARES) Act was signed into law. The CARES Act is designed to help those most impacted by the COVID-19 pandemic, while also providing key provisions that may benefit retirees. [1]

To put this monumental legislation in perspective, Congress earmarked $800 billion for the Economic Stimulus Act of 2008 during the financial crisis. [1]

The CARES Act has far-reaching implications for many. Here are the most important provisions to keep in mind:

Stimulus Check Details: American's can expect a one-time direct payment of up to $1,200 for individuals (or $2,400 for married couples) with an additional $500 per child under age 17.
These payments are based on the 2019 tax returns for those who have filed them, and 2018 information if they have not. The amount is reduced if an individual makes more than $75,000 or a couple makes more than $150,000. Those who make more than $99,000 as an individual (or $198,000 as a couple) will not receive a payment. [1]

Business Owner Relief: The act also allocates $500 billion for loans, loan guarantees or investments to businesses, states and municipalities. [1]

Your Inherited 401(k)s: People who have inherited 401(k)s or Individual Retirement Accounts can suspend distributions in 2020. Required distributions don't apply to people with Roth IRAs. However, they do apply to investors who inherit Roth accounts. [2]

RMDs Suspended: The CARES Act suspends the minimum required distributions most people must take from 401(k)s and IRAs in 2020. In 2009, Congress passed a similar rule, which gave retirees some flexibility when considering distributions. [2,3]

Withdrawal Penalties: Account owners can take a distribution of up to $100,000 from their retirement plan or IRA in 2020, without the 10% early withdrawal penalty that normally applies to money taken out before age 59½. But remember, you still owe the tax. [4]

Many businesses and individuals are struggling with the realities that COVID-19 has brought to our communities. The CARES Act, however, may provide some much-needed relief. Contact your financial professional today to see if these special 2020 distribution rules are appropriate for your situation.

-David McBride, CPA, CFP, is President of McBride Financial Services. He can be reached at 480-830-6600 or dmcbride@mcbridefinancial.net.

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Under the CARES act, an accountholder who already took a 2020 distribution has up to 60 days to return the distribution without owing taxes on it. This material is not intended as tax or legal advice. Please consult legal or tax professionals for specific information regarding your individual situation. Under the SECURE Act, your required minimum distribution (RMD) must be distributed by the end of the 10th calendar year following the year of the Individual Retirement Account (IRA) owner's death. Penalties may occur for missed RMDs. Any RMDs due for the original owner must be taken by their deadlines to avoid penalties. A surviving spouse of the IRA owner, disabled or chronically ill individuals, individuals who are not more than 10 years younger than the IRA owner, and children of the IRA owner who have not reached the age of majority may have other minimum distribution requirements.

Under the CARES act, an accountholder who already took a 2020 distribution has up to 60 days to return the distribution without owing taxes on it. This material is not intended as tax or legal advice. Please consult legal or tax professionals for specific information regarding your individual situation. Under the SECURE Act, in most circumstances, once you reach age 72, you must begin taking required minimum distributions from a Traditional Individual Retirement Account (IRA). Withdrawals from Traditional IRAs are taxed as ordinary income, and if taken before age 59½, may be subject to a 10% federal income tax penalty. You may continue to contribute to a Traditional IRA past age 70½ under the SECURE Act, as long as you meet the earned-income requirement.

Accountholders can always withdraw more. But if they take less than the minimum required, they could be subject to a 50% penalty on the amount they should have withdrawn – except for 2020.

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2 - The Wall Street Journal, March 25, 2020.
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LEGACY FILES

Embrace Virtual Estate Planning During COVID-19



By Rilus M. Dana

During the coronavirus pandemic, people are inevitably thinking about what would happen to them, their loved ones, pets and their assets if they ended up in the hospital or suddenly passed away. Although I don't want to instill fear or panic, I do want to help people get their estate plans in place for their peace of mind.

Here are some things you can do to ensure your wishes are executed and loved ones are taken care of in the event of your passing.



1. **Write it Out:** If you don't have a plan, write your wishes out by hand. This is the quickest and easiest way to do some planning right now. This is especially important if you are:

   - An unmarried couple,
   - A married couple with children from a prior relationship,
   - Or, if your beneficiaries are not legal relatives.

   I recently worked with a widow whose house was in her deceased husband's name. He had children from a prior relationship, so, even though she was married to him, the house would be split between her and the children. If he intended for the entire house to be left to his wife, he needed to put that in writing.

   Simply write out your wishes on paper, sign it, date it and keep the original in a safe place. If you want a more comprehensive plan or need help a medical power of attorney and living will, Dana and Associates can work with you virtually. We can customize an estate plan for you from the safety and comfort of your home.

2. **Hire an Estate Planning Attorney:** You don't have to wait until things return to normal to hire an estate planning attorney. The coronavirus has highlighted that with technology we can meet just as efficiently electronically. More people are now connecting and doing business on Zoom and FaceTime, including us!

   We offer an initial video meeting — a free personal family legal session — which is just as effective as an in-person meeting. You simply fill out a personal inventory sheet before the meeting. Then, we do a screen share to look at it together just as we would in real life.

   At this time, we share resources with diagrams illustrating the most common questions which range from everything from what is an estate, will and trust, to power of attorney and probate. This allows us to discuss your specific questions and concerns. From there, we can design your plan together right on the computer screen.

3. **Overcome Digital Fear:** Don't be afraid of a video meeting. Whether it is with us or another business, communicating virtually is easy and legitimate. Don't be overwhelmed by or think it requires special knowledge or equipment. You can use any smartphone, tablet or computer with a built-in camera.

   For a meeting with Dana and Associates, we make the process as simple as possible for you. Once a day and time has been set up, we email you a link. When it is time, all you have to do is click the link. You don't have to download anything. I share my screen and let you see the documents and materials as if we are meeting in the same room. But this is even better since you are at home, safe and healthy!

4. **Embrace Virtual Meetings:** Virtual meetings are here to stay, and that's a good thing. The coronavirus has forced us to adapt and evolve by working digitally. Even when people will be allowed to leave their homes again, our process has been improved as a result.

   If you are too busy, have mobility issues or just can't make an in-person meeting, you will always be able to do a virtual meeting. This is a good thing since it allows us to expand our horizons to do business and connect in new ways.

5. **Electronic Notarizations Legal:** As of April 10, it is legal to have something notarized electronically. Arizona was scheduled to have this become effective in July, but Governor Doug Ducey moved it up to April 10 due to the important need to handle business while staying home. I have already spoken to mobile notaries and am working on incorporating this in our estate planning process.

This radical change we are dealing with is ushering in the information age. Robert Kyosaki, author of "Rich Dad, Poor Dad," has shared that the coronavirus is ushering out the industrial age and we are entering the information age. Through these changes, you can rest assured that our entire team at Dana and Associates is here to help you through it all!

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



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Help Those in Need During COVID-19

By Dianne Safford

Unfortunately, during the coronavirus pandemic, many people have lost their jobs. As a result, they are suddenly in desperate need and lack money for groceries and basic necessities. Although the federal government is sending stimulus checks to provide some relief, these checks will not go very far.

It is impossible for the government to provide checks based on need; the only practical data it can use to determine check amounts is based on IRS data.

Thankfully for many retirees, their retirement income is unaffected. Some seniors who have sufficient funds have decided to donate their stimulus checks to those in dire financial straits.

If you can donate to those in need due to this pandemic, please consider giving to the following organizations: A New Leaf and United Food Bank.

A New Leaf is a local nonprofit that provides emergency shelter, housing and other support for families and individuals. For 50 years, they have had a significant impact in the East Valley, serving approximately 28,000 people annually.

A New Leaf is currently facing a crisis due to the increased need for their services despite significant losses in funding from cancelled fundraising events and limited volunteer services due to Covid-19. If you can help this organization, please send a check made out to "A New Leaf" and mail to: A New Leaf, Philanthropy—Covid-19 Response, 868 E. University Drive, Mesa, AZ 85203.

United Food Bank's history is deeply rooted in the East Valley and dates back to July 1983. United Food Bank collaborates with more than 200 partner agencies that operate more than 260 programs helping feed families, children and seniors.

In 2015-2016 fiscal year, the Food Bank distributed 26,047,312 pounds of food, totaling 21,706,093 meals to hungry people.

The United Food Bank is currently facing a serious crisis due to the greatly increased need and dwindling supply as a result of to Covid-19. If you can help this organization, please send a check made out to "United Food Bank" and mail to: United Food Bank, 358 E. Javelina Ave., Mesa, AZ 85210. You can also donate to them online at: www.unitedfoodbank.org.



New Leaf positively supports struggling families.

Both of these organizations are Qualifying Charitable Organizations (QCO) with donations eligible for the Arizona State Charitable Tax Credit.

Thank you for your support during this crisis!

-Dianne Safford is a Leisure World resident.

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What can you do to help make a difference?

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- Cut the loops in six-pack rings or plastic carry bags before you discard them so that they cannot entrap sea creatures.
- Reduce the amount of single-use plastics by carrying reusable cups or containers with you to coffee shops, restaurants, and community events.
- Patronize projects that clean up and reuse ocean plastic waste like an art exhibit of sculptures made from this waste.

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Sculpture created with ocean waste material exhibited at the Reiman Gardens on the Iowa State University campus in Ames, Iowa. Photo by Gene Hamilton.

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Address	Sold Price	Agents	We Represented
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277 Leisure World	$181,000	Judy	Seller
833 Leisure World	$213,000	Sheila	Seller
436 Leisure World	$219,900	Dennis, Sheila	Seller, Buyer
745 Leisure World	$256,000	Sheila	Seller
2345 Leisure World	$270,000	Judy	Seller
598 Leisure World	$289,000	Scott, Babs	Seller, Buyer
551 Leisure World	$300,000	Sheila	Buyer
586 Leisure World	$304,900	Jill	Seller
2128 Leisure World	$325,000	Jill	Seller, Buyer
1335 Leisure World	$337,500	Judy, Babs	Seller, Buyer
2033 Leisure World	$355,000	Cherie	Seller, Buyer
1549 Leisure World	$425,000	Sue	Buyer
2598 Leisure World	$538,800	Sheila	Seller
1238 Leisure World	$229,000	Babs	Seller
2778 Leisure World	$258,000	Jill	Seller
2691 Leisure World	$349,900	Judy	Seller
2451 Leisure World	$729,900	Jill, Sheila	Seller, Buyer
1060 Leisure World	$185,000	Dan	Seller
1282 Leisure World	$300,000	Dan	Seller
2063 Leisure World	$274,500	Dan	Buyer
1841 Leisure World	$250,000	Jill, Mary J.	Seller, Buyer

Beware of COVID-19 Scams!

Unfortunately, during this difficult time, scammers are taking advantage of fears surrounding the coronavirus.

Here are some tips to help you keep the scammers at bay:

1. **Hang Up on Robocalls:** Don't press any numbers. Scammers are using illegal robocalls to pitch everything from scam coronavirus treatments to work-at-home schemes. The recording might say that pressing a number will let you speak to a live operator or remove you from their call list, but it might lead to more robocalls, instead.
2. **Ignore Online Vaccine Offers:** Don't fall for online offers for vaccinations and home test kits. Scammers are trying to get you to buy products that aren't proven to treat or prevent COVID-19 — online or in stores. At this time, there are no FDA-authorized home test kits for the coronavirus. Visit the FDA at www.fda.gov/medical-devices/emergency-situations-medical-devices/faqs-diagnostic-testing-sars-cov-2#offeringtests to learn more.
3. **Fact-check Information:** Scammers, and sometimes well-meaning people, share information that hasn't been verified. Before you pass on any messages, contact trusted sources. Visit What the U.S. Government is Doing at www.usa.gov/coronavirus for links to federal, state and local government agencies.
4. **Do Your Research:** Know who you are buying products from. Online sellers may claim to have in-demand products like cleaning, household and health and medical supplies when, in fact, they do not.
5. **Ignore Strange Texts and Emails:** Don't respond to texts and emails about checks from the government. The details are still being worked out. Anyone who tells you they can get you the money now is a scammer.
6. **Don't Click Unknown Links:** Beware of links from sources you don't know. They could download viruses onto your computer or device.
7. **Emails from Fraudulent Sources:** Be dubious of emails claiming to be from the Centers for Disease Control and Prevention (CDC) or experts saying they have information about the virus. For the most up-to-date information about the coronavirus, visit the CDC at www.cdc.gov/coronavirus/2019-ncov/index.html
8. **Verify Charity Requests:** Do your homework when it comes to donations, whether through charities or crowdfunding sites. Visit www.consumer.ftc.gov/features/how-donate-wisely-and-avoid-charity-scams. Don't let anyone rush you into making a donation. If someone wants donations in cash, by gift card or by wiring money, don't do it.

When in doubt, do your research and go to original sources for information. Also, check with family and friends if they have also received strange calls, emails or links

Together, we can protect one another from being duped.

For up-to-date information, visit the CDC at www.cdc.gov/coronavirus/2019-ncov/index.html.

COVID-19: Dangers of Asymptomatic Transmission

As the nation continues to battle the spread of COVID-19, more and more states are issuing stay-at-home executive orders. As of April 2, 35 states have done so.

Health experts are warning the public to stay inside even if they feel healthy. Why? You may be an asymptomatic carrier.

"Asymptomatic transmission means you can be infected with the virus, have no symptoms and still be contagious," according to Dr. William Schaffner, professor of preventive medicine and infectious diseases at Vanderbilt University Medical Center.

The majority of people who transmit the coronavirus to others do so while they are sick. With obvious signs of coughing or sneezing, they are highly contagious to others. However, individuals are still at risk of getting COVD-19 from people who are asymptomatic.

Asymptomatic infection in children is believed to occur in 10-30% of cases. For adults, the Centers for Disease Control and Prevention Director estimates that asymptomatic transmission could be as high as 25%. Symptoms of coronavirus might only appear five to 14 days after an individual has been infected.

This long incubation period makes it difficult to detect asymptomatic carriers. This in turn, makes it difficult to contain the spread of the disease. In fact, many people don't have symptoms on the day they were tested.

"You can catch [the virus] from someone who is perfectly normal and has no symptoms," said Schaffner. "You can be perfectly healthy and be a risk to other people because you may have the infection and be contagious and not know it."

In short, asymptomatic carriers reinforce the need for the following:

1. Stay at home unless you absolutely need to for medical care. If so, call ahead of time so they can prepare.
2. Limit your grocery runs as much as possible and stock up if you can. Seniors will also be able to shop at various stores during select times to limit exposure.
3. Practice social distancing. Avoid group gatherings and limit them to 10 or less, preferably less.

Be safe and proactive by following these guidelines. For more information, visit the CDC at www.cdc.gov/coronavirus/2019-ncov/index.html.



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5 At-Home Mother's Day Activities

Mother's Day is a special day honoring all mothers and the impact they have had on our lives. Even if you can't go out to celebrate, there are many fun things to do to honor spouses, family members and friends who are mothers. Mothers and daughters — whether near or far — can also raise a glass to one another.

Here are five fun things you can do at home to make this day special:

1. **Cook a Fancy Meal:** Make the mother in your life a beautiful brunch or a nice dinner. If you live close by, you can cook the meal together. If you're not able to connect in person, you can share a special family recipe over the phone.
2. **Photo Time:** Every mom loves photos of her children. Pull out photo albums and scrapbooks. Dig out those family photos and find great shots of her children growing up. Relive the memories together as you flip through them. If she's not with you, celebrate the mom in your life by sharing photos with her via email, texts or even mail her some if you have copies.
3. **Make Bath Bombs:** Give the gift of relaxation. A warm bubble bath with a calming scent is a beautiful way to relax. Learn how to make homemade bath bombs at https://bit.ly/bath-bombsDIY. Have fun and enjoy the memories as you figure it out with her. If you can't be together, you can still send her a wonderful soap basket.
4. **Wine and Paint Night:** Instead of going somewhere, you can set up your own wine and paint night at home. With a bottle of wine, two blank canvases and paint, you and the mom in your life can have a great night together. Put some music in the background and enjoy each other's company and creativity. If you can't be together in-person, set up a video chat so you can still paint together virtually.
5. **Plan a Trip:** You may not be able to plan a trip right now, but you can use this special occasion to organize a future trip. Talk to her about where she would like to go — maybe a tropical getaway or a staycation at a nearby resort. Together, you can book the vacation and give each other something to look forward to.



Regardless of what you choose to do, make sure the mothers who have impacted your life and that of others receive the love and appreciation they deserve.

Happy Mother's Day!

Music and Dance Clubs

The Casual-Aires

Submitted by Allen Cziok

The Casual-Aires Executive Team is working to finalize our dates and musical groups for 2020-2021. We will bring back several of the past year's favorites and, perhaps, a new group.

Here are the bands that John and Rebecca Elliott have arranged:

- Saturday, November 21: Caution
- Saturday, January 16: Midnight Confessions
- Saturday, February 20: Rhythm Edition
- Saturday, March 27: TBD (Western Theme)

Our food committee has also been working with Premier Catering to plan our dinner menus for next season. All our meals this year were delicious and of high quality, which is our goal.

Please consider renewing your membership before you leave for the summer. You won't want to miss a single dance next year! Dues are only $260 for couples and $130 for single members. If you cannot attend all four events, we will tailor a plan just for you. Contact our membership team of Dave and Rose Elkei at 480-218-8371 or visit manor 2027.

We always welcome talented people who want to help keep Casual-Aires a success. Please volunteer to serve on one of our committees.

We wish you safe travels and fun times until we are together again in the fall.

Moonlight Serenade Dinner Dance Club

Submitted by Clarice and Joe Chism

Like everyone, we ended our dance season with a cancellation. It is our prayer and hope that everyone has been spared of the Corona Virus as we trod through this time together.

We hope that in May — the month of beautiful flowers, blue skies and warm weather — we will begin preparing for the 2021 Dance Season. Howard Standage will serve as our new President. Welcome!

Please mark your calendars for the following:

- Sat., Nov 14: Myron Sommerfeld
- Tues., Jan 19: Lonny Lynn
- Sat., Feb 13: Howard Schneider
- Sat., Mar 20: Danny Kealey

Dues are due! Reservations for the entire season per couple is $248. Guest reservation for each dinner/dance is $80. Mail check to Shirley Rake, Membership Chair at 1560 Leisure World, Mesa, AZ 85206.

We look forward to a healthy new season for everyone! Keep dancing!

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

Leisure World Cloggers

Submitted by Joyce Loland

The Leisure World Cloggers have not been meeting in compliance with current health and safety regulations.

To give dancers a way to continue clogging and maintain their skills, Dan Rowan has been emailing dance videos so cloggers can join in virtual "group dances." He has also been sending out dances with music and cues that cloggers can practice in the privacy of their own homes.

Class clogging will begin as soon as it is allowed. At that time, the regular Friday class schedule will resume: Beginners at noon, Intermediate I at 1:00 p.m., Intermediate II at 2:00 p.m., and Intermediate III at 3:00 p.m.

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



Card and Game Clubs

Billiards Club

Submitted by Steve Hanson

Greetings to all our Billiards Club members and friends. As you can imagine, there are no Billiards Club activities to report. The Billiards Room lights are off and will not be turned back on until it is safe to do so. Let's hope that this virus doesn't like the Arizona summer any better than we do and it just burns up in the sun (no science there, just a hopeful prayer)!

The Billiards Club wish that you and your loved ones all stay well in the coming months. And that, we will all meet again later this year and enjoy the games and fellowship that are available to all Leisure World residents.

Good luck and best wishes and heartfelt prayers to all! We will report again in September with hopefully good news!

Bunco

Submitted by Laura Krever

Our Bunco group meets the first Thursday of the month at 6:30 p.m. in the King Card Room. We play all year-round and everyone is welcome to join us.

Hopefully, our next Bunco night will be on Thursday, May 7, depending on Leisure World guidelines for when our buildings can safely re-open.

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 Krever at 310-916-8105 or Dana Bourque at 602-757-4348.

Scrabble Club

Submitted by Carolin Lowy

I hope Scrabble and Upwords players have been able to play online during the closures. One activity could be reading the dictionary.

Here's an uplifting message:

S = Smartly
C = Caring
R = Really
A = About others
B = Breathe deeply
B = Brighten someone else's day.
L = Let go.
E = Enjoy the little things.

The above message is for all readers to help us continue to deal with everything that is going on.

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

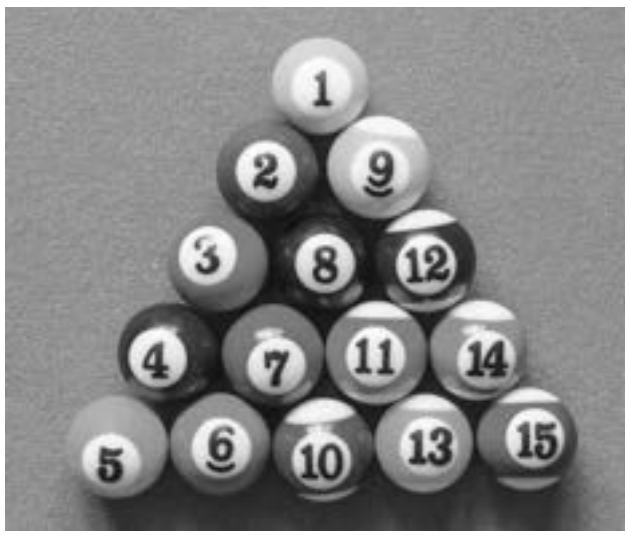
Thursday Morning Ladies Billiards

Submitted by Carolin Lowy

For all of you who enjoyed our Thursday morning gatherings, I look forward to when the Billiards Room reopens. Meanwhile, relax and visualize good moves as opposed to sinking the 8-ball with a follow-up of the cue ball.

We will need to be patient and recall the best way to approach the game. Time out may allow us to relax and improve our skills — hopefully!

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



Sports Clubs

Gun Club

Submitted by Karen Larson

Due to the coronavirus restrictions, there will be no scheduled meetings or club activities until this fall. However, as coronavirus restrictions allow, we will have unscheduled activities, such as target building, sporting clays, practical pistol and .22 rim fire. Please look for any updates in our weekly club emails.

Our club donations to the food bank are still needed. For members who wish to donate, please call Dave Larson at 480-262-1201 to make arrangements to drop off food at his residence for the food bank delivery.

For members leaving for the summer, consider donating any non-perishable food items that will expire before you get back in the fall

Wherever you will be this summer, stay safe! See you in the fall!

For more information, please e-mail Bob Clark at captsteptoe@gmail.com.

Lawn Bowling

Submitted by Tish Murphy

We are off the greens now, as may be the case when you read this. I will provide some online references to learn about lawn bowling. If you are itching to get back out there rolling the bowl, you might use these videos to remind you of the basics or pick up a few pointers to use when the greens reopen.

As with any sport, lawn bowling has its own language, some which you might find educational.

- "Bias" is the curve inherent in a "bowl" (not "ball") due to its shape.
- When you are accused of a "ding-a-ling," don't take it personally! It means that the bowl was delivered with the incorrect bias.
- The "jack" is a small white target that we use when we roll our bowls.
- When you are signaled, "more weight!" they are not given permission for you to bulk up by eating a banana split. They are advising the force needed to get your bowl to the target.

Here are some lawn bowling videos you can Google:

- How to Lawn Bowl: "Anything you can do…" - 5.10 minutes
- Lawn Bowling 101: "An Introduction to Lawn Bowling" - 3.37 minutes

For more information, Google lawn bowling for beginners or visit https://www.bowls.com.au/stayathomechallenge/.

Tennis Club

Submitted by John Latus

All is quiet on the Western front. The last tournament of the season, the SSV, ended with Leisure World players doing winning eight of 12 matches!

At the last club meeting of the season in March, two members were honored for their long and dedicated service to the club. Peggy Dittberner and Marge Willadsen were made Honorary Members of the club. Congratulations for your great work, ladies!

Honorary membership is an award that is bestowed upon a Tennis Club member who has demonstrated leadership skill over an extended period of time while performing a critical function that benefits all members, the Leisure World community and the Leisure World Foundation.

Hopefully, things will return to normal in time so we can resume some summer events planned. We'll keep you informed via email. We will also update you on invitationals, parties, fall tune-ups, Bring A Friend, Tennis Academy, shot makers, etc. so you can plan for the fall.

Finally, keep practicing social distancing and hand washing. When things return to normal, we want you to be healthy and rarin' to go!

For more club and membership information, visit https://google.com/view/lwtinnisclub.



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LEISURE DAME [lee-zher deim] noun
1. A Leisure Dame is a woman of leisure and peace. She relishes in the joys of living and of connecting with others. She is confident, wise, and loving. She seeks pampering and leisure whenever the time allows.

Clubs

American Association of University Women

Submitted by Sandra Lackore

The American Association of University Women (AAUW) East Mesa Branch made its second grant to Mesa Public Schools for STEM education. A total of $7,785.00 was sent in 2020. It will help facilitate field education, computer purchases to run a virtual reality program and web cams to allow teachers to monitor students working in detached locations, such as a SIM space station.

A second grant of $2,000 was given to Arizona Theatre Matters (ATM) proactively creates dive. ATM does dramatic projects and original work for women over 40. They empower people with and without disabilities and those under-represented in mainstream theatre, as artists and patrons, within a system from which they have traditionally been excluded.

Our Scholarship Committee, under the leadership of Judy Taucher-Lewis, has been meeting by conference call with the Arizona Community Foundation. Next month, we will announce the results of work for our scholars.

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 have similar challenges. We provide a supportive environment where you can share your concerns and questions. You will gain effective strategies to better manage day to day. We meet right in Leisure World every second Wednesday throughout the year.

This month, we will meet on Wednesday, May 13 at 10:00 a.m. in the Queen Card Room in Rec.1, if Leisure World facilities are open. Join us to share concerns and useful techniques.

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 open year-round to all Leisure World residents. We meet on Tuesdays and Fridays from 9:00 am to noon in the Arts and Crafts Building. No experience required and everyone is welcome! Our annual membership dues are $15.

We have an instructor two Fridays a month who brings us new projects and trains us in different techniques. There is a fee based upon the project. This fee includes the item to be worked on, all the paints and/or other materials and guided instruction.

Tuesdays are an open workshop where we finish projects started on Friday or work on something of our own.

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

Democratic Club

Submitted by Roger Crook

At our March 11 meeting, Ruth Crook was elected President. Members thanked the retiring President Dorothy O'Connell for her work.

As a result of the coronavirus, meetings are on hold until it has abated. Please send your annual dues for 2020 to Lou Krenz at manor 858 or call him at 217-440-5568.

We hope that our members are well during this epidemic and that we'll see you in soon! We will continue to work for the party to win the General Election in November. We need everyone's support. This is without a doubt the most important election in our lifetime!

For more information on voting, including voting by mail, please call Ruth at 480-249-0783.

Friday Knitters and Crocheters

Submitted by Carolin Lowy

During this time of stress and uncertainty, Friday Knitters and Crocheters have the opportunity to continue working on special projects that will help many of the organizations we support. Luckily, two huge donations arrived at my garage around the time of the shutdown, so we have access to supplies! A big thank you to the folks who provided the wonderful assortment of yarns that are being put to good use.

"Warm Up America" accepts our 7x9 inch rectangles of any type of yarn, color or pattern. If you need more yarn, give me a call and come to my garage!

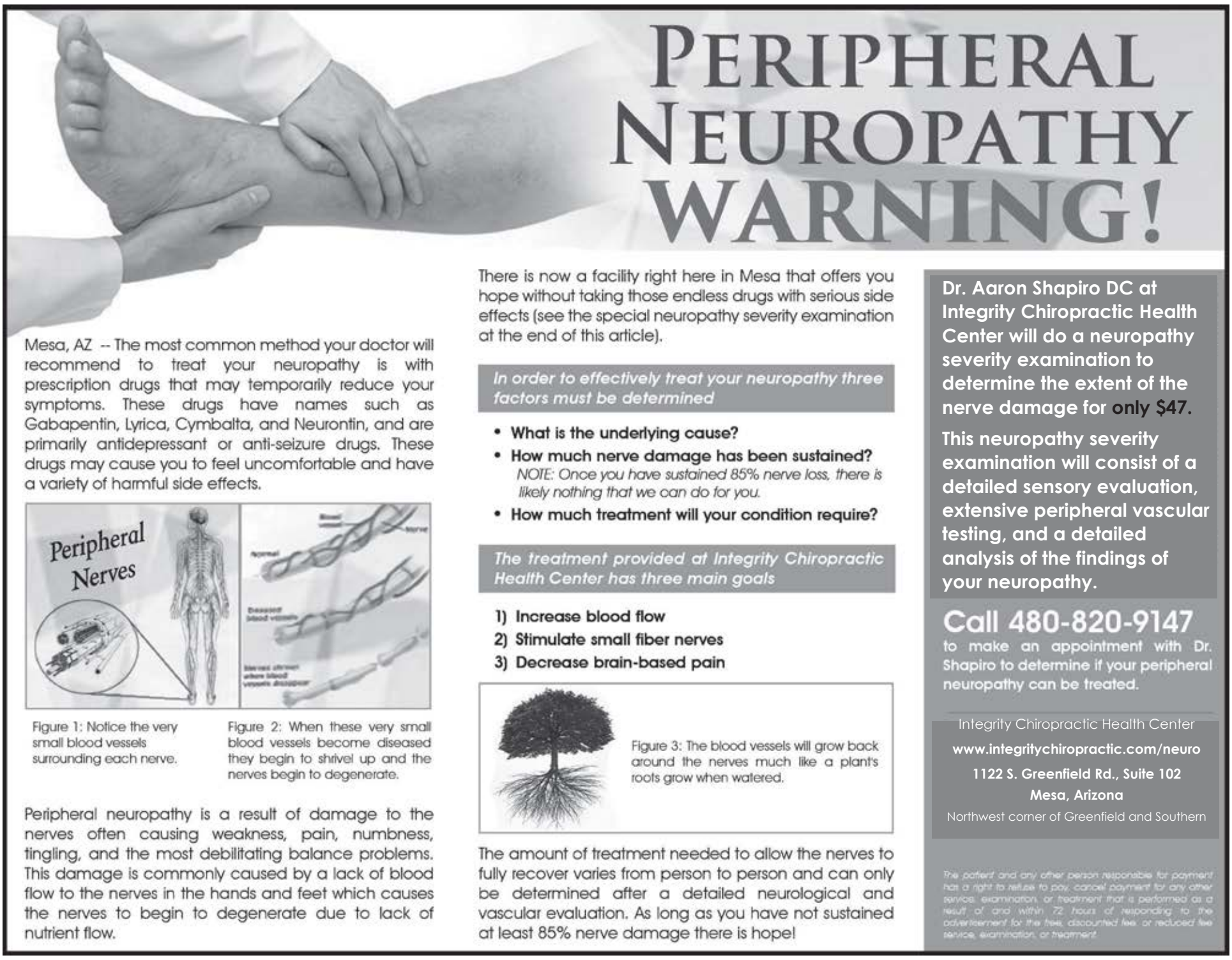
Keeping in touch by phone and email continues to be a source of love and hope!

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

Leisure World Art Association

Submitted by Pat Billingsley

The Leisure World Art Association (LWAA) thanks you for the season. The LWAA will hold its next monthly meeting on Thursday, November 12 at 3:15 p.m. A regular board meeting is held the first Thursday of the month and will be on November 5 at 3:15 p.m. All meetings are in the Art Studio.



Clubs

It is time to be creative during the off-season. YouTube is a great for teaching. It can be a simple review of techniques or something brand new. Subscription is free. Subjects include drawing, oil painting, watercolors, acrylic painting, pour painting, collages and many more.

Also, some fun activities include visiting art museums and art galleries. A quick train ride takes you to downtown Mesa, or if you want to venture farther, to downtown Phoenix.

Summer events:

- Lori Pilato is planning on teach drawing this spring or summer depending on the shutdown. Check the Art Studio bulletin board for sign-up sheets.

Our Art Studio is being remodeled during the summer. We look forward to a fresh new space!

Time to become a LW Art Association member! Membership is $20 per year and allows you to join art classes and attend our functions.

Leisure World Lions Club

Submitted by Joy Kosterman

The Lions had to cancel their meetings the end of March and in April due to the virus restrictions. At this writing we are hoping to be actively together in May. The Lions cease regular meetings in June for the summer months and this year socials will be scheduled as new guidelines evolve. Flags in LW will be put up on observant days unless we are advised that it is against current guidelines. Contact Ken Steele for flag information. Mailbox painting will resume in the fall. Contact on that is joyk3048@gmail.com. We look forward to being able to serve our community when current restrictions are lifted.

PEO Group

Submitted by Gayle Butler

The May meeting of the PEO Group has been cancelled following the guidelines of the Leisure World precautions during COVID-19. The group will meet on November 6 in the King Card Room. Refreshments will be served at 9:00 a.m., followed by a meeting at 9:30 a.m.

The officers wish all members a safe and healthy summer. We look forward to seeing our sisters in the fall!

Pottery Club

Submitted by Bonnie Rausch

Once the COVID-19 pandemic recedes and the studio reopens, you might want to join us for pottery. Our instructor can show you how to play in the mud to create your own masterpiece.

Leisure World residents who would like to pursue fun with clay are encouraged to call Marcia Steele at 480-641-9082.

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 San Tan Investment 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 in Room in Rec. 1.

For more information, contact Alan Forbes at 808-497-8109. You can also just come to our next meeting when the season resumes in the fall!



The Metaphysical Club

Submitted by Glenda Pearson

We meet on the second Saturdays of the month from 1:00-300 p.m. in the Navajo Room, which is east door of the Heron Lakes Club House.

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

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

We are simply a circle, holding safe respectfully space for conversation, exploration and sharing. We typically 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.

Twiddlers

Submitted by Carolin Lowy

Twiddlers are residents who enjoy creating items using a needle, hook, loom, fabric, yarn, canvas and more.

We look forward to the time when we are able to meet again and see what has been created during the closure! For those who enjoy working with yarn, a few wonderful donations came to my carriage and Twiddlers and other residents have enjoyed choosing skeins to work with.

Most items will be donated when the cooler weather returns to Arizona since there is a need for hats, scarves and blankets.

Thank you to all!

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

Wisconsin Club

Submitted by Robin Dougherty

Our last gathering for the season took place on March 4. Forty-five members and guests were treated to an early St. Patrick's dinner of corned beef and cabbage with all the trimmings.

The club elected new President Terry Evans as Dave Wunsch steps down after 10 years of serving in that role. We thank Dave and his wife, Brenda, for their tireless commitment to the Wisconsin Club.

With the ongoing pandemic, may you and your families be well and safe. And may the following words from this traditional Irish blessing give you comfort and peace:

May the road rise up to meet you.
May the wind be always at your back.
May the sunshine warm upon your face;
The rainfall soft upon your fields.
And until we meet again, may God hold you in the palm of His hand.

We look forward to seeing you all in November!

Woodworking Club

Submitted by Mike Sweador

The Woodworking Club had an e-vote with our membership and our slate of officers for 2020-2021 is official. Our new club officers will be installed at the next scheduled club meeting. The officers are: President Bob Williamson, 1st Vice President Tim Murphy, 2nd Vice President Ron Borel, Secretary Mike Sweador and Treasurer Alan Yapp.

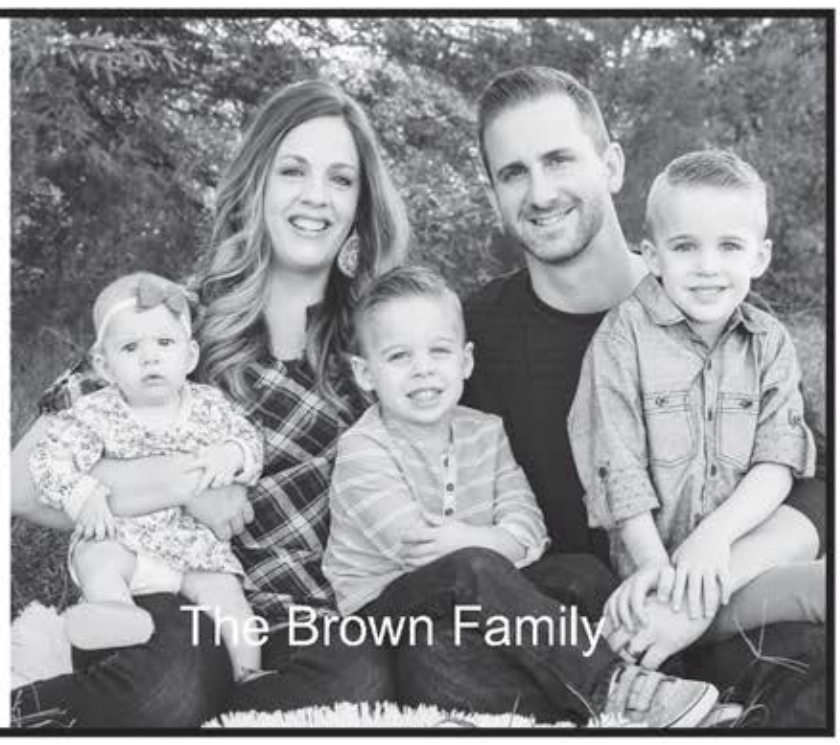
With the shop closure, some members are expressing withdrawal symptoms. It seems we need some occasional sawdust – aka – woodworkers' glitter.

Stay safe, healthy and busy!

Got news?

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

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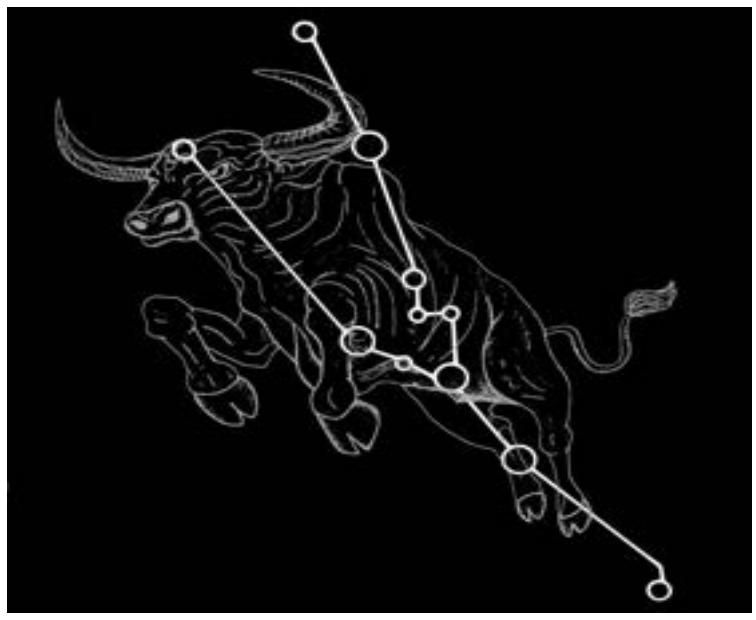
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ASTROLOGY

April Horoscope



ARIES (March 21 to April 19) A problem in getting a workplace project up and moving might upset the Lamb, who likes things done on time. But be patient. The delay could turn out to be a blessing in disguise.

TAURUS (April 20 to May 20) Your instincts are usually on the mark, so if you feel uneasy about being asked for advice on a certain matter, it's probably a good idea that you opt not to comply with the request.

GEMINI (May 21 to June 20) You might have two minds about a proposed change (which often happens with the Twins), but once all the facts are in, you'll be able to make a definitive decision. Good luck.

CANCER (June 21 to July 22) The Crab's frugal aspect dominates, so while you might be reluctant to pay for technical repairs, the time you save in getting things back on track could be well worth the expense.

LEO (July 23 to August 22) While you Leos and Leonas continue to concentrate on doing well in your work-related ventures this week, consider reserving the weekend for sharing good times with family and friends.

VIRGO (August 23 to September 22) This is a good week to take stock of the important personal, professional or familial relationships in your life and see where you might need to do some intense shoring up.

LIBRA (September 23 to October 22) Your sense of justice makes you the likely person to help deal with a work- or family-related grievance. But you need to have any doubts about anyone's true agenda resolved first.

SCORPIO (October 23 to November 21) The Scorpio passion for getting things done right and on time might rankle some folks. Never mind them. Others will be impressed, and they're the ones you want in your corner.

SAGITTARIUS (November 22 to December 21) Finances could be a mite tight this week. And, while things will ease up soon enough, you savvy Sagittarians will want to keep a prudent eye on your expenses at this time.

CAPRICORN (December 22 to January 19) Although a technical malfunction could cause a temporary delay in getting things up and running, you could use the time to recheck your operation and make changes where necessary.

AQUARIUS (January 20 to February 18) You might find it difficult to resist making a snap judgment about a colleague's behavior. But stick with your usual way of assessing situations and wait for the facts to come out.

PISCES (February 19 to March 20) Asking for help with a family situation might be the wisest course to take right now. Just be sure you turn to someone you can trust to do and say the right thing for the right reasons.

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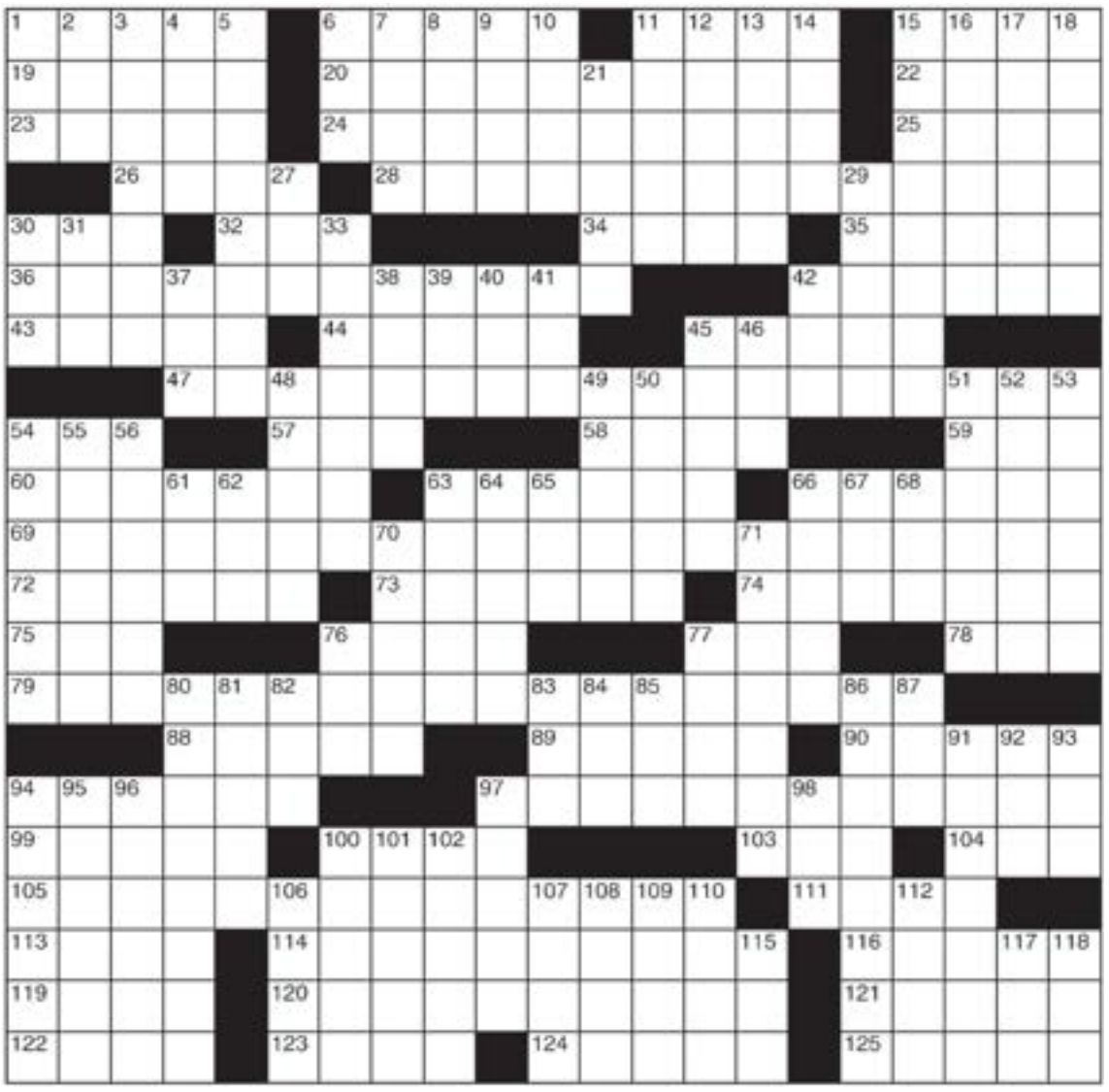
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1 Emmy, e.g.
6 Explorer - Polo
11 Milne's bear
15 Hospital VIPs
19 Spanish man
20 It's made of milk, flour and butter
22 Sharing the secret of
23 "The Matrix" star Reeves
24 Unit equal to 0.338 fluid ounce
25 Knock off
26 Stage muggers
28 Beating the former best
30 4x4, briefly
32 Lousy
34 Ian Fleming's alma mater
35 Jaded
36 Online comparison shopping site
42 More nasty
43 Dance in Rio
44 Has a bawl
45 Prenatal chambers
47 Locker, e.g.
54 U.S. enlistees
57 Arrest, as a perp
58 Tiddlywink or Frisbee
59 How- - (DIYers' books)
60 Jurist Scalia
63 Novelist Graham
66 Camphor or fructose
69 Need-for-speed adage adapted from the Bible
72 Road salt
73 "It's about time!"
74 Separates after a multiplayer tackle
75 Edifice extension
76 Debate side
77 - Khan (Islamic imam)
78 Wide shoe spec
79 Building up to the loudest point
88 Parliament's House of -
89 "With a Little - Luck"
90 Piece-of-cake class
94 Fold, spindle or mutilate
97 Bottle near a salad bowl
99 Smell
100 Cannonballs and such
103 Pro-learning union: Abbr.
104 Healthful getaway
105 Backlash
111 Banks of modeling
113 Catch with one's ears
114 "Viva Las Vegas" co-star
116 Ancient Greek colony
119 - Stanley Gardner
120 Not trued up
121 Kids' caretaker
122 Changed the color of
123 Favorable votes
124 Actor Mike
125 Meal blessing that's "mixed" and hidden in seven answers in this puzzle

DOWN

1 Inquire
2 Itsy-bitsy
3 Disneyland's city
4 Barrett of gossip
5 Snare sound
6 DC doubled
7 Warlike deity
8 Thinker Descartes
9 Carrie Chapman -
10 Drop
11 Latex, e.g.
12 Money spent
13 Sailor's site
14 German man
15 Deny
16 Borrowed
17 Not smooth
18 - of Berlin (snack brand)
21 More crafty
27 Get less taut
29 Late film critic Roger
30 Happy times
31 - -la-la
33 Sitcom psychiatrist Frasier, to his patients
37 "2 Broke Girls" airer
38 Steed breed
39 Sizable
40 Comb insect
41 Key near F1
42 Sea, to Gigi
45 Flustered
46 Tic-toe link
48 Chilling, as champagne
49 Playwright Clifford
50 City in North Dakota
51 Star, in Nice
52 Having no service charge
53 - fly (African pest)
54 Congregate
55 Gobble down
56 - Artois
61 "... - will!" (threat ender)
62 - Geo Wild
63 Must, slangily
64 Holy artifact
65 José's "that"
66 "- & Kel" (teen show)
67 Psychic skill
68 Prefix with light
70 Turf groups
71 Real aficionado
76 So-so link
77 Slip - (mess up)
80 Made a racket
81 Hulk of a wrestler?
82 Furiousness
83 Slugging stat
84 Essen "a"
85 Enhaloed Fr. lady
86 Deteriorating
87 Paddled tool
91 Girl told not to cry in song
92 "Uh-huh"
93 "I'm - loss for words"
94 Ran quickly
95 Carotid, e.g.
96 A pep talk may boost it
97 Outspoken
98 Receiving a pension: Abbr.
100 Golf's Palmer, to pals
101 High-IQ crew
102 The - & the Papas
106 Like venison
107 Quick haircut
108 Punker Pop
109 Alençon's department
110 At no time, in verse
112 Mimic a tiger
115 Saints' stats
117 Yellow pages abbr.
118 Favorable vote

Sudoku

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

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

Word Search

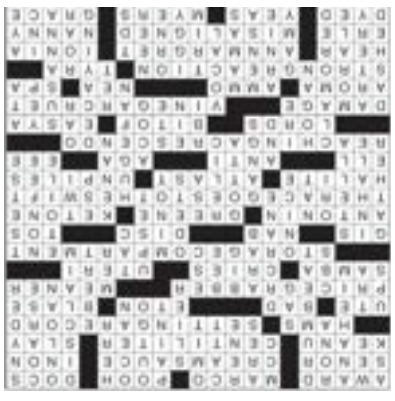
Memorial Day

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

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ARMY
AIRFORCE
MARINES
COASTGUARD
NATIONALGUARD
HERO
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HONORGUARD

Created with TheTeachersCorner.net Word Search Maker

Puzzle Answers



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

Comics

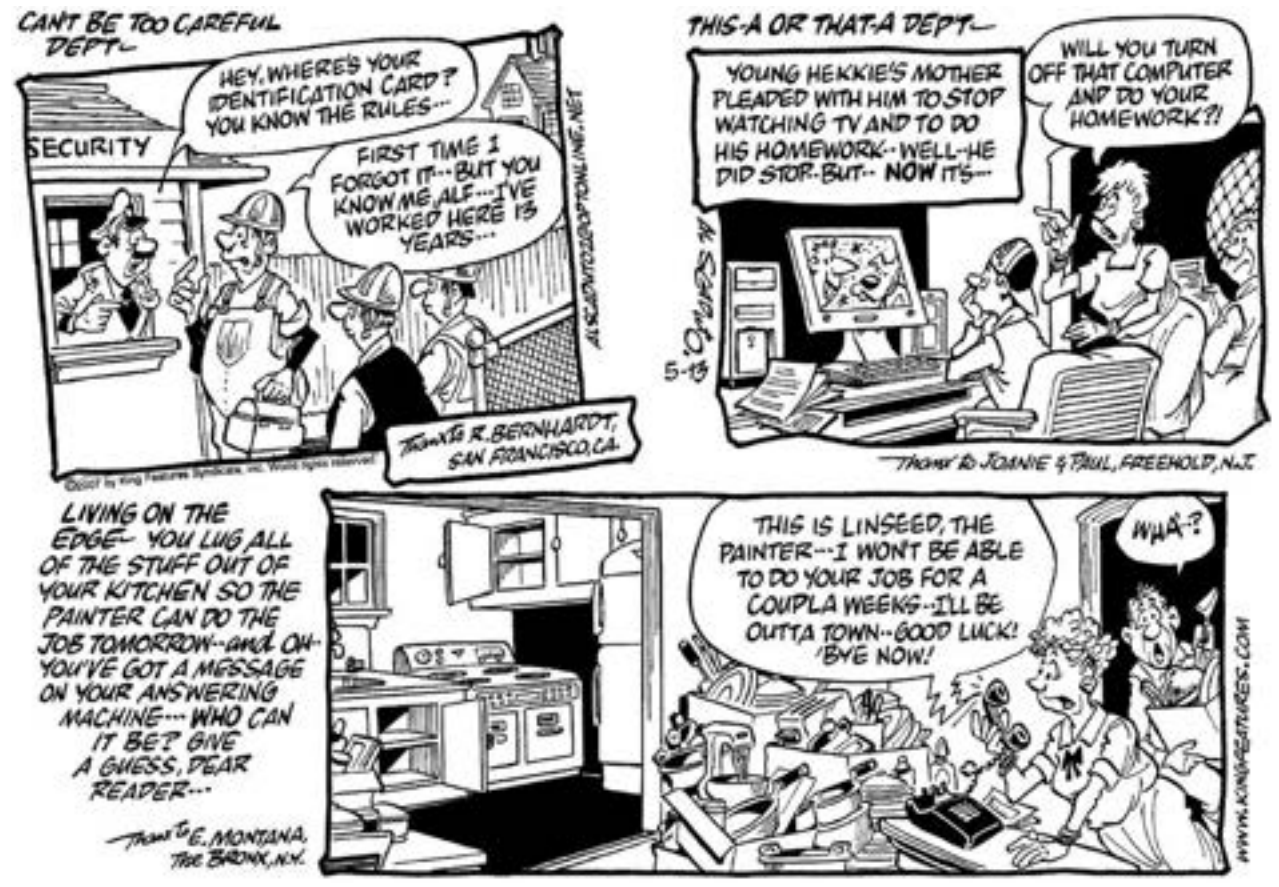
The Spats

By Jeff Pickering



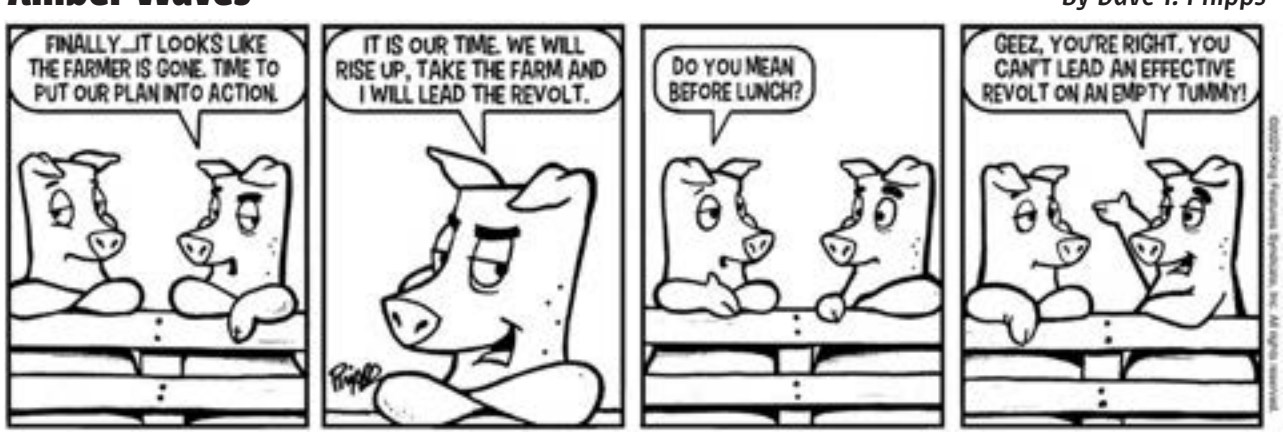
They'll Do It Every Time

By Al Scaduto



Amber Waves

By Dave T. Phipps



Just Like Cats & Dogs

By Dave T. Phipps



Grin and Bear It

By Fred Wagner

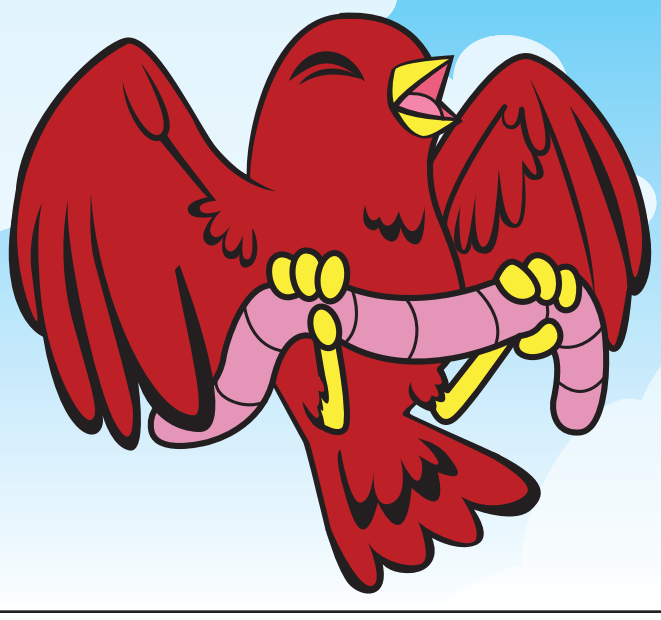


"Let's both push on the count of three."

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Life Tributes

Rae Farley



Rae Farley passed away on April 18 at the age of 83. Rae was born in Mendota, Illinois. She graduated from the University of Illinois and married Mike Farley in 1957. They spent 61 years together. She and Mike raised three boys: Steve, David and Michael.

Mike and Rae moved to Leisure World in 1996. They were active members of nearby Velda Rose Methodist Church.

Rae was an accomplished golfer, winning nine Leisure World club championships. She enjoyed spending time with her Leisure World golf, tennis, pickleball, bridge group, bunco and PEO friends.

Rae loved being a grandmother to her nine grandchildren. This past January, Rae became a great-grandmother!

Rae was a kind, caring and loving person and friend to all. She will be deeply missed. The family will spread Rae's ashes next to those of her husband on the family farm in River Falls, Wisconsin.

Carol H. Henkel



Carol Henkel (nee Kendzior) peaceably passed away in Arizona on April 02, 2020 at age 81. Before retiring, she lived in Waukegan and Libertyville, Illinois.

Carol graduated from Holy Rosary Elementary School and North Chicago High School in its first year. She had her own beauty shop for years and then worked for Prudential Insurance and IMC Corporation.

Carol enjoyed gardening, barbershop singing and sharing her artistic talents with her family and co-workers. She volunteered many hours at the Shrine of St. Maximilian Kolbe in Marytown, and tended all the family graves at Ascension Cemetery in Libertyville.

In Arizona, Carol was a long-time member of All Saints Church in Mesa.

Carol is survived by her husband of 55 years, Ronald, her son Stephen, and five siblings: Janet Uttech, Betty Prusaitis, Rocky (Sue) Kendzior, Kathy Kendzior and David Kendzior. She was preceded in death by her parents, Stanley Sr. and Helen Kendzior.

We Must All Stand Together



By James Amodeo

We must all stand together to fight this terrible enemy,
It is a terrible enemy, a virus; it is one we cannot see.
We must follow the precautions that we have been told:
Stay home, keep our distance, wash our hands, and wear a face mask.
But this is only part of what we can do to beat this foe.
We can ask for help from the Lord and Protector we all know.
We can pray to Him to protect us and bring this virus down,
Remove the danger that confronts us so it is no longer around.
Remember to pray for those infected who against this virus fight,
Lord help them until they are healthy again and with them all is right.
Pray for those that have been taken and returned to the Lord's house above,
And to help the families and friends of the departed with His comfort and love.
Pray for the first responders and medical people on the front lines helping the sick every day,
And for the truckers, store workers and others that help fill our needs in every way.
Then look to our Lord to guide us through this time of uncertainty and fear,
Thank Him for the comfort and peace we feel whenever He is near.
Amen.

-James Amodeo is a poet and Leisure World resident.

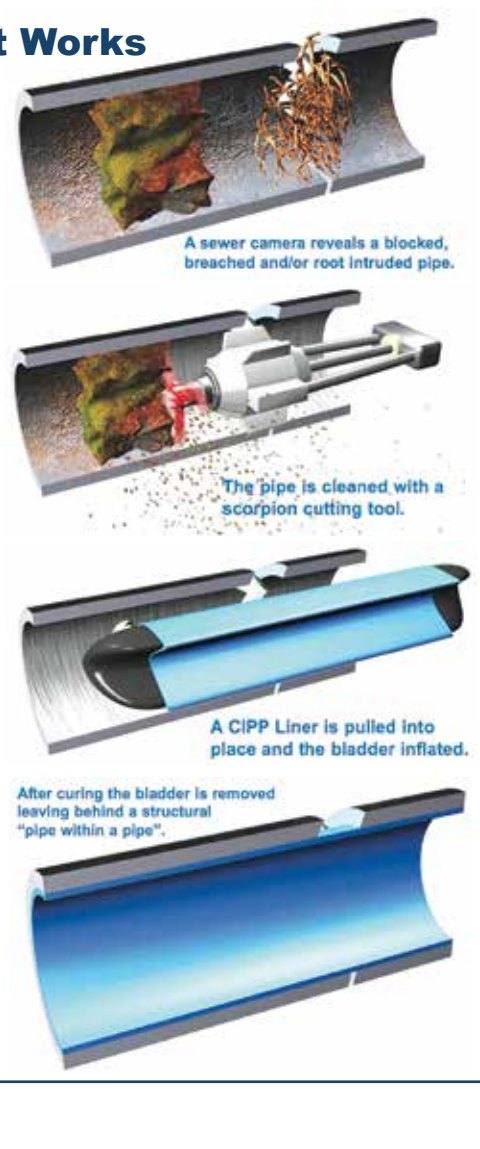
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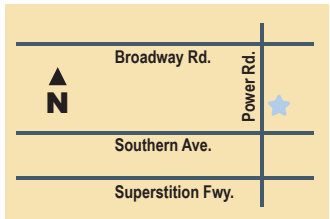
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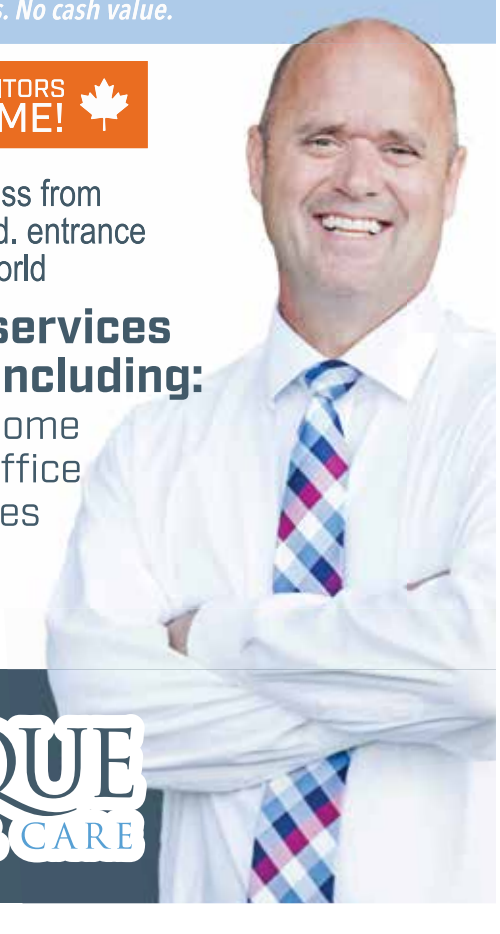
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Leisure World

LIFESTYLE

Recreation, Wellness and Golf



Learn Tap Dancing
Page B10

Summer Potlucks
Page B13

On-site Dermatology Screening
Page B15

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!

Mother's Day Lunch To-Go



Relax and enjoy a delicious meal while listening to the beautiful music of pianist Robert Armstrong. The special menu includes roast pork with applesauce, glazed salmon, lemon chicken with butter sauce, roasted red potatoes, Italian mixed vegetables, sliced French bread, pea and cheddar salad, tossed green salad with four dressings, mixed fresh fruit, variety of desserts, regular and decaf coffee, international creamers, lemonade and ice tea. Plan to bring the whole family! **Reserved Seats on sale in Rec. Office.**

Date: Sunday, May 10
Time: 11:00 a.m.
Place: Rec. 2 Hopi/Pima Rooms
Cost: $25 per person
Deadline: Wednesday, May 6

Holy Guacamole, it's a Caliente Fiesta!



What better way to kick off our hot, hot summers than with a fiesta! The Recreation staff and volunteers will prepare a delicious taco salad, piled with your favorite toppings: chicken, beans, onions cilantro, salsa, diced chilis, grated cheese, olives, and of course, sour cream. A side of tortilla chips will add some crunch to your lunch. Plus, we'll be serving cool, refreshing sorbet for dessert.

Stick around after lunch for some more fun with games and prizes!

Date: Tuesday, June 2
Time: 12:00 p.m.
Place: Rec. 2 Hopi/Pima Rooms
Cost: $8 per person
Deadline: Thursday, May 26

National Senior Health and Fitness Events

Cinco de Mayo Aqua Fiesta Zumba Demo!



Fiesta with the Oasis Health Spa! Move and groove out at our Cinco de Mayo Aqua Zumba Party! This is a demo day will showcase our new, fun class for all fitness levels. After class, stay and enjoy margaritas and snacks with friends! BYOB and we will provide the rest.

Aqua Zumba® brings the exciting dance moves of Zumba® and adds water resistance, reducing joint stress. Great for anyone who wants to have fun and get fit safely! Remember that anyone can do Zumba.® People of all ages, backgrounds and fitness levels have all discovered this fun new way to lose weight, feel good and look better — all while having a great time!

We are thrilled to add this class to our aqua morning line up mid-May. Come try it, have fun and celebrate the day! Register early! **Note: Available only if pool reopens in May.**

Dates: Tuesday, May 5
Time: 6:00 - 6:30 p.m. or 6:30 - 7:00 p.m.
Place: Rec. 1 Pool
Register: Call the Fitness Center at 480-832-0003 ext. 261. Limit 10 per session.

Get Out and Workout Circuit!



"Life truly is better in motion!" This is the theme of the National Senior Health and Fitness Day 2020. The Oasis Health Spa is hosting a Circuit Celebration. The circuit is designed for all fitness levels to encourage everyone to get moving! It includes cardiovascular endurance, muscular strength and flexibility components. This outdoor experience allows you to learn new and exciting ways to exercise. Join us for an amazing morning and discover how life is better in motion! Participation is limited, register early!

Dates: Wednesday May 27
Time: 8:00 - 9:00 a.m.
Place: Fitness Center
Register: Call the Fitness Center at 48-832-0003 ext. 261.

Leisure World

Recreation Department

Summer Fun Preview!



We know you are going stir crazy and can't wait to have fun with you! The Recreation Department has many fun and exciting summer activities lined up!

Download the brochure online or stop by the Rec. Office for your handy 2020 summer activities lineup from May through September!

We know your calendars fill up fast and we want to be part of your things to do!

We look forward to having fun with you soon!

Volunteer Meeting

Looking for fun this summer? Want to meet snew people? Volunteer to help with Recreation Department events! We need helpers in a variety of areas including decorating, ticket taking, kitchen preparation and serving. Come and find out more!

Sign up for our organizational meeting by emailing recreation@lwca.com or calling 480-832-0003 ext. 420.



Date: Monday, May 6
Time: 1:00 p.m.
Place: Virtual Zoom Meeting

Summer Dance Party!

Reserved seats on sale in Recreation Office. Advanced tickets only $10 per person or $12 at the door.
Mixology station included. Fresh popped popcorn, only two for $1.
Sponsored by RE/MAX Classic!

B Platinum



New at Leisure World! B Platinum was awarded the title "Arizona's Hottest Cover Band" by Warner Brothers Television. This summer, they will bring us their three-piece band will get you on your feet with grooves to make you feel good. They will play a great mix of classic rock, modern tunes, and song remixes with a fun edge. With their fun, high energy and familiar songs, you'll have no choice but to get up and dance.

Residents and their guests are invited to beat the heat and dance the night away to the tunes of B Platinum. Get grooving and feel good!

Date: Thursday, June 11
Time: 7:00-10:00 p.m.
Place: Rec. 2 Hopi/Pima Rooms

Father's Day Brunch: Build your own Omelet



Have you ever heard of "Omelet in a Bag?" It sounds crazy, but you must check it out! It's a perfect omelet that gets cooked in a bag. The Recreation Department will provide everything to make your dream omelet with plenty of items to choose from like ham or bacon, bell peppers, tomato, onions and more. We will also have an assortment of pastries, fruit, juice, coffee and a "Virgin Bloody Mary and Salty Dog Bar" to go with your omelet.

Seating is limited and tickets are expected to go fast, so don't procrastinate!

Date: Sunday, June 21
Time: 10:30 a.m.
Place: Rec. 1 Ballroom
Cost: $12 per person
Deadline: Monday, June 15 or until all 50 tickets sold.

Friendly Neighborhood Summer Potlucks



The sun is shining, and we should be, too!
We're having some parties and inviting you!
Everyone is coming; you should be there!
Bring your friends and family and some food to share!

How it works? The Recreation Department will supply the entrée. You sign up to prepare and share with your tablemates, bringing either the appetizer, side dish, salad or the dessert. So, gather your friends and family to reserve a table for eight or step out of your comfort zone to enjoy the company of some new friends and neighbors in Leisure World!

Save These Dates:

- **June 24:** It's Highway to Heaven/roast beef
- **July 29:** Summer Sun/citrus chicken
- **August 26:** Caliente Fiesta/enchiladas
- **September 30:** Oktoberfest/brats

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

Performing Arts Series

2020-2021 Season Ticket Sales

As soon as Leisure Wold re-opens until Friday, September 11, all remaining season tickets will be available for sale at a limit of two per manor. Rember, by purchasing season tickets, you will save approximately 25% off single seat ticket prices and have all your tickets in advance and the comfort of the same seat location each show.
2020-2021 Entertainment Line-up includes:

- **November 16**: December '63 – Music of Frankie Valli and the Four Seasons
- **December 14:** Donny Ray Evins – Mr. Cole and Mr. Soul
- **January 11**: Paperback Writer – The Beatles Experience
- **January 25**: The Rave-Ons - Dick Clark's American Bandstand
- **February 8**: Mirage – Visions of Fleetwood Mac
- **February 22**: The Fitzgeralds – Grandmaster Fiddle and Stepdance Champions
- **March 8**: Karen Hester – Tribute to Dolly Pardon
- **March 22**: Adventures in Parrotdise with Barrie Cunningham – Jimmy Buffett Tribute

Don't delay. Secure you reserved seating today!

Collette Trips



True adventures go beyond incredible destinations or inclusive packages. Collette Trips delivers a sense of possibility across all seven continents. Travel to beautiful Costa Rica on February 20-28, 2021, and Norway from June 25-July 3, 2021. Costa Rica is nine days with 14 meals. Norway is nine days with 12 meals. Both include pickup from home to the airport. Find out more in the Rec. Office!

Bucket List Trips

"One day your life will flash before your eyes. Make sure it's worth watching."
–The Bucket List (2007)

This summer, we are checking off items from your bucket list, starting with a deluxe driving range to a extreme axe throwing and ending with breathtaking indoor skydiving.

Since these are physical activities, we want to warn you that you may feel some muscle soreness afterwards. But you will be filled with a lifetime of memories! Only 12 participants per trip, so sign up early. Escorted tour includes deluxe motorcoach transportation. Sign up in the Rec. Office or call 480-832-0003, ext. 224.

TopGolf

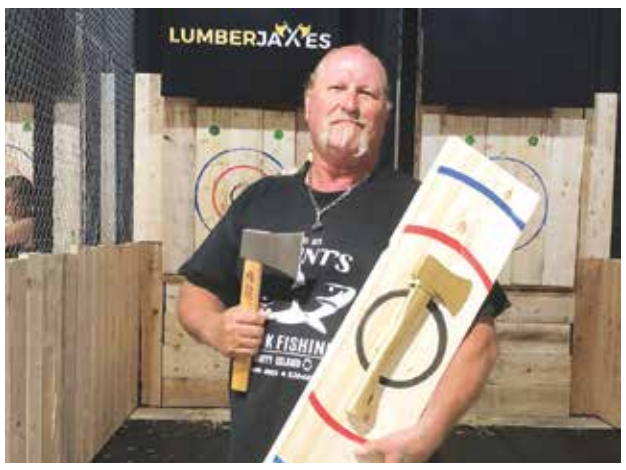


Wednesday, June 10. Depart at 9:30 a.m.

Topgolf has made socializing a sport through a blend of technology and entertainment – and that's just the game! If you journey through the venue on any given day, you will find the place buzzing with energy. Every Topgolf features dozens of climate-controlled hitting bays for year-round comfort with HDTVs in every bay and throughout the sports bar and restaurant. Enjoy an hour of play with friends and neighbors. You are welcome to bring your own golf clubs, if you prefer.

Cost: $80 per person
Deadline: Tuesday, May 26

LumberjAxes



Wednesday, July 15. Depart at 12:30 p.m.

The sport of competitive axe throwing developed out of the backyards of Matt Wilson and his friends in Toronto in the summer of 2006. LumberjAxes is Phoenix's first competitive axe throwing venue. Yes, competitive axe-throwing is a thing. It's huge in Canada. Adults of all skill levels can try their hand at axe throwing. Enjoy two hours of play with an axe coach.

Cost: $80 per person
Deadline: Monday, June 22

iFly Indoor Skydiving



Tuesday, August 11. Depart at 9:30 a.m.

If you are 3-years-old or 103, indoor skydiving is for you. You don't need to be an athlete or in the best shape of your life. Anyone can fly! The world-class instructors are pros at making flying fun for everyone. The chamber can move air in a precise, sophisticated fashion that empowers you to fly. Your iFLY experience, including check-in, orientation and flying, will last over an hour.

Cost: $130 per person
Spectator cost: $30
Deadline: Monday, July 13

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All classes, clubs and activities will be available on a limited basis when Leisure World re-opens. We are following federal, state and local guidelines. We hope to re-open soon!

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 Advance 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.

Line Dance (BR) Contact: Marjorie (Gramma) Jones, 480-984-3791
Wednesdays, 2:00 - 3:00 p.m.
Famous Worldwide Instructor/Choreographer, Gramma Jones has 20+ years. 14+ years at Leisure World. "great gramma jones line dancing YouTube". Press on "Videos" or "Eldergym.com line dancing with gramma jones" press on her picture to see her interview Worldwide. See over 200-line dances Marjorie has choreographed plus hundreds of songs. Beg. Int. Adv. All in each class. Year-Round Classes. $3 per person per class. Please come.

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.
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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: Watercolor by Sebastian, Tuesday, 1:00 p.m. Sign up in Art Studio.

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

Photography Club (AS/T) Contact Jan Kelly, 480-634-8878

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

Fabric Arts

Knit-A-Long (QCR) Contact: Carolin Lowy, 480-641-4626
All interested knitters, beginners to experienced, join in. We teach beginners to knit and help those who having difficulty with a pattern. 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, 480-218-4055
Thursday, 1 p.m.

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

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

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

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

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

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.

Classics of the Silver Screen Movie Night:
"The African Queen"



After religious spinster's (Katharine Hepburn) missionary brother is killed in World War I in Africa, a dissolute steamer captain (Humphrey Bogart) offers her safe passage. The two spend most of their time fighting with each other rather than the Germans. However, time alone on the river leads to love. Award-winning movie director/producer and Leisure World resident Jim Politano shares some unique cinematic experiences, facts and trivia before and after the movie, followed by a Q&A session. Free, including popcorn! See you at the movies!

Date: Wednesday, May 27
Time: 6:00 p.m.
Place: Rec. 1 Theater
Cost: Free!

Save the Date: Next Classics of the Silver Screen!

June 17 (W) On the Waterfront **6 p.m. Rec. 1 Theater**

Host Jim Politano, award-winning movie director/producer and Leisure World resident, is presenting "On the Waterfront." Dockworker Terry Malloy (Marlon Brando) had been an up-and-coming boxer until powerful local mob boss Johnny Friendly (Lee J. Cobb) persuaded him to throw a fight. When a longshoreman is murdered before he can testify about Friendly's control of the Hoboken waterfront, Terry teams up with the dead man's sister Edie (Eva Marie Saint) and the streetwise priest Father Barry (Karl Malden) to testify himself, against the advice of Friendly's lawyer, Terry's older brother Charley (Rod Steiger).

Join us each month as we visit this Classic of the Silver Screen and other amazing films from the extensive library of our host. A lifelong film buff, he is extremely knowledgeable in the cinematic field. After each film, Jim will share interesting facts and trivia, followed by a Q&A session. It's fun! It's free! Popcorn included. See you at the movies!

Keep July 17 open for "Breakfast at Tiffany's."

Free Sunday Movie Matinée

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



May 17 Dark Waters **(PG13) – 2hr 7m**

Inspired by a shocking true story, a tenacious attorney uncovers a dark secret that connects a growing number of unexplained deaths to one of the world's largest corporations. In the process, he risks everything -- his future, his family, and his own life -- to expose the truth.

May 24 Strange But True **(PG13) – 1hr 36m**

It's been five years since high schooler Ronnie Chase died in a tragic accident. But the shock of his death is reignited when his ex-girlfriend, Melissa, visits Ronnie's mother and brother, and tells them she believes she's pregnant with Ronnie's child. Ronnie's family tries to dismiss Melissa's incredible claim – and is plunged into a web of lies, fears, and unrelenting suspense.

May 31 After the Wedding **(PG13) – 1hr 52m**

Theresa is a media mogul who seemingly has it all, a thriving business, a handsome artist husband, a charming family and an idyllic home. When Theresa invites Isabel, an American living in India who has devoted her life to helping orphans, to meet her in New York, they are supposed to be discussing a generous donation that Theresa has agreed to. While Isabel thinks she'll immediately be returning to her beloved orphanage, Theresa has other plans, insisting Isabel attend her daughter's wedding at the family's estate. The joyful event becomes a catalyst for a revelation that upends the lives of both women.

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Upcoming Activities

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May 6 (M) Recreation Volunteer Meeting
1-3 p.m. Online Zoom Meeting

Calling all current and future Recreation volunteers!! Spring and summer are the seasons we use many volunteers with our activities. As most of our events include food, we especially need volunteers who have current Food Handler Cards through Maricopa County, or are willing to get them. Our volunteers work at our Summer Socials, Potluck Suppers, and other department sponsored events. At the meeting, we will discuss the events we are planning for the summer, what our needs will be, and, if interested, how to go about getting your food handlers card from Maricopa County Environmental Services. The meeting won't be all work. We plan to have some fun and even some door prizes! Please sign up by emailing recreation@lwca.com or call 480-832-0003 ext. 420.



May 10 (Sun) Mother's Day Lunch Buffet To Go
11 a.m. – 12 p.m. Rec. 2 Lobby Unloading/Drop-off Area

Let the day be as relaxing or exciting as you choose, but don't stress about what to make for lunch. Pre-order your meals by calling the Rec Office. Our delicious lunch options will be prepared by AZ Premier Catering; your choice of roasted pork with applesauce or lemon chicken with butter sauce, buttered red potatoes with parsley, Italian mixed vegetables, and a slice of French bread. Make plans for the whole family! Pick up your meals by drive-thru at the Rec. 2 Lobby. Must have a minimum of 50 pre-registered for event to fly.

Tickets: $15 per person
Deadline: Wednesday, May 6



June 2 (T) Holy Guacamole! Let's have a party...
12 p.m. Rec. 2 Hopi/Pima Rooms

What better way to kick off our summer than with a fiesta! The Recreation Staff and volunteers

will prepare a delicious taco salad piled with your favorite toppings. You can choose from

chicken, beans, onions cilantro, salsa, diced chilis, grated cheese, olives, and of course, sour cream, with a side of tortilla chips for some crunch. Enjoy cool refreshing sorbet for dessert. After lunch we will have some fun and games with prizes. Fiesta music for everyone to enjoy.

Let's kick off some summer fun in the sun together!

Tickets: $8 per person
Deadline: Thursday, May 28



June 11 (Th) Summer Dance Party with B Platinum
7 – 10 p.m. Rec. 2 Hopi/Pima Rooms

Residents and their guests are invited to beat the heat and dance the night away to the tunes of *B Platinum.* Their first time to Leisure World; this band will get you on your feet with grooves that make you feel good. Playing a great mix of classic rock, modern tunes and song remixes with a fun edge. Reserved tickets available in the Rec. Office and include mixology station. Fresh popped popcorn two for $1 sponsored by *RE/MAX Classic*!

Tickets: $10 per person in advance or $12 at door



June 18 (Th) Summer Social w/ Chuck Field
2 p.m. Rec. 2 Hopi / Pima Rooms

They say, "Laughter is the best medicine." Get ready to feel good as Chuck Field and his stage partners, Ziggy, Nick and Dr. Sol brings his superb ventriloquism and hysterical humor to Leisure World.

This month you'll be able to create your own sundae at out ice cream social. Make your customized sweet treat with toppings like strawberry, chocolate, pineapple, nuts, cherries and whipped cream. Fresh fruit cups in place of the sundae will be available if requested when you purchase your ticket.

Tickets: $6 per person



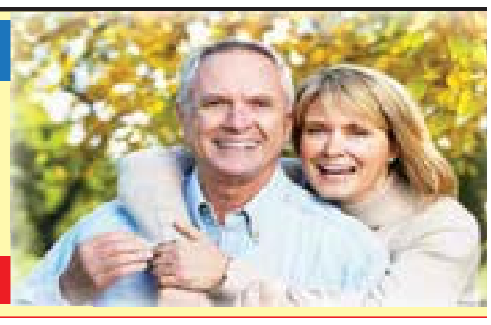
June 21 (Sun) Father's Day - Omelet in a Bag
10:30 a.m. Rec. 1 Ballroom

What is an Omelet in a bag?" It's a perfect omelet that gets cooked in a bag. Sounds crazy but you have to come check it out! Recreation will provide everything to make your dream omelet with plenty of items to choose from, like ham or bacon, bell peppers, tomato, onions and more. We'll also have an assortment of pastries, fruit, juice, coffee, and a "Virgin Bloody Mary and Salty Dog Bar" to go with your Omelet in a Bag. Seating is limited and tickets are expected to go fast so don't procrastinate.

Tickets: $10 per person
Deadline: Monday, June 15 or until all 50 tickets sold

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Upcoming Trips and Tours

Deadlines are fast-approaching for June events!

June 10 (W) Topgolf
Depart at 9:30 a.m.
See Bucket List on page B4
Cost: $80 per person
Deadline: Tuesday, May 26



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



July 9 (Th) 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-thru 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, June 15

July 15 (W) LumberjAxes
Depart at 12:30 p.m.
See Bucket List on page B4
Cost: $80 per person
Deadline: Monday, June 22

August 9 (Su) Montezuma Castle, Museum of Northern AZ and Lunch*
Motorcoach departs between 6-8:30 a.m.
Travel to Northern Arizona and learn about Native American history and culture. Montezuma Castle is one of the best preserved cliff dwellings in North America. This 20 room high-rise apartment, nestled into a towering limestone cliff, tells a story of ingenuity, survival and prosperity. The Museum of Northern Arizona portrays the culture and nature of Northern Arizona's Colorado Plateau.
Tickets: $99 per person
Deadline: Monday, July 6

August 11 (T) iFLY Indoor Skydiving
Depart at 9:30 a.m.
See Bucket List on page B4
Cost: $120 per person
Spectator cost: $30
Deadline: Monday, July 13

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

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



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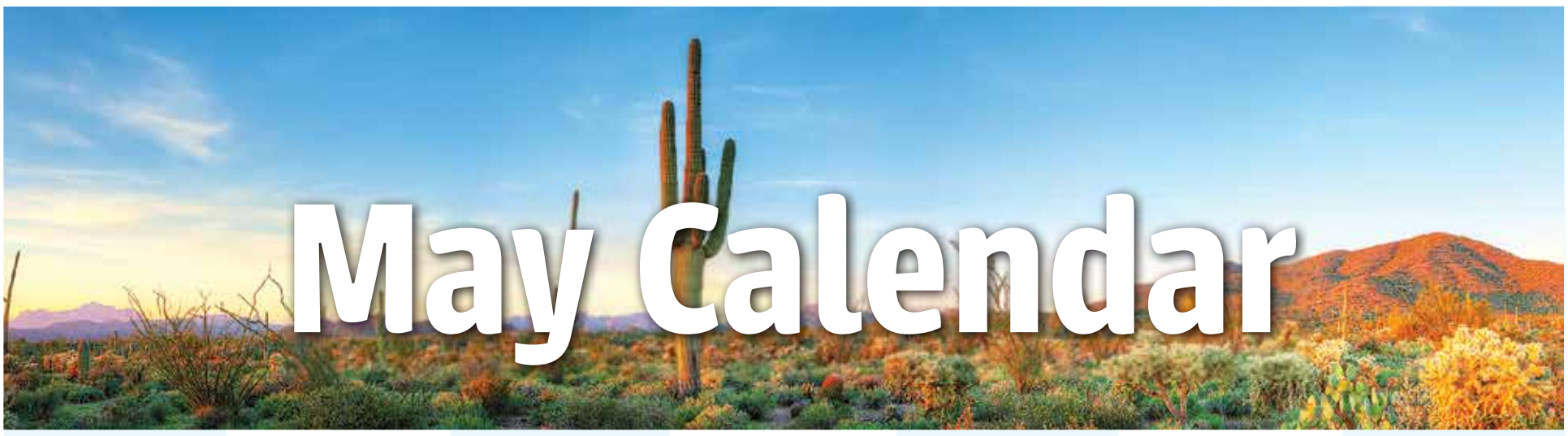
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May Calendar

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!

				FRI 1	SAT 2	
SUN 3	MON 4 10:00 a.m. District 3 Landscape (CLR)	TUES 5 9:00 a.m. Dermatology Screening (R1PL) 10:00 a.m. Summer Volunteers Mtg. (Zoom)	WED 6 8:00 a.m. ACC Committee (TBD) 9:00 a.m. Dermatology Screening (R1PL) 8:00 a.m. Wednesday Coffee (Zoom)	THUR 7 1:00 p.m. District 7 Landscape (AR)	FRI 8	SAT 9
SUN 10 11:00 a.m. Mother's Day Lunch (HPG) No Movie – Happy Mother's Day	MON 11	TUES 12 7:30 a.m. Lions Club Mtg. (BRG)	WED 13 8:00 a.m. Wednesday Coffee (CLR)	THUR 14 1:00 p.m. District 7 Landscape (Zoom) 3:15 p.m. Art Assoc. Mtg. (TBD)	FRI 15 4:00 p.m. Friday Social (TBD) 7:00 p.m. Bingo (TBD)	SAT 16
SUN 17 4:00 p.m. Movie Matinee "Dark Waters" (T)	MON 18 7:00 p.m. Republican Club (BRG)	TUES 19	WED 20 8:00 a.m. Wednesday Coffee (CLR)	THUR 21	FRI 22 4:00 p.m. Friday Social (CLR) 7:00 p.m. Bingo (BR)	SAT 23
SUN 24 4:00 p.m. Movie Matinee "Strange But True" (T)	MON 25	TUES 26 7:30 a.m. Lions Club Mtg. (TBD) 2:00 p.m. Community Chat (TBD)	WED 27 8:00 a.m. Wednesday Coffee (TBD) 6:00 p.m. Classic Movie Night "African Queen" (T)	THUR 28	FRI 29 4:00 p.m. Friday Social (CLR) 7:00 p.m. Bingo (BR)	SAT 30
SUN 31 4:00 p.m. Movie Matinee "After the Wedding" (T)						

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 May 2020

Available When Leisure World Re-Opens

SUNDAY

9:00 a.m. Pottery Open Studio (POT)
9:30 a.m. Tillerman Yacht Club (LDL)
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. Pottery Class (POT)
9:00 a.m. Shuffleboard (SHB)
9:00 a.m. Swim Exercise (P)
9:00 a.m. Twiddlers (QCR)
10:00 a.m. Computer Lab Open (CC)
11:30 a.m. Line Dance - Beginner (BR)
12:00 p.m. Pottery Open Studio (POT)
12:30 p.m. ACBL Monday Bridge (CLR)
12:30 p.m. Texas Hold 'em (QCR)
12:45 p.m. Line Dance - Advanced (BR)
1:00 p.m. Computer Lab Open (CC)
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)

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. Pottery Open Studio (POT)
9:00 a.m. Swim Exercise (P)
10:00 a.m. Computer Lab Open (CC)
12:30 p.m. ACBL Bridge (CLR)
12:45 p.m. Pinochle (QCR)
1:00 p.m. Computer Lab Open (CC)
1:00 p.m. Hand and Foot (LC)
1:00 p.m. Watercolor Classes (AS)
1:15 p.m. LW Music Makers (MR)
6:00 p.m. Dealer's Choice Poker (NAV)
6:15 p.m. 5 and 10 Cent Poker (LC)
6:30 p.m. Men's Poker (QCR)
7:00 p.m. Mah Jongg (CLR)

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. Porcelain Painting (POT)
9:00 a.m. Shuffleboard (SHB)
9:00 a.m. Swim Exercise (P)
9:30 a.m. Tillerman Yacht Club (LDL)
10:00 a.m. Computer Lab Open (CC)
12:00 p.m. Pottery Open Studio (POT)
12:30 p.m. Shufflers (NAV)
12:45 p.m. Pinochle (QCR)
1:00 p.m. Computer Lab Open (CC)
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)

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. 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)
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 (NAV)
6:30 p.m. Men's Poker (QCR)
6:30 p.m. Party Bridge (APA)

FRIDAY

6:45 a.m. Early Bird Stretch (C)
7:00 a.m. Lap Swimming (PO)
8:00 a.m. Tap Dancers (C)
8:15 a.m. Practice Bridge (APA)
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. Shuffleboard (SHB)
9:00 a.m. Swim Exercise (P)
10:00 a.m. Computer Lab Open (CC)
10:00 a.m. Ukulele Practice (MR)
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. Computer Lab Open (CC)
1:00 p.m. Cribbage (QCR)
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. Pottery Open Studio (POT)
9:00 a.m. Swim Exercise (P)
10:00 a.m. Computer Lab Open (CC)
2:00 p.m. Water Volleyball (P)
6:30 p.m. Progressive Bridge (QCR)

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New Tap Dance Class

Submitted by Judy Free

"Tap your troubles away!" A new beginning tap dance class will begin when Leisure World reopens. The class will be held in the Rec. 1 Classroom on Mondays, Wednesdays and Fridays at 8:00 a.m.

Tap dance is excellent exercise that improves rhythm, memory and balance. It's also a great way to have fun and make friends.

Tap shoes are not required at first, but shoes with leather or man-made soles, should be worn so your feet do not stick to the floor.

If you are interested in learning how to tap dance or in reinforcing your tap dance skills, this class is for you. There is no charge for the class. Just show up since no advance registration is required. Stay tuned for details!

For more information, call tap dance instructor Judy Free at 480-396-3103.

How to Stay Positive During a Crisis!

During this COVID-19 global pandemic, it may be difficult to stay positive. We are inundated daily with devastating news of thousands of people being infected and dying. But despite how bleak things seem, it is important to remain positive.

A positive attitude boosts your immune system and improves your mental well-being. Don't ever underestimate the power of the mind especially on the body.

Here are six things you can do to cultivate positivity:

1. **Power of Praying:** Praying or meditating is a great way to stay positive and find inner peace. Research shows that doing so for just five minutes a day can improve your mood, sleep and decrease stress.
2. **A Grateful Attitude:** Every day, find something to be grateful about it and share it with family and friends. Get a journal and write down what you are grateful for. Make sure to be specific! The positive impact you get from gratitude increases when you provide real, specific evidence for why you feel grateful.
3. **Pay it Forward:** Share positivity by sending a thank-you email or doing one kind act every day. Studies reveal that acts of kindness can boost happiness, reduce depression and even help you live longer.
4. **Squash Negativity:** Challenge your negative thinking. Ask yourself, "Is there another more positive way I could view this?" It is tempting to see the glass as half empty, but find reasons why it is half full.

   Numerous studies show that being optimistic and thinking positively is good for your health and well-being. But it's not just about adopting a Pollyanna attitude. Optimists are better problem solvers and at accepting bad situations.
5. **Flash Your Pearly Whites:** It might sound simple, but research shows that the physical act of smiling actually helps you feel happier. Feedback sent to the brain from facial muscles impacts the development of emotions.

   So, smile even if you don't feel like. As the saying goes, "Fake it 'til you make it." By doing so, you will eventually be feeling it for real.
6. **Happy Music Time:** Listen to music that sounds the way you want to feel. Research shows that music activates the region of the brain that releases the feel-good chemical dopamine and relaxes the body. So "happy"music can, in fact, make you feel happier!

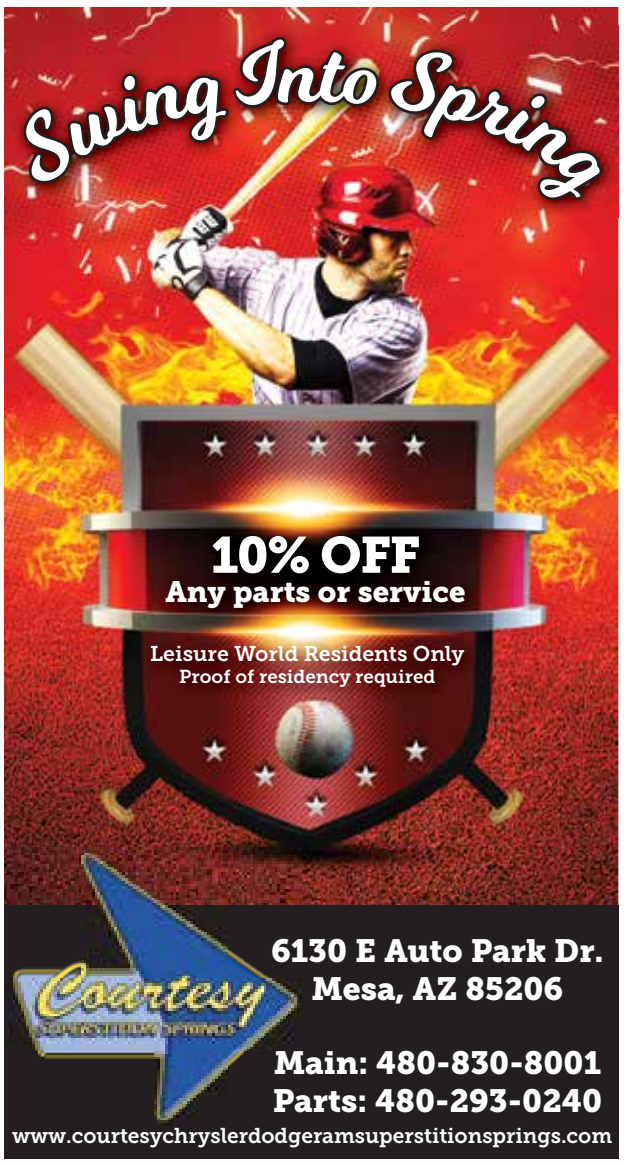


Every day has something positive. Some days, you just have to look a little harder. You don't have to let bad news and negativity ruin your day. You have a choice about where you focus your attention and how you choose to respond to any situation.

As renown Holocaust survivor Viktor Frankl wisely noted, "Between stimulus and response there is space. In that space is our power to choose our response. In our response lies our growth and our freedom."

Choose wisely to improve your overall health and mental well-being.

For more tips and ideas, visit Leisure World Facebook at www.facebook.com/LeisureWorldMesaAZ and Instagram at www.instagram.com/leisureworldaz.





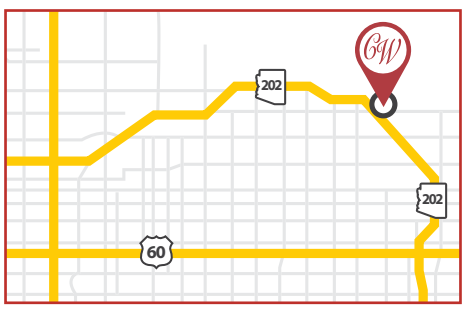




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Walk it Out: Hiking Trails Available

In these trying times, getting some fresh air and staying fit is more important than ever. Arizona's Stay Home, Stay Healthy, Stay Connected executive order recommends social distancing, but it also encourages people to go outside for walks, biking or other activities that limit contact with others.

Hiking is an easy way to escape the negativity and expend pent up energy. It will uplift your spirits, clear your mind and put a spring in your step. Thankfully for Arizona residents, we have many to choose from!

Here are a few popular trails that you can still enjoy:



Papago Park – Hole in the Rock: Head over to Papago Park near the Phoenix Zoo for this easy short hike. Stop inside this beautiful geological formation and enjoy the beautiful landscape. The main parking lot to this trail is closed but there are several other access points around the park that are monitored by park rangers. Look for trail signs.



Camelback Mountain – Echo Canyon and Cholla Trails: The gorgeous Camelback Mountain is a must for avid hikers. Head over to the Paradise Valley area for these great trails. If you want a a challenge, the Echo Canyon Trail is a more difficult hike. For something with more moderate difficulty, try the Cholla Trail.



Piestewa Peak: Piestewa Peak is the second highest point in the Phoenix mountains, after Camelback. Many head to its trails for bird watching and to enjoy the beautiful desert flowers along its path. But it's also a great challenging workout with panoramic views of the Phoenix area.



South Mountain Park - Dobbins Lookout and Holbert Trail: The vehicle entry point to Dobbins Lookout on Summit Road is a perfect observation area to watch the sunset over the entire South Mountain Park. Many choose to park near the trailhead and simply enjoy the scenery. But you can also access Dobbins Lookout by hiking the Holbert Trail at South Mountain, which won't be as restricted or as crowded.



South Mountain Park - Pima Canyon Trailhead: This area is popular for hikers since Pima Canyon Trailhead leads to other favorite hikes like the Desert Classic Trail, Pima Wash, National Trail and the Mormon Loop Trail. The Pima Trailhead runs 14 miles one way and is home to many historical petroglyphs.



Usery Mountain Park - Merkle Trail: Home to over 29 trails, Usery Mountain is perfect for beginner and experienced hikers, alike. Enjoy an easy hike with Merkle Trail or something more difficult like Pass Mountain Trail.

Visitors also enjoy the Wind Cave Trail that reaches high onto the mountain side. Note that although trails are open, Usery's popular campgrounds and nature center are closed until further notice.

Enjoy the great outdoors while taking necessary safety precautions. Remember to stay six feet from other hikers, bring enough water, wear sunscreen and protective clothing.

As an extra safeguard, share your hiking plans with friends and family in case you accidentally get lost and can't find your way back. This way, someone will know where to find you if you don't come back home in the expected timeframe.

Once you are ready and get out on the trails, you'll be happy you did! Soak it all in, breathe in the beautiful air and admire the beauty around. Your body and soul will thank you!

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More At-Home Fun During the Coronavirus

As the global coronavirus pandemic continues, you may be struggling with how to keep yourself and family members occupied. Extended business shutdowns, including for restaurants, gyms and concert and sporting events, may have you going stir crazy. But let your creativity soar to curb boredom and restlessness.

Here are some fun things you can still do at home solo or with family members.



1. **Do-It-Yourself Fun:** If you have ever watched a home design television show like HGTV, browsed through Pinterest or articles online, you probably have some remodeling ideas you want to try on your own home.

   Well, there's no time like the present — especially since stores like Home Depot and Lowe's are still open as essential businesses. So, why not grab some supplies and start remodeling!
2. **¿Hablas español?:** Have you ever wanted to learn Spanish, Italian or French? Now, is a great time to learn a foreign language. Whether you already learned a few foreign words in high school or are just getting started, now is a good time to download a language app like Duolingo or Memrise and start practicing.

   Rosetta Stone is also offering online specials for you and your family. Visit www.rosettastone.com to learn more.
3. **Enjoy Virtual Art:** Have you ever wanted to visit the Smithsonian or another prestigious museum or art gallery? Now you can virtually! "Walk" through the National Portrait Gallery in D.C., watch a performance from the famous Alvin Ailey Dance Theater, visit the animals and the San Diego Zoo, and more! You can even tour the Metropolitan Museum online.

   See the full list with access links at: https://cnn.it/3bb9L7u.
4. **Become a Top Chef:** If you're like most people, you probably have numerous cookbooks but have yet to crack some of the best recipes. Gather your family members and tackle that lasagna dish or cheesecake you've always wanted to try.

   Maybe even try a different type of cuisine and learn a Thai of Japanese dish. You'll be expanding your palette and learning skills at the same — all while having fun!
5. **Teach it Forward:** You might be blessed with a unique skill like playing the piano, woodworking or painting. Regardless of your talent, share it with others via Zoom digital conference. It's free and a great way to keep social with distance And, you'll love doing something positive!

There are so many things you can do while sequestered indoors. It may just take a little creativity, but let your imagination run wild. Make those most of these unprecedented times. Who knows, you might learn something new or make beautiful members with your loved ones.

For more tips and ideas, visit us on Facebook at www.facebook.com/LeisureWorldMesaAZ/ and Instagram at www.instagram.com/leisureworldaz/.

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Personal Training • Group Exercise
Assessments • Massage Therapy

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

June 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 a new workshop. There is something for everyone! Our Fitness Specialists are happy to assist you with finding the right class.

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

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

National Senior Health and Fitness Day!



There is no better way to start your day than with an exercise routine! The benefits of physical activity are endless. Exercise helps you maintain healthy bones, muscles and joints. It also helps control joint swelling and pain associated with arthritis. Moreover, exercise can help reduce your risk for coronary heart disease and manage hypertension. Most importantly, exercise helps you maintain the ability to live independently and reduces the risk of falling and fracturing bones.

The Centers for Disease Control and Prevention, along with the American College of Sports Medicine, recommends a minimum of 150 minutes per week of moderate intensity exercise for adults. This can be accomplished in a variety of ways. Brisk walking, jogging, swimming and cycling are just a few examples of aerobic exercise that you can participate in to meet these recommendations.

The 27th anniversary of National Senior Health and Fitness Day is on May 27, 2020. Health clubs, retirement communities, senior centers and many other local organizations will host a variety of health and fitness events for seniors. Every year at Leisure World, we host an event or activity with the day's theme. This year's theme is "Life is Better in Motion!" We will be hosting a "Circuit Celebration" at 8:00 a.m. in the Rec. 1 Courtyard on Wednesday, May 27.

The circuit will include cardiovascular endurance, muscular strength and flexibility components. You will have the opportunity to learn new and exciting ways to exercise. This event is open to all residents, regardless of your fitness level.

Come celebrate with the fitness team at the Oasis Health Spa. Please join us for an amazing morning and discover how your life is better in motion!

Date: Wednesday, May 27
Time: 8:00 a.m.
Place: Rec. 1 Courtyard



National Safety Month Coming in June!

Unfortunately, many of us fear falling! Did you know that just by falling one time, your chances of falling again doubles? This can impede your lifestyle by limiting your activities for "fear of falling."

But the good news is that falling is **not** an evitable part of aging! During the month of June, we will identify important facts about falling, including the risk factors, injuries, costs and prevention tips. Look for details about having your own personal Fall Risk Assessment.

Stay tuned for more information on the Fall Risk Seminar in June.

Leisure World Wellness Department Staff



Randi Rich, RN
Health Office Lead



Marguerite Huspen
Outreach Specialist



Quoc Tran
Fitness Manager



Sue Patt
Fitness Specialist

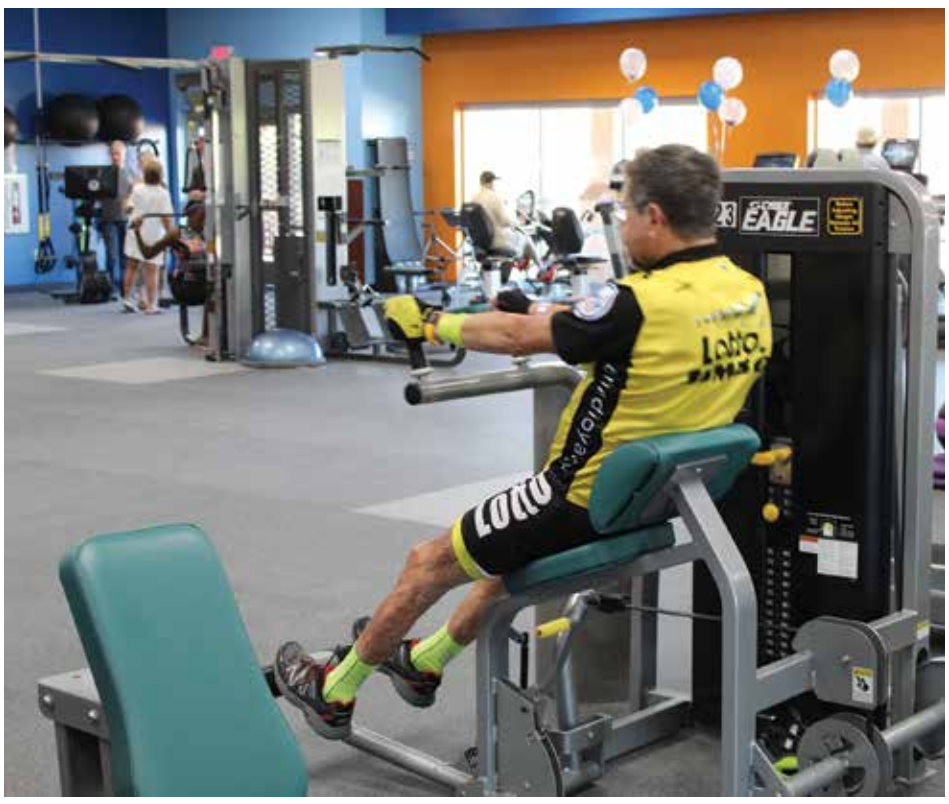


Susan Kalnas
Fitness Specialist



Theresa Mendoza
Fitness Specialist

Master the Machines Class



Have you ever looked at the machines in the Fitness Center and wondered, "How in the world do you use these contraptions?" You are not alone! This is exactly why we created the class, "Master the Machines!"

This beginner class teaches proper technique, how to customize seat settings, the proper starting weights, and the right number of repetitions and sets for you. It will also help you learn how to progress to a strength training program.

This class is designed to get you started, build strength and give you tools to build your fitness program. Instead of having a one-time introduction to the equipment, this is a month-long class that meets twice a week. It allows you to fully integrate the knowledge and skills into a strength program staring now and beyond.

If you have never used the machines or need some proper training on how to use them, this class is perfect for mastering your skills!

Dates: Tuesdays and Thursdays starting in May
Time: 2:00-2:45 p.m.
Place: Fitness Center
Cost: $17 (Flex/S&F/Renew accepted)

Aqua Zumba™



What do you get when you combine a fun style of dance and water? **AQUA ZUMBA™!** It's coming to Leisure World in May, Tuesday and Thursday mornings at 8:00 a.m. at the Rec. 1 Pool! According to the Aquatic Exercise Association, you can burn between 400-500 calories per hour while having fun and using the resistant properties of the water.

AQUA ZUMBA™ is an invigorating workout to the South American Zumba rhythm. It will tone and challenge your muscles. No Zumba experience is necessary. **All** fitness levels are welcome!

So, if you are looking for a fun, dance style party in the pool, moving to uplifting music, **AQUA ZUMBA™** is for you!

Dates: Tuesdays and Thursdays/Starting Date TBD
Time: 8:00-8:45 a.m.
Place: Fitness Center
Cost: $5/class (pay instructor)

On-site Dermatology Screening

In honor of National Skin Awareness Month, Southwest Mobile Dermatology will be on-site at Leisure World with their mobile CareToU mobile clinic offering skin screening, biopsy services and a new non-surgical treatment for pre-cancerous and cancerous conditions. Their treatment uses a non-surgical device to treat diseased tissue.

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

To schedule an appointment, call 602-639-0189. Please bring your insurance card and list of current medications.

Date: May 5 -6
Time: 9:00 a.m. to 4:00 p.m.
Place: Rec. 1 Parking Lot



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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.

AM Yoga (Lvl 3) – This is an exercise program that is based on the slow stretching, strengthening, and relaxation techniques of Hatha Yoga. Not only does it teach the body to be strong and supple, it also keeps the mind alert and active. Join us to learn about deep breathing and relaxation techniques that will keep your body refreshed.

˜*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.

˜*Aqua Zumba (Lvl 2) This class blends the **Zumba**® philosophy with water resistance, for one pool party you shouldn't miss! Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

˜*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.

***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.



˜*Strong & Steady (Lvl 3) – Comprehensive strength conditioning designed to improve strength, posture, and challenge balance. Programming includes skills which help to improve daily function, facilitate an active lifestyle, and minimize physical decline associated with aging. Must be able to get up and down from the floor proficiently.

˜*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.

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ReFit ® Dance Fitness	Tues/Thurs	12:45 - 1:45 p.m.	$17 Monthly $4 Drop-In	Rec. 1 Classroom
Strong & Steady	Mon/Wed/Fri	10:30 - 11:15 a.m.	$22 Monthly $4 Drop-In	Rec. 1 Classroom
TRU Strength	Mon/Wed/Fri	6:00 - 6:45 a.m.	$22 Monthly $4 Drop-In	Rec. 1 Classroom
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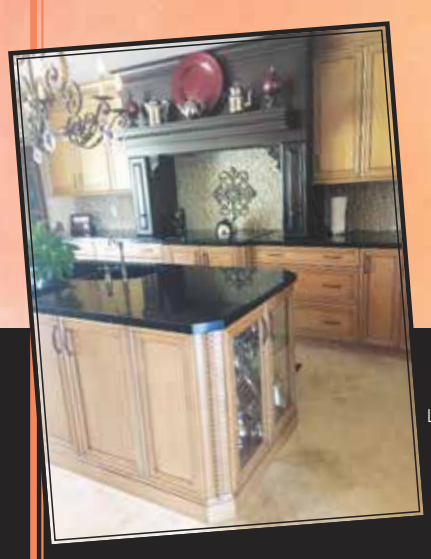
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NURSE'S BEAT

7 Warning Signs You Shouldn't Be Driving

By Randi Rich



Senior citizens want to drive for the same reason anyone does: independence. With failing health, many senior citizens feel that driving gives them their freedom. It prevents them from becoming a shut-in or a burden to others and helps them keep in contact with friends and family.

But as some seniors age, their desire to drive must be thwarted if they become a danger to themselves or others — even if this means losing this privilege and their freedom.

Here are some signs a senior should not drive:

1. **Frequent Accidents:** Driving restrictions may be necessary if an unusual number of accidents have occurred.
2. **Numerous Damages:** New scrapes, scratches or dents to a senior's vehicle are signs that some driving privileges need modification.
3. **Increase in Traffic Violations:** If there are more traffic tickets and insurance rates are increasing, it might be time to look at the cause.
4. **Visual and Hearing Problems:** It might be time for an eye exam if you or your loved one are having difficulties viewing traffic signals, pavement markings or street signs. If a driver has difficulty seeing after dark, they may need to restrict their driving to daylight conditions. If they can't hear sirens, they may also need a hearing exam.
5. **Frequently Getting Lost:** There is a problem if you or your loved one has difficulty finding their way around the neighborhood, gets lost frequently or forgets how to get to well-known destinations.
6. **Mobility Problems:** Every driver must be able to turn the wheel at a moment's notice and check blind spots. If your mobility causes a delay in these movements, it might be time to hang up the keys.
7. **Slow Response Times:** Many senior citizens experience slower reaction times. This prevents them from missing that sudden traffic collision up ahead. Unexpected and sudden situations can cause pedal confusion, such as pressing the gas pedal instead of the brake pedal.

License Renewal Safeguards

In Arizona, license renewal laws are put in place to check senior driving viability. For example, "extended" driver licenses expire at age 65, at which point, they must be renewed every five years. New applicants 60 and older get a five-year license. For both, a vision test is required for renewal.

Remember, as we age, mobility issues, vision changes and hearing loss can impair our ability to drive safely. Many senior citizens know their own limitations and make the proper adjustment. For example, they avoid long hours behind the wheel or decide not to drive after dark.

But unfortunately, some seniors may need to be persuaded to re-evaluate their driving.

Be on the lookout for some of these warning signs mentioned above for you or a loved one to determine if it is safe to remain behind the wheel. Your life and that of others depends on it!

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

Smart Driver Safety Precautions

How's your driving? Do you have frequent close-calls or near crashes?

"As we get older, we go through changes like vision and hearing impairments, reflex time and cognitive function that can affect our ability to drive safely," says resident Brian Larson, who has been a volunteer driving instructor for AARP for the past five years. "It's important to know the signs and how to protect yourself."

According to AARP, the probability of a fatal crash increases after age 70, with those 85 and older having the highest fatality rates nationwide.

"Even if seniors have fewer accidents than teenagers, they have a higher probability of suffering injuries when they do," explains Brian, who has over 30 years of professional driver safety experience. "So, we want to decrease their accident risk as much as possible."

That's why Brian teaches a Smart Driver at Leisure World once a year. The four-hour course provides safety tips and reminders for senior adults. The key takeaway: understand the causes and signs of impairment.

Here are five things to keep in mind to help you stay safe on the road.

1. **Check Your Medications:** Do you feel drowsy while driving? Are you experiencing unexpected blurry vision? This may be due to your medications.

   According to the AAA Foundation for Traffic Safety, half of older drivers take seven or more medications regularly. But alarmingly, fewer than one in five know how their drugs effect their driving.

   Many medications cause drowsiness, dizziness or blurred vision. Although some drugs may be safe for driving, they can cause an adverse reaction by interacting with another medication. This can dangerously impair a driver.

   It is important to pick up all your prescriptions from the same place, so a pharmacist or health professional can warn you of any reactions that can potentially affect your driving ability. When in doubt, ask about this possibility.
2. **Not-So-Perfect Vision:** Are you misjudging gaps in traffic? Do you have difficulty seeing signals, road signs or pavement markings?

   Many older adults have difficulty seeing at night and experience blurred vision, changes in color perception or problems viewing objects from a distance. Routine vision checkups can help detect an issue before it becomes a safety hazard.

   Make sure any eyeglass prescriptions are up-to-date since slight changes in vision can make a difference. Consider separate glasses for day and night driving. There are also glasses with anti-reflective coating to reduce glare and improve night vision. AARP recommends avoiding wide eyeglass frames because they can restrict peripheral vision.
3. **Audible Changes:** Do you often see an ambulance, but don't hear the siren? Can you hear the cars honking or accelerating nearby?

   According to AARP, 43% of adults 65 and older have hearing loss. This can affect a driver's ability to hear safety cues. Health professionals recommend seniors get yearly hearing evaluations to monitor changes. As a reminder, prescribed hearing aids should always be worn when driving.
4. **Improve Mind-Body Health:** Are you experiencing slower responses while driving? Are you getting lost in familiar locations? Do you have difficulty changing lanes or turning around to back up?

   As adults age, changes in their brain may take more time to process information. Therefore, slowing reaction times. AARP recommends eliminating distractions while driving like the radio or cell phones, steering clear of busy highways, increasing distance between cars and reducing left turns.

   Regardless of age, all drivers should practice activities to improve and maintain cognition by learning a new skill and maintaining a healthy exercise routine since these both stimulate brain nerve growth. Drivers should also try to keep their body flexible to be able to twist to check mirrors and blind spots, and brake and accelerate efficiently.
5. **Assess Your Skills:** Have you had unexplained dents or scrapes on your vehicle? It's possible you may be impaired without realizing it. AARP recommends seniors discuss their driving abilities with someone they trust, before it becomes a critical issue. Although self-assessment questionnaires are available online through various drivers' safety programs, drivers can also get a formal assessment with a trained professional.

Be proactive and follow these five safety recommendations.

"Decisions to limit or stop driving can be difficult," concludes Brian. "Make responsible decisions. When on the road, be smart, be courteous, and remember, your safety and that of others is at stake."

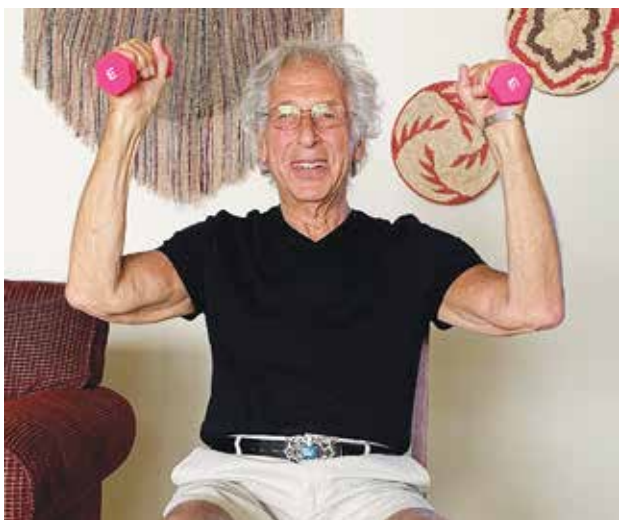
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MEMBER SPOTLIGHT

Jay Rosenthal Enjoys Working Out



Hi Leisure World! I am a member of the Fitness Center and would like to share my positive experience. Last winter, I enjoyed riding my bike around Leisure World. However, this year, I became unsteady, and was fighting Post-Polio Syndrome.

As result, I gave up my bike, switched to a tricycle, joined Leisure World Fitness Manager Quoc Tran's Fight Back Boxing class and Sue/Susan's Strength and Balance Level 1 classes. These classes have provided great cardiovascular workouts and improved my balance.

My wife Maxine and I use the Silver Sneakers program and have enjoyed the benefits of the group exercise insurance program. Maxine also found that with some modifications, she can accommodate her health challenges. Through the Silver Sneakers program, we enjoy the option to try drop-in classes before committing to anything.

The Fitness Center has great programs. Hopefully, you have met the team there and are taking advantage of all the wonderful activities!

Stay Fit with Alternative Exercise Options



Despite Arizona Gov. Doug Ducey's Stay Home, Stay Healthy, Stay Connected executive order, it is still important to keep your body moving. Increasing your circulation and strength will help boost your immune system and improve your mental well-being.

Here are some ways to keep your body lean and limber:

1. **Livestream Exercise:** The Fitness Center may be closed, but that doesn't mean you have to stop working out. There are many exercises you can do at home without machines, including bodyweight exercises like planks and push-ups. You can also sign up for online workout programs you can do with minimal equipment. SilverSneakers, a fitness program that offers workouts to seniors 65 and older on participating Medicare plans, offers Facebook live workouts, for all, including non-members. Visit http://go.silversneakers.com/facebooklive to learn more.
2. **Bask in Nature:** Even though many public places are closed, the great outdoors is still available for you to enjoy. Take a stroll around Leisure World and breathe in some fresh air. We have some great trails you can walk or ride your bike. Check them out at https://residents.lwca.com/wp-content/uploads/2020/03/North-and-South-Loop-Trails.pdf.
3. **Cleaning for Leaning:** If you vacuum and clean your bathroom, you know that effort is required. Bending, reaching, scrubbing and twisting keeps your body moving and active. You might even get your heart rate up and burn some extra calories. Plus, you'll have the added benefit of disinfecting surfaces to prevent bacteria and getting sick from contaminated surfaces.
4. **Stretch It:** Many people forget to stretch, but it's important for your body. Being flexible helps improve your circulation and joints. Try yoga or T'ai Chi. Both practices increase flexibility, calm the mind and are proven to boost cognition.
5. **Develop a Green Thumb:** If you have ever done some gardening, you know this isn't for the faint of heart. Pulling weeds, planting flowers and shrubs, tilling soil — is all hard work. You will definitely get your daily exercise in by doing any of these activities. And you'll be getting a healthy dose of sunshine and vitamin D, known to boost your immune system and improve your mood.

Reach out to friends and neighbors and remind them to stay active. Keep each other accountable and check-in with them when you have accomplished your activity for the day. You can also share your goals with us on Facebook at www.facebook.com/LeisureWorldMesaAZ/.

Together, we can help each other get through these difficult times and maybe even stay fit!



25 Things You Don't Know About Me



Theresa Mendoza
Fitness Specialist

1. **Who do you admire and why?**
My daughter Jordan. She is 21 and so smart and hardworking.
2. **Do you have a nickname?**
Many people call me "T" because that's what my first name starts with.
3. **If you could travel anywhere, where would it be?**
Italy! It looks amazing with all its history, architecture and beautiful waterways. There's so much to see!
4. **What is your favorite U.S. state and why?**
Arizona because it's beautiful and the weather is amazing!
5. **If you could learn only one new skill, what would it be?**
Surfing. I love being in the water and I love the ocean. It looks very fun and challenging.
6. **If you had a warning label, what would it say?**
"Stand back, I practice social distancing at all times."
7. **What is your favorite TV show and why?**
"Seinfeld," it's hilarious and it never gets old.
8. **What is your favorite movie of all time and why?**
"Fever Pitch" with Jimmy Fallon. It's a fun comedy.
9. **What is your perfect weekend?**
Swimming, hiking, relaxing, camping.
10. **What song do you sing in the shower? On your commute?**
Any Tom Petty song.
11. **What do other people do that drives you nuts?**
Invade my personal space.
12. **If you had to join the circus, what would you do and why?**
Trapeze because it looks fun and would be a rush.
13. **What fictional character would you love to meet in real life?**
Holden Caulfield from the latest book I read, "The Catcher in the Rye."
14. **What do people most compliment you for?**
Being a good mom.
15. **What is your favorite quote?**
"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that. Martin Luther King Jr.
16. **If you could start any business, what would what it be?**
I would start a swim school because I love to swim and to teach.
17. **What is the most important thing in your life?**
My daughter
18. **What's your favorite place to take an out-of-town guest?**
The Superstition Mountains for hiking.
19. **Are you a dog person or a cat person?**
Dog person – no question!
20. **How many siblings do you have?**
I have a lot – 10 siblings.
21. **Are you a good cook? If so, what is your favorite thing to cook?**
No, but I like to grill. My favorite is steak with grilled veggies.
22. **What is the best part of your job?**
Getting paid to exercise and being able to help others achieve their fitness goals.
23. **Is there anything you collect?**
Books and seashells.
24. **If you could meet any one person from history or currently alive, who would it be?**
Martin Luther King Jr. He was just such an amazing man—a real inspiration and an eloquent speaker.
25. **If you could give your younger self advice, what would it be and why?**
Don't waste time or energy on things that are out of your control.

Coronavirus: Know the Symptoms



Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID-19) cases.

The following symptoms may appear **2-14 days after exposure.***

- Fever
- Cough
- Shortness of breath

Call your doctor: If you think you have been exposed to COVID-19 and develop a fever and symptoms, such as cough or difficulty breathing, call your health-care provider for medical advice.

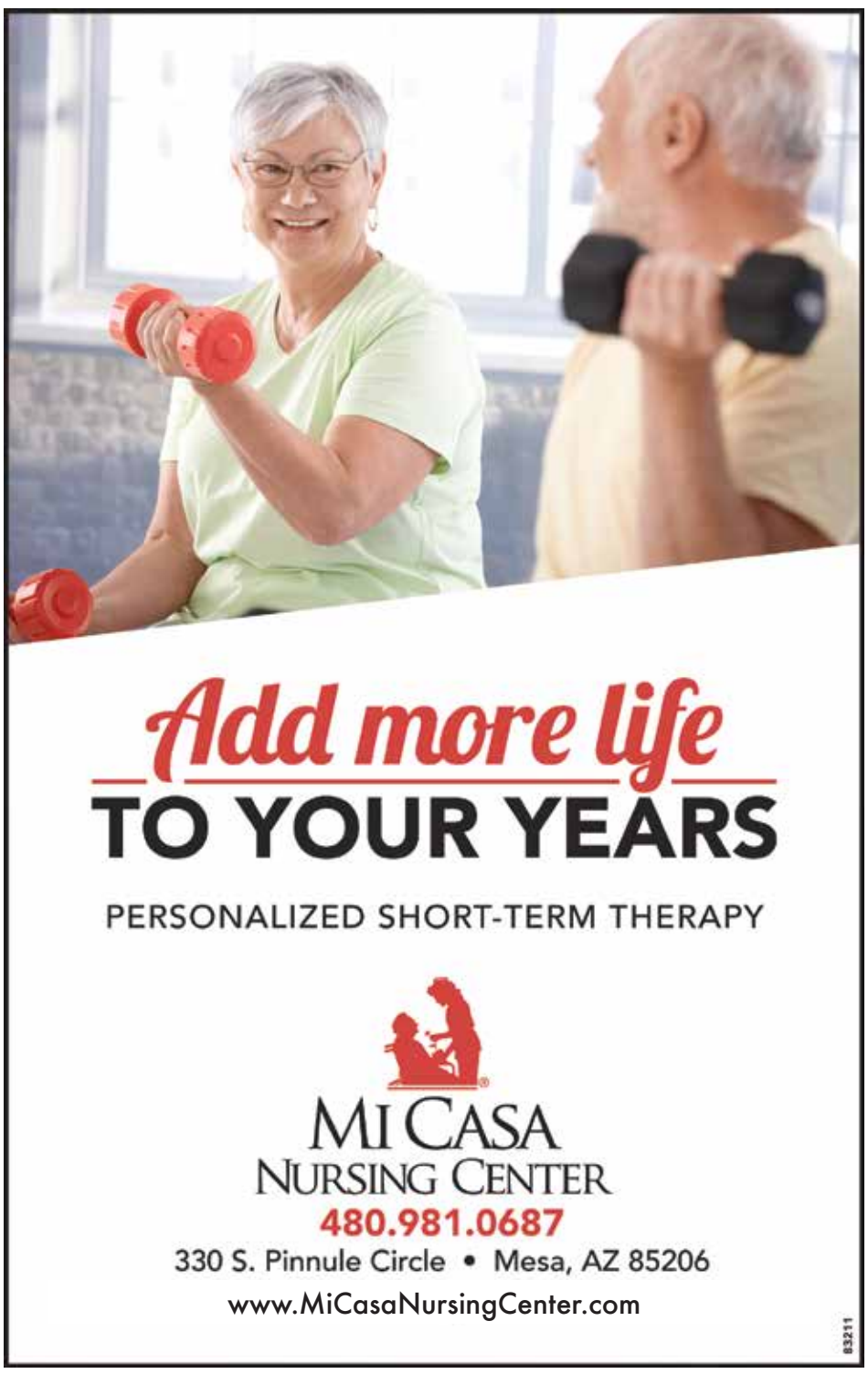
If you develop **emergency warning signs** for COVID-19 get **medical attention immediately**. **Call 9-1-1 beforecontacting the Leisure World Security Department.**

Emergency warning signs include*:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

*This list is not all-inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

For up-to-date information, visit the **CDC website.**





TRANSPLANTED GARDENER

How to Choose a Landscaper

By Sherry Rindels-Larsen

Curb appeal can add significant value to your home and hiring the best maintenance person or firm is important to maintaining this value.

A broad range of skills and expertise exist among businesses that advertise as "tree and landscape care experts." These range from certified arborist, horticulturist, certified tree worker, certified landscape professional, forester, landscape architect, landscape designer, landscape contractor and Master Gardener. But regardless of the professional's title, it is best to hire someone with a

combination of education, experience, licenses and references.

Here are a few important things to look for:

1. **Insurance:** By hiring a landscaper or company, request a certificate of insurance, including proof of liability for personal and property damage. Call the insurance company to verify the policy is current, even if the certificate has not expired. Remember, you may be held financially responsible if an uninsured worker is hurt on your property or damage is done to a neighbor's property.

   Contact the Industrial Commission of Arizona at 602-542-4411 and inquire if the firm carries Workers' Compensation. You may also call the Arizona Department of Revenue to ensure that the company is legal and paying property taxes. More than one person working on your property constitutes a "business operation and employment of employees." Therefore, the company must carry all state-required insurance and pay taxes. Check their standing with the Better Business Bureau and whether there are any current, pending or past complaints against the contractor online at www.azroc.gov. You can also see if the company is bonded.
2. **Certifications:** Ask for proof of membership in any professional organizations and if they have any professional certifications. Certifications demonstrate a basic level of professional capability, commitment to the field and often require continuing education.

   The International Society of Arboriculture (www.Treesaregood.org) has a searchable site for locating localarboristsandverifyingcredentials. Arizona Landscape Contractors Association also has an alphabetical list of Arizona Certified Landscape Professionals at www.azlca.com.
3. **Estimates and Contracts:** Obtain more than one estimate for the work to be completed. Pruning is an art and obtaining more than one opinion can be worth the extra effort. Knowledge, skill and experience is more important than a low bid. A written contract is key to preventing misunderstanding and ensuring the work is performed to standards established. The contract should include:



- Exactly what work will be done
- Timeframe of start and end date for work
- If pesticides (insecticides, herbicides, fungicides) are to be used, a detailed written statement of the specific insect or disease to be treated, the chemical to be used and how much, and what you need to do (cover lawn furniture, keep pets inside, etc.)
- If fertilizing, specify type, concentration, amount and method of application.
- Include a rough map of the property identifying trees and plants to be serviced or a clearly written description of location.
- Specify what cleanup work will be done and when.
- Clarify if tree or plant removal includes grinding out the stump and surface roots to one foot below grade, filling with topsoil and replanting grass or replacing rock.
- List the absolute total dollar amount you will be charged. Leave no room for confusion over whether the price is per tree or for the entire job. Work is usually priced as a single fee for the entire job or hourly plus materials. When using the latter, be sure to include the wording, "but not to exceed..."

4. **References:** Ask for and verify local references. Visit and inspect their work. Beware of people soliciting work door-to-door without an identification card on them, their uniform or vehicle.

Follow these tips to ensure you will be getting quality work from a trusted landscape professional. For more information on hiring a landscaper, review the following Arizona Cooperative Extension publication: https://extension.arizona.edu/sites/extension.arizona.edu/files/pubs/az1003-2020.pdf.
Additional resource: 'Know Your Pro' Landscape Titles and What They Mean at https://www.chandleraz.gov/sites/default/files/documents/imported/WC_Know%20Your%20Pro.pdf.

-Sherry Rindels-Larsen is a Maricopa Master Gardener.



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Get Energized by Eating Right

You are what you eat! Experts agree this age-old wisdom is true. If you feel drowsy all day and have trouble concentrating, chances are your diet is to blame. Low energy and a foggy brain can mean you're not getting the right nutrients.

"The brain uses 20 percent of the calories you consume," says Executive Director of the Wellness Council of Arizona Daniel Johnson. "If you don't take in enough calories, your brain can't function. It has no fuel. The same applies to your body."

The body needs calories from food for energy. But getting calories from the right foods is key since they convert energy at different rates. For example, whole grains and healthy unsaturated fats provide nutrients to maintain energy throughout the day. On the other hand, many sweets have empty calories with no nutritional value that will give you a sugar high, followed by an energy crash.

So, what should you be eating to optimize your health, energy and well-being?

The Right Nutrients

As the new year begins, many people resolve to lose weight and focus on their calorie intake. But regardless if you are following a low-carb, zero-sugar, Paleo or Keto diet, the emphasis should be on consuming the right kind of nutrients.

Here are some tips to fuel right and increase your energy.

Breakfast First: Just like a car needs fuel to work, so does your body need food to function optimally. By eating breakfast, you are telling your body to use calories for energy.

"Many people skip breakfast, just have coffee and think they're fine because they can still get up and go," explains Daniel. "But by not eating, you're telling your body to rely on the endocrine system instead. This will only go so far because you're not getting the nutrients your body needs or the calories to keep your brain functioning."

Start with a healthy balanced breakfast that includes complex carbs, proteins and fats. Try eggs, yogurt, whole grain bagels and fresh fruits.

Drink Java Judiciously: We all reach for that cup of Joe first thing in the morning to get us revved up for the day and then usually reach for more mid-afternoon to overcome that slump. But a crash is usually right around the corner. So, when's the best time to drink caffeine and how much?

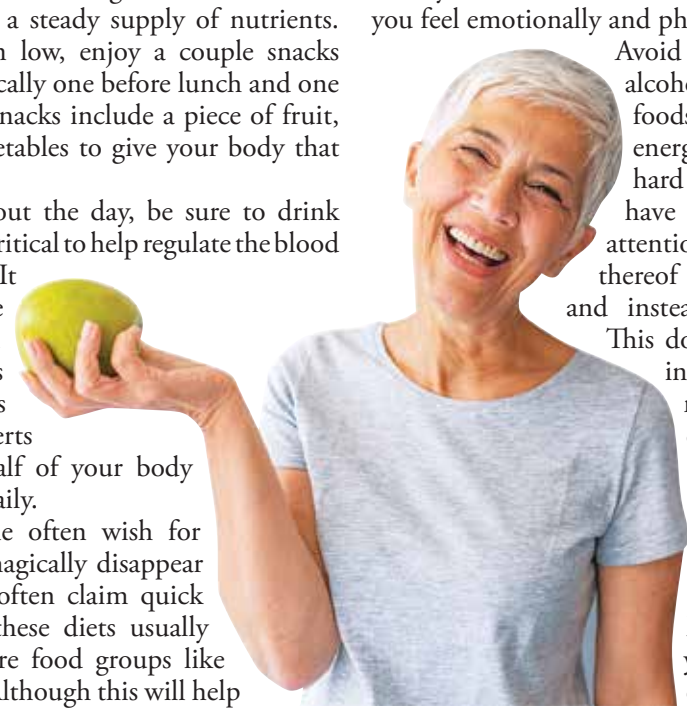
Daniel recommends waiting 20 minutes after breakfast before enjoying that cup of java to give your body time to digest without affecting your blood sugar. Experts also recommend a maximum of 400 milligrams of caffeine a day, ideally before noon to avoid it disrupting your sleep.

Multivitamins: After kicking the day off right, follow-up with multivitamins.

"You need a variety of vitamins and minerals," recommends Daniel. "If you don't get enough, you will start having cravings and end up indulging in things like sundaes and potato chips. Instead, take a daily multivitamin to avoid these cravings."

Snacks: The body needs a steady supply of nutrients. To avoid that afternoon low, enjoy a couple snacks throughout the day, typically one before lunch and one before dinner. Healthy snacks include a piece of fruit, mixed nuts or fresh vegetables to give your body that extra splash of nutrients.

Stay Hydrated: Throughout the day, be sure to drink plenty of water. Water is critical to help regulate the blood and digestive system. It also helps to lubricate the joints, delivers oxygen to the body, boosts skin health and regulates body temperature. Experts recommend drinking half of your body weight in fluid ounces daily.



Avoid Crash Diets: People often wish for those extra pounds to magically disappear and attempt diets that often claim quick results. Unfortunately, these diets usually require eliminating entire food groups like dairy or carbohydrates. Although this will help you radically slash your daily calorie intake, it usually results in fatigue from an inadequate caloric intake and a nutritional imbalance.

Moreover, this "new diet" may be sustainable in the short-term, but for many it ends up backfiring in the long-term with an even greater desire for the foods eliminated. Instead, take a more balanced approach and reduce calories slowly. Try cutting back 250 to 500 calories and eliminating processed foods and refined sugars.

Remember, consult a health professional before reducing your food intake.

Savor Each Bite: With today's hectic schedules, it's hard not to eat on the fly. But rushing through a meal can lead to overeating, resulting in a spike in blood sugar and a slump shortly thereafter.

Instead, choose foods wisely that will best nourish your body and soul.

"Eat mindfully," advises Daniel. "Ask yourself, does it serve you? What will it do for you? How will it make you feel emotionally and physically?"

Avoid or reduce sugars, caffeine, alcohol, animal fats and fried foods since they disrupt healthy energy and digestion. Having a hard time deciding what to have for lunch or dinner? Pay attention to the nutrients or lack thereof in your burger and fries, and instead grab a healthy salad. This doesn't mean you can never indulge; it just means being mindful of the fuel you consume.

By following these guidelines, you will be eating right and optimizing your energy level. As a result, you'll have a balanced perk in your step throughout the day and living life to fullest.



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5 Tips to Keep Your Blood Flowing, Body Moving



Even though we have been confined to our homes due to the global coronavirus pandemic, that doesn't mean we need to turn into couch potatoes!

Although it is still important to continue social distancing, it is important to find ways to keep your blood flowing and body moving for optimal health. Medical experts warn that prolonged periods of inactivity and being sedentary (aka sitting), can increase your risk for heart disease, weight gain and muscle loss. But the biggest concern is getting blood clots.

Blood clots, which are often found in the legs, can slow or block normal blood flow. This increases the risk of a heart attack or stroke. Moreover, a venous thromboembolism (VTE) — a specific clot that can travel to the lungs — can cause chest pain and shortness of breath. Unfortunately, the risk of obtaining a VTE increases greatly after age 50.

Here are five things you can do to keep your blood flowing:

1. **Walk it Out:** Take a break from your favorite TV show and enjoy the outdoors. Walk along Leisure World paths in District 1 and enjoy the surrounding beauty. You can also check out your own neighborhood and just walk around your block.
2. **Stretch for Success:** Stretching is not just good after a workout but a great way to keep your body flexible and your muscles limber. Take a few minutes every day to reach your arms out, stretch out your legs and rotate to the side. If you want to improve your flexibility even more, you can try yoga or tai chi with basic online videos.
3. **Discover Online Workouts:** To maintain your body strength and prevent muscle atrophy, work out at home. Many fitness studios are offering free or discounted online programs. Leisure World residents are encouraged to check out SilverSneakers on Facebook for live workout videos tailored for senior adults. Learn more at http://go.silversneakers.com/facebooklive.
4. **Water Power:** Even though you may be spending more time indoors, it is still important to drink plenty of water! Hydration is crucial to proper blood flow and can also impact your energy. If you are feeling sluggish and unmotivated throughout the day, increase your water intake. It will awaken your senses and boost your mood.
5. **Fuel Right:** As the saying goes, "You are what you eat." So, eat wisely. Since the kitchen is now always accessible, it can be easy to indulge in comfort foods and snacks that are unhealthy. Too much sugar, salt and fried foods can put you at risk for high cholesterol, blood pressure and other serious health conditions. These foods also negatively affect your energy.

Instead of munching on potato chips, try snacking on carrots with hummus or some Greek yogurt. Healthy choices will make your body and mind feel better!

Now more than ever, it is important to take care of your health. Don't fall into a rut. Instead, keep your blood flowing and your body moving! Set daily goals and try to do some form of exercise or stretching. It will improve your health and uplift your spirit!

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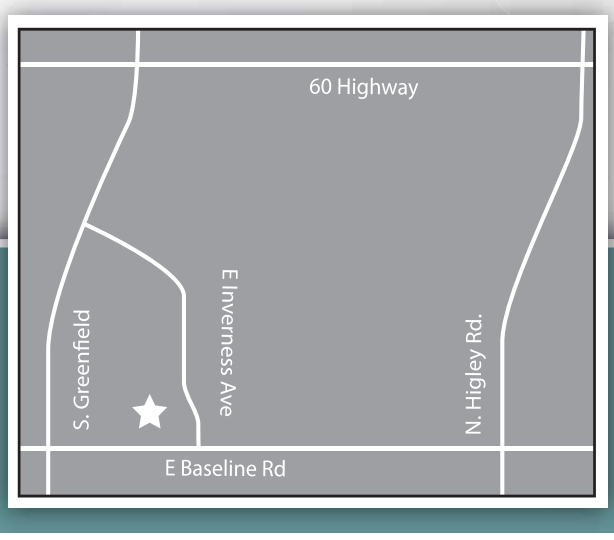
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7 Ways to Keep Your Brain Active



Your brain is truly the most amazing part of your body. It comes up with creative ways to express your thoughts and emotions, coordinates movements from chopping onions to running an obstacle course, stores your most precious childhood memories and solves the Sunday crossword. But it's easy to take these powers for granted.

For older adults especially, it's important to keep your brain active. Activities that boost cognitive function and memory help reduce the likelihood of Alzheimer's disease and dementia.

Here are some fun ways to keep your brain active:

1. **Delve into Prose:** Start a journal and express your thoughts daily. Or perhaps you want to write your family history and leave a legacy for your children and grandchildren. Turn this into a fun fact-finding experiment and do research on genealogical sites to discover connections unknown. If you are ambitious and get inspired, try writing poetry or maybe even a novel. Regardless of what you choose to write, this thoughtful expression gets your mental juices flowing.
2. **Stitch it Up:** Sew, stitch or crochet your own blanket, sweater or a hat. Don't know how? Now, is a great time to learn. The hand-eye coordination boosts cognitive function. This fun activity is very rewarding and can be given as gifts to family and friends.
3. **Enjoy Different Strokes:** Discover the art of painting! Find a beautiful scene in your backyard or use a colorful photo as a guide. As you work to retcreate the image, your brain will have to focus on the details boosting cognitive function, memory and problem-solving as you figure out the best way to represent the image using the tools you have.
4. **Boost Your Vocabulary:** Impress your family and friends with some new fancy words. Every day, learn a new word. Sign up for an online tool like Merriam-Webster's Word of the Day at https://www.merriam-webster.com/word-of-the-day or pick a random word from the dictionary. When talking with family and friends, incorporate these newfound words into your conversations. This will flex your brain and might even make you a great Scrabble player!
5. **Master a New Skill:** There's no time like the present to learn a new skill! Learn a new language either with audio tapes or apps like Duolingo. Or maybe finally learn how that instrument you always dreamed of knowing how. Coordination and dexterity keep your brain nimble.
6. **Teach, Share and Learn:** Teaching is just as stimulating for the brain as learning. Share your unique skills with friends and neighbors. You can impart anything from yoga, sewing or baking that delicious recipe!
7. **Do-It-Yourself Projects:** Now is a great time to re-organize your home library or garage with new shelves or fix that leaky faucet. Find instructions for quick repairs online or you can even call places like Home Depot to have a specialist talk you through it. Or maybe you've always wanted to update your décor or clean out your closet. Find fun ideas on websites like www.pinterest.com or www.goodhousekeeping.com.

The key is to stay active throughout the day. Focusing on your brain health is one of the best things you can do to improve your concentration, focus, memory and mental agility— no matter what age you are.

By incorporating brain exercises into your everyday life, you will challenge your mind, sharpen your cognitive skills and possibly learn something new and enriching along the way!

Be creative and get tips from friends and neighbors. Share your ideas with the Leisure World community on our Facebook page at www.facebook.com/LeisureWorldMesaAZ/ and Instagram at www.instagram.com/leisureworldaz/.

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Golf

HOT TIPS

Acceleration Key to Chipping on Long Grass

By Shane Romesburg



This month, I would like to focus on chipping around the greens, especially, the longer grass (rough) around the greens. As we approach the summer in Arizona, you will notice a change in the grass on the golf courses. This is the transition of the winter rye to the summer Bermuda grass. As the Bermuda grass begins to green up and grow, it becomes long and extremely sticky.

The key to solid, consistent chipping is ***acceleration***. This is true for all types of grass, but especially important when chipping out of Bermuda grass. You must choose the correct golf club to execute this shot.

Most of you will choose your 8 iron or pitching wedge and decelerate through impact. This causes two types of mishits. You will either blade the ball across the green or hit it fat and leave it short.

The correct choice of club is sand wedge or lob wedge. With these clubs, you can make a slightly longer swing and properly ***accelerate*** through impact. The higher lofts on these clubs will make the ball come out higher and land softer on the greens.

Next time you are out practicing your chipping, drop three balls where you would normally use your 8 iron or pitching wedge. Take your sand wedge or lob wedge and make a swing back to waist high.

Then ***accelerate*** through impact to a follow through that is waist high. Most players focus their practice sessions on the long game—especially the driver. But if you want to lower your scores, the focus needs to be on your short game.

So, this summer, focus on your short game and use a sand wedge or lob wedge for effective chipping. In the long-term, your golf game will improve!

-Shane Romesburg is Head Golf Pro at Leisure World.

Golf Car Battery Tips for Storage



Simple, regular maintenance of your 6-volt golf car batteries during the off-season ensures that your car is ready to go when the time comes. But neglecting to care for them will leave you with a car that can't make it out of the garage — let alone for 18 holes!

Here are some things to maintain your golf car batteries:

1. Start by moving your car wherever it is going to be stored. If you plan on storing it outside, or in a semi-enclosed area that is still exposed to the weather, be sure to protect the car with a secure cover once you have completed the initial maintenance.
2. Leave the forward/reverse switch in the neutral position.
3. Depending on your golf car, it will have either a tow/run or a maintenance/run switch. Consult your user manual if you are unsure. Flip the switch to either tow or maintenance to minimize battery drain and reduce fire hazard and risk of the car starting unexpectedly.
4. Fully charge the battery and water it with distilled water. Consult instructions from the battery manufacturer to ensure proper charging and watering practices are followed.
5. Check terminals and cords for damage and corrosion. It is possible for corrosion to exist on batteries that still have lots of use left in them, so don't resign yourself to a replacement if you see it. Clean your 6-volt golf car batteries with a mixture of water and baking soda before it goes into storage.

After the initial maintenance, your golf cart is ready to be stored. Remember, batteries should be charged, and water levels checked at least monthly while not in use. A depleted battery or electrolyte levels that fall too low may not charge come spring, leaving you with an unusable golf car.

You should also do another round of in-depth cleaning and maintenance before attempting to start the vehicle after storage.

Before Storing Long-Term

- Do not engage the parking brake, but do secure the car from rolling.
- Check compartments and remove perishables, as well as all belongings if not stored in a secure location.
- Check tire pressure and re-inflate tires, if necessary.
- Clean flooring and upholstery.
- Remove keys and store them in a safe and memorable location.

With proper maintenance and care, your golf car will be ready to go as soon as weather permits you to break out your clubs again!

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Golf Clubs

Heron Lakes Ladies 9-Hole League

Submitted by Peggy Babb

Our only event In March was our Member – Guest Tournament with a St. Patrick's Day Theme.

Elaine Murphy and her committee did a fantastic job providing participants with an afternoon of Blarney!

After enjoying a lunch of Reuben sandwiches and potato salad, we played an Irish game of golf. We putted with green tennis balls and small potatoes. We teed off on one hole wearing green oven mitts and another hole holding a potato between our knees. We also had a contest to see who could drive closest to the large shamrock on the fairway. Bailey's Irish Cream was provided!

After golf, the winners were announced, and a delicious St. Patrick's Day cake was devoured!

- First Place at 32: Marcia Steele, Joyce Shepp, Mary Paulson and Mary Haas
- Second Place at 34: Kay Richey, Sharon McLachlan, Carlyn Jokinen Betty Horner
- Third Place at 36: Bonnie Boushele, Linda Blesi, Jane Jacobsen and Lucie Paproski



All tournament participants had fun playing and celebrating the St. Patrick's Day theme.

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