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June 2021

Leisure World News

The Official News Publication of Leisure World Arizona



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OPA! Pickleball Club Aces Giving

When it comes to giving, Leisure World Pickleball Club member Kathryn Scheidler aced it when she turned an unexpected opportunity to help others into a day of volunteering with fellow picklers.

"I received an email message that the Dexcom Center on Power Road in Mesa needed volunteers to assist with distributing the COVID-19 vaccine and wanted to participate," explains Kathryn. "After inquiring, I was told that 80 volunteers were needed per shift. I decided to reach out to the Pickleball Club and was genuinely surprised by the response."



Pickleball Club volunteers Kay Saunders, Ronda Gates, Phil Scheidler, Kelly Scheidler, Jan Simmons, Larry Miller, Lynn Ruden, Ron Ruden, Debbie Ellis, Kathryn Scheidler, Don Nicholes, Debra DeVault, Carol Horrmann and Arlene Ott.

Dexcom Regional Distribution Center was one of the first state-run indoor COVID-19 vaccination sites to open. The center, which produces glucose monitoring products for people with diabetes, opened their doors for testing on April 5. The test site replaced the outdoor vaccination location at Chandler-Gilbert Community College. The 30,000 square-foot seven-lane-center offers 3,000 to 4,000 appointments, seven days per week.

Picklers Rise to Occasion

Pickleball Club members, who thrive on charitable events, were not going to dink this! COVID-19 had already thwarted many of their regular annual fundraising efforts since the pandemic began and nothing was going to stop them now!

On Tuesday, April 20, Kathryn and 25 members of the Pickleball Club carpooled to the Dexcom Center for an eight-hour volunteer shift from 10:30 a.m. to 6:00 p.m. to help community members receive the COVID-19 vaccine. The volunteers worked at various stations and greeted individuals, completed patient intake forms, documented the vaccines and observed individuals after receiving it.

It was an exciting and fulfilling day for volunteers to help others protect against the virus.

"It was a fun way to give back," says fellow Pickleball club member Lynn Ruden. "I was happy to see so many young people coming to get vaccinated. It gives people hope to resume normal life again."



Pickleball Club volunteers eager to help at Dexcom Center.

Fellow club members who were not able to attend, supported their fellow comrades in spirit.

"Some of our Pickleball Club members could not be with us but were very supportive and sent inspirational and encouraging messages to us throughout the day," says Kathryn. "It means so much when you receive encouragement from others when you are doing something so meaningful."



Ron Koch, Debra DeVault and Don Nicholes

Ultimately, it was a day of hope for many who had been isolated and living in fear for so long.

"Everyone was so grateful and super-positive," concludes Kathryn. "We all had such a great time working with all the people coming for their vaccines. It was so special to help others during this unprecedented time with my fellow Pickleball Club members."

Looks like the Pickleball Club served up giving for the win! Way to go, picklers!

Employee of the First Quarter:
Facilities Administrative Assistant Angie McVicker

Leisure World is pleased to announce that the Employee of the First Quarter is Facilities Administrative Assistant Angie McVicker! Angie is a woman who knows how to get the job done. In fact, she spends her days jugging a wide variety of duties — everything from issuing permits, maintaining work orders, providing history reports for manors and answering phone calls and emails. And she does it all with a smile!

"Angi is a team player who takes great pride in her department, tirelessly working to solve issues to benefit homeowners," says Operations Manager Jason Doll. "She has a passion to do things right and is always identifying ways to improve service. No matter the problem or task, Angie will jump in and ensure it is done correctly."

Angie's friendly face is the first one residents see when they enter the Facilities Department. Her dedication, attention to detail and positive vibe stem from her love for the community and a passion for helping others.

"I am honored to receive this award!" says Angie excitedly. "I love working with my Facilities team, other departments and our residents! It is great knowing that every day I get to help members of this special community!"



Operations Manager Jason Doll with Angie and Facilities Manager Justin Bauch

Excelling at Customer Service

Born and raised in Phoenix, Angie graduated from high school in Mesa pursued an associate's degree at the International Institute of America. In 2005, she entered the workforce and developed her customer service skills as a Customer Service Representative at the State of Arizona Food Stamp Division. These skills were further honed doing the same type of work at Jewish Children and Family Services from 2007 to 2009.

Wanting to spread her wings, Angie landed a job as Office Manager at Ryco Plumbing from 2011 to 2014. She then assumed a role as Office Administrator at Info Track Investigations from 2015 to 2017.

Finding Leisure World

But greater things were calling Angie. After seeing a job posted on Indeed for Leisure World, she decided to go for it. In June 2017, Angie was hired as Front Desk Receptionist. Community Manager Bob Kimble quickly saw Angie's talents and promoted her in March 2018 in in her current position in Facilities. And she has been loving it ever since.

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

Contacting Leisure World

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

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

LWCA Directory

Main Number: 480-832-0000

Administration Reception	**Ext. 101** reception@lwca.com
Allen Family Medicine (request LW Office)	480-699-2222
Compliance Office	**Ext. 115**
Facilities Department	**Ext. 109** facilities@lwca.com
Finance Department	**Ext. 119** finance@lwca.com
Fitness Center	**Ext. 212**
Golf	**Coyote Run: Ext. 300** **Heron Lakes: Ext. 400**
Landscape Department	**Ext. 201** landscape@lwca.com
LW News/Communications	**Ext. 118** news@lwca.com
Outreach Office	**Ext. 126**
Recreation Department	**Ext. 209** recreation@lwca.com
RE/MAX Classic	**Ext. 705**
Security Department	**Ext. 601** security@lwca.com

Welcome New Owners

Troy and Michelle Klatt	1922
Donald and Gloria Nolan	1260
Resort Bungalows LLC	1340
Charles and Anne Powell	940
Horst Honacker	1053
Thomas and Cynthia Swenk	2451
Russell and Carol Walden	253
Evelyn Tadros	2394
Stoa 3, LLC	633
Douglas and Sue McMurray	1841
Meadowlark Trust	942
Patrick and Vicki Klaers	627
Donavan and Isla Law	120
Open Door LLC	2187
James and Karen Kernaghan	1476
JJL Home Solutions and A & L Home Options	51
Debra VanHouten	852
Dale and Cheryln Shoup	1026
Richard Marcinkoski	1052
Ed and Tammi Clark	2087
Jonathan and Eleanor Clow	2277
Malcolm McKinney and Sally Reiman	2467
Dennis and Jill Heimple	2471
Jerry and Nancy Will	2567
Dane and Cindy Ondell	148
Patricia Cuendet	156
Kevin and Linda Bechtel	364
Duane and Diane Helgerson	1823
Matthew and Julie Reemelin	2384
Gary Elenbaas	2430
Doree Miles	26
Mary Seeman	2145

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Leisure World News

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

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Administrative Announcements

June District Meeting

All meetings subject to change. Updates will be provided.

Meetings	Date	Time	Location
District 4	June 10, 2021	5:00 p.m.	Theater
District 6	June 9, 2021	4:30 p.m.	Hopi Room

COMPLIANCE CORNER

Summer Housekeeping Reminders

Summer is right around the corner! As we brace for the heat, residents must be mindful of some Leisure World Rules and Regulations.

- Please remember to remove any ripe fruit from your citrus trees by July 1.
- To reduce the risk of fire and property damage, the dead fronds of palm trees must be trimmed by August 31.

Failure to comply with these rules may result in a fine.

Thank you for your cooperation!

Wednesday Coffee



June 9, 2021	9:00 a.m.
June 23, 2021	9:00 a.m.

Summer Community Chat

Date	Time	Location
June 29, 2021	2:00 p.m.	Rec. 1 Ballroom
July 27, 2021	2:00 p.m.	Rec. 1 Ballroom
August 31, 2021	2: 00 p.m.	Rec. 1 Ballroom
September 28, 2021	2:00 p.m.	Rec. 1 Ballroom



Want Coupons? Give Us Your Feedback

Leisure World News will be bringing you a coupon section in the monthly newspaper tailored to what residents want and use the most!

We welcome your ideas! Please provide the names of companies or types of industries, restaurants and services you would like to see in the coupon section.

Send your suggestions to Advertising Specialist Britney Cannell at bcannell@lwca.com.

Stay tuned for details!

Meeting Minutes

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



Safeguard Your Home Against Roof Rats



The weather is getting warmer, which means ripening citrus trees bring pesky rodents out of hiding! The season of roof rats is nearby. According to the Arizona Republic, roof rats were first seen in the Arcadia in 2002 and are now prevalent throughout the Valley. You might even see some in Leisure World.

If you are foreign to the roof rats, there are just a few things that you should know. Roof rats are black rats — but can be other colors — and can be identified by their large ears and scaly tails that are almost always longer than their bodies. They get their name from a preference for spending most of their time at least four feet above the ground. They can often be found in trees, shrubs and attics. However, once inside, roof rats can damage materials by gnawing through them. They can also contaminate stored food and transport dangerous diseases.

No one wants rats infiltrating their home. Here are a few ways to safeguard your home against roof rats:

Starve Them: Roof rats love food, including citrus fruit, so do not give them a reason to be lurking around your home. Pick any fruit in your yard on the ground, even if it is not ripe. According to Leisure World Rules and Regulations, residents must pick up any fruit by July 1.

Deter rats by picking up dog poop and do not leave any pet food out overnight. You also want to store any bulk food in your home in sealed containers and ensure your trash bin is covered tightly.

Keep Yard Tidy: Roof rats nest in the skirts of old palm fronds, in piles of debris and in hollow trees. Therefore, it is best to rake under any trees and shrubs and trim palm trees. Thin out bushes so you can see daylight through them. Roof rats like to nest in oleanders in the summer. Remove all sources of water such as pet water dishes, leaky sprinkler heads and birdbaths.

Seal Your Home: Rats can fit through very small holes and spaces. To prevent this, seal up any cracks and crevices. Pest World recommends using stucco diamond mesh since it will deter the rodents due to its texture and the harsh chemicals.

By following these tips, you will deter those pesky roof rats from lurking around your home and potentially infiltrating it! This way, you will rat out any problems!

Administrative Announcements

Employee of the First Quarter: Facilities Administrative Assistant Angie McVicker

continued from A1.

"I truly love everything about my work," explains Angie. "I thrive on the relationships I have built with residents and my co-workers. I also love hearing the laughter throughout the day from my window when residents walk by and seeing the smiles on their faces."

Angie's coworkers feel the same.

"Angie has been phenomenal in helping me get settled into my new job," says new Leisure World Facilities Manager Justin Bauch. "In the absence of a Facilities Manager, she has been vital in keeping the Facilities Department running smoothly. Angie is also one of the most professional and thoughtful employees I have had the pleasure of working with in my 17 years as a Facilities Manager."

Family Fun

But Angie's favorite and most important role is being a single mom to four great kids!

"Knowing that I am the only one that will be able to teach my kids good values, the importance of stability and routine gets me going every morning," shares Angie. "My kids look to me to help them understand life. Mommy knows everything, they tell me!"



Angie celebrating Thanksgiving with her kids in 2019.

A mom of three boys and one girl — ages 20, 16, 10 and 9-years-old — Angie has her hands full at home and loves every minute of it.

"We all have fun together," says Angie. "I love to take them camping and fishing. We also like doing movie nights at home. We set up the living room as our own private theater. We love playing board games together. And my daughter and I love to chat and get our nails done. No matter what we are doing, we just love spending time together!"

Angie is also now a proud grandma. Her eldest son and fiancée helped make that happen with the birth of a beautiful baby girl in May.

And there's more good news! Wedding bells are in Angie's near future. She recently became engaged to her best friend, Chris, who she has known since she was a teenager while growing up in the same neighborhood. Due to COVID-19, the couple plans to elope in the next several months. They hope to a have a large, formal wedding in the future when friends and family can safely attend.

For Angie, family comes first, but keeping things running smoothly for her Leisure World family is never far from her mind!

"I love my job," concludes Angie. "I greatly enjoy learning and growing in my field. I am excited to take on new challenges and to continue serving members of this incredible community!"

The next time you need some help with facilities, just give Angie a call! She will definitely solve your problem with a smile!

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NEW ON THE BLOCK

Sally Reiman and Malcolm McKillops: A Power Couple Daring to Be Different

What happens when you combine purpose, power, principle and passion? You get new Leisure World residents, power couple Sally Reiman and Malcolm McKillops. This influential husband and wife team of 23 years have spent their lives together inspiring change in their legislature and community.

Love on Capitol Hill

Both natives of South Dakota, Sally and Malcolm met while working and trying to make a difference. Sally, a former healthcare lobbyist, was in awe of Malcolm, a 12-year member of the state of South Dakota House of Representatives, when she first saw him on Capitol Hill.



Sally and Malcolm at Leisure World in May.

"I remember watching Malcolm present a new bill of law and really liked his overall presentation," recalls Sally. "I told our mutual attorney friend that I would not mind having coffee with him even though I don't drink coffee."

Malcolm agreed and the rest is history.

The dynamic duo have successfully raised three children while juggling their careers, politics and family. How did they do it? By sticking to some time-tested values.

"It takes maintaining communication between one another," explains Sally. "You cannot forget who or what is important. Respect for one another, our marriage and our family is a priority."

"What she said," Malcolm chimes in affectionately.

Legacy Years

Now grandparents of 10, Sally and Malcolm are embracing their retirement years. Although Sally and Malcolm are still very passionate about healthcare and government, the couple have passed the torch of leadership to future generations so they can spend time with their children, grandchildren and friends.

Sally and Malcolm became Leisure World residents in mid-April and will be splitting their time between Arizona and South Dakota, where their family still resides.

"We don't have a set time of when we fly back and forth," says Sally. "Right now, we are enjoying retirement and love to travel."

The couple looks forward to meeting new people and participating in the clubs and activities Leisure World has to offer.

"Everyone we meet says how much we are going to love it here," adds Sally. "It is not every day that you find a community where everyone has such nice words about where they live! It is great to be in such a warm, positive environment!"

Sally and Malcolm welcome this new phase of life. When asked what quote best describes their legacy, Sally does not hesitate.

"Dare to be different when different is right!" she concludes.

Welcome to Leisure World, Sally and Malcolm!









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A DOSE OF PROSE

Leisure World Library: A Magnet for Readers!

By Charlene Ingerson

We have been waving goodbye to snowbirds for the past few weeks but also saying hello to many new residents. In addition, we have fully re-opened the Leisure World Library. So, it is a good time to talk about our beloved library and its procedures.

A Lending Library

First and foremost, we are a **lending** library for Leisure World residents. Similar to a public library, patrons need to check out any books they borrow. The process is simple:

1. Print your name and manor number on the checkout card located in the front pocket of each hardback book.
2. Stamp both the card and date due slip with the due date stamp.
3. Then place the card in the box to the right of stamp pad.
4. The lending period for a book is **three weeks**.

The average cost of each hardback book in our collection is $30 and we purchase 20 to 30 new books a month. We display our newest acquisitions on the tables forming the large "U" at the library's center. Since these books are new and of wide interest to patrons, only two can be checked out at one time. However, if a book is on the vertical shelves, there is no limit on how many can be borrowed.



LW Library Board President Diane Tyndal

Return Policy

Most residents are scrupulous about returning borrowed books. But unfortunately, some are not. At present, there are 67 borrowed books which were checked out over one year ago. Nearly half of these overdue books were newly published. We miss them deeply and are unable to replace them. If they are languishing on your shelves, please return them. We do not charge fines for overdue books.

Funded by Donations

We also do not receive any funds from Leisure World homeowner fees. The books you see in our library were purchased with money donated by residents, either directly to the library or through the Leisure World Foundation for the library. Our major fund drive is typically conducted annually in February and March, but the pandemic squashed any effort to hold fund drives in 2020 and 2021.

However, we welcome funding donations at any time of the year. Often these are made in memory of a beloved friend or family member. These funds make a lasting difference because they keep our library continually refreshed with new books by popular authors.

Most books in the library's collection were purchased, but a handful of new volumes were donated by residents. We are delighted to receive any and all book donations — new or old. A few books are added to the collection, but most go into our large and small book sales held during the season. These book sales are extremely popular with residents and help raise funds for our library. Donated books can be dropped off at the checkout desk any time the Administration building is open.

A Dynamic Collection

The Leisure World Library is unique among those private reading libraries typically found in retirement communities. Ours has over 12,000 books available for checkout. These are in the categories of fiction, mystery, westerns, science fiction and non-fiction — in regular print and large print. In fact, large-print books form more than one-third of the collection.

The collection is inventoried and updated on a regular basis. Librarians remove books which have not been checked out for several years or are too injured to repair. As mentioned, new books by popular authors are purchased each month.

Some books are in very high demand. So much so, that we have a system to reserve books. Moreover, if you have a particular book that you would like to see added to the collection, you can make a request to have it considered by the New Book Committee. The request forms for both are at the checkout desk.

A Volunteer Endeavor

Our library is entirely staffed by volunteers. They man the checkout desk from 8:00 a.m. to 4:00 p.m. They also devote many hours each month to many unseen tasks, including repairing and cataloging books, preparing new books for circulation, sorting donated books, reshelving books and cleaning the shelves. Dedicated volunteers have always been at the heart of our library and make it a magnet for Leisure World residents. Thank you, volunteers!



Volunteer Joyce Hansen

If you want to make a monetary donation to support the library, you can mail a check to LeeAnn Pettit at manor 1211 or drop it into the donation box at the checkout desk. Our profoundest thanks for all donations!

Our special thanks this month to those who donated and for the generous donations from Richard and Sandy Mack, Bill and Sue Palmer, and Leisure World District 6.

-Charlene Ingerson is Publicity Chair of Leisure World Library.

April Donations

Donor	In Honor Of
Diane Tyndal	Lee Triplitt
Carolin Lowy	Lee Triplitt
LeeAnn Pettit	Lee Triplitt

Donor	In Honor Of
Anonymous	Leisure World Library volunteers

Open Air Books Checked Out April 2021

Large Print Hardback: 392

Regular Print Hardback: 426

Paperbacks: 72

Volunteer Hours: 235.75

NEW ON THE BLOCK

Bethany and Robin Krom: Destined for Love and Leisure World!

New Leisure World residents Bethany and Robin Krom were destined to be together.

Their parents were friends and played matchmakers by setting them up on a blind date. Bethany immediately knew that Robin was the one. A week later, she even told friends she had met the man she was going to marry!

"Certain things hit you in life and you have to grab them and go!" shares Bethany. "It was just meant to be," both Robin and Bethany echoed this sentiment.

Grab it and go is exactly what Bethany and Robin did. The couple started dating in July 1978 and married eight months later in March 1979.



Bethany and Robin at a Mayo Foundation House event in 2018.

Life on the Road

Minnesota natives, Bethany and Robin have had an exciting journey together. Robin has had successful real estate ventures there and in Arizona, while Bethany was Assistant Dean at Mayo Clinic School of Health Sciences in Minnesota until 2014.

In 2007, Robin retired as an administrator for United Rentals. After retirement, Robin threw his hat into politics and was the Mayor of Lanesboro, Minnesota, from 2015 to 2017.

Although officially retired in 2014, Bethany is currently an Executive Coach at Mayo Clinic. She is passionate about empowering and helping business leaders become more successful.

From RVing to Leisure World

Prior to moving to Leisure World, Bethany and Robin were full-time RV travelers for six years. They enjoy exploring new places throughout the country and making great memories.

"We loved Big Bend National Park in Texas," says Bethany. "The scenery is spectacular and there is a natural hot spring right on the Rio Grande."

But friends living in Leisure World kept urging them to buy a home in the community, where they could spend winter months. And like their love story, the timing was right.

"We just sold two real estate properties and the home that we loved became available," explains Bethany. "It just worked out!"

Upon seeing their future home, Bethany knew it was the one.

"The view of Lake Sereno hooked us!" says Bethany. "It is gorgeous!"

Bethany and Robin also like the security that Leisure World provides for their home while they are away and for their on-site motorhome. The loving parents of two and grandparents of five will split their time between Minnesota and Arizona.

The active couple are excited to be a part of the Leisure World community. They enjoy golf, biking, hiking, kayaking, traveling and playing games with friends.

"We already love Leisure World and have made new friends," concludes Bethany. "We look forward to returning in the fall and enjoying the beautiful Arizona weather!"

Welcome to Leisure World, Robin and Bethany!

Foundation Flashes

Bag & Boob Babes Empowers Women

Another organization receiving a grant from the Leisure World Foundation has a memorable name and an important mission.

Bag & Boob Babes thrives on empowering women struggling with cancer. Love and support are provided with handmade knit items.



Silent auction winner Bev Zengel, right, with Marilyn Reed and Carol Collins at a 2020 fundraiser.

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

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

Made with love and comfort in mind, "knitted knockers" are special handmade breast implants that are lightweight, soft, moldable and come in a variety of sizes. They are used by women who have undergone mastectomies, lumpectomies or breast reconstruction. These knits contrast sharply with traditional breast prosthetics that are heavy, uncomfortable and expensive.

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

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

Knitting A Support System

But comfort and ease aren't the only perks of these innovative items. They also allow women to feel normal and good about their physical appearance.

"From the bottom of my heart, thank you for what you are doing," said Jody, a woman who uses a Bag & Boob knit. "You've put a smile on my face and one in my heart. This drain apron will remind me of the positivity and generosity of others in my recovery."

Today, Bag & Boob Babes boasts about 100 volunteers who support female cancer patients by providing handmade knockers, drainage bags, chemo hats, eye masks, throws and quilts. They also offer small tote bags filled with useful items for patients undergoing surgery or chemotherapy.

"We supply the yarn and the flannel for the drain aprons, and our volunteers supply their love and time," Marilyn shares. "Inside each knitted knocker is a special card with the volunteer's name and well wishes to the patient. This simple heartfelt gesture reminds cancer patients that people care about them."

Bag & Boob Babes generously provides all items free of charge to individuals, surgeons, nurse practitioners and others in the health care field. They also freely deliver them to Banner MD Anderson and to Dignity Hospitals.

Currently, Bags & Boob Babes volunteers — which includes both women and men—can be found in Arizona, Idaho, Washington, California, Colorado, Minnesota, Wisconsin, Indiana and Illinois. Volunteers as close as Sunland Village and Val Vista Resort are also part of this corps of sewers.

Since their beginnings, they have made more than 10,000 knitted knockers and aprons. COVID has not slowed down these volunteers. During the first four months of 2021, 600 knitted knockers and aprons were distributed.

"Our long-range goal is to have volunteers supporting hospitals and physicians in their states. Ideally, we'd like to have them in every state."

Marilyn knows Bags & Babe Boobs has come a long way and credits its success to faith.

"It's a Christian-based organization," Marilyn says. "We're an instrument just following what God wants us to do. We want more people to be part of it."

Inspiring Giving

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

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

"We pray over everything we make," she says. "I know what it is to go through illness, and I'm just so thankful to help and be part of this great group."

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



Hand-knit items made with love.

Leisure World Foundation awarded $4500 to Bag & Boob Babes. Monies will be used to purchase material – flannel – and specialty yarn, and costs of mailing.

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

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

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SENIOR LIVING

The 70-Year Itch: Sex and Seniors

By Cindy Deck

"Dirty old man," "lustful old broad," "pervert," etc. This is how some people in our society view older people who are interested in sex. They are just old — not dead! As long as everything is working properly, there is no reason that seniors, even a super senior in their 90s, can't be intimate.

The notion that intimacy has to stop as you get older is reflective of our youth-oriented culture and the deep level of discomfort our society has with sex and sexually active adults. The subject of older people having sex is not spoken about very much. Even middle-aged people do not want to talk about it because they would have to face the inevitability of growing old.

But by **not discussing it**, it allows misconceptions and assumptions to flourish. Many people think seniors lose interest in sex. But this is not necessarily true.



"If you have a good loving man and a good sexual life, there is no reason for you to stop it," says 73-year-old Louise Wellborn of Atlanta, Georgia. Louise has had everything from breast cancer to mastectomy to shingles and more. Her husband also had his share of medical.

Louise and her husband were deeply in love. And when the children left home and he retired, the couple had more time to express their sexuality.

"Once the kids were out of the house, we had sex almost once a day!" Louise shares.

She also contributes having a healthy sex life to keeping her husband alive when he was sick.

A Fading Taboo

The topic of seniors having sex may well lose some of its taboo status as the baby boom generation enters its later years. Increased numbers and marked increase in life expectancy, shows older adults are now the fastest growing segment of the U.S. population. By 2030, it is estimated that one in every five Americans will be 65 or over.

According to Dr. Jack Parlow, a retired clinical psychologist in Toronto, Canada, older people encounter obstacles that they had not counted on.

"Their adult children may be less than pleased to see their aging parents as sexual beings," explains Dr. Parlow. "These attitudes prevent older people from moving in with each other or even having their partner over, although they are still sexually active."

Sexually Active Seniors

The National Council on Aging (NCOA) conducted a survey of Americans over the age of 70 and found that of people over 70 years of age with partners, 46% of men and 38% of women, have sex one or more times a month.

The study also discovered that people find their mates more physically attractive over time. Of Moreover, seniors between the ages of 50 and 80 who are still capable, are enthusiastic about sex and intimacy.

Of course, not everyone is fortunate enough to have the physical good health to allow for this type of exertion. Older people deal with many ailments and circulation issues that prevent an active sex life.

The Partner Gap

There is also the "partner gap" when someone loses a partner either through death or divorce. It may be some time before they have the chance to have an intimate relationship again. For the common problems like menopause and erectile dysfunction, there are treatments that a doctor can prescribe. And new ones are being found every day.

Mia Pickering, 74 of San Diego, California, is missing male companionship after a 20-year marriage. She wants to have sex and intimacy.

"At this point, I don't have a lot of loose lust flying around," says Mia. "My sex drive has diminished, but if I met a man that really attracted and interested me, it could be restarted!"

So, these are some interesting facts to think about. I will leave you with two humdingers from comic greats. As George Burns said, "Sex at 90 is like playing pool with a rope!"

And Rodney Dangerfield quipped: "So, I asked my wife on a scale of 1 to 10, how would you rate me as a lover? Her response, "You know I'm not good with fractions!"

-Cindy Deck is Director of Sales and Marketing at Savanna House Assisted Living and Memory Care. Contact her at 480-900-6815 ext.100 or DeckCindy@savannahouseseniorliving.com.

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VETERAN SPOTLIGHT

Resident Pat Lyons: An Exciting Life in the Air

By John Latus

It was not surprising that Leisure World resident Pat Lyons joined the U.S. Air Force. His high school teacher at Cortez High in Phoenix — a former Colonel in the Air Force — had recommended Pat's older brother, Mike, join the Air Force rather than face the draft. So, when the teacher also suggested that Pat follow his brother into the Air Force a year later, it seemed a natural move.

Another factor was the "Buddy System"— an Air Force program that allowed you to enlist with your best friend and attend basic training with him. So, Pat and his best buddy, Bill, joined together in 1966 and were sent to San Antonia, Texas for basic training. Ironically, that was the last time Pat ever saw Bill.

After basic, Pat was given the standard aptitude test to determine his best career path. He tested best on mechanical aptitude and was assigned to Load Master School in San Antonia for a 10-week course.



Private Lyons after completing his basic training.

Supplying the Troops

After graduation, Pat was assigned to Hickam Air Force Base in Honolulu, Hawaii, as Load Master on a C-124. The 124 was a huge, four-engine cargo plane with a 185,00 lb.-capacity. Their three-year assignment was to supply U.S. forces in Vietnam with critical materials.

To accomplish this task required a 10-hour flight to Wake Island to refuel, then it was a five-hour flight to Guam, a B-52 base to refuel and deliver supplies. From there, they flew to Clark Air Base in the Philippines to pick up supplies and fuel, and then usually fly to Saigon, Vietnam, as a final destination.



Pat (front right) and his C-124 crew.

There, they would unload critical materials and reload with cargo, leaving immediately out of country; headed for a 24-hour crew rest in Cebu City, Philippines, a grueling turnaround flight of 18 hours. After unloading, it was back to Honolulu after a trip of up to 14 days and 8,000 miles and get ready for the next round trip. During his career, Pat made more than 80 of these trips.

Dangerous Close Calls

These trips were not without some hair-raising and dangerous incidents. On one flight, in the middle of the ocean on the way to Wake Island, one of the large inflatable rubber rafts exploded from the top of the cockpit and wrapped itself around the vertical stabilizer affecting the controllability of the plane. Unable to dislodge it, the crew radioed for help from Honolulu. Two fighter planes were dispatched to see what could be done. The fighter pilots could see no way the raft could be dislodged. so, the C-124 had to proceed, hoping the stress on the hydraulics would not cripple the plane's flying capability. The plane limped safely to its destination on Wake Island.

On another occasion, during a NATO training exercise in Europe, the C-124 was seriously overloaded by 30% by the ground crew in Italy (possibly confusing the metric system for our pound system.) On takeoff for Rome, the plane was running out of runway, unable to lift off. The captain finally hauled back on the controls at the last minute and the plane slowly lifted off the runway and just missed crashing into the mountain ahead. A change of underwear was probably required for the crew.

Finally, on one occasion, a trip from Saigon to Danang was required. Saigon was relatively safe. A few bullet holes in the fuselage could be expected. But Danang was north near the DMZ (Demilitarized Zone) and much more dangerous. It was Christmas-time and Pat's brother was stationed there. After landing, Pat met up with his brother. They decided to make an audio tape of themselves together and send it to their parents. Suddenly, a rocket attack was launched by the Viet Cong. The two brothers leaped into a bunker, wondering if they would survive. Fortunately, the attack ended with no casualties.

Civilian Life

At the end of his three-year tour, Sergeant Pat Lyons was transferred from Honolulu to Forbes Air Force Base in Kansas. Rather than re-up for another tour, he decided to take an early out on June 1, 1970 to attend Phoenix College.

After one semester, Pat decided to enter the business arena. For three years, he sold insurance. He then became Marketing Director of a private security company, Tatt Corporation, Inc. of Phoenix. After Tatt, he got into the roofing business. Pat founded his own business, Lyons Roofing Consultants. He ran it for 10 years and sold it to an engineering company. Finally, Pat founded the Lyons Roofing Incorporated which he ran 13 years before selling it to one of his employees. It still is running to this day.



Pat with his favorite "earth" vehicle.

A Leisure World Hole in One

During his business career in the Phoenix area, Pat was aware of Leisure World. But it was not until he had played a golf tournament at Coyote Run and saw all that Leisure World had to offer, that he decided to move here.

In 2017, Pat and his wife, Toni, bought their home in Leisure World. Pat is an avid golfer and a member of our golf club. Toni is also a proud owner of a classic car, a 1927 Chevrolet National/Cabriolet, in which Pat sometimes drives to classic car shows in the area.

Thanks for your service to our country, Pat. And good luck trying to break 80!

-John Latus is a veteran and Leisure World resident.

If you are veteran — male or female — and want to share your story, please contact the Communications Office at news@lwca.com.



5 Ways to Celebrate Father's Day

Father's Day is a great day to celebrate fathers and their important role in families and society. On this special day, show all fathers — everyone from your spouse, sons, family members, friends and male mentors — lots of love and appreciation. During these critical times, cherishing the special fathers in your life now is more important than ever.

Here are five ways to celebrate the fathers in your life.

1. Hit the Links: Head out onto the greens and enjoy quality time with the father in your life. Together, you can play leisurely or enjoy a friendly round. Either way, you'll create wonderful memories out in the sun.

2. Fire Up the Grill: Join Dad outside for fun on the grill. Throw on some steaks or burgers and share grilling techniques. As the food cooks, catch up and enjoy quality time together.



3. Build it Together: If Dad loves woodworking, help him with his next DIY project. Whether it's upgrading his man cave or building a tool shop in the backyard, lend him a helping hand. You will learn new skills and have fun while creating memories forever remembered by the completed project.

4. Reel it In: What better way to enjoy a quiet afternoon than a fishing trip. Spend time together as you wait for the big catch of day. You can also turn this into a camping trip and extend your quality time together.

5. Remember Legacy Lessons: Dads are well-known for giving their children invaluable life lessons or teaching them important skills. Use this Father's Day to remember all the lessons the father in your life has imparted over the years. Write them all down in a journal and share them with him and future generations.

Regardless of how you celebrate, make this Father's Day special! Don't take these unique men in your life for granted. Cherish quality time with the fathers in your life as you show your deep love and appreciation for who they are.

Happy Father's Day!

How Father's Day Came to Be



Like Mother's Day, the modern American version of Father's Day has a history that goes well beyond greeting cards.

The first known Father's Day service occurred at the Williams Memorial Methodist Episcopal Church South in Fairmont, West Virginia, on July 5, 1908, thanks to the efforts of Grace Golden Clayton. Mrs. Clayton had asked her pastor, Dr. R. Thomas Webb, if a Sunday service could be held to honor fathers.

While missing her own dad, who had died in 1896, Mrs. Clayton especially wanted to have a service in remembrance of the over 200 fathers who had died in the Monongah mining explosion that had occurred a few miles south of Fairmont on December 6 of the previous year. (It was the worst mining disaster in U.S. history, killing more than 360 men and boys, and leaving about 1,000 children fatherless.)

Although the Fairmont service was the first known to honor fathers, it did not turn into an annual event, nor was the idea promoted (a large July 4 celebration in Fairmont and a tragic young death from typhoid fever having taken over the news at the time).

Father's Day Gains Momentum

Several other people across the nation had similar ideas throughout the years, but Mrs. Sonora Smart Dodd is credited for being the one to popularize it, starting events that led to Father's Day becoming a U.S. national holiday.

Her story began as she sat listening to a Mother's Day sermon in 1909. Mrs. Dodd thought that it might be nice to honor fathers as well. Her father, William Smart, had raised his SIX children alone on his farm in Washington after his wife died giving birth to their sixth child.

Mrs. Dodd proposed to the Spokane Ministerial Association and the YMCA that they celebrate a "father's day." She chose the 5th of June because it was her father's birthday.

The idea received strong support, but the good ministers of Spokane asked that the day be changed to give them extra time to prepare sermons on the unexplored subject of fathers.

The first Father's Day in Spokane, Washington, was observed on June 19, 1910 (the third Sunday in June), and became an annual event there. Soon, other towns had their own celebrations.

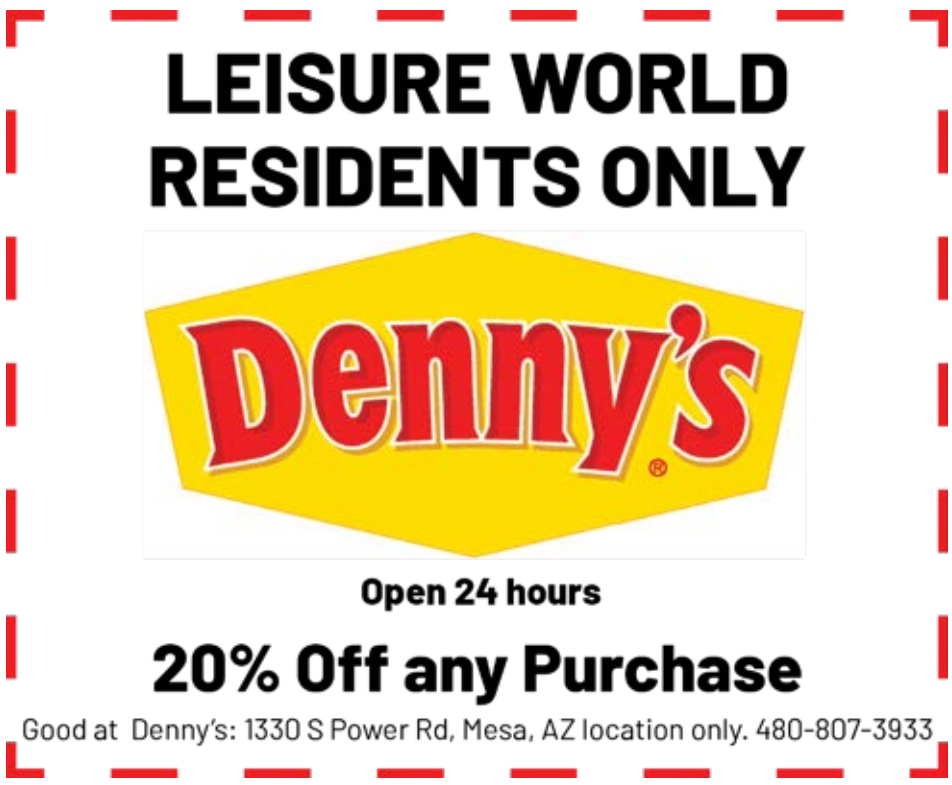
From Local Celebration to National Holiday

Despite of widespread support, Father's Day did not become a permanent national holiday for many years. The first bill was introduced in Congress in 1913, but in spite of encouragement by President Woodrow Wilson, it did not pass. In 1966, Lyndon Johnson issued a proclamation designating the third Sunday in June to honor fathers.

Finally, in 1972, President Richard Nixon signed a law declaring that Father's Day be celebrated annually on the third Sunday in June. It has been an official, permanent national holiday ever since.









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YOUR POCKETBOOK

6 Tips to Adjust Your Money Mindset

By Steven M. Rabin

Money is a powerful force in our lives. We are required to think about money: how much we have, how much we want, how to get more of it — on a regular basis. Undoubtedly, how we think about money influences our emotions and behaviors. For these reasons, if you are serious about improving your financial life, it can help to examine your money mindset, look for patterns that may interfere with your personal goals and replace what hinders you with more productive habits.

1. Acknowledge Family History/Influence: Because our financial lives are inextricably linked to our family of origin and upbringing, we are all bound to have a complex and layered relationship with money. If you grew up in poverty, you may have an underlying sense of never having "enough."

If you are accustomed to abundance, you may never have learned how to manage money wisely. Of course, neither of these scenarios may be true if you had someone who taught you good money habits.

The purpose of looking back is to see if you have any ingrained stumbling blocks that can sabotage your best intentions to earn what you are worth, save adequately, spend responsibly or be more philanthropic. If you see room for improvement, awareness paves the way for change, as needed or desired.

2. Evaluate Emotional Money Response: Is your emotional state tied to your assets? Does your bank account define you? When you allow money to occupy the driver's seat, normal emotional states can sometimes turn into feelings of anxiety. It is not wrong to feel a certain way, but certain powerful emotions can prevent you from making reasonable choices.

3. Stop Playing Money Mind Games: If you find yourself in any of the following mental exchanges, you might be setting yourself up with challenges down the road.

- **"I will be happy when I make more money."** Working toward your financial goals is crucial, but it is also important to enjoy the successes you are experiencing today.



- **"Money is the only thing that matters."** Money is important as a means to an end. However, worshipping money at the expense of people, nature, art and ideas is likely to lead to loneliness and disappointment.
- **"Money is meaningless."** This kind of thinking can also be harmful because it can feed reckless spending and demotivate your work life. Money should be treated with respect and not frittered away.

4. Let Go of Past: Stop beating yourself up for your financial mistakes. It is better to reframe regrets as opportunities to learn and grow. Do not shut the door on your past, but don't let it convince you that you don't deserve another chance, or that you can't change the present or the future. Plenty of people have turned their financial lives around after a failed business, job loss, stock tumble, tax trouble or any number of other financial fiascos. Focusing on what you can do now, with an open mind about the future, can free you from a history you would prefer to forget.

5. Curtail Time Thinking About Money: There is an appropriate amount of time to devote to money matters. And then there is the extreme of continuous, non-productive dwelling on dollars and cents. If you find yourself mulling over financial mistakes or fantasizing at length about winning the lottery, it is time to switch gears.

Try to gain insight into what you really hope to accomplish (or avoid) by allowing money to monopolize your thoughts and step back to see the futility of your preoccupation. Next, identify actions you can take that will be more successful at helping you reach your goals. Give yourself permission to problem solve or daydream for short bursts of time, but then get back to the business of living.

6. Enlist Financial Ally: A skilled financial advisor will be very familiar with the mental, emotional and behavioral landmines you may be grappling with as you work to establish a strong financial foundation for your life. They can provide you with the tools to plan, save and invest within your time frame and budget, according to your personal goals. But you can also look to your advisor for guidance and encouragement as you sharpen your mental game regarding personal money management.

By following these tips, you will develop a winning mindset and start paving the way for a secure financial future.

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

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LEGACY FILES

Benefits of Having an Estate Lawyer



By Rilus M. Dana

We are often asked, "What can an estate lawyer do for me?" Well, an estate lawyer's role is to help you plan and prepare your financial and other affairs in the event of your death or when you can no longer make decisions and care for yourself. They will help you prepare your will, trust and other legal documents like a Power of Attorney and Health Care Power of Attorney. If you are a business owner, they can also help you with succession planning.

Not everyone needs to work with an estate lawyer, but you can decide by sitting down with one to determine the advantages. If you have a large estate and significant assets, you will almost always benefit from the planning they can provide. However, even if you do not have substantial assets, you will still want to have essential decisions in writing to ensure your wishes for the distribution of your estate, care of minor children and health care decisions are clearly outlined.



Identifying Need for Estate Lawyer

Everyone has unique and different circumstances when it comes to financial and other circumstances that may require the help of a professional to plan for your death or severe health crisis.

You may want to consider hiring an estate lawyer if you have one or more of the following circumstances:

- You own your own business.
- You have property in multiple states or another country.
- You have minor children.
- You have a modern-day family (such as an unmarried partner, children not from your current spouse, or maybe you care for a friend or family member that is not your next of kin).
- You want to ensure your Health Care Directives are followed if you can no longer make your own decisions.
- You have significant assets and want to leave them to specific family, friends, or charitable organizations.
- You want to avoid conflict and additional taxes and time that would be required if your estate ended up in probate court.
- You have immediate family members with disabilities or special needs.

Key Benefits

What can an estate lawyer do for you if you have any of the above? They will help you set up the appropriate legal structure and documents required to ensure that you can seamlessly pass on any of your assets to those you choose at the time of your death.

They will also help you determine and document your Health Care Directives. This is important because it legally documents your wishes and appoints a trusted family member or friend to carry out these wishes if you cannot. This includes things like ensuring health care professionals are aware of a Do Not Resuscitate (DNR) order if that is your wish in the case of a severe and debilitating health situation.

Even if you are not sure if you should hire an estate lawyer, it is worth your time to talk to one to make this determination. They will help you figure out what things you should consider putting in place given your financial and family circumstances.

Our team of experienced estate lawyers at Dana and Associates will guide you through the estate planning process from start to finish. In our first meeting, called a Personal Family Legal Session, we assist clients with deciding whether they need our help with their estate plan or not.

If you would like to know what we can do for your estate plan, we are officially back in the office and accepting in-person appointments for the Personal Family Legal Session.

We look forward to helping you and your family!

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



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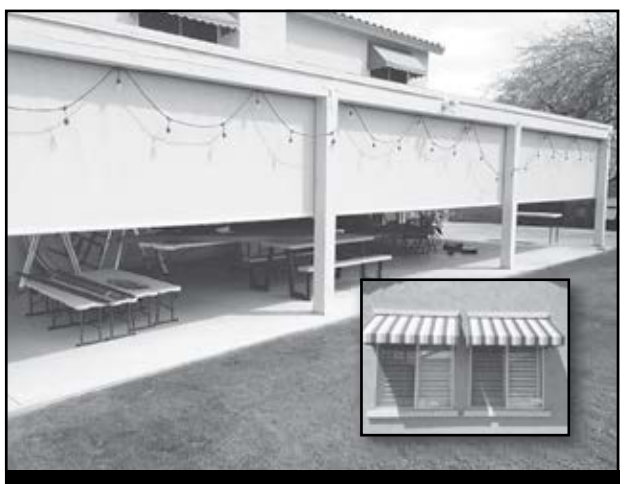
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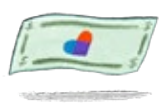
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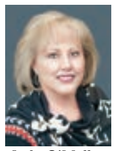
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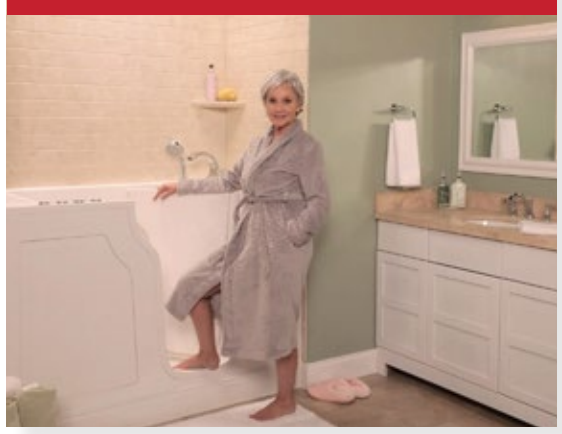
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2567	LEISURE WORLD	$449,900.00	Dan Callahan	Sellers & Buyers
1841	LEISURE WORLD	$360,000.00	Mary Jane Burns	Sellers
120	LEISURE WORLD	$330,000.00	Cherie Lauro	Sellers & Buyers
1476	LEISURE WORLD	$465,000.00	Babs Shadoan	Sellers
942	LEISURE WORLD	$249,000.00	Cherie Lauro	Sellers & Buyers
2471	LEISURE WORLD	$425,000.00	Jill Vicchy Heimpel & Dennis Heimpel	Buyers
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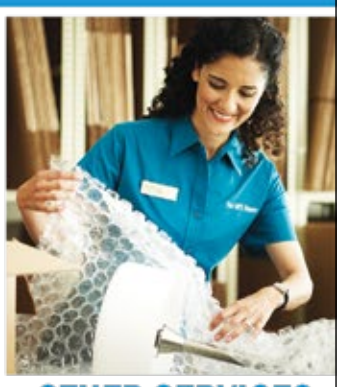
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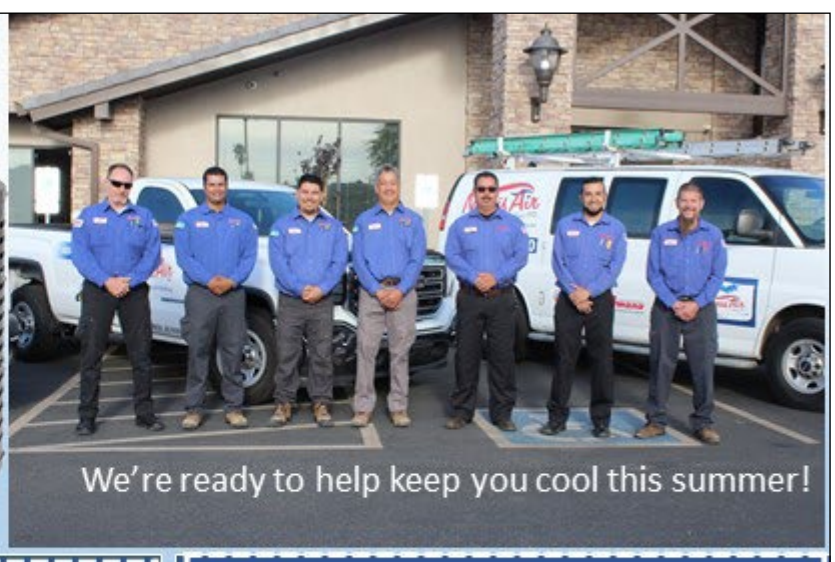
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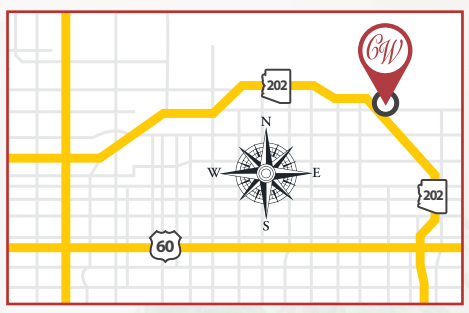
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Clubs

American Association of University Women

Submitted by Shirley Davis

Regular meetings of the American Association of University Women (AAUW) East Valley Branch will resume in November in Leisure World's King Card Room.

AAUW advances gender equity for women and girls through research, education and advocacy. A non-partisan organization, it has no barriers based on gender, race, creed, age, sexual orientation, national origin, disability or class. It is open to anyone holding an associate or equivalent (RN) or higher degree from a regionally accredited college or university.

AAUW began in 1881 when a small group if female college graduates banded together to open the doors for women's career advancement and to encourage more women to pursue higher education. The history of AAUW mirrors the progress of women in the United States. As the number of women graduating from college grew, so did AAUW's membership.

Democratic Club

Submitted by Ruth Crook

Wow! Can you believe we are half-way through 2021! On May 12, 2021 we had our first meeting in a year-and-a-half. We had a great time and made plans to grow into a great organization.

We are looking for volunteers so we can be ready to welcome our winter visitors. You will be rewarded with friends who are rich with laughter and joy.

The good news is that Democrats did a great job getting vaccinated. Masking will be left to your discretion for future meetings.

We want to thank Walt Pinkus for the poster that can be seen at the Rec. 1 bulletin board and his work as Communications Chairperson.

See you at our next meeting!

For more information in joining our club, please call Ruth Crook at 480-249-0783.

Leisure World Alzheimer's Support Group

Submitted by Vicki Noble

Our Leisure World Alzheimer's/Dementia support group will resume on August 11 — the second Wednesday of the month — from 10:00 a.m. - 12:00 p.m. in the Queen Card Room. We will meet at the same time and place each month thereafter.

We have truly missed meeting together for friendship and support as we travel this difficult road together. Please mark your calendar and join us!

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

Leisure World Art Association

Submitted by Pat Billingsley

The Leisure World Art Association (LWAA) will hold its next monthly meeting on the second Thursday, October 14 at 3:15 p.m. This will be a social event. A regular board meeting is held one hour prior.

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

LWAA is sponsoring two classes: 1. Basic Drawing on Thursday, June 17 at 10:00 a.m. in the Art Studio with instructor Dayle Biggs. The cost is $20. 2. Oil Painting with Lori Pilato every Wednesday from July 7-August 25. The cost is $15 per session. Sign-up sheets is in the Art Studio.

We are working on scheduling classes for the summer and fall. If there are additional classes scheduled, there will be a sign-up sheet in the Art Studio. Check your email, the LW newspaper or The Post for notices. If you want to teach a class, please let us know.

Please sign up and join the LW Art Association for 2021. Membership forms can be found in the Art Studio.

The season is ending. Remember to start planning your works of art for the November Fall Art Show sponsored by the Photography Club.

Leisure World Investment Club

Submitted by Frank Jacoby

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

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

Every meeting includes an educational component. Our June meeting will review and continue our discussion of how to buy quality growth stocks at a fair price.

Members enjoy access to the resources and benefits derived from our affiliation with "myICLUB" and "Better Investing." Non-members, new members, beginners and seasoned investors are always welcome at our meetings.

We meet the second Wednesday of each month October through April, June, August and additionally, if needed, over the summer.

Our next meeting will be held via Zoom on Wednesday June 9 at 1:00 p.m. Arizona time. We plan to return to the theater with hybrid ZOOM/live meetings for the 2021-2022 season conditions permitting.

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

Leisure World Computer and Technology Club

Submitted by Frank Jacoby

Join now! Avoid scams, save money, stay up-to-date over the summer on how new innovations in technology can benefit you! Register at our website www.lwazcc.org and we will keep you current on developments in computers, tablets, apps, TVs, streaming, home automation, watches, security, online banking/shopping, games, fraud and more.

Stop by our Computer Center in Rec. 1 and view our selection of over 500 free to loan movies/DVDs or sign up to be a Center Monitor. Our dues of $10 per year have been suspended for the 2020-2021 season, so membership is free!

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If you (tech guru or beginner) want to learn more about how you might help as a committee member, are looking for ways to improve your technology savvy, meet new people and achieve personal growth, contact Frank Jacoby at frankjacoby4@gmail.com.

Leisure World Quilters

Submitted by Kaye West

The Leisure World Quilters were delighted to meet as a group in person and visit while sewing on charity quilts. We want to thank all those who participated in our Craft Sale on March 27, making it a big success!

In April, with the able leadership of Linda Phar, Marie Hodge, Merrilly Strom and Carol Stickling, we completed two "scrappy" quilts using the pattern Disappearing Nine-Patch. We also completed hot pads and pot holders for our next sale.

The last Thursday morning of each month we had Sew and Tell Day where we got to see what others have been working on at home. We also go to sew whatever we like.

Our last meeting was the last Thursday morning of May. We will not meet again until September. Happy quilting on your own this summer. We look forward to seeing your creativity in September!

Whether you are new to quilting or a long-time enthusiast, we invite you to join this friendly group. Members are happy to share their tips and tricks with others. Dues are just $10 per year.

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

Lions Club

Submitted by Lion Carolin Lowy

Summer is here! There is a great way Lions serve our community and raise much-needed funding for our service projects.

Aluminum Cans is one of them. Instead of tossing them in your trash, Lions offer an alternative. Lion Larry, aka "The Can Guy," drives the company truck and collects cans from the following deposit bin locations around Leisure World:

- Via Norte Scrap Yard
- Rec. 1, 2 and 3
- Rec. 1 Promenade
- Rec. 1 and 2 Pools
- Rec. 2 Pavillion

The cans are then taken to a local recycling location. Lions receive 90 cents per pound, so our community continues to help.

Next month, another Lion and service will be featured.

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

Music Therapy Class

Submitted by Vicki Noble

Join our Music Therapy Class if you are the caregiver for a person with any kind of dementia such as ALZ, Lewi-Body, Frontal Lobe, Vascular or Parkinson's disease. Our gifted music therapist, Sun Joo Lee, gives our loved ones therapy through music that is most beneficial and enjoyable for them and us as caregivers. We so enjoy singing all the old songs we know and love. Music stimulates the memories of dementia patients.

We have several options to choose from, and most of us join them all. Each Friday morning from 10:00 -11:30 a.m., Sun Joo has a Zoom music therapy class for groups she teaches from all over the Valley. Leisure World is well-represented. Her Leisure World classes will all be on Tuesdays at 1:00 p.m. Here is the schedule through July: June 6 in person, June 22 online, July 6 in person, July 27 online.

We hope you will join us and enjoy the fellowship and fun of singing together!

To get a link for the Zoom classes, text or call Vicki Noble at 480-369-1466 or email vicnal7@gmail.com.

Republican Club

Submitted by Diane Andersen

The Republican Club's motto remains the same: "Educate, Encourage and Inspire." The members have every intention of keeping those ideals alive. It is critical that every Republican or conservative get or stay involved in the important process of Keeping America Great!

The next meeting is on Monday, June 21 at 7:00 p.m. in Hopi/Pima at Rec 2. You can always count on having great speakers and an uplifting meeting. Please plan to join us!

If you are new to Leisure World and want to be involved in club activities, please contact Diane Andersen at 480 395-5515 or azpatriot13@yahoo.com to have your name placed on the email list.

San Tan Investment Club

Submitted by Shelly Begel

The Investment Club of Leisure World (aka San Tan Investment Club) is a partnership consisting of Leisure World residents interested in investing in stocks and securities for growth. We belong to Better Investing, a national organization that helps members build wealth through educational tools. The goal of the club is to increase our education and knowledge of investing.

The club meets every Second Thursday of the month at 10:00 am. Our next Zoom meeting is on Thursday, June 10. We are extending our invitation to out of town (and out of country) members and residents of Leisure World (in or out of town).

Come join our Zoom meeting on Thursday, June 10 to see how this club works. The Zoom link information will be available before the meeting date.

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

See you zoon!

Scrabble Club

Submitted by Carolin Lowy

The Scrabble Club is happy to be meeting again on Monday evenings at the Lakeside Club House in Rec. 1, which is a cool place to be. Games start at 6:30 p.m. Come early to socialize The club has all the supplies needed for both Scrabble and Upwords. Official Scrabble dictionaries and Word Lists are on hand to help!

We play for fun and now are able to meet again in person to enjoy interaction between players. Our Summer Social is in the planning stage. Stay tuned for details.

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

SOLO
(Stepping Out - Lively Outlook)
(Formerly Singles Mingle)

Submitted by Barbara Peters

There are some changes to our club due in part to restrictions. New leadership due to retirements. We would like to invite former participants and new people to join us for some fun adventures. We want to stress that this group is a way to meet people, to have others you know to attend events with and to not feel alone.

At Leisure World events, luncheons, dinners, dances, shows, ice cream socials, we will reserve a SOLO table, so when you make your reservation ask for it. This way, you can sit with people you know.

We suggest that you try attending the SOLO breakfast at the Leisure World Cafe, in Rec. 2 held every Tuesday morning. Please arrive at around 8:00-8:30 a.m. The cafe appreciates reservations for better service, so call Alan Forbes at 808-497-8109.

We would like to invite you to a Welcome Back get-together BYOB on Thursday, June 17 at 7:00 p.m. at the Rec. 1 Promenade. We will plan for the future and to say hi to old friends and meet new ones! Come share your ideas.

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

Twiddlers, Friday Morning Knitters and Crocheters

Submitted by Carolin Lowy

We are delighted to be able to continue meeting every Monday and Friday mornings in the Queen Card Room from 9:00 -11:00 a.m. All residents are welcome.

Bring your own projects to work on or join in with our charity projects. We have yarn, needles, hooks and patterns that may be used to create donated items i.e. hats, scarves, wraps and our on-going rectangles for "Warm Up America." We always appreciate donations of yarn.

Another plus is our Friday lunches at Leisure World's Rendezvous Café. We also now have monthly lunch outings to celebrate birthdays at local restaurants on the third Monday.

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



Arts and Crafts Clubs

Ceramics Club

Submitted by Laura Krever

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

We normally have an instructor two days a month but have yet to determine when these classes will resume. For now, our classes are open for members to work on their projects.

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

Glass Club

Submitted by Kay Eakin

The Glass Club kicked of their summer schedule on Monday, May 10.

If you are a former Glass Club member or have had previous stained, fuse or mosaic glass experience, you may attend the Glass Labs on Monday and Wednesday afternoons from 12:00 to 3:00 p.m. in the Glass/Ceramics wing of the Craft Building at Rec 1.

Club membership is $30 with a $15 surcharge for fused glass. We hope to add classes in late November as soon as our instructors return.

For more information, please contact Kay Eakin at 480-641-8719.

Pottery Club

Submitted by Bonnie Rausch

Leisure World residents who would like to try pottery are invited to join us on Monday and Thursday mornings from 9:00 a.m. to noon. New students pay $5 the first two sessions. If you decide to join the club, dues



are $20 per year and $3 per session. Clay and glazes are additional charges.

Card/Game Clubs

Bunco

Submitted by Laura Krever

Our Bunco group meets the first Thursday of the month in the King Card Room. We play year-round and everyone is welcome. We start promptly at 6:30 p.m., so please be there by 6:15 pm. Our next Bunco night is on Thursday, June 3.

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

Bring your own drink and wear your LW name tag if you have it handy. Please come early. We can accommodate a maximum of 40 people.

Congratulations to our May winners: Joyce Snyder, Mary Alice Wittig, Patricia Logan, April Taylor, Roseanne Gore and Carrie Caruso.

For more information, please call Laura Krever at 310-916-8105 or Dana Bourque at 602-757-4348. Don't miss all the fun! We hope to see you there!

Music and Dance Clubs

Casual-Aires Dinner Dance Club

Submitted by Allen Cziok

The Casual-Aires Executive Team is working to finalize our dates and musical groups for 2021-2022. With the announcement by Leisure World that facilities are open and mask mandates are relaxed, we are gaining confidence that we can resume our dinner dances in November.

Look for our future news articles providing more details, including the time frame for accepting membership payments.

In the meantime, we wish all our members and friends good health and favorable travel until we are together again in the fall!

Leisure World Cloggers

Submitted by Joyce Loland

Now that non-residents are permitted to participate, the Leisure World Cloggers are delighted that Cathy Martin is able to rejoin the group and share instructional duties with Dan Rowan. Both of these advanced dancers possess inspiring clogging and teaching skills. Participants will again enjoy their excellent leadership. We heartily welcome them back!

We are fortunate that Fran Dusek took on the responsibility of leading dancers as the club awaited Cathy and Dan's return. Fran will continue to teach True Beginners from 12:00 - 12:30 p.m. if they contact her at 602-684-9353 by the Thursday before class.

Beginners Plus meets from 12:30 – 1:30 p.m., Intermediate 1 runs from 1:30 - 2:30 p.m., and Intermediate 2 and 3 meet from 2:30 - 4:00 p.m. Brand new beginners are still free. Everyone else pays $5 and can stay for as many sessions that day as they want. All classes meet Friday in the classroom next to the Fitness Center.

Why not give clogging a try? It is good for the body and the brain – and it's fun! Come join us. Everyone is welcome!

Moonlight Serenade Dinner Dance Club

Submitted by Clarice and Joe Chism

Members and guests: Moonlight Serenade will be hosting our wonderful evenings of dance, food and fellowship beginning on Nov 13, 2021 with the theme of "Falling for Fall!"

Officers are diligently working to get the club established again and we need your help! Shirley, our Membership Chair, will be sending out surveys and sign-up emails! Please respond as soon as possible!

All are welcome to join this one-of-a-kind evening in the Valley! Doors open at Hopi at 5:30 p.m. and music begins at 6:30 p.m., followed by a catered sit-down dinner. Dancing and music continues until 9:30 p.m.

The club has vacancies for the board, so please consider serving on the board of officers. Meetings as well as the dances are only four times a year.

The remaining calendar dates for the 2021-2022 season are: Jan 18, Feb 12, Mar 5 and Nov. 13! Dues are $248/couple per year, guests $80/couple/per dance. Please send reservations and check to: Shirley Rake - 1560 Leisure World, Mesa, AZ 85206.

For more information, visit our website http://moonlightserenade.yolaside.com or email moonlightserenade@cox.net or call Ron Litzenberger at 719 210-3293.

Sports Clubs

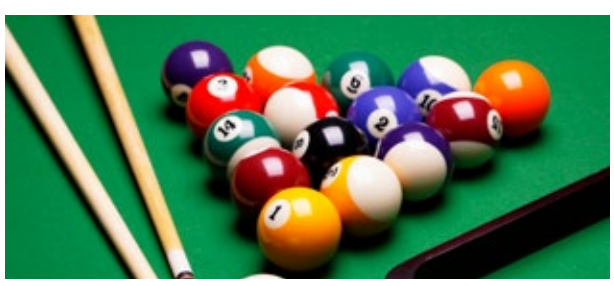
Tennis Club

Submitted by Sue Weber

Tennis Courts 1-10 are available for play throughout the summer. Any Leisure World resident who is not a member of the Tennis Club may reserve a court by contacting Joe Vitetta at 2013joeyv@gmail.com or 480-399-9891.

For more information about the LW Tennis Club, visit our website at lwtennisclub.com. If you are interested in becoming a member, please fill out the "Contact Us" form on the website. See you on the courts!

If you are interested in becoming a member of the Leisure World Tennis Club, please fill out the "Contact Us" form on the website. All tennis group play (round robin, drop-in, Legends) is finished for the season.



All the courts are available for play throughout the summer. Any Leisure World resident who is not a member of the Tennis Club may reserve a court by contacting Joe Vitetta at 2013joeyv@gmail.com or 480-399-9891.

See you on the courts!

Thursday Morning Ladies' Billiards Players

Submitted by Carolin Lowy

The Thursday Morning Ladies' Billiards players enjoy getting together year-round at 8:30 a.m. We welcome all. For new players, we will help you get started.

We usually play regular pool but variations and 9-ball are also enjoyed.

With the temperatures rising, the Billiards Room is a cool place to gather.

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

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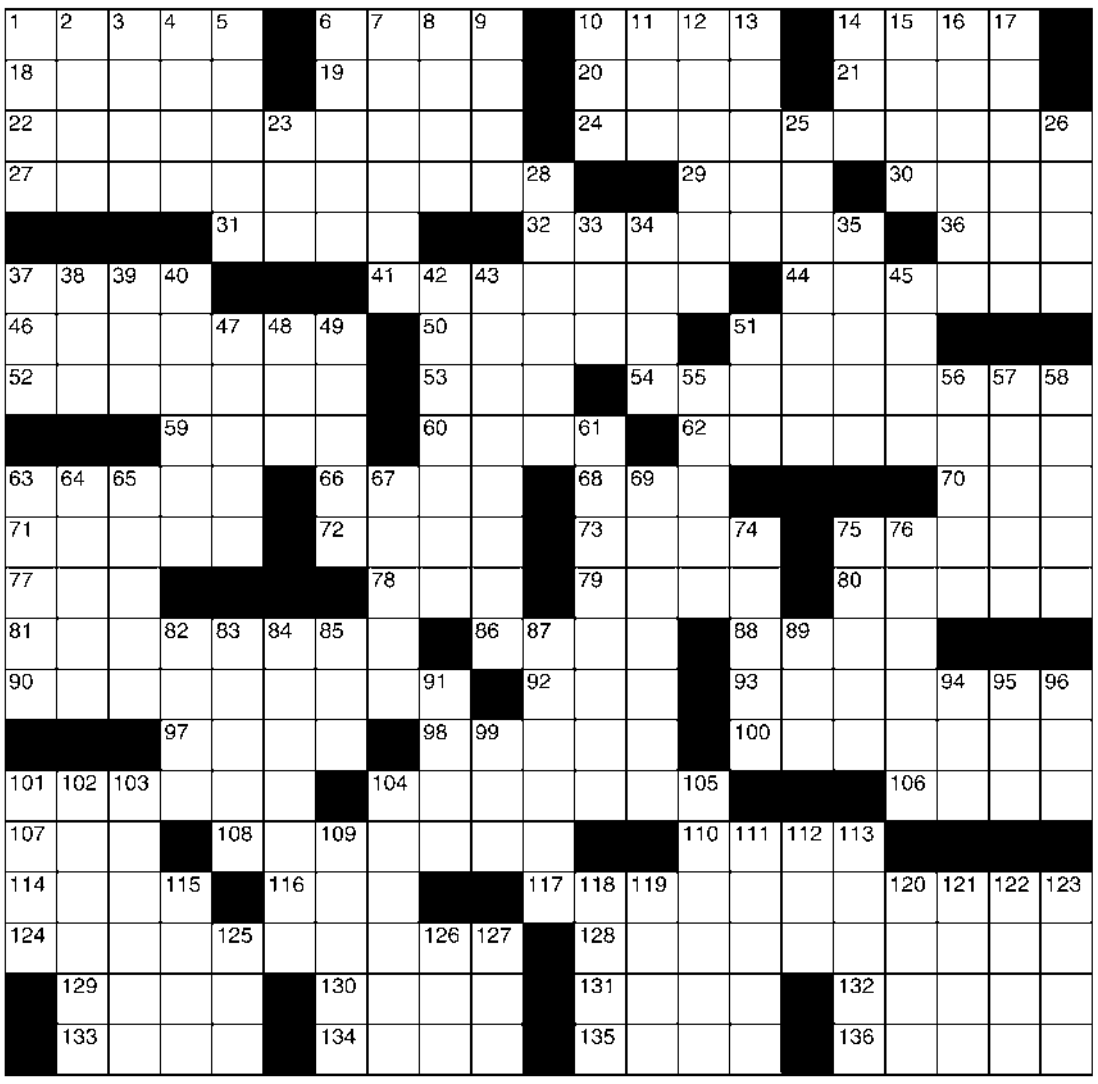
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ACROSS

1 Muscat dweller
6 Imitate Daffy Duck
10 Chest muscles, informally
14 Coalition
18 Billiards shot
19 Not duped by
20 Folk legend Guthrie
21 Not-yet-final software
22 Involving three parties
24 One of the Clue suspects
27 1971 Stanley Kubrick film
29 "Shop -- you drop!"
30 Sully
31 Middling
32 Old Italian painter
36 Singer Rawls
37 Honcho
41 Gruesome
44 Louvre, e.g.
46 False names
50 Explorer -- de Leon
51 Shakers or Quakers
52 Most malicious
53 Tiny fraction of a joule
54 Heroine in Nintendo's Mario games
59 State boldly
60 Lisa of pop
62 More than friendly
63 Rock
66 Dictator Idi
68 Have control over
70 Hawaii's Mauna --
71 Lindsay of "Mean Girls"
72 Come to
73 New York City is said to be one
75 "Beetle Bailey," e.g.
77 Stuck -- rut
78 Attain
79 "Quit it!"
80 Home pest
81 Mexican folk musician
86 WWII-era British gun
88 Collins of rock and pop
90 Fluorescent green Crayola color
92 Period
93 Slaved away
97 Some Korean cars
98 The Antilles, e.g.
100 Tangle up
101 Some shiny plastics
104 Private college in the Bay State
106 Chew like a rodent
107 Ending for acetyl
108 Legendary hero of Athens
110 Regatta gear
114 "In case it's true ..."
116 Hotel phone abbr.
117 It may follow "Use by" on a label
124 Of no value
128 Irvine locale
129 Swamp grass
130 Prefix with present
131 Contends
132 Singer Bonnie
133 Concocted
134 "Auld -- Syne"
135 Apropos of
136 Lauder of perfume

DOWN

1 Nona- minus one
2 Painter Chagall
3 Edible pomegranate part
4 Court plea, in brief
5 Desktops since 1998
6 Bygone theater chain
7 Like some hotel dining
8 Antares, e.g.
9 Tyler's successor
10 Infant food
11 Transgress
12 Attire
13 Capital of Bulgaria
14 Small pellets of shot
15 Not including
16 Peter of "Masada"
17 Len of stage and screen
23 Ref's ring decision
25 Krypton, e.g.
26 See 24-Across
28 See 27-Across
33 "Speechless" airer
34 Set up, for short
35 Actress Susan
37 Scot's cap
38 Bullring shout
39 Zadora of "Hairspray"
40 See 37-Across
42 Resembling a gorilla
43 Crowns for nobles
45 Spring (from)
47 Fourth prime
48 Suffix of languages
49 Sipping aid
51 Transgress
55 Fab Four drummer
56 Actress Hayek
57 Impassive
58 See 54-Across
61 "Against the Wind" singer
63 Gunky stuff
64 Pitch-related
65 United Airlines hub
67 Houdini's skill
69 Looker-on
74 See 73-Across
75 Tots' beds
76 Dark Chinese tea
82 Gunky
83 Slanted
84 Uninvited partygoer
85 That fellow's
87 "Thy Neighbor's Wife" author Gay
89 Solo of "Solo"
91 See 90-Across
94 Flew on foot
95 Period
96 Glistening grass stuff
99 Mu -- chicken
101 Blood carrier
102 Give knowledge
103 Lipton rival
104 Respiratory woe
105 One slaving away
109 Laud
111 Spring (from)
112 U.K. mil. branch
113 Grocery, e.g.
115 Due, as money
118 96, in old Rome
119 Ache
120 Nest eggs for srs.
121 Doing the job
122 Evening, in adspeak
123 See 117-Across
125 Praiseful poem
126 "Raggedy" plaything
127 See 124-Across

Sudoku

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

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

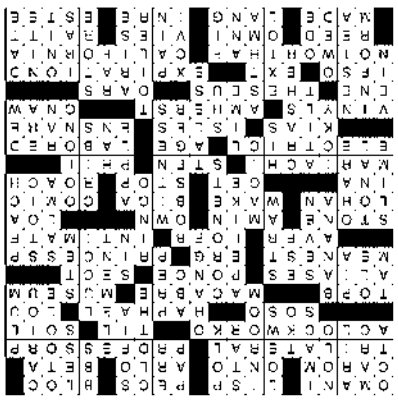
Summer

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

SUMMER
HOT
SWEAT
POOL
SWIMMING
SPRINKLER
ICECREAM
SUNSHINE
BIKE
FRIENDS
WATERMELON
PICNIC
HOTDOGS
POPSICLE
SWIMSUIT
VACATION
OUTSIDE
CAMPING
LEMONADE
WATERPARK
HIKING
LAWNMOWER
HAMMOCK
FESTIVALS
SANDALS
SUNGLASSES
BARBECUE
BOATING

Created with TheTeachersCorner.net Word Search Maker

Puzzle Answers



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

Comics

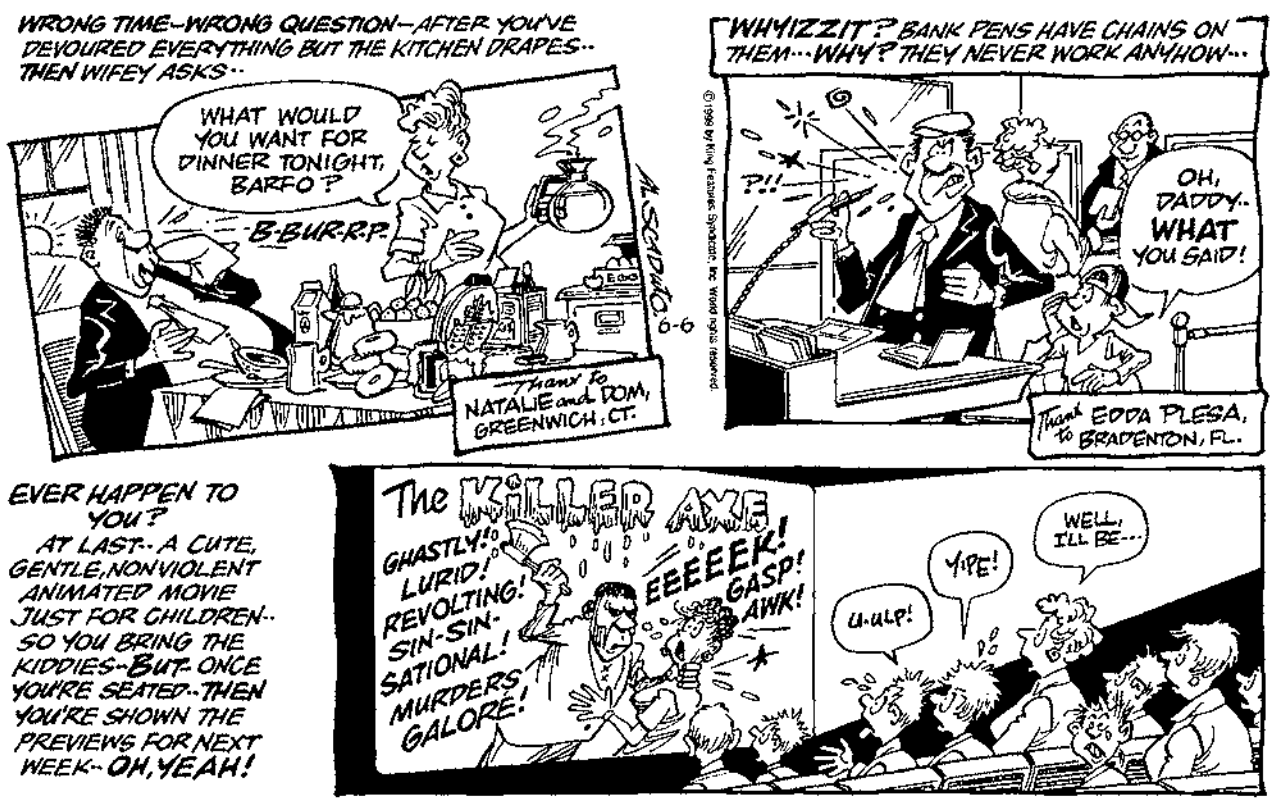
The Spats

By Jeff Pickering



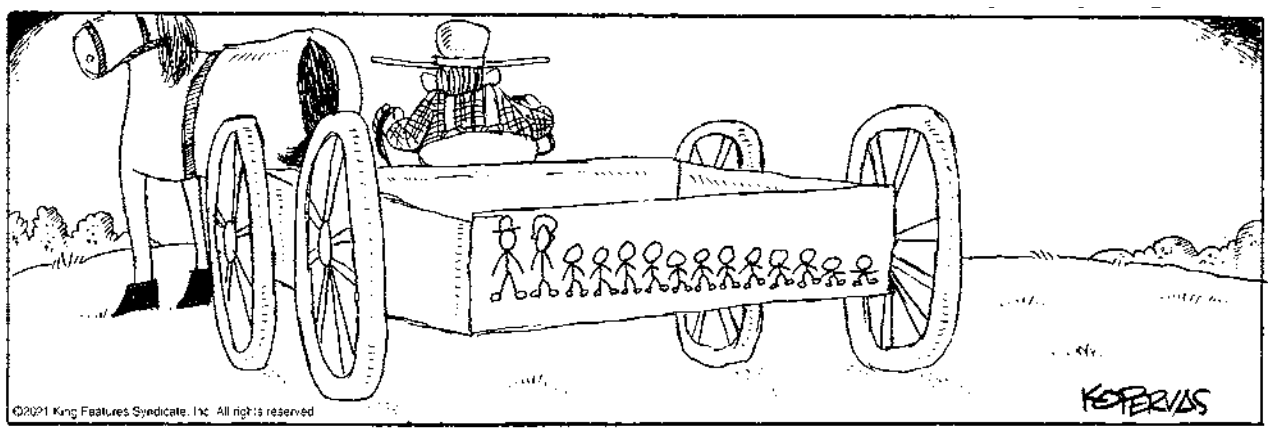
They'll Do It Every Time

By Al Scaduto



Out on a Limb

By Gary Kopervas



Just Like Cats & Dogs

By Dave T. Phipps



Grin and Bear It

By Fred Wagner



"We're on the babysitters' ten most unwanted list!"

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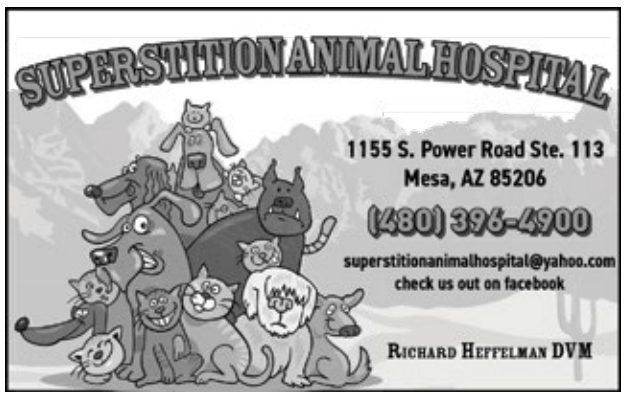
This waterfront home was featured in LW Parade of Homes - openly remodeled, and every room is totally updated . . . very light & airy! Updates include new kitchen with large island, new bathrooms, stone flooring, granite countertops, carpet, crown molding, new appliances & updated lighting fixtures, huge front covered patio. New roof, dual pane windows & doors. Fresh colored paint inside & out. All staged furniture will remain with home . . . amazing water views inside . . . totally move in ready!! **Call Linda 480-600-0001.** For Sale by Owner. Manor 652.

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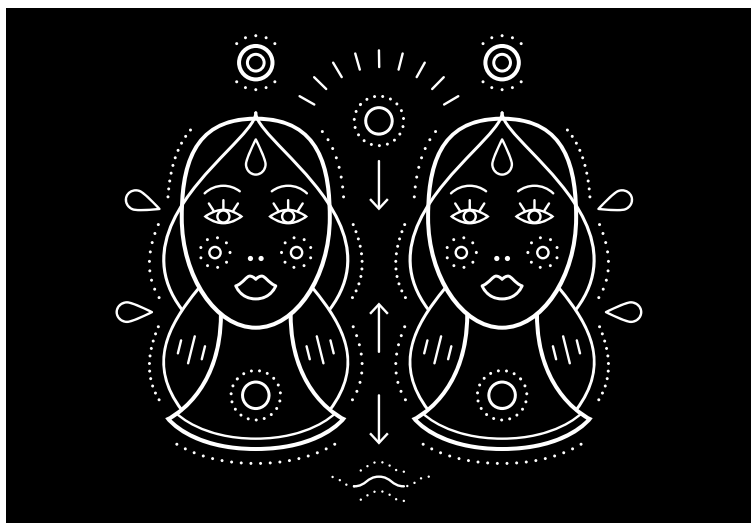
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ASTROLOGY

June Horoscope

ARIES (March 21 to April 19) You're the first sign in the Zodiac and like to take the lead wherever you go. But this time, you'd be wise to follow someone who has much to teach you.

TAURUS (April 20 to May 20) Your adversary hasn't given up trying to undermine you. Continue to stay cool -- someone in authority knows what's happening.

GEMINI (May 21 to June 20) Spring brings a positive aspect for relationships. Paired Twins grow closer, while the single set finds new romance -- perhaps with a Leo or Libra.

CANCER (June 21 to July 22) Wavering aspects this week mean weighing your words carefully to avoid misunderstandings.

LEO (July 23 to August 22) You could soon be on a new career path in pursuit of those long-standing goals, but don't cut any current ties until you're sure you're ready to make the change.

VIRGO (August 23 to September 22) A former colleague wants to re-establish an old professional connection. It would be wise to make the contact, at least until you know what he or she is planning.

LIBRA (September 23 to October 22) A relationship that survived some rocky moments could be facing a new challenge. Deal with the problem openly, honestly and without delay. Good luck.

SCORPIO (October 23 to November 21) A recent and much-appreciated change in the workplace inspires you to make some changes in your personal life as well. Start with a plan to travel more.

SAGITTARIUS (November 22 to December 21) A friend needs your kind and caring advice, but you need to know what he or she is hiding from you before you agree to get involved.

CAPRICORN (December 22 to January 19) Your circle of friends continues to widen. Expect to hear from someone in your past who hopes to re-establish your once-close relationship.

AQUARIUS (January 20 to February 18) Your aspects favor the arts. Indulge in whatever artistic expression you enjoy most. A workplace situation will, I'm pleased to say, continue to improve.

PISCES (February 19 to March 20) Warning! Your tendency to let things slide until the last minute could have a negative effect on a relationship that you hope can develop into something meaningful.

BORN THIS WEEK: You are both emotional and sensible. You enjoy being with people. Good career choices include teaching, performing and the clergy.

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I'm a 6th grade Mesa teacher working my 2nd job.

Life Tributes

Lynne "Sandy" Sackett Cowles



Lynne "Sandy" Sackett Cowles passed away peacefully on April 9, 2021, at his daughter's home in Raytown, Missouri, surrounded by his family.

Lynne was born on November 17, 1926, in Kansas City, Missouri, to Halie and Lucius Lynne Cowles. A World War II veteran, Lynne served in the U.S. Navy. After the war, he married Barbara Parker. They had a son, Jonathan, who died in 1954.

In 1955, Lynne married Bunnie Dwinnell and they raised two daughters. After losing Bunnie to kidney disease, Sandy re-married Barbara, who died in 1987.

In 1989, Lynne married Marje Cassidy. They spent their winters in Leisure World. Marje died in 1997. In 1999, Lynne married Shirley Woolf. They spent 21 wonderful years dancing, visiting friends, and enjoying each other's company.

Lynne is survived by daughters Cynthia McGee (Don) and Pamela Meeker (Bill); grandchildren Raoul Garcia, Jr., (Rebecca), David Meeker (Stephanie), Kia Hunt (Adam), Christopher Meeker and five great-granddogs.

Betty Turner



Betty Turner passed away in Dallas, Texas on December 5, 2019. Her memorial service will be held in Oklahoma on June 4, 2021.

"Betty Boop" loved life, especially her years spent in Leisure World. She resided in Leisure World from 1984-2015.

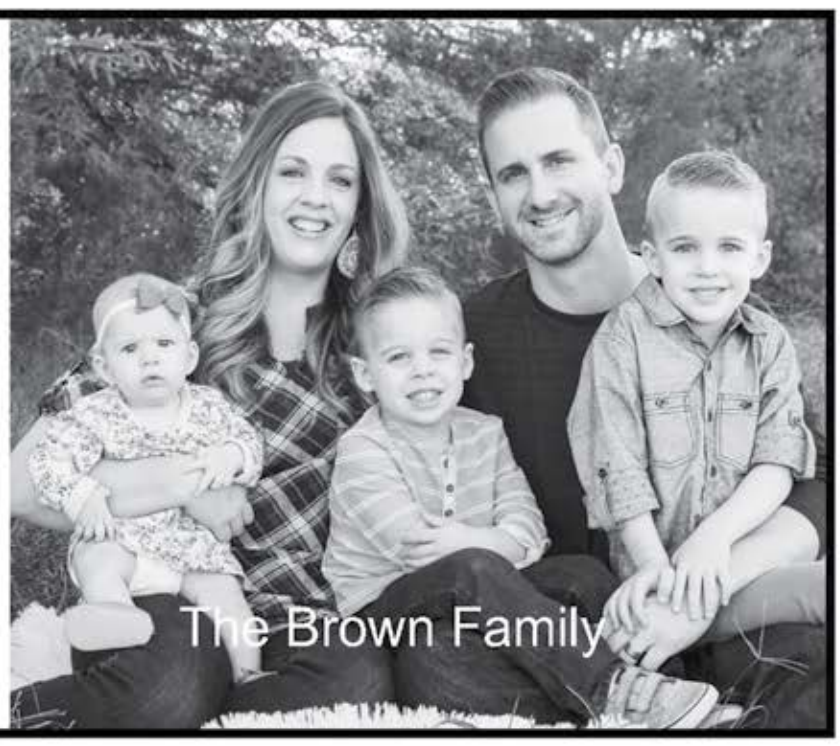
Betty was always the life of the party and found joy in spending time with and entertaining her friends. She loved playing golf, tennis, singing and having a good time with good people. She was determined to squeeze every ounce of joy out of her life!

Betty is survived by her daughters, Teri Purcell and Becky Turner, and her grandchildren — the joys of her life — Amy Purcell and Drew Purcell.

Betty is greatly missed!



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Leisure World

LIFESTYLE

Recreation, Wellness and Golf

Performing Arts Series

Exciting Shows!
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Dinner & Movie
Page B7

Safety First
Page B10

Father's Day Brunch: Build Your Own Omelet



Have you ever heard of "Omelet in a Bag?" Sounds crazy but you must come and give it a try! It is 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.

An assortment of pastries, fruit, juice, and coffee will also be provided.

Oh, and let us not forget the "Virgin Bloody Mary and Salty Dog Bar" to go with your omelet or you may BYOB to your liking.

Sign up by Monday, June 7 to be entered into our Early-Bird Raffle for a $100 Home Depot gift card! Limited seating of 50 people, so don't delay! Sponsored by Gilbert Physical Medicine.

Date: Sun., June 20

Seating Times: 9:30 a.m. and 10:15 a.m.

Place: Rec. 1 Ballroom

Cost: $12 per person

Deadline: Mon., June 14 or until all 50 tickets sold!

Gilbert Physical Medicine

Freedom Celebration! Independence Day Dinner and Dance



Together let us celebrate our independence with good food and great music!

Come Back Buddy will start off with some happy hour music favorites, slow it down a little during dinner, and then ramp it up for dancing and carousing after dinner!

They are a three-piece rock 'n' roll band inspired by the legendary "Buddy Holly and the Crickets." The group's repertoire includes the music of many artists from the 50's era including Elvis Presley, Chuck Berry, Johnny Cash, Roy Orbison, Ricky Nelson, and of course, Buddy Holly.

AZ Premier Catering will be serving American classics like hotdog, hamburger, tater tots, watermelon, green salad, bake beans and root beer floats. Mixology station with BYO set-ups, ice tea, lemonade and decaf coffee. Reserved tickets on sale at the Recreation Office. Sponsored by Hatfield Medical.

Date: Sun., July 4

Time: 5:30 - 8:30 p.m.

Place: Rec. 2 Hopi/Pima Rooms

Cost: $25 per person, advance ticket only

Deadline: Wed., June 30

Hatfield Medical Group

Stand Tall, Don't Fall!

The fear of falling becomes more common as we get older — even if you have not fallen. But don't let a fear of falling keep you from being active. Overcoming this fear can help you stay active, maintain your physical health and prevent future falls. The good news is that there are simple ways to prevent most falls.

Tips to Prevent Falls

Taking care of your overall health is the best way to reduce your risk of falling. Most of the time, falls and accidents do not "just happen."

You can help avoid falls with the following tips:

1. **Be Physically Active:** Participate in a regular exercise program that is right for you. An exercise routine will improve muscle strength and keep your joints, tendons and ligaments flexible. Certain exercise programs also focus on improving balance. Our Strength and Balance class is perfect for this!
2. **Get Your Vision and Hearing Tested:** Even small changes in vison and hearing can increase your risk of falling. Always wear your glasses or when you need them. If you have a hearing aid, be sure it fits well and wear it.



3. **Know Side Effects of Prescription Medicines:** Be knowledgeable of the side effects of any medicine you take whether it is prescribed or over the counter. If a drug makes you sleepy or dizzy, tell your doctor or pharmacist.
4. **Get Your ZZZs:** It is important to get adequate hours of sleep. If you are sleepy, you are more likely to fall.
5. **Limit Alcohol:** Even a small amount of alcohol can affect your balance and reflexes. Studies show that the rate of hip fractures in older adults increases with alcohol use. Therefore, best to limit your alcohol consumption.
6. **Stand up Slowly:** Getting up too quickly can cause your blood pressure to drop. This can make you feel wobbly. Get your blood pressure checked when lying and standing.

To help you, we are holding a "Stand Tall, Don't Fall" event! Test your balance and strength at various stations. This interactive workshop will help identify areas to improve your balance and potentially reduce your risk of falling. Plan now to join us!

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

Date: Wed., June 16

Time: 1:00 - 2:00 p.m.

Place: Rec 1 Ballroom

Leisure World

Recreation Department

Let the Games Begin: Toga-Style! Music, Dancing, Fun and Games



Let us all get together and celebrate the 2021 Summer Olympics with an old school Grecian toga party! Bring all your friends and come on down dressed in your best toga for some summer fun and watch the games.

The Rendezvous Café is serving a meal for the gods: lemon chicken kabobs, rice pilaf, spanakopita and baklava for dessert. We will be watching the game and playing in them! The Recreation Department will be setting up red solo cup games for you and your competitors to play.

Date: Sat., July 24

Time: 5:30 p.m.

Place: Rec. 2 Pavilion

Cost: $14 per person

Deadline: Mon., July 19

Board and Brush: New Wood Décor DIY Workshop



Are you looking for a fun do-it-yourself (DIY) project? Is your inner DIY itching for a fun new project without having to buy all your own supplies and make a mess at your house? Then look no further. Board and Brush Creative Studio is coming to Leisure World!

In this workshop, you will construct stylish and unique wood décor projects from scratch. The class will be led by owner and instructor, Mary June Collins, who will guide you through the entire creative process – everything from raw materials to final product!

Class is limited to 18 persons, so sign up early!

Register online at **www.boardandbrush.com/mesa.** Click on the Calendar, then on June 23 (Leisure World Private Mini-Sign Workshop). Your access code is 62321. This takes you to the gallery where you will choose your board and process your payment. It is that simple!

Don't miss this fun workshop!

Date: Wed., June 23
Time: 1:00 p.m. - 2:30 p.m.
Place: Rec.1 Art Studio
Cost: $35 per person

Summer Social

The treat for the month is ice cream sundae or fruit cup. Kicking off the entertainment is ventriloquist Chuck Field!

Start out with a generous helping of vanilla ice cream topped with one or all your favorite toppings: strawberries, pineapple, chocolate, whipped cream, chopped nuts, and a maraschino cherry! Fresh fruit cups in place of a sundae will be available if requested when you purchase your ticket.

Taking the stage for our entertainment will be **Chuck Field** and his stage partners, Ziggy, Nick and Dr. Sol, who have been wowing audiences for over 40 years. Their hysterical humor and superb ventriloquism are truly delightful!

A big thanks to our sponsor, Home Instead.



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Date: Thurs., June 17

Time: 2:00 p.m.

Place: Rec. 2 Hopi/Pima Rooms

Cost: $6 advance tickets or $7 at door

Kickin' It Dish-Style: Out of this World



Take a break from cooking in the heat and join us for relaxing evening with friends and neighbors. On National Meteor Watch Day, check out the meal the Recreation Department is dishing out: homemade sloppy Joe's with bun, side of cold slaw and brownie ala mode for dessert.

This will be open seating. No seat-saving.

Date: Wed., June 30
Doors Open: 5:30 p.m.
Dinner: 6:00 p.m.
Place: Rec. 2 Hopi/Pima Rooms
Cost: $8 per person advance ticket
Deadline: Mon., June 28

Leisure World Recreation Department Staff



Rhonda Cap
Lifestyle Director



Pene Mathison
Scheduling/Office Manager



John Stickling
Recreation Supervisor



Jamie Knowlton
Recreation Programmer



Carla Nicely
Administrative Assistant

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

Lunch Lady Special:
Chicken n' Waffles



No need to decide between savory or sweet with the mouth-watering combo that is chicken and waffles. The dish starts with a light waffle base, topped with yummy fried chicken and then drizzled with syrup.

Any first-timers might reason they need more than a cup of coffee to go with this over-the-top dish, but you might consider adding a fizzy mimosa to make this a legendary experience. Mimosa setups provided. For dessert, we will be serving delicious peach cobbler!

After lunch, we will have some fun and you might even win a prize!

Date: Tues., June 8
Time: 12:00 p.m.
Place: Rec. 2 Hopi/Pima Rooms
Cost: $8 per person in advance
Deadline: Wed., June 2

Summer Dance Parties!

Keep your feet happy and let your body do the talking on the dance floor this summer. Reserved tickets now on sale in the Recreation Office and include your mixology stations of soda, water, ice, and cups. Fresh popcorn just two for $1.

The Breeze



Prior to moving to Arizona, the Breeze had been performing on Carnival Cruise Lines for eleven years. Their wide range of music consists of 50s through 80s, Motown, country and ballroom dancing. This three-piece band will have you dancing all night long!

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

Soul Impression



Get your groove on with this premier Phoenix dance band. Soul Impression is known for their strong harmonies and musicianship that can take you thru a musical journey. From Marvin Gaye's, "What's Going On" to Frank Sinatra's, "Come Fly with Me" to Dion's "The Wanderer" to Brooks and Dunn's "Boot Scootin' Boogie," this band can get your toes a tappin' to cut a rug and boogie on down.

Date: Thurs., July 22
Time: 7:00 - 10:00 p.m.
Place: Rec. 2 Hopi/Pima Rooms
Cost: $10 per person in advance or $12 at event

Stacked Beef Enchiladas



Bring your amigos and amigas as we go south of border for a fun lunch. Get a helping of stacked beef enchiladas with a side of Spanish rice. For dessert, we will be serving some refreshing rainbow sherbet!

After lunch, have some fun with us. Maybe you will even win a prize!

Date: Wed., July 7
Time: 12:00 p.m.
Place: Rec. 2 Hopi/Pima Rooms
Cost: $8 per person advance ticket
Deadline: Fri., July 2

Rising Stars Shine in Soel Singer Musical Group

Summer camps bring eager kids who want to sing and dance. After only one short week of instruction, camp director Erica Soelberg will bring her youngsters, ages 5-12, to Leisure World for a family recital. Erica has graciously opened the concert for our Leisure World residents to attend.

Come out to enjoy a little song and dance from these future star performers!

Seating will be limited due to incoming parents and grandparents of the performers.

Date: Sat., June 5
Time: 2:00 p.m.
Place: Rec. 1 Ballroom
Cost: Free!



Sunday Movie Matinées Back!

Free Sunday movies in the **Theatre at 4:00 p.m**. Refreshments provided.

Due to the popularity of the movies, there is no seat-saving. All seats are on a first-come basis. Schedule may change due to Netflix movie availability.



June 6 Tolkien (PG13) – 1hr 52m
In this absorbing biopic focusing on the university days of J.R.R. Tolkien, the author meets his future wife and muse, Edith Bratt, and forms the friendships that will inspire him to pen his classic Middle-Earth novels.

June 13 Nine to Five (PG) – 1hr 50m
Three women fed up with their "sexist, egotistical, lying, hypocritical bigot" of a boss entertain fantasies about revenge. But fantasy turns into reality when they think they've inadvertently poisoned Mr. Hart's coffee and try to cover their tracks.

June 20 The Big Year (PG) – 1hr 40m
Inspired by Mark Obmascik's nonfiction book of the same name, this high-flying comedy concerns a trio of competitive bird watchers who vow to win a contest by spotting and recording as many avian species as humanly possible.

June 27 Knives Out (PG13) – 2hr 10m
When renowned crime novelist Harlan Thrombey is found dead at his estate, the inquisitive Detective Benoit Blanc is mysteriously enlisted to investigate. From Harlan's dysfunctional family to his devoted staff, Blanc sifts through a web of red herrings and self-serving lies to uncover the truth behind Harlan's untimely death.

Silver Screen Classic Movie Night:
"Double Indemnity"



In this classic film noir, insurance salesman Walter Neff (Fred MacMurray) gets roped into a murderous scheme when he falls for the sensual Phyllis Dietrichson (Barbara Stanwyck), who is intent on killing her husband (Tom Powers) and living off the fraudulent accidental death claim. Prompted by the late Mr. Dietrichson's daughter, Lola (Jean Heather), insurance investigator Barton Keyes (Edward G. Robinson) investigates the case, and gradually begins to uncover the sinister truth.

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

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

Date: Tues., June 15
Time: 6:00 p.m.
New Location: Rec. 1 Theatre

Trips and Tours

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

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

Deadlines are fast-approaching for August events so do not delay!

Grand Canyon One-Day Getaway

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

Date: Tuesday, August 17
Cost: $179 per person
Deadline: Monday, July 19



Arizona Rails - Grand Canyon and Verde Canyon Railroads

Day One: Depart the Valley and travel to the magnificent Grand Canyon. After seeing the Canyon from several lookout points, lunch is on your own before departing on the Grand Canyon Railroad. Travel from the Canyon to Williams. Overnight is at the Grand Canyon Railway Hotel.

Day Two: After breakfast on your own, depart for Cottonwood where you will tour the Copper Art Museum. Lunch is on your own in Cottonwood before departing on the Verde Canyon Railroad. Then return home.

Date: Thurs., Sept. 9 - Fri., Sept. 10
Cost: $550 per person/double $660/single
Deadline: Monday, August 9

Easy as Pie: Apple Annie's

Are you ready to taste some of the best pie ever? Spend the day on the farm in Wilcox enjoying a flavorful harvest of pick-your-own apples, pears, peaches, pumpkins and more! Browse in the sensational assortment of butters, salsa, jams, jellies, and other great gifts! Let your nose guide you to their homemade pies and breads as they fill the store with the sweet smell of apples and cinnamon! No doubt that delicious smell is one of their signature, award-winning apple pies made with hand-peeled apples from their orchards! Lunch is included along with their award-winning apple pie.

Date: Tuesday, September 28
Cost: $115 per person
Deadline: Monday, August 30

Wine Down Wednesday: Elgin

Vineyards where you'll enjoy an educational tasting and picnic lunch. Stops will be made at an additional winery for anyone wanting to taste and purchase your-own apples, pears, peaches, pumpkins and more. Enjoy lunch, including award-winning apple pie.

Date: Wednesday, October 27
Cost: $145 per person
Deadline: Monday, September 27



Get Your Fright on Halloween in Jerome

Spend Halloween Day in Jerome, a former booming mining town that is now known as America's largest ghost town. The highlight is a guided, walking ghost tour through the historic buildings and ruins of central Jerome. This tour includes history, ghost sightings, and accounts of reoccurring paranormal activity.

Date: Sunday, October 31
Cost: $109 per person
Deadline: Monday, October 4



Tuscon Air and Space Museum

The Pima Air and Space Museum is one of the largest non-government funded aviation and space museums in the world! The museum features a display of nearly 300 aircraft spread out over 80 acres on a campus occupying 127 acres and over 350 historical aircrafts, from a Wright Flyer to a 787 Dreamliner. It has opened its doors to the public in May of 1976 and also been the home to the Arizona Aviation Hall of Fame since 1991. Experience the self-guided museum and open-air tram tour. Lunch is on your own.

Date: Thursday, November 4
Cost: $125 per person
Deadline: Monday, October 4

Granite Mountain Hiking and Picnic Lunch

Travel to Yarnell for a morning hike in Granite Mountain Hotshots Memorial State Park. You will also visit Shrine of St. Joseph of the Mountains, a Catholic shrine with Stations of the Cross statues made of concrete in 1939 by starving folk artist, Felix Lucero, who lived under a bridge in Tucson. It was burned by a wildfire in 2013, but the statues still stand.

Date: Tuesday, November 16
Cost: $99 per person
Deadline: Monday, October 11

*** Cancellation fees will apply**

**** Non-Refundable**

TBA – time to be announced



Tropical Costa Rica: Save $700!

Lush forests and stunning waterfalls…rumbling volcanoes and endless coastlines…Costa Rica is a paradise teeming with exotic plants and incredible animals. Luxuriate at a resort for two nights at Playa Carrillo, Guanacaste, known for its breathtaking beauty and fine sandy beaches. Spend two nights in Monteverde's lush cloud forest. Experience the forest canopy on your choice of a hanging bridge's nature walk or an exhilarating zip lining tour. Explore part of the 20,000-acre nature preserve of Cano Negro on a riverboat adventure. Enjoy the tranquil views of the Arenal Volcano from your hotel. Explore San Jose's Plaza de Cultura and view the magnificent National Theatre.

New policy, deposit, and travel insurance 100% refundable until July 1, 2021.

Register at https://gateway.gocollette.com/link/1019052

Date: November 3-11, 2021

Cost: $1,898 per person/double; $2,098/single
Deadline: Thursday, July 1



Sunny Portugal

From the coastal capital of Lisbon to the sunny cliffs of the Algarve, venture along Portugal's stunning shoreline. Discover the charms of Lisbon. In Evora, step inside a medieval city with Roman ruins. Enjoy a leisurely 3-night stay in the Algarve region. Explore the soft sandy beaches and classic fishing villages. Take advantage of a free day to soak in the Portuguese sunshine and savor local flavors. See the dramatic cliffs at Cape Roca plummeting into the crashing waves below. Encounter picturesque resort towns, winding cobblestone streets, oceanfront promenades, and quaint villages of perfection.

Register at https://gateway.gocollette.com/link/1050886

Date: March 29 – April 7, 2022

Cost: $2,698 per person/double; $3,298/single

Deadline: Thursday, September 30



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Over 5 quarts oil, $3.99 per extra quart. Diesel not included. Limit one per customer/family. With this coupon. Most Cars. Not valid with other offers or prior services. Expires 6-30-2021

$79.99 Radiator Flush
Includes new coolant
plus tax
PERFORMANCE AUTOMOTIVE & TIRE CENTER
480-924-7444
With this coupon. Most Cars. Not valid with other offers or prior services. Expires 6-30-2021

$129 Premium semi-metallic pads
$149 Premium ceramic pads
PERFORMANCE AUTOMOTIVE & TIRE CENTER
480-924-7444
Pads or shoes, includes machining rotor drums. Lifetime warranty on pads.
With this coupon. Most Cars. Not valid with other offers or prior services. Expires 6-30-2021



Bingo!

With new bingo machine our callers and payers are ready to help you have a great winning time.

On-sets are 3 for $3; 6 for $6; and 9 for $9.

Refreshments will be served at the break: water, ice, lemonade, coffee, popcorn and pretzels.

Play starts promptly at 7:00 p.m., players may arrive at 6:00 p.m. to purchase on-sets: time to chat and mingle with friends and neighbors, before play begins.

Opening seating, no seat-saving please.

Music and Dance

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:

-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 (C) Contact: Dee Dee Dougherty, 480-510-3318.

Look for Classes starting in October.

Line Dance (BR) Contact: Susan Tuttle, 602-329-2213

Tuesdays: 6:00 - 7:00 p.m. - Beginners

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. $5 per person per class. Move classes starting in October.

Music Makers – Contact: Marty Maciejewski, 480-307-8061.

This fun group is open to all who play or want to play an instrument.

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

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

Tap Dancing – Contact: Judy Free, 480-396-3103 Look for classes starting in November.

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

Arts and Crafts

Decorative Arts

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

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

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

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

Fabric Arts

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

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

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

Quilters (BR/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 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.

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 join the group.
Reserved room is subject to sharing if less than 20 in attendance.



Bridge Groups

Duplicate (CLR) Contact: Barbara Rees, 480-309-8039
Monday, 12:30 p.m.

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

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

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

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

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

Progressive (QCR) Contact: Phyllis Hallatt, 480-396-7398
Thursday, 12:15 p.m.

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

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

Poker Groups

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

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

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

Texas Hold 'Em (QCR) Contact: Donna Mitchell at 602-622-8100 or delliott065@gmail.com
Monday, 12:30 p.m.

Other Card and Game Groups

Bunco (CLR) Contact: Laura Krever, 480-203-2517 or Dana Bourque, 480-699-2199
1st Thursday, 6:30 p.m.

Cribbage (LC) Contact: Ted Jackson, 480-474-7732
Friday, 1 p.m.

Cribbage (QCR2) Contact: Ted Jackson, 480-474-7732
Wednesday, 1 p.m.

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

Game Night (LC) Contact: Lillian Carlson, 480-684-2441
Friday, 6:15 p.m.

Hand and Foot (LC) Contact: Lillian Carlson, 480-684-2441
Tuesday, 1 p.m.,Wednesday, 6:15 p.m.

Hand and Foot: Samba (LC) Contact: Lillian Carlson, 480-684-2441
Thursday, 6:15 p.m.

Mah Jong (APA) Contact: Neesa Galanti, 206-356-2727
Thursday, 1 p.m. (CLR) Tuesday 7:00 p.m.

Mah Jong: Beginning (APA) Contact: Karen Ajssan, 412-418-8343

Pinochle (QCR) Contact: Jackie Anderson, 480-985-8503
Tuesday & 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.

Performing Arts Season Bonus
Get Your Tickets Now!



Oh, Canada!

This season gets better and better! With the Fitzgeralds rising popularity, we need to change their performance date to March 14, 2022, to fit in their U.S. tour schedule. What does this mean for you? It means that season ticket holders will be gaining an addition concert! That's right, if you have already purchased your 2021-2022 season tickets or plan to buy your season ticket by July 15, 2021, you will gain a bonus show!

New to the lineup is Monkeemania and Summer Love show on February 21, 2022. This show features the music from one of the most popular television and musical group of the 1960s: The Monkees. Right down to the classic eight button shirts, this show captures the look and sound spot on!

Don't delay! Purchase your season tickets by July 15 to get The Fitzgeralds, Irish step-dancing sensations, on-the-house. You will not want to miss all the terrific talent and entertainment planned for next season. We have two great pre-season shows (one November and one December), plus six season shows (two each in January, February and March) for your enjoyment!

2021 Pre-Season Shows:

- November 15 – Mr. Cole and Mr. Soul (Nat King Cole tribute)
- December 13 – A Very Hillbilly Deluxe Christmas

2022 Season Shows:

- January 10 – The New York FlyBoys
- January 24 – The Starlets
- February 7 – Karen Hester as Dolly
- February 21 – Monkeemania
- March 7 - Oh, Canada!
- March 14 – The Fitzgeralds – Bonus Show
- March 21 – Troubadour Experience (George Strait tribute)

Bonus Show Details:

March 14, 2022 – The Fitzgeralds: This bonus show offer is only available until Thursday, July 15, 2021. After this date, the six or eight show season ticket packages will still be available to you until Friday, September 17. However, you would have to wait to purchase The Fitzgeralds show tickets separately come January 2022.



Mr. Cole and Mr. Soul (Nat King Cole tribute)

Remember, by purchasing season tickets you will get a discount off single seat ticket prices. You will also be able to enjoy the convenience of having your tickets in advance and the comfort of the same seat location per show. Again, a brochure highlighting each act and outlining the season ticket pricing is available in the Recreation Office or on the resident website.

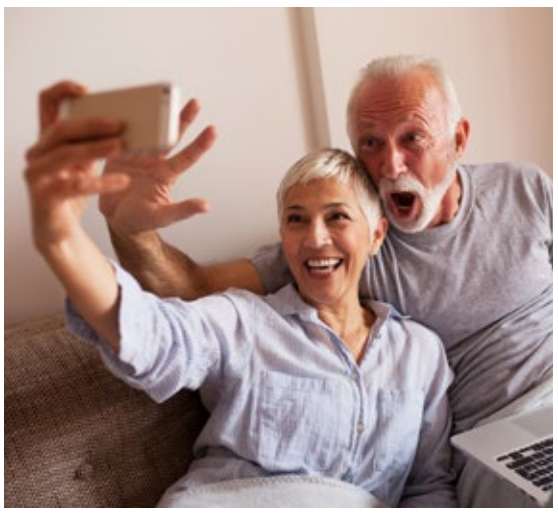
Navigating Social Media Platforms

Communicating in the fast-paced world of social media can be daunting and exhausting. Gone are the days of letter writing and long telephone conversations. Instead, communication nowadays is done via social media with abbreviated words, emoji's and short paragraphs of 140 characters or less with pictures and memes.

The Pew Research Center estimates that a total of 3.8 billion people use social media. You may have possibly heard your grandchildren discuss how many likes they have received on a post or the many popular videos that have taken social media by storm and have gone viral. Perhaps you have caught a glimpse of your grandchildren in attempt to learn a Tik Tok dance.

This new wave of communication can be overwhelming and make you feel out of place. But no need to worry! Here is a basic guide to social media platforms to help you adapt to this new form of communication.

YouTube: Any individual can create a YouTube channel and attract as many subscribed followers as they wish. YouTube is an amazing social media platform for content creators. This is the go-to platform for anyone who is creative or likes to look at tutorials on everything from how to cook or apply makeup.



Twitter: The land of the of the tweets! If you can voice your opinion or make a statement in 150 characters (words) or less, this is the platform for you! You can tweet (share a statement or opinion) to your heart's content and engage with other people on a variety of topics. Your engagement does not have to necessarily be with people you know. This is a great platform to share ideas and debate hot topics!

Instagram: Pictures, pictures and more pictures. Storytelling is told through images on this platform. You are able to write as much information that you would like in the caption, but the star is the photo. Anyone can follow you at your approval. Just as with other platforms, you can engage with your followers about your post and have a great discussion. This is a great platform to showcase any hobbies such as knitted blankets, custom pillows or baked treats!

Tik Tok: This is where all the fun dances are created. You may have seen the commercials with Tik Tok dances or witnessed your little loved ones imitate the routines. However, Tik Tok is becoming more than a platform of dance tutorials. Creatives also share "home hacks" from cleaning to interior design. Interesting food recipes have been circulating, helping people get in the kitchen and try new things. Take a look! You may just find a new hobby!

Pinterest: If you love collages and scrap booking, this may be the social media platform for you. Pinterest allows members to form picture boards for various projects such as vision boards, mood boards, home designs and hobby pictorials. You can share your boards with others and comments. Pinterest is a favorite among DIY'ers.

Now you have a little more knowledge under your belt and can choose which social platform works best for you! Even if this is not your cup of tea, at least you will be able to know what the hype is all about and what your grandchildren are talking about.

Enjoy Dinner and Movie!



Keeping it local with a night out in Leisure World. Your choice of either lasagna or fish fry dinners at the Rendezvous Café. After dinner step over to the Hopi Room, grab your popcorn and take a seat to enjoy the movie. Your feature presentation is The A-Team. This updated feature-film take on the hit 1980s television show follows a group of Iraq War veterans on the run from U.S. military forces while they try to clear their names after being framed for a crime they didn't commit. Along the way, Col. Hannibal Smith, Capt. H.M. "Howling Mad" Murdock, Sgt. Bosco "B.A." Baracus and Lt. Templeton "Faceman" Peck help out various people they encounter. Joe Carnahan directs this high-octane actioner.

Dates: Fri., June 25

Dinner: 5:00 p.m. at Rendezvous Café

Movie: 6:30 p.m. at Rec. 2 Hopi/Pima Rooms

Cost: $10 per person, advance ticket only

Deadline: Mon., June 21



June Calendar

All Leisure World buildings are now open and operating as prior to shutdown!

		TUES 1	WED 2 9:00 a.m. Wednesday Coffee (Zoom)	THUR 3 8:30 a.m. New Member Breakfast (BR) 6:30 p.m. Bunco (CLR)	FRI 4 4:00 p.m. T.G.I.F (CLRG) 7:00 p.m. Bingo (BR)	SAT 5 2:00 p.m. Soel Singers (BR)
SUN 6 4:00 p.m. Movie Matinee "Tolkien" (T)	MON 7	TUES 8 12:00 p.m. Lunch Lady Special "Chicken and Waffles" (Hopi/Pima)	WED 9 7:00 a.m. "Pine and Tonto Natural Bridge" (MC) 9:00 a.m. Wednesday Coffee (Zoom) 1:00 p.m. Democratic Club (CLRG) 4:30 p.m. District 6 Mtg. (Hopi)	THUR 10 4:30 p.m. District 4 Mtg. (Theatre) 7:00 p.m. Dance Party "The Breeze" (Hopi/Pima)	FRI 11 12:00 p.m. "How Cataracts Affect Our Vision" (BR) 5:00 p.m. Bob's Happy Hour (Prom) 7:00 p.m. Bingo (BR)	SAT 12
SUN 13 4:00 p.m. Movie Matinee "Nine to Five" (T)	MON 14	TUES 15 6:00 p.m. Classic Movie "Double Indemnity" (T)	WED 16 9:00 a.m. Wednesday Coffee (Zoom) 1:00 p.m. Stand Tall Don't Fall Workshop (BR) 2:00 p.m. Shalom Movie (T)	THUR 17 7:00 a.m. "Cave Creek High Tea & Shopping" (MC) 9:00 a.m. ACC Committee (QCR) 9:30 a.m. San Tan Investment (CC) 2:00 p.m. Summer Social "Chuck Field - Ventriloquist" (Hopi/Pima)	FRI 18 4:00 p.m. T.G.I.F (CLRG) 7:00 p.m. Bingo (BR)	SAT 19
SUN 20 9:30 a. m. Father's Day Brunch (BR) 10:15 a.m. Father's Day Brunch (BR) 4:00 p.m. Movie Matinee "The Big Year" (T)	MON 21 9:00 a.m. Skin Cancer & Peripheral Artery Disease Screening (AFM Office) 7:00 p.m. Republican Club (BR)	TUES 22	WED 23 9:00 a.m. Wednesday Coffee (Zoom) 1:00 p.m. Board & Brush Class (AS)	THUR 24	FRI 25 4:00 p.m. T.G.I.F (CLRG) 5:00 p.m. Dinner and a Movie (Café & Hopi/Pima) 7:00 p.m. Bingo (BR)	SAT 2
SUN 27 4:00 p.m. Movie Matinee "Knives Out" (T)	MON 28	TUES 29 2:00 p.m. Community Chat (BR)	WED 30 9:00 a.m. Wednesday Coffee (Zoom) 5:30 p.m. Kickin' It - Dish-Style "Out of this World" (Hopi/Pima)			

Weekly or Monthly Event Calendar Corrections/Changes

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

Recreation Center 1

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

Recreation Center 2

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

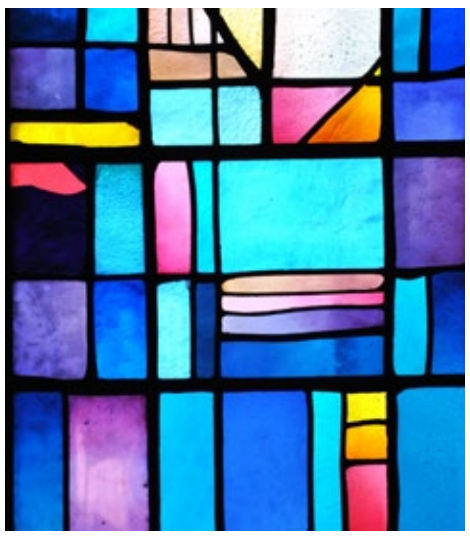
Recreation Center 3

Located at Heron Lakes Golf Course

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

Regular Weekly Events June 2021

Limited availability depending on club and activity.



SUNDAY

9:00 a.m. Pottery Open Studio (POT)
4:00 p.m. Movie Matinee (T)
6:15 p.m. Sunday Pinochle (QCR)
6:30 p.m. Partner Bridge (LC)

MONDAY

6:45 a.m. Early Bird Stretch (C)
7:00 a.m. Lap Swimming (PO)
9:00 a.m. Heron Lakes Men's Golf (APA/NAV)
9:00 a.m. Ladies Billiards (B)
9:00 a.m. Lawn Bowls (LBG)
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)
12:00 p.m. Pottery Open Studio (POT)
12:30 p.m. Duplicate Bridge (CLR)
1:00 p.m. Stained Glass/Fused/Mosaics Open Studio (CER/SG)
2:00 p.m. Water Volleyball (P)
6:30 p.m. Progressive Bridge (QCR)
6:30 p.m. Rubber Stamp Card Making (POT)
6:30 p.m. Scrabble (LC)
7:00 p.m. Swim Exercise (PO)

TUESDAY

7:00 a.m. Lap Swimming (PO)
8:00 a.m. Table Tennis (C)
9:00 a.m. Ceramics Open and Firing (CER/SG)
9:00 a.m. Pottery Open Studio (POT)
9:00 a.m. Swim Exercise (P)
10:00 a.m. Computer Lab Open (CC)
12:30 p.m. Duplicate Bridge (CLR)
1:00 p.m. Hand and Foot (LC)
1:00 p.m. Grief Support (Zoom)
3:15 p.m. LW Music Makers (MR)
6:00 p.m. Dealer's Choice Poker (NAV)
6:00 p.m. Line Dance (BR)
6:15 p.m. 5 and 10 Cent Poker (LC)
6:45 p.m. Euchre (APA)
7:00 p.m. Mah Jongg (CLR)
7:00 p.m. Swim Exercise (PO)

WEDNESDAY

6:45 a.m. Early Bird Stretch (C)
7:00 a.m. Donut League (APA/NAV)
7:00 a.m. Lap Swimming (PO)
8:00 a.m. Wednesday Coffee (Zoom)
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)
12:00 p.m. Pottery Open Studio (POT)
1:00 p.m. Cribbage (QCR)
1:00 p.m. Stained Glass/Fused/Mosaics Open Studio (CER/SG)
2:00 p.m. Water Volleyball (P)
6:00 p.m. Dealer's Choice Poker (APA)
6:15 p.m. Hand and Foot (LC)
7:00 p.m. Swim Exercise (PO)

THURSDAY

7:00 a.m. Lap Swimming (PO)
8:00 a.m. Ladies Billiards (B)
8:00 a.m. Table Tennis (C)
9:00 a.m. Heron Lakes Men's Golf (APA/NAV)
9:00 a.m. 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)
12:15 p.m. Progressive Bridge (QCR)
12:30 p.m. Duplicate Bridge (CLR)
1:00 p.m. Mah Jong (APA)
6:15 p.m. Hand and Foot - Samba (LC)
6:15 p.m. Rummikub (NAV)
6:30 p.m. Party Bridge (APA)
7:00 p.m. Swim Exercise (PO)

FRIDAY

6:45 a.m. Early Bird Stretch (C)
7:00 a.m. Lap Swimming (PO)
9:00 a.m. Ceramics Class (CER/SG)
9:00 a.m. Drop in Art (AS)
9:00 a.m. Knit-A-Long (QCR)
9:00 a.m. Shuffleboard (SHB)
9:00 a.m. Swim Exercise (P)
10:00 a.m. Computer Lab Open (CC)
10:00 a.m. Music Therapy (Zoom)
12:00 p.m. Pottery Open Studio (POT)
12:00 p.m. Beginning Clogging (C)
1:00 p.m. Cribbage (LC)
1:00 p.m. Intermediate I Clogging (C)
1:00 p.m. Lawn Bowls (LBG)
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. T.G.I.F. (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)
10:00 a.m. Photography Club (Zoom)
2:00 p.m. Water Volleyball (P)
6:30 p.m. Progressive Bridge (QCR)



Leisure World

Oasis Health Spa

Outreach Services
Monday - Friday
8:30 a.m. - 4:00 p.m.
480-832-0000 Ext. 126

Fitness Center
Daily 5 a.m. - 10 p.m.
480-832-0000 Ext. 212

Allen Family Medicine
Leisure World Office Now Open!
480-699-2222
See Ad Page A17.

July Group Exercise Class registration begins June 1 at 7:00 a.m.

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

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

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

June Safety Month

June is National Safety Month and your Fitness Team has organized several events that promote your safety! Please learn all about the great safety events we have planned throughout the month. Sign up and enhance the quality of your safety and wellness!

To register for any of the below events, please call the Fitness Center at 480-832-0000 ext, 212.

Stand Tall Don't Fall
Is your fear of falling holding you back from enjoying everyday activities? Perhaps your balance is an "unstable" issue. If you are concerned about your balance, you will want to participate in our free event, Stand Tall Don't Fall! We will put together interactive drills to help your balance. So, put on your sneakers and join us!

Date: Wed., June 16
Time: 1:00 - 2:00 p.m.
Place: Rec. 1 Ballroom



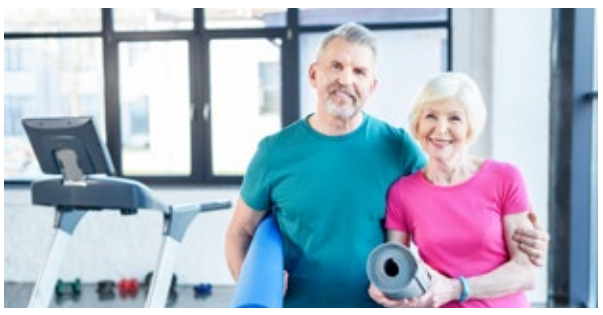
How Cataracts Affect Our Vision
Join Dr. Birdsong from Schwartz Laser Eye Center for a presentation on how cataracts affects our vision. If you have cataracts, driving at night is difficult due to the glare and halos from oncoming head lights. You also might not be able to read street signs. Learn about what treatment options are available.

Date: Fri., June 11
Time: 12:00 - 1:00 p.m.
Place: Rec.1 Ballroom

Skin Cancer & PAD (Peripheral Artery Disease) Screenings
Come by Allan Family Medicine Leisure World location for a skin cancer screening and/or Peripheral Artery Disease (PAD) screening. All residents are welcomed, you do not need to be a current client of Allan Family Medicine. This free service is on a walk in basis, no appointment required!

Date: June 21
Time: 9:00 a.m. - 12:00 p.m.
Place: Allen Family Medicine Leisure World
Cost: Free!

Grateful for NSHF Participation



We want to thank everyone who participated in the various National Senior Health and Fitness Day activities. We hope you enjoyed participating in the Nutrition Trivia, Tai Chi Demo, Strength Machine demonstrations and Chair Yoga presentation.

Thank you to Allen Family Medicine for providing the prizes for participating residents throughout National Senior Health and Fitness Day.

Here is to your good health, nutrition and a renewed exercise regimen!

Personal Training: Get in the Best Shape of Your Life!

In the last year, did you:

- Get in the best shape of your life? If not, we can help you start! It is never too late!
- Learn a new sport (golf, tennis, pickleball, etc.?) We can help you improve your game!
- Maintain your Fitness Program? Good for you! We can help you achieve your next goal!

Everyone has their own fitness journey! Let us help you start or continue to enhance yours!

Stay tuned for details on our 2021 Summer Personal Training Special in July!



Leisure World Wellness Department Staff



Marguerite Huspen
Outreach Specialist



Quoc Tran
Fitness Manager



Sue Patt
Fitness Specialist



Susan Kalnas
Fitness Specialist



Nicole Fredrickson
Fitness Specialist

Class Descriptions

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

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

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

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

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

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

˜***Deep Aqua FIT** (Lvl 2) –This class the uses the buoyancy from the water and floatation belts to exercise safely without the stress of impact on the body. Core strengthening and cardio segments are included.

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

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

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

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

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

˜***Mat Pilates** (Lvl 3) – This class is based on Joseph Pilates principles focusing on connecting breath and core activation. It's designed to build core strength, abdominal endurance and tone muscles. You must be able to get on and off the floor.

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

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

˜ FLEX Approved
*** Silver & Fit/Renew Active Approved**

GROUP EXERCISE SPOTLIGHT

Functional Circuit



Throughout life, nothing is more important than being able to move efficiently and injury-free. This is even more important as we age since activities of daily living can become more difficult. Unfortunately, we do not get to move like we are in our 20s for our whole life, but we can keep it as close as possible!

This is where Functional Circuit can help. In this class we go through various exercises specifically chosen to strengthen the entire body. Different days have a varying focus like cardio, core, upper and lower body strength and endurance. We tackle all aspects of muscular fitness.

Learn how to use and perform a variety of exercises on different pieces of equipment. Become confident in the gym and build the foundation to a better life – all while feeling better as you are doing it!

Dates: Monday, Wednesday & Friday
Check in: 4:00 - 4:45 p.m.
Place: Rec. 1 Fitness Center
Cost: $25.00 FLEX/S&F/Renew

TRX Fundamentals



Have you passed by the Sport Court or the Classroom and seen a class going on using these yellow and black straps? Have you seen them hanging in the Fitness Center?

These are TRX Suspension Trainers. The name alone is enough to scare off many people. Many people are intimidated by the look of the straps and/or the exercises they have seen people doing.

TRX Suspension Training can be adapted to accommodate levels from beginner to highly advanced. It is one of the most versatile pieces of equipment in any gym.

TRX stands for total body resistance exercise. It uses your body weight and gravity as resistance to build strength, balance, coordination, flexibility, core and joint stability. These are all important components to build strength, lose fat, improve endurance and flexibility.

TRX is perfect for all levels because it allows everyone to use his/her own body weight to perform exercises. The real bonus is that every exercise requires you to engage your core while working other muscles. TRX also allows you to easily switch from one exercise to the next because all exercises use the same TRX trainer, making for a quick, efficient exercise routine.

TRX Fundamentals is a Level 2 class and designed to teach you how to properly use the TRX suspension trainer. Your instructor will break down form, technique and introduce exercises that will improve daily function. By working with your body weight and changing angles, TRX can be done by most people for a total body workout.

Dates: Tuesdays and Thursdays
Check in: 3:00-3:45 p.m.
Place: Rec 1 Classroom
Cost: $20.00 FLEX/S&F/Renew

Mat Pilates

If you are looking for a low impact exercise class that will challenge your entire body, look no further than Mat Pilates. This Level 3 Class works your core, improves postural alignment and helps with flexibility. It is a great workout that strengthens "The Powerhouse"– the deep abdominal and low back muscles by using the Joseph Pilates Method of breathing. Your body will get sculpted and toned with better balance.

It is recommended that you bring your own mat and water. If you do not have a mat, we can provide one for you. For this class, you must be able to get on and off the floor without assistance.



Dates: Tuesdays and Thursdays
Check in: 10:00-10:45 a.m.
Place: Rec 1 Classroom
Cost: $20.00 FLEX/S&F/Renew

Fight Back Boxing!

Your Fitness Team is excited to announce that Fight Back Boxing is back! There will be increased sanitation procedures and a scheduled water/breather/sanitation break in the middle of class. Bring your boxing gloves, water bottle, and fighting spirit to burn calories and fight back the crazy 2020 year! Before coming to your first class., please watch all the Boxing Fit Tip videos on our LWCA Fitness YouTube channel.

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



Dates: Monday, Wednesday and Friday
Time: 9:30 -10:15a.m.
Place: Rec 1 Fitness Center
Cost: $25 or $5/drop-in FLEX/S&F/RENEW

MEMBER SPOTLIGHT

Sheila Earley Maximizes Use of State-of-the-Art Fitness Center!



Sheila enjoys working out her entire body with TRX.

It has been my great pleasure using all of the fitness machines, weights and all various fitness tools at in the Leisure World Fitness Center. It is the most comfortable gym I have ever had the honor to workout in. The luxury of the Fitness Center is unparalleled to any gym I have belonged to.

Fitness Manager Quoc Tran, Fitness Specialists Susan Kalnas and Sue Patt and Fitness Assistant Payton Cap and all past staff members have made it so easy to try new things and incorporate new techniques into my workout!

My greatest strength is my cardio endurance. So, that part was easy. I hop on a cycle, a row machine or a lateral trainer and I am done in 30 minutes. But I have tight hips and thighs and began noticing a decrease in my arm strength and in my balance. So, I went to Leisure World Fitness Manager Quoc Tran for personal training. He set me up with a plan that was easy to follow and focused on my problem areas.

I also learned about TRX and HydroRider aqua bikes from fellow residents Ross and Diane Landry, who unfortunately are not here this season due to COVID-19.

The Fitness Center gives me something to look forward to after a long day of working my remote job where I sit behind a computer for eight-plus hours a day. I spend summers in Wisconsin, and I always look forward to getting back to the gym here at Leisure World.

I hope to meet you there soon! It is a great way to get involved and have fun setting goals with your neighbors. Did I mention you can watch Netflix while you work out? One of the things that helped me last year was to pick a Netflix series that I wanted to see, but I was only allowed to watch it if I was at the gym. It is a great workout tip that works!

Pamper Yourself with a Massage

There is no denying the power of bodywork! Regardless of the adjectives we assign to it (pampering, rejuvenating, therapeutic, etc.) or the reasons we seek it out (treat, stress relief, pain management, etc.), massage therapy can be a powerful ally in your healthcare regimen.

The benefits include:

- Enhancing immunity by stimulating lymph flow – the body's natural defense system.
- Exercising and stretching weak, tight or atrophied muscles.
- Helping athletes of any level prepare for, and recover from, strenuous workouts.
- Improving the condition of the body's largest organ – the skin.



- Increasing joint flexibility
- Reducing depression and anxiety.
- Promoting tissue regeneration, reducing scar tissue and stretch marks.
- Pumping oxygen and nutrients into tissues and vital organs, improving circulation.
- Reducing spasms and cramping
- Relaxing and softens injured, tired and overused muscles to release endorphins-amino acids that work as the body's natural painkiller.
- Relieving migraine pain.

Contact one of your Licensed Massage Therapists to schedule a massage right here in Leisure World at the Rec.1 Fitness Center!

Call Bret Stilson at 480-332-0180 or Rita Schuller at 480-322-0809.

The East Valley Dementia Symposium

June 24, 2021 7-9:30pm



INFORMATION & RESOURCES YOU NEED!

This 2.5 hour event will cover topics such as:

- Advances in dementia treatment
- Forgetfulness vs. dementia
- Redirecting behaviors
- Taking care of yourself
- Cognitively stimulating activities
- and much more!

480.269.1898
QPMorrisonRanch.com

3333 E. Morrison Ranch Pkwy
Gilbert, AZ 85296

Quail Park at Morrison Ranch
Brilliant Senior Living

Group Exercise Classes

CLASS	DAYS	TIMES	PRICE	PLACE
Aqua FIT	Mon/Wed/Fri	8:00 - 8:45 a.m.	$25 Monthly $5 Drop-In	Rec. 1 Pool
Bands, Balls, & Balance	Mon/Wed	11:30 a.m. - 12:15 p.m.	$20 Monthly $5 Drop-In	Virtual ZOOM
Deep Aqua FIT	Tues/Thurs	6:00 - 6:45 p.m.	$20 Monthly $5 Drop-In	Rec. 1 Pool
Fight Back Boxing	Mon/Wed/Fri	9:30 - 10:15 a.m.	$25 Monthly $5 Drop-In	Rec. 1 Classroom
Functional Circuit	Mon/Wed/Fri	4:00 - 5:00 p.m.	$25 Monthly $5 Drop-In	Rec. 1 Fitness Center
Hustle & Muscle	Mon/Wed/Fri	10:30 - 11:15 a.m.	$25 Monthly $5 Drop-In	Rec. 1 Classroom
HydroRider	Tuesday	9:00 – 9:45 a.m.	$25 Monthly $10 Drop-In	Rec. 2 Therapy Pool
Mat Pilates	Tues/Thurs	10:00 a.m. - 10:45 a.m.	20 Monthly $5 Drop-In	Rec. 1 Classroom
Strength & Balance	Tues/Thurs	11:00 - 11:30 a.m. or 11:45 - 12:15 p.m.	$15 Monthly $5 Drop-In	Rec. 1 Classroom
TRX® Fundamentals	Tues/Thurs	3:00 - 3:45 p.m.	$20 Monthly $5 Drop-In	Rec. 1 Classroom

Fitness Center Recommendations



Please contact the Fitness Center for current offerings and recommendations:

Personal Training • Group Exercise • Massage

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



HydroRider

Combine a spin bike with four paddle wheels and place that bike in a pool and you have a great low impact cardio workout with HydroRider! This unique aqua bike is made for aqua cycling by using the adjustable four paddle wheels to increase resistance.

Another way to increase resistance is to increase your RPMs through acceleration. This technique has an incredible positive impact on your aquatic conditioning. You can adjust the handlebars and seats for an individual ergonomic comfortable fit.

HydroRider is a total body workout that uses your legs and the water's resistance for your arms. When you are using your arms, your core will work harder for stabilization on the bike while your legs move simultaneously. The instructor will increase and decrease speed/intensity for interval training to burn more calories.

HydroRider gives great results for physical and motor rehabilitation, water therapy, weight loss and disabled users. Try it and see!



Dates: Tuesdays
Time: 9:00 a.m. - 9:45 a.m.
Place: Rec. 2 Therapy Pool
Cost: $25/monthly or $10/drop-in

Get Fit with LWCA Fitness YouTube Channel!

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

Your Fitness Team has uploaded the following:

- Group exercise classes for you to participate in based on your fitness goals.
- Equipment orientation videos for you to learn.
- Sport-specific training and fit tips to help you reap more benefits in your game like golf and boxing!

Visit our LWCA Fitness YouTube channel and smile while you exercise with our friendly Fitness Specialists! Click on the multiple playlists for current content.

Find us by searching for our channel LWCA Fitness on YouTube.



FOOT HEALTH

Local Podiatrist Revolutionizes Foot Surgery

By Reisha Zang

Foot surgery is changing. Dr. Daniel Schulman, a podiatrist with CIC Foot and Ankle, is leading the way by offering an alternative to metal implants.

Your feet endure a lot of wear and tear. We squish them into uncomfortable shoes, pound the pavement with every step and stand on them in countless lines. Over time, injuries happen, osteoarthritis can set in or bunions and hammertoes may develop. These conditions are structural in nature and can be painful. In many cases surgery is required to correct the bone deformities and relieve the pain.

Traditionally, these surgeries involve removing excess bone or cutting bone to move it in a more normal position. In order for the bones to heal in the correct position, they need to be held in place. Until recently, surgeons did this with metal screws, pins and plates. "Over the past few decades, metal was the only option available to secure the surgical site," says Schulman.

While they do the job, they can lead to other issues. Dr. Schulman is concerned about fixing one problem and creating another.

"Implanting screws or metal plates to fix a bunion leads to a host of concerns — everything from a metal allergy and an increased risk of infection to failed hardware and potential of a fracture," says Dr. Schulman.



Inspiration Strikes

Inspired by his mother's allergy to metal, Dr. Schulman researched and developed an implant made from cadaver bone for patients needing bunion or hammertoe surgery. The bone material comes from a certified tissue bank to ensure its quality and safety. Additionally, the bone implant and instrumentation come in individual, one-time use sterilized packages.

"I like that the instruments are new for every patient," shares Dr. Schulman. "It helps reduce the risk of surgical infection."

Cortical bone has been used for all types of orthopedic surgery. Turning it into a bone pin gives surgeons another way to maximize its potential.

"It's the same bone graft we used for decades safely to fill holes in bones," Dr. Schulman explains. "We are just using it in a different way. It is designed to stay in place and act as a fixation device."

The pin can also be customized during the procedure to meet each patient's individual need. Once it is trimmed to the appropriate length and placed across the bone cut, the cortical bone pin holds bones together just like the metal implants do.

"I wanted to find a natural solution that reduced those concerns and allowed for regeneration of the area, instead of implanting screws or metal plates," says Schulman. "It allows your body's cells to grow across it and it becomes incorporated as part of your own bone."

Reduced Infection Risk

There is also less pain and swelling, improved healing and less risk for infection.

"Our bodies know what to do with bone," adds Dr. Schulman. "There is less reaction because it's not foreign like metal."

In addition to becoming part of the bone, it reduces the need for a potential follow-up surgery to remove the metal implant due to complications.

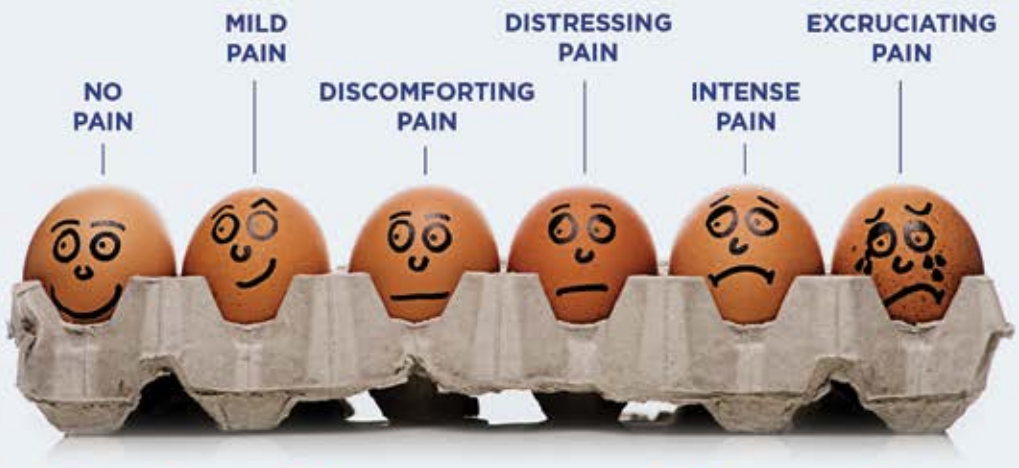
"Having a metal implant potentially can cause problems like an allergic reaction or rejection," says Schulman. "One of the most difficult surgeries for bone procedures is removing hardware, these bone pins do not lead to a circumstance where they would need to be removed."

Dr. Schulman believes this alternative is better for patients. He has performed hundreds of reconstructive foot surgeries without having to use a metal implant.

"Patients are really happy when they are told there's no need for a second surgery to remove potentially painful, broken or infected hardware," he concludes. "I haven't had a patient request metal once they become aware of this option."

If you are struggling with a foot issue, it is best to explore your options and consult with an expert. Our professional team at CiC are happy to help you!

-Reisha Zang is Director of Patient Education at CiC. You may contact her at 480-860-6455 or reisha.zang@ciccenters.com.



Quit playing the neuropathy pain game.

Countless people have been **misdiagnosed** with neuropathy and continue to suffer. If your current neuropathy treatments or medications aren't working, there is a good chance our doctors can help you start living a better life today—**no invasive surgery, no hospital stay, most insurance and Medicare accepted.**

Y / N

- ○ ○ Do you have difficulty walking without taking a break?
- ○ ○ Do your feet feel numb, or your legs cramp in bed at night?
- ○ ○ Do you experience pain, tingling, or numbness in your feet?
- ○ ○ Is your neuropathy treatment not making symptoms go away?
- ○ ○ Does pain in your feet keep you from everyday living?

If you checked **"yes"** to any of the questions above, our doctors can help tell you what can help tell you what that might mean.

Call **(602) 954-0777** to make an appointment.

PROVIDERS
Dr. Kerry Zang
Dr. Shahram Askari
Dr. Dan Schulman
Dr. Kimberly Leach
Dr. Barry Kaplan
Dr. Jeffrey Weiss

(602) 954-0777
azfeet.com

COMPREHENSIVE • INTEGRATED • CARE

LOCATIONS VALLEYWIDE

The Necessity of Self-Care

The term "self-care" has become a popular buzzword in society. It is prevalent in television shows, commercials, social media and in articles. According to Google Trends, the number of searches for "self-care" has more than doubled since 2015. Often, self-care is portrayed as a form of indulgence that includes a luxurious spa, a vineyard or an inclusive resort on a secluded island. Although these images are inviting and worthy options to consider for rest and relaxation, they are not the norm of daily life.

According to mental health experts, these options are considered self-indulgence and not self-care. So, what is the difference?

The World Health Organization defines self-care as: "the ability of individuals, families, and communities to promote health, prevent disease, maintain health, and to cope with illness and disability with or without the support of a healthcare provider."

Simple stated, self-care is doing any activity that helps you to maintain your physical and mental health. The activity can range from getting the needed eight hours of sleep per night to participating in a social club. It is something that adds to your physical and mental health while providing joy and uplifting your spirits.

Here are five ways to incorporate into your daily routine:

Enjoy Sunset Strolls: There is nothing more beautiful than a sunset walk! Not only do you get your body moving but the peaceful scene of the sunset brings calm and peace. A 15-30-minute walk during the evening eases the mind, removes tension and aides in relaxation.

Chat and Chew: Get together with a few of your best lady friends or have a night out with the guys. A monthly date of food with friends restores the spirit and feeds the body.

Dance Your Heart Out: Join a dance club! A little Zumba or line dancing gets the heart rate up and raises those endorphins! Not only will you learn a few new moves, but you will have fun doing so!

Listen to your Breath: The stillness of the body and the movement of breath brings peace and calm. Take a few moments throughout the day to slow your body down, remove negative thoughts and just be!

Give Back: If self-care for you is connecting with your community, try volunteering at your local library, church or group. There is nothing more gratifying than contributing to the world around you. Be the light that illuminates others around you.

Yes, trips and spas are nice occasional spirit lifters, but with the chaos of everyday life, self-care is essential to incorporate into your daily routine. If you remain confused about self-indulgence and self-care, just ask yourself, "How is this serving me? Is this a temporary fix or can I do this activity and find solace, happiness and gratitude long-term?"

Remember, there is nothing selfish about taking care of your well-being. Your life is a gift. Get involved and surround yourself with positive people that bring you peace. Self-care is a necessity. You are worthy of the time, the joy and the benefit to your health.



"Chronic Knee Pain Helped With Amazing New Technique."

~Mesa, AZ ~ I'm going to ask you a simple question.



"Are you interested in helping getting rid of your knee pain?"

Do you think that you'd be open to doing something that would really "help" your knee pain, and wouldn't cost you an arm and a leg?

If you answered "YES" to those questions - - keep reading.

✓ **Imagine** what you'd be able to do if you didn't have knee pain?

✓ **Imagine** how you'd feel without any knee pain holding you back?



Listen… there are a lot of people that suffer from knee pain and all they THINK they can do about it is take medication or have surgery.

What if there was a unique technique that could help you get rid of your on- going, constant knee pain … without you having to use drugs or have any type of surgery.

Would you be interested?

If you answered "YES" to that question, keep reading.

I'm Dr. Aaron Shapiro and I've been a local doctor in the Mesa area, for overe 27 years and in that time I've seen all kinds of knee pain.

Sometimes it's a young boy who's been playing football and torn his ACL ligament.

But if it's not that type of sport athletic injury, then it 'boils down' to about three or four things.

- **Arthritis (wear & tear)**
- **A knee surgery gone bad or reinjured…**
- **A misaligned knee joint**
- **Improper nutritional component.**

Now I know you don't care what causes it, you just want it **FIXED**.

And I get that. But do you think in your wildest dreams that taking drugs is curing anything having to do with your knee pain? NO, it doesn't.

If you've ever had any knee pain, that bothers you no matter what you do, or what you take, you need to contact me ASAP.

TRUE STORY

Michelle was a woman who was 60 years old, lived with her friend in town, had a good job, was getting ready to retire and travel, and had high hopes of spending a lot of time playing with her six grandchildren.

Then it seemed like out of no where she developed this quirky knee pain.

When she was at home on her computer, her knee would ache.

When she was standing for longer than a few minutes her knee would throb. She thought it'd just go away, but it didn't. It just got worse.

Then she called the office. Within a few weeks, she was back to normal.

Here's what she said.

"My knee started out hurting for a few hours at a time, and then it just got progressively worse. I tried lots of doctors and was on three different types of mediations. I started having other issues and all I could tell was my health was getting worse and worse. I saw Dr. Shapiro and he did an exam and told me he thought he could help. Thank goodness I called." **Michelle S.**

"Dr. Shapiro was great. He more or less saved my life. I had been to some other doctors in the area, but none of them had been able to take my knee pain away. It hurt. I hurt from the time I got up in the morning, until the time I went to sleep and sometimes my knee hurt me even in bed, so I was really upset. But with Dr. Shapiro's treatment my knee pain was better. I am almost 100% now." ~ **Gale C.**

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Dr. Aaron Shapiro, D.C.
(Chiropractic Physician)
1122 S. Greenfield Rd ., Ste #102 Mesa, AZ 85206

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Leisure World

Golf

HOT TIPS

How to Hit High Bunker Shot

By Shane Romebsburg

When my ball is in a bunker with a big lip, I like to move the ball toward the front of my stance and open the face as much as possible. Open the face of the club up so much so that you could set a glass of water on it. A big swing with a bunker shot generates a lot of club head speed to power through the sand and lift the ball up quickly.

The goal at impact is to take a wide and even patch of sand out while following through high and toward your target.

Practice bunker shots to build confidence in taking the right amount of sand to control distance.

-Shane Romesburg is Head Golf Pro at Leisure World.



TEE TIME

Aerification: A Positive Necessary Evil

It is a perfect, sunny morning and you have just reached the first green in regulation. You feel great and you know you are within birdie range. Then, you see them — those little holes in the green. Arrggh! They have just aerified the course, and it is going to ruin your round, right?

Well, maybe not. Consider the fact that PGA Tour legend Tom Watson shot a sizzling record 58 at his then-home course, Kansas City Country Club, just days after the greens had been aerified.

Consider also that aerification is merely a short-term disruption that has long-term benefits for golf courses. When you see them, remember that without those little holes, the greens would eventually die.

Preventative Maintenance

Preventative maintenance is an integral part of successful golf course management. Golfers view aerification as an inconvenience that takes the greens out of play for a day, pulling cores from the greens and leaving holes that can affect putting for many days before healing.

To add insult to injury, aerification is best done in many parts of the country during mid-summer, at the height of the playing season and when most greens are in prime condition.



But a golfer needs to understand how important aerification is to producing healthy turf.

Three Main Benefits

Aerification (also known as aeration) achieves three important objectives:

1. It relieves soil compaction.
2. It provides a method to improve the soil mixture around the highest part of a green's roots.
3. It reduces or prevents the accumulation of excess thatch.

Like so many things, the quality of a good putting green is more than skin deep. In fact, the condition of a green has a lot to do with what goes on below the surface. For grass to grow at 3/16-inch or less, it must have deep, healthy roots. Good roots demand oxygen. In good soil, they get the oxygen from tiny pockets of air trapped between soil and sand particles.

Breathing New Life

Over time, the traffic from golfers' feet (as well as mowing equipment) tends to compact the soil under the putting green, particularly when the soil contains a lot of clay. When soil becomes compacted, the air pockets on which the roots depend are crushed and the roots are essentially left gasping for air. Without oxygen, the grass plants become weaker and will eventually wither and die.

Aerification is a mechanical process that creates more air space in the soil and promotes deeper rooting, thus helping the grass plants stay healthy. In most cases, it is done by removing half-inch cores (those plugs you sometimes see near a green or in fairways) from the compacted soil, allowing for an infusion of air and water that brings a resurgence of growth.

The spaces are then filled with sand "topdressing" that helps the soil retain air space and makes it easier for roots to grow downward and water to penetrate further into the green profile.

The bottom line is that aerification is a necessary practice. But before you curse the superintendent for ruining your day, just think of Tom Watson!



New LWCA Golf YouTube Channel!

Connect with us! Visit our YouTube channel LWCA Golf for all the latest golf course information.

Subscribe to the channel to be notified when we add a new video. Then, like and comment with your feedback.

We want to hear from you!

Leisure World Golf Staff



Travis Fish
Director of Golf



Shane Romesburg
Head Golf Pro



Scott Van Engelen
Manager,
Heron Lakes

Golf Course Aerification Dates

Coyote Run June 14-15

Coyote Run will be closed on Monday, June 14 and Tuesday, June 15

to aerate fairways, tees, greens and surrounding areas. Heron Lakes will be available for play on these days.

Heron Lakes June 16-17

Heron Lakes will be closed on Wednesday, June 16 and Thursday, June 17

to aerate fairways, tees, greens and surrounding areas. Coyote Run will be available for play on these days.

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Tee Times: 6:30 a.m.Sunday, Monday, Wednesday and Friday
Shotgun: 7:00 a.m. Tuesday, Thursday and Saturday
with tee times at approximately 11 :00 a.m.



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SIDE EFFECT OF COVID-19 AND HEARING LOSS.

This has not been the year for anyone with hearing loss. Not only are masks making it hard to understand people, but now we are finding COVID-19 is negatively affecting the lives of many people with hearing loss in a variety of ways. It is important that they are aware of these consequences, and have enough knowledge to do what they can to stay safe while fully participating in the world as we know it.

During these unprecedented times of social isolation, communication is essential for your mental health and well-being. Whether talking with a loved one over the phone, participating in a video chat with grandchildren, or simply listening to the television or radio. ABC Hearing is here to ensure that you are able to take part in and enjoy these aspects of life. The added isolation during the pandemic only increases the effect that hearing loss can have on depression, anxiety, anger, frustration and emotional instability and paranoia.

Like many viral infections, COVID-19 may effect the inner ear structure due to inflammation and cause damage to the nerves that carry information to the brain.

If you have had a positive COVID test, it is important to have your hearing tested and monitored. Many recovered patients are reporting hearing problems including tinnitus.

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

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Golf Clubs



Heron Lakes Ladies 9-Hole Fun Day April 13

Heron Lakes Ladies' 9-Hole League

Submitted by Peggy Babb

In spite of the restrictions we had to follow, this has been a successful season for our league. We made it as normal as possible and had a lot of fun! Kay Richey and her committee made our annual fun day fantastic with a scramble that included reverse scrambles — hitting from the worst lie! A delicious salad lunch was provided with ice cream treats for dessert.

Here are our April winners:

April 6, 2021 (Scramble)

- **1st Place at 18.5:** Trudy Artz, Debi Budvarson, Betty Horner, and Mary Paulson
- **2nd Place at 20.75:** Susan Paitel, Trudy Shockey, Marcie Steele and Judy Warinner
- **3rd Place at 21.4:** Bev Dillon, Patty Kohoutek and Pam Schmitt

April 13, 2021 (Fun Day!)

- **1st Place at 35:** Trudy Artz, Jill Freedman, Kay Richey and Trudy Shockey
- **2nd Place at 35:** Mary Paulson, Shirley Seiffert, Judy Warinner and Cheryle Wenck
- **3rd Place at 36:** Terri Goade, Betty Horner, Sue Husted and Susan Paitel

April 20, 2021 (Roll the Dice)

- **1st Place at 26:** Bev Byrd, Sharon Cziok, Jeanne Kelly and Pam Schmitt
- **2nd Place at 28:** Betty Horner, Deb Jablonski, Patty Kahoutek and Mary Paulson

April 27, 2021 (2 Net)

- **1st Place at 49:** Peggy Babb, Bev Byrd, Terri Goade and Mary Paulson
- **2nd Place at 52:** Kay Anderson, Patty Kohoutek Ginger Kuemmerle and Susan Paitel

Congratulations to all our winners! Have a wonderful, healthy and safe summer! We look forward to getting back together in the fall!

Heron Lakes Women's 18-Hole League

By Nita Calow

Just a reminder to all the women of the Heron Lakes Women's 18-Hole League: Starting in November, we will be playing in the Thursday afternoon shotguns. Remember to change your Thursday afternoon bridge games (maybe to Tuesdays) or other obligations that are presently scheduled for Thursday afternoons. This way, you will be ready to play when we start in November.

For the summer months, we will still play on Tuesday morning shotguns. There are two options for those wishing to play. The sign-up sheet posted by Scott each week lists 9-hole/18-hole ladies who wish to play together. Scott collects the money, makes the cards, assigns the starting holes and makes the payouts.

This arrangement sometimes creates a problem for the women who want to play 18 holes without having to wait for another 18-holer to come in so they can play together. Fortunately, we have Dianne Decker who collects our money, arranges for a sufficient number of holes for the group to be blocked off, plans the games, arranges the groupings, makes the scorecards and allocates the winnings. We, in turn, let her know if we will be there.

Regardless of which group you choose to participate in, you will have fun!

If you are interested in joining, please call Dianne at 480-747-4123 or e-mail her at Dianne.decker@cox.net.

Heron Lakes Men's 9-Hole League

Submitted by Dave Babb

Here are our results for April.

April 1, 2021 (Ind. Low Net)

Flight 1

- **1st Place at 26:** Duane Dehne
- **2nd Place at 29:** Bill Klepacki
- **3rd Place at 30:** Al Hathaway
- **4th Place at 33:** Terry Morgan

Flight 2

- **1st Place at 26:** Ken Meidl
- **2nd Place at 28:** Bob Richey
- **3rd Place at 31:** Don Paulson
- **4th Place at 32:** Larry Schmitt

Flight 3

- **1st Place at 24:** Dick Haas
- **2nd Place at 26:** Joe Vitetta
- **3rd Place at 28:** Jim Ivey
- **4th Place at 28:** Gary Byrd

April 8, 2021 (3 Net on 3s 2 Net 4/5)

- **1st Place at 71:** Dave Babb, Don Reville, Ken Meidl and Les Wahl
- **2nd Place at 71:** Shane Budvarson, Dave Foley, Duane Kelly and Jim Goade
- **3rd Place at 71:** Duane Dehne, Gino Vitetta, Joe Vitetta and Dick Haas

April 15, 2021 (2 Net)

- **1st Place at 48:** Bill Artz, Mike Anderson, Ray Haug and Jim Mattera
- **2nd Place at 49:** Denny McKay, Herb Fish, Ken Meidl and Gary Byrd
- **3rd Place at 49:** Bill Klepacki, Rod Heim, Duane Kelly and Les Wahl

April 22, 2021 (3 Net)

- **1st Place at 78:** Terry Morgan, Gino Vitetta, Joe Vitetta and Les Wahl
- **2nd Place at 84:** Shane Budvarson, Tom Fulton, Joe Miola and Jim Goade
- **3rd Place at 85:** Duane Dehne, Ken Meidl, Joel Westphal and Dick Haas
- **4th Place at 85:** Denny McKay, Tobby Baca, Dale Peppel and Lee Nixon

April 29, 2021 (Scramble)

- **1st Place at 17:** Don Reville, Dave Foley, Joel Westphal and Wayne Seiffert
- **2nd Place at 19.25:** Denny McKay, Joe Vitetta, Larry Schmitt and Roger Dillon



Heron Lakes Men's 9-Hole Denny McKay 2021 Club Championship

- **3rd Place at 19.50:** Terry Morgan, Tobby Baca, Don Paulson and Joe Miola

Heron Lakes Men's 18-Hole League

Submitted by Dave Babb

Here are our April results:

April 12, 2021 (3 Net 3s 4 Net 4/5s)

- **1st Place at 133:** Shane Budvarson, Jeff Sanders, Dave Foley and Geno Wincek
- **2nd Place at 141:** Vern Monson, Don Butler, Cliff Draper and Dean Gray
- **3rd at 144:** Ted Jackson, John Mullen, Ray Haug and Tomy Mitchell
- **4th at 148:** Dave Babb, Duane Dehne, Joel Westphal and Bob Richey
- **5th Place at 149:** Dale Smith, Terry Morgan, Butch Lang and Dick Haas

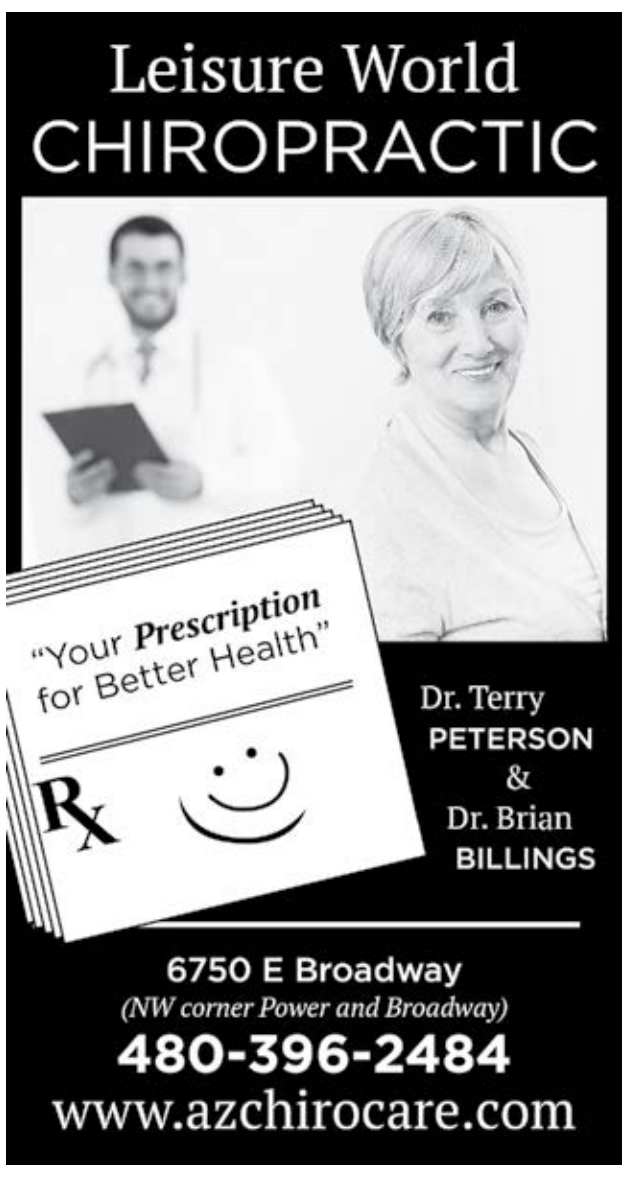
April 19, 2021 (1 Gross 1 Net)

- **1st Place at 118:** Shane Budvarson, John Mullen, Joel Westphal and Cliff Draper
- **2nd Place at 119:** Bob VanScoy, Wayne Seiffert, Dick Haas and Jim Ivey
- **3rd Place at 122:** John Fleming, Don Steffan, Larry Schmitt and Gary Byrd

April 26, 2021 (1 Odd 2 Even)

- **1st Place at 76:** Ted Jackson, Frank Schweitzer, Butch Lang and Larry Schmitt
- **2nd Place at 78:** John Fleming, John Mullen, Joel Westphal and Dick Haas
- **3rd Place at 78:** Dave Babb, Terry Morgan, Dean Gray and Jim Ivey
- **4th Place at 80:** Bob VanScoy, Don Reville, Bob Richey and Tomy Mitchell





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