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September 2018



Leisure World News

The Official News Publication of Leisure World Arizona



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Leisure World Founder Ross W. Cortese: Visionary of an Ageless Generation

Every vision begins with a dream. And for Ross W. Cortese—the original visionary and founder of Leisure World—the dream to help older adults live a fun and fulfilled life became a reality.

Cortese believed that older, active, "young-at-heart" adults deserved and needed a better life—one that is physically active and emotionally engaged in a variety of exciting activities. Almost 60 years ago, Cortese put his idea into action by creating Leisure World—an active adult community for an ageless generation. Today, thousands of older adults spanning California to New Jersey, bask in his simple concept of active adult community living.

Cortese began his quest in the early 1960s when he purchased the first property known as Rossmore Walnut Creek in Walnut Creek, California. The 2,200-acre ranch belonged to R. Stanley Dollar, head of the Dollar Steamship Lines. The estate included a summer home, family-raised horses and prized pure-bread Hereford cattle. Dollar's family summer home remains part of Rossmore and is listed on the National Register of Historic Places.

Purchasing the Dollar homestead was the first step in fulfilling Cortese's vision. He requested and worked with the Walnut Creek Planning Commission to rezone the property and implement the city's annexation. The town granted final approval in 1963, and the following year, The Senior Community of Rossmore opened its doors.

It was the start of something special. Additional communities soon followed in Laguna Woods and Seal Beach, California; Silver Spring, Maryland; Rossmoor, New Jersey; Lansdowne, Virginia; and Mesa, Arizona. Each community is independently owned and operated and subscribes to Cortese's vision that "Fun Comes in All Ages." Today, approximately 70,000 people happily reside in a Leisure World community.



Ross W. Cortese, center, attends the opening of the Laguna Hills Motel in 1964. Photo courtesy of The Orange County Register.

A great deal of thought went into planning each community to make it special. Leisure World's "Rossmoor New Jersey," formerly called Leisure World

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Resident Mike Farley Honored with Legacy Coaching Fund

Coach Mike Farley's simple mantra achieved great results: "The team comes first." And his actions proved it.

Mike coached the University of Wisconsin-River Falls (UW-RF) team over an 18-year period, beginning in 1970 until retiring in 1988. During this time, he led his players to an impressive 117 wins, with only 71 losses and three ties. The team also won eight Wisconsin State University Conference Championships.



Mike Farley and his wife Rae made Leisure World their permanent home in 2010.

In July, UW-RF showed their gratitude by establishing The Mike Farley Legacy Coaching Fund in Mike's honor. It will provide funds to support the football team and make it successful for decades to come.

"Mike worked hard. He loved coaching, the strategies, the x's and o's, maximizing the talents of players he had and making them better athletes," says Mike's wife Rae, who he's been married to for 60 years. "It's a wonderful expression of their respect for my husband. We're all very proud of this honor."



Mike Farley (far left) coached at University of Wisconsin-River Falls for 18 years.

Mike's son, Mike Farley, Jr., a former UW-RF football player, agrees.

"He's the greatest coach, the greatest mentor, the greatest man I've ever known," he gushes.

UW-RF also displays a plaque in Farley's honor at Smith Stadium's Ramer Field and the home coach box has his name.

After Mike retired, he and Rae spent time at their 300-acre farm in River Falls and enjoyed winters in Arizona. They kept busy with their three sons and grandchildren. In 1996, they purchased a home in Leisure World, where they permanently moved in 2010. Currently, Mike lives in a care facility in Mesa.

"I'm sure Mike would be delighted with this honor," Rae adds. "They never had enough funds to help with the football program, so this will ensure that there will be money to help with the assistant coaches."

The UW-RF football team will continue to thrive thanks to the man who made a difference and left a legacy: Coach Mike Farley.



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

LWCA Directory

Main Number: 480-832-0003

Administration Reception - Ext. 210

Facilities Department - Ext. 233

Finance Department - Ext. 227

Fitness Center - Ext. 261

Golf - CR 480-634-4370 HL 480-664-0761

Health Office - Ext. 222

Landscape/Maint. Department - Ext. 223

Communications / LW News - Ext. 248

Recreation Department - Ext. 224

Security Department - 832-0000

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James Souza and Cyril Fitzgerald	1360
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Leisure World Arizona

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Administrative Announcements

Leisure World Welcomes New Security Manager Landy Black

Say hello to Landy Black, Leisure World's new Security Manager! Landy and Dody, his wife of 32 years, have called Leisure World home since they moved from California in 2016 after Landy retired as the police chief of the Davis Police Department.

"My parents have lived here in Leisure World since the mid-1980s. I've been coming 'home' to their home for over 30 years," Landy says. "My wife and I enjoy the lifestyle, climate and opportunities that Arizona and the Valley of the Sun have to offer."

Born in Dayton, Ohio and raised in near Centerville, Landy has spent his entire adult life in public service and public safety. He also served in the military.

"After six years in the Army and the Military Police Corps, I decided to take the skills the Army had endowed me with to the civilian world as a police officer," Landy explains. "However, I continued to serve in the U.S. Army as a CID Agent in the reserves for the next 25 years, activated for both Desert Storm and the Iraq War."

Landy's qualifications make him an ideal fit as the new Security Manager.

"I've been in this line of work my entire adult life. I served as a civilian police officer with two agencies during my career–the Seattle Police Department for nearly 25 years, finishing there as a Captain and Precinct Commander, and as the Davis Police Department Police Chief for nearly nine years," he shares. "I also served a year as the Public Safety Director overseeing both the Police Department and the Fire Department."

Landy loves what he does and is uniquely qualified for keeping our community safe.

"I continue to do what I have a knack and a love for," Landy explains. "The tools, enhancements and limitations of police work and community security may be slightly different. But the responsibility to interpret community safety and security needs accurately and employ strategies is at the core of both realms."

When Landy isn't working, he enjoys golf, photography and wine tasting.

Leisure World is pleased to welcome Landy as part of our team!



New on the Block



Jenny Flaherty

Jenny Flaherty is a woman on the go who is eager to begin the next chapter of her life at Leisure World! She became convinced that Leisure World was right for her after a friend moved here. Shortly thereafter, she found the perfect manor to call home.

Jenny is passionate about helping others and pursued a career that helps families in crisis. She was a state employee for 38 years and an administrative law judge for 20 years, hearing cases on adoption, foster care and child abuse.

Although now retired, Jenny plans on remaining active. She enjoys a good game of tennis and boating. Quilting also fulfills her creative and artistic side. Being active and getting involved is her new game plan.

"I hope to play a lot of tennis," Jenny shares excitingly. "I'm already on the 4.0 Leisure World ladies' team."

An Iowa native, Jenny most recently lived in Norwalk; her parents reside in Ames. She has two sons, one lives in Cortez, Colorado; the other in Indianola, Iowa. Although Iowa remains forever in her heart, Jenny looks forward to exploring new activities in Leisure World and making new friends. "I'm going to love it here!"



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Administrative Announcements



Finance Director Jason Farnsworth, Diane Murphey and Community Manager Bob Kimble

Diane Murphey Leads by Example

When it comes to going the extra distance, Leisure World's Senior Accountant Diane Murphy takes it to heart. And she follows through with a smile! As a member of the Finance Department since 2010, Diane is always eager and willing to answer questions from her co-workers. In fact, whenever they ask her anything, Diane doesn't simply respond, but instead explains by example.

Diane assists her co-workers by enhancing their understanding of the issue and giving them confidence to implement a working solution. She respects everyone—from top to bottom of the totem pole—and treats them with kindness and caring.

For being an invaluable team player, Diane was recently awarded the Employee of the Quarter Award. Congratulations, Diane!

Happy Labor Day!

Please note that Leisure World offices will be closed on Monday, September 3 in observance of Labor Day.



Catch Me at My Best Program Rewards Outstanding Customer Service

Excellence is hard to come by! And when you catch it in the act, don't let it slip away. Acknowledge and appreciate it!

This is the philosophy behind Leisure World's new program called Catch Me at My Best, which recognizes exceptional employees who make a difference. The program allows both residents and employees to highlight the positive work they see around the community.

Leisure World Community Manager Bob Kimble created the employee recognition program to reward good work that benefits residents.

"I wanted to institute a program designed to reward outstanding customer service," explains Bob. "We want to know whenever you catch someone in the act of performing above and beyond their ordinary job duties. Tell us what incredible or exemplary acts of employee behavior you have witnessed."

The Catch Me at My Best program is a simple way to spread goodwill, appreciation and influences others to do their best. It also motivates employees to excel. Bob initiated the program in January. And so far, it's been a success.

"The program boosts employee morale, and, hopefully, makes an employee want to go the extra mile," Bob shares. "If morale is high, then customer service is high."

Positive behavior and a good work ethic aren't hard to find among Leisure World employees. Most recently, several residents reported that Landscaper Will Marquez was doing a great job planting trees on a hot Arizona day. The residents said that Will was working diligently, detail-oriented and personable. His friendliness and enthusiasm made a difference. Landscapers Felipe Rodriquez and Martin Vasquez also impressed and were rewarded.

Catch Me at My Best forms are available in visible locations throughout the community and in departments. Just fill out the form by naming the employee you want to acknowledge, describing his or her positive actions. Then drop off the form at the Administration building or the respective department the employee works in.

After careful review of each employee recognition card, Bob will select the employees who are most deserving and award them with a $10 Walmart gift card. Note that there's no limit to the number of forms Leisure World accepts because all good deeds deserve to be recognized!

So, if you see an employee going above and beyond their regular duties, let us know. By recognizing individuals who provide exemplary customer service, we hope to create a harmonious community and make everyone's day a little brighter!



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Administrative Announcements

September Board and District Meetings

Board of Directors Work Session	NO MEETING
Open Board Meeting	NO MEETING
District 1	NO MEETING
District 1 Landscape Committee	NO MEETING
District 3	NO MEETING
District 4	NO MEETING
District 5	NO MEETING
District 6	NO MEETING
District 7	NO MEETING
District 8	NO MEETING

Meeting Minutes

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

COMPLIANCE CORNER

Trash Bin Reminder

Please remember to bring your trash bin out for pickup after 6 p.m. on Tuesday and bring them back in by 6 p.m. on Wednesday. Please also note that trash bins must be kept out of street view on non-collection days. Thank you for your cooperation!



Community Chat
Tuesday, September 25, Rec. 1 Ballroom 2 p.m. - 3 p.m.

Wednesday Morning Coffee
September 19 at 8 a.m.

Golf with Community Manager
No golf with Bob Kimble through the end of summer.

Getting Visitors? Add to Your Guest List

Please note that all guests and service vendors need to be added to your guest list to enter Leisure World. When you call Security to do so, please provide your name, manor number, your guest's name and days they are expected. Guests will be granted access for the entire day. This is helpful in cases when a vendor needs to run out for tools or is running late.

Please make sure you know the name of the person before you call. If it's a business or vendor, we need the business name. If it's an individual, we need their first and last name. If the name is difficult to pronounce, please spell it out. However, there are several vendors that DO NOT need to be added to your guest list. They are:

Cox Cable, Century Link, Amazon, UPS, FedEx, Post Office, Maricopa County Inspector

ALL other guests and deliveries, including flower delivery, must be called in. Thank you for your cooperation!

Electoral Process Timetable Leisure World 2018

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

This sequence of events shall be furnished to all nominating committees and shall also be published in the Association's newspaper for the months of September, October and November. The following format, to be used for 2018 shall be updated and used in subsequent years.

a. On or before Wednesday, September 5, 2018: Appointment of three (3)-member Nominating Committee by each District Council.
b. On or before Monday, October 1, 2018: Nominating Committees report to District Chairman, followed by immediate report by Chairman to the residents.
c. No later than Monday, October 15, 2018: Valid petitions for candidacy must be in the hands of District Chairman.
d. Tuesday, October 16, 2018: "White Ballot": Should there be but one candidate for each position on the council, those candidates shall be declared by the District Council as elected to the respective office by "White Ballot." Therefore, since there are no write-in candidates allowed, no ballots will be provided to the residents of that district.
e. Wednesday, October 17, 2018: All Districts submit final candidate list to management for preparation of ballots.

The ballot package shall include:

(1) Outgoing envelope, large size, with voting owner address in Leisure World, (or other address if specified by owner); stamped with return address of Community Association.
(2) Return envelope addressed to Leisure World Election Tellers, with space below the flap on the back for Designated Voting Member's signature, manor and district numbers.
(3) Ballot envelope containing ballot and only the District number on the outside. This envelope must be able to be sealed.
f. No later than Thursday, November 1, 2018: Have ballots prepared for mailing. Deadline for mailing ballots to all voting members is 20 days prior to election.
g. Tuesday, October 16 to Saturday, October 27, 2018: If there are multiple candidates for District Council office the District Chairman will schedule a meeting to introduce the candidates, allow each candidate to speak on their qualifications and goals for the office they seek, and respond to any questions for those in attendance. The District Chairman will appoint a District resident who is not a candidate for office as the meeting facilitator and will insure that timely notice of the time and place of the meeting is provided to all District residents. The notice for this meeting will be placed in the District official message tubes and mailboxes at least four (4) days prior to the meeting in all Districts having elections.
h. Tuesday, November 20, 2018 - ELECTION DAY: The acceptance of ballots will terminate at five (5) p.m. (MST).
I. Wednesday, November 21, 2018 - Counting of the ballots shall commence at eight (8) a.m. (MST) and continue until completion of all applicable districts.

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Administrative Announcements

STAFF INSIDER

Meet Laurie Cocke: Finance Dynamo who Loves Family



For Laurie Cocke, Senior Accountant at Leisure World since October 2015, there's no mathematical challenge she can't handle.

"I love my job." Laurie says. "I enjoy working with numbers, creating and using spreadsheets and reconciling accounts. To me, reconciling an account is like putting together a difficult puzzle. I look forward to the challenge and the result."

An Arizona native, Laurie studied accounting at Mesa Community College and Northern Arizona University. Before joining Leisure World, she worked at Superstition Contracting/San Tan Roofing for 18 years but left to be a stay-at-home mom. While a mother, she still provided accounting and bookkeeping services for small businesses.

But Laurie's first love is family. And it shows.

For 20 years, Laurie has been married to Brenden, a fire captain for the town of Gilbert. They are parents of two active teenage daughters.

Laurie met Brenden through a friend and beams when she talks about him.

"We hung out as a group and became friends before dating. Not only is he a fireman, but he also builds homes, welds, keeps our yard pristine, and I'll often come home from work to a clean house!"

Laurie equally gushes over her two daughters.

"My daughter, Tori, is a senior and the captain of her school swim team. She loves working with kids and spent the summer as leader of Camp Challenge, a camp for special needs kids," Laurie explains. "She loved it so much that she will be coaching swim for the Special Olympics this fall."

Her younger daughter, Breelyn, is a high school sophomore and is just as impressive.

"She's in the company theater class, a member of the drama club and participates in school plays. She has also taken on the challenge of being the manager of the school swim team," Laurie shares.

Besides working, Laurie volunteers at her daughters' high school as the booster club treasurer for the swim and dive team. A time-consuming position, Laurie admits she "never knew there was so much involved in school sports until volunteering!"

With busy schedules, Laurie believes it's important to make family a priority.

"Dinner time is a good family bonding time," she says. She likes to cook but also appreciates eating out with her family to enjoy pasta and Mexican food. "My favorite restaurants to go to are Oregano's and Moreno's."

The family also enjoys getting away and traveling to Mexico a few times a year.

"The water is warm, and the beaches are sandy," Laurie says. "It's very peaceful and relaxing. I hang out with a book while my kids and husband are in the water. They love it."

But not just any book will do.

"I enjoy a good fiction, thriller, suspense or mystery genre like 'Find Her' by Lisa Gardner and 'The Shack' by William Young."

Laurie now lives in Queen Creek, making it easy for her to spend time with the rest of her family, including her three sisters, two brothers and 93-year-old mother. They all recently spent an evening painting and having fun at Queen Creek's Wine and Design.

To unwind, Laurie and Brenden enjoy watching college softball on television, mainly the College World Series. (Laurie grew up playing softball and played outfield for both fastpitch and slowpitch.) Once they retire, they would like to attend the College World Series in person.

But in the meantime, there's still lots of work to do.

"I'm thrilled to work at Leisure World," Laurie concludes. "Being in Finance, I get to work with all the other departments on a regular basis. It's great to have daily contact with fellow employees and residents."

The next time you are in the Finance Department, be sure to say hello and get a glimpse of her infectious spirit.

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Foundation Flashes

Fun-Filled Season Rooted in Charity

The Leisure World Foundation and the Foundation Friends' Committee are already busy preparing a wide range of events for the upcoming season. As you know, our mission is to enhance the lives of residents with social, physical and mental activities that encourage healthy aging and support those in need in our community. We accomplish this with an array of fun activities while giving back.

Challenge Days 2019

Mark your calendars for our fun and unique approach to fundraising for charitable causes called Challenge Days. Four Leisure World clubs are already planning their events:

1. Challenge Days 2019 officially begins with Pickleball Fun and Games on February 2, 2019. Games of skill and friendly competition are hallmarks of this Saturday event.
2. The Tennis Club will conduct a day filled with a variety of tennis-related activities for teams and individuals on February 23, 2019. This is the 12th year that the Tennis Club has organized an incredible event! Besides tennis, there will be a raffle and a delicious lunch.
3. If you like golf, the Leisure World Golf Fun Event will be on March 21, 2019 at Coyote Run. A round of golf is just part of an entertaining day with dinner and prizes.
4. The Billiards Club is also planning a special event but has not yet set a date. Stay tuned.

Even if you don't play golf, tennis, pickleball or billiards, attending one or more of these events is a great way to meet new friends and neighbors as you support our Leisure World Foundation. Look for additional information in upcoming Foundation Flashes.

If your club or organization would like to sponsor a Challenge Days event, please contact Beverly Locke at blocke1206@gmail.com.

More Fun Activities

- Our very popular Lecture Series begins on Wednesday, November 28, 2018 when Ronald Peters will tell the story of the Buckhorn Mineral Baths and Wildlife Museum. Located at Recker and Main, the Baths were a very popular gathering place for Hollywood stars looking for a hideaway almost 70 years ago. Other lectures will be held on December 19, 2018, January 30, 2019 February 20, 2019 and March 20, 2019.
- The Utah Dance Company will perform a variety of dance numbers filled with glamor and gorgeous costumes on Wednesday, February 6, 2019, replacing Dancing with the LW Stars. Tickets go on sale the first week of January 2019.
- The annual Gold "Buy Back" event with Valley Goldmine will be held on Thursday, January 31, 2019 in the Queen Card Room. Every winter, the Leisure World Foundation sponsors this event where you can bring unwanted gold, silver or platinum items and sell them in a safe, secure environment. It is a win-win for everyone: You get a fair price from an A+ BBB company and the Foundation earns 10 percent of the total "bought back" that day. Due to increased interest, we hope to offer appointment times for those having many items to sell.



Foundation Golf Tournament
From left to right: Bob Krusemark, Bev Krusemark, Peggy and Dave Babb

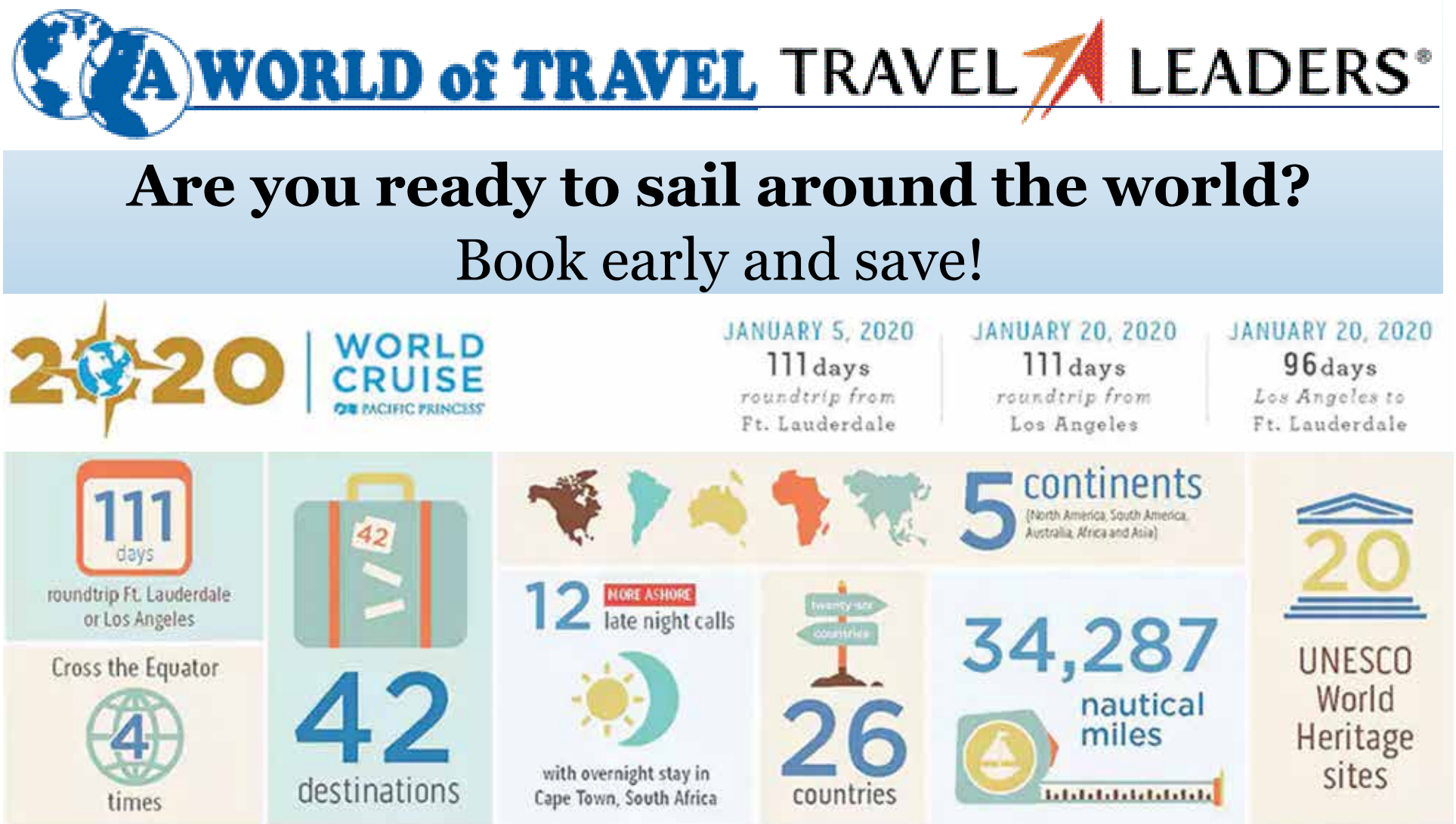
Donations to help the Leisure World Foundation can be made at any time, but please consider an annual gift to the Friends' Endowment Fund during our end-of-year campaign. Watch for our Annual Report and Appeal in the November issue of Leisure World News.

This season, don't sit on the sidelines. Join the fun and make a difference!

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VETERANS SPOTLIGHT

The Pat Tillman Foundation: Inspiring Others to Greatness

"Somewhere inside, we hear a voice. It leads us in the direction of who we wish to become. But it is up to us whether or not to follow."

These are the words of Pat Tillman, a former all-star NFL player with the Arizona Cardinals who put his career on hold to serve his country and leave a legacy.

It was the tragedy of September 11, 2001 that prompted Pat to follow a different path.

"At times like this, you stop and think about just how good we have it, what kind of system we live in, and the freedoms we are allowed," Pat said after the attacks. "A lot of my family has gone and fought in wars and I really haven't done a damn thing."



Shortly thereafter, Pat joined the U.S. Army and left behind his rising career with the Cardinals where he broke the franchise record for tackles in 2000 with 224.

Pat's love of his country led him to make this incredible sacrifice. But tragically in 2002 while serving his second term, Pat met his untimely death during an ambush in eastern Afghanistan.

Pat always had a zest for life. From his high school years as a star football player to his college years at Arizona State University (ASU) where he played for the Sun Devils as a linebacker, Pat believed in setting the bar high. His tenacity led ASU to the 1997 Rose Bowl; he earned the NCAA's Post-Graduate Scholarship for Academic and Athletic Excellence and graduated Summa Cum Laude from ASU's W.P. Carey School of Business within four years. It wasn't long before he caught the attention of the Arizona Cardinals, who drafted him as a starter in 1998.

But there was so much more to Pat than football.

During the off-season, Pat ran marathons and half-Ironman triathlons. He volunteered with the Boys and Girls Clubs, the March of Dimes and visited schools to motivate and inspire children. Pat believed that there was always more to do, and he wasn't afraid to do it. He was a man who led by example and wasn't afraid to voice or act on his beliefs.

Knowing how much he believed in giving back, Pat's family created the Pat Tillman Foundation in 2004 with a $1.25 million pledge to ASU to establish the Tillman Scholars "ASU Leadership Through Action" program at the W.P. Carey School of Business. The program supported exceptional students who promoted positive change in the world.

But in 2008, Marie Tillman, Pat's wife, felt the need to do more. With the approval of the Foundation's Board of Directors, Marie shifted the foundation's focus from inspiring students to helping educate active duty service members, veterans and their spouses. The Tillman Scholars Program was established to empower these members to become future public and private sector leaders by providing them with scholarships, professional development and a national support network.

Since its inception, Tillman scholars have achieved great success in the fields of medicine, business and technology, law, education and the arts. For example, meet Greg Freisinger who served as an Army officer and in Iraq and Southeast Asia following September 11. A 2014 Tillman Scholar, Greg obtained his Ph.D. in biomechanical engineering from Ohio State University. Because of the Tillman Foundation, Greg is now an assistant professor at the U.S Military Academy at West Point. Through his research on human performance and technology, he improves injured veterans' lives and those on combative duty.

To date, over 500 scholars in more than 100 universities are in the network, fulfilling the foundation's goal to inspire and motivate others. Academic support reached an incredible $15-plus million invested, reflecting the program's impact and influence across the nation.

So, the next time you hear a voice inside, follow Pat's example and inspire others to greatness.

For more information, visit www.pattillmanfoundation.org.

Labor Day: A Celebration of the American Worker

Labor Day, traditionally observed on the first Monday of September, honors the American labor movement and the contributions workers have made to make our country prosperous. Americans have always possessed an energetic and passionate work ethic, shown by their desire to better themselves and their country. America recognize these proud workers for their industriousness, skills and talents. We appreciate all the men and women who have helped our nation grow and flourish through their hard-earned sweat and toil.

A Strong Work Ethic

It all began with the Industrial Revolution in the late 1800s, when American workers worked over 12-hour shifts. They often worked seven days a week to provide for their family's necessities. But even this often wasn't enough. During this time, life was challenging, spent by long hours working in local mills, factories and mines. Work conditions were often unsafe and inadequate; many workers suffered injuries and illnesses that sometimes led to death or permanent physical disability. Oftentimes, children were forced to work—despite age restrictions in some states—to help their families make ends meet.

Something had to give.

Fighting for Protections

As manufacturing jobs grew, American workers continued to be besieged with long work hours and untenable working conditions. Workers needed more support and protections, which newly-formed labor unions of 1881 were eager to provide. These unions championed workers' needs and protected them from scrupulous employers.

Employers resisted. But after labor unions organized riots and violent strikes, they were forced to listen. Employers then began implementing positive changes, such as improved working conditions, decreased work hours and increased pay. Today, labor unions continue to represent employees in various industries and help them negotiate just wages and benefits.

Celebrating Labor

As the trade union and labor movements grew in the 19th century, trade unionists proposed that a day be set aside to celebrate labor. "Labor Day" was promoted by the Central Labor Union and the Knights of Labor, which organized the first parade in New York City. In 1887, Oregon was the first state of the United States to make it an official public holiday. By the time it became a federal holiday in 1894, 30 states in the United States officially celebrated Labor Day.

On Monday, September 3, Americans will celebrate this special day with parades, picnics, barbeques and fireworks to recognize America's most significant resource: the worker. We thank you for your service and helping make American one of the greatest nations on earth.

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Financial Elder Abuse: Perception vs. Reality
Someday, you or your parents could be at risk

By David McBride



You may know victims of financial elder abuse. According to a new Wells Fargo Elder Needs Survey, almost half of Americans do.

As you read or hear stories about seniors being financially exploited, you may think: Not me, I would never fall prey to that in my old age. Your parents? Same thing. They are too smart and too vigilant to be taken for a ride by a con artist or an unprincipled relative or caretaker.

This perception is only natural. When we are young, we never picture ourselves, or our parents, in decline. We are told 60 is the new 40, and 80 is the new 50. Perhaps so, but as some of the Wells Fargo survey data bears out, we may be overconfident in our ability to evade financial scams as we age.

Nearly 800 Americans aged 60 and older were asked if they believed senior citizens were vulnerable to financial abuse. Ninety-eight percent of the respondents said yes, but 81 percent were confident that it would never happen to them. Just 10 percent thought they were susceptible to such exploitation, and only 24 percent even worried about the possibility.

The surveyors also contacted nearly 800 Americans aged 45-59 with elderly parents, and 75 percent of these Gen Xers and baby boomers felt their moms and dads would never succumb to such fraud.

In short: financial elder abuse might happen to other people someday, but not to us.

This assumption may be flawed—after all, half the people Wells Fargo contacted said that they knew elders who had been financially exploited. Any perception that strangers are committing most of these crimes may be equally unfounded. The Jewish Council for the Aging states that 66 percent of financial elder abuse is carried out by family members, friends, or trusted third parties.

What actions can be taken to try and shield your parents from such abuse? As a first step, you and your parents can meet with an estate planning attorney to put a signed financial power of attorney in place (if one is absent). Should your mom or dad lose the capacity to make financial decisions on their own, this document can authorize you (or another family member) to make worthy decisions on their behalf.

There are also software programs, such as EverSafe, that are designed to pinpoint odd financial transactions for a household or business. Such activity is flagged, and a financial advocate for the person or business is then signaled.

You can also meet the bank or investment professional who works with your parent(s) and request that you become a trusted contact on their account. You can do this by filling out a form.

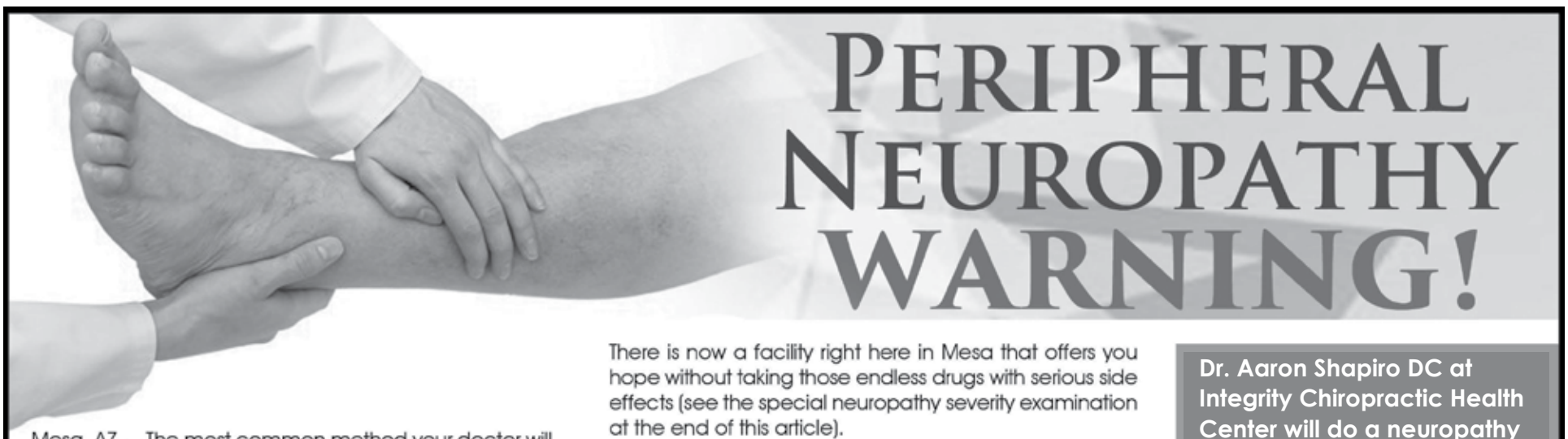
You may already be named as a trusted contact. Since February, the Financial Industry Regulatory Authority (FINRA) has required investment firms to ask their clients to provide the name and information of such persons, though clients do not have to comply with the request.

The financial services industry is taking further steps in this regard. In May, President Trump signed the Senior Safe Act into law. This legislation, introduced by Sen. Susan Collins of Maine, guides banks and investment firms to train their financial professionals to spot and report what appears to be shady financial activity. To encourage such reporting, it gives them a degree of immunity from liability and breaches of privacy laws.

The bottom line: act now to guard against the risk of elder financial abuse. It happens too often, and though it may seem improbable today, that may not be the case tomorrow—for your parents or you.

For more information, visit www.mcbridefinancial.net.

-David McBride, CPA, CFP®, is the is the founder and President of McBride Financial Services, Inc. He may be reached at 480-830-6600 or dmcbride@mcbridefinancial.net.



PERIPHERAL NEUROPATHY WARNING!

Mesa, AZ -- The most common method your doctor will recommend to treat your neuropathy is with prescription drugs that may temporarily reduce your symptoms. These drugs have names such as Gabapentin, Lyrica, Cymbalta, and Neurontin, and are primarily antidepressant or anti-seizure drugs. These drugs may cause you to feel uncomfortable and have a variety of harmful side effects.

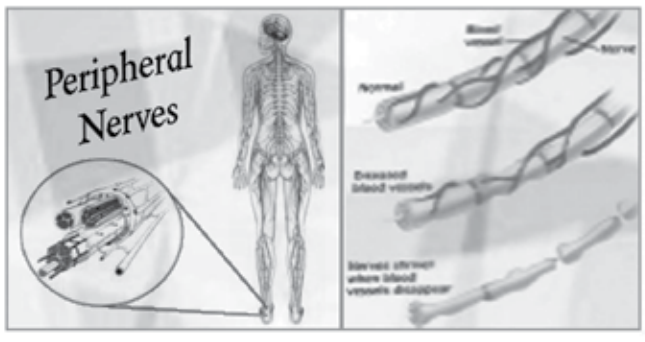


Figure 1: Notice the very small blood vessels surrounding each nerve.

Figure 2: When these very small blood vessels become diseased they begin to shrivel up and the nerves begin to degenerate.

Peripheral neuropathy is a result of damage to the nerves often causing weakness, pain, numbness, tingling, and the most debilitating balance problems. This damage is commonly caused by a lack of blood flow to the nerves in the hands and feet which causes the nerves to begin to degenerate due to lack of nutrient flow.

There is now a facility right here in Mesa that offers you hope without taking those endless drugs with serious side effects (see the special neuropathy severity examination at the end of this article).

In order to effectively treat your neuropathy three factors must be determined

- **What is the underlying cause?**
- **How much nerve damage has been sustained?**
  NOTE: Once you have sustained 85% nerve loss, there is likely nothing that we can do for you.
- **How much treatment will your condition require?**

The treatment provided at Integrity Chiropractic Health Center has three main goals

1) **Increase blood flow**
2) **Stimulate small fiber nerves**
3) **Decrease brain-based pain**



Figure 3: The blood vessels will grow back around the nerves much like a plant's roots grow when watered.

The amount of treatment needed to allow the nerves to fully recover varies from person to person and can only be determined after a detailed neurological and vascular evaluation. As long as you have not sustained at least 85% nerve damage there is hope!

Dr. Aaron Shapiro DC at Integrity Chiropractic Health Center will do a neuropathy severity examination to determine the extent of the nerve damage for only $47.

This neuropathy severity examination will consist of a detailed sensory evaluation, extensive peripheral vascular testing, and a detailed analysis of the findings of your neuropathy.

Call 480-820-9147
to make an appointment with Dr. Shapiro to determine if your peripheral neuropathy can be treated.

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Literary Muse

By Richard Mack

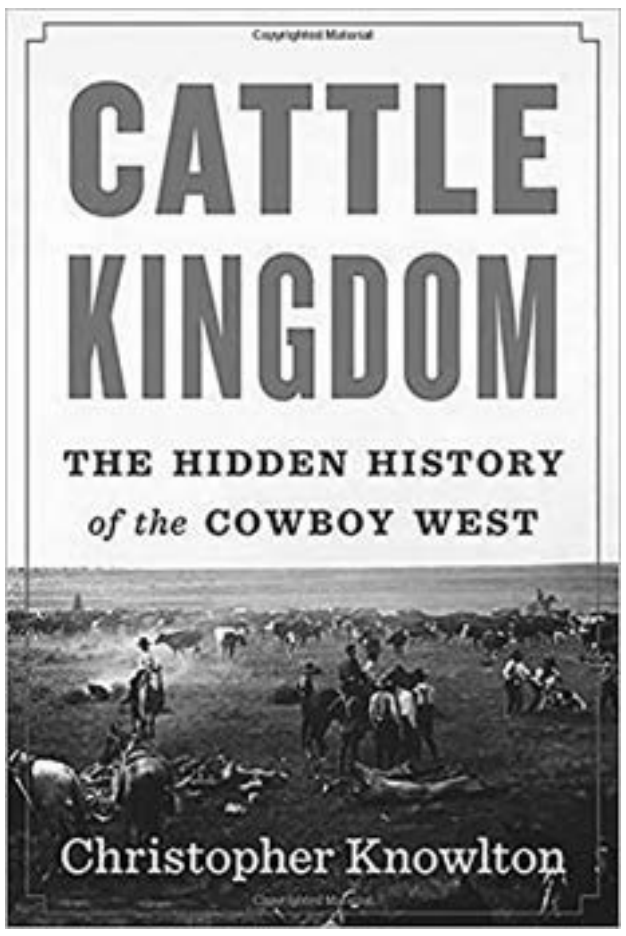
September is a month of changes. The monsoon officially ends in September. By mid-month, we may notice a cooling trend, especially in the mornings. The autumnal equinox occurs about September 23 announcing the arrival of fall. We will begin to see a trickle of seasonal residents return to Leisure World, and soon, the pace of life here will quicken. One thing that does not change with the seasons at Leisure World is our Library. The weather inside is always perfect and the selection of contemporary literature is always appealing. So, come down to the Library and start the fall season with a great book.

Book Review: This month's pick comes from the non-fiction table. "Cattle Kingdom, The Hidden History of the Cowboy West," by Christopher Knowlton is an absolute gem and a must read for anyone with a general interest in Central and Southwestern America.

The author is a former staff writer and London bureau chief for "Fortune" magazine. Knowlton spent years on Wall Street as president of Knowlton Brothers, Inc., an investment management firm. Currently, he is a trustee of the Teton Raptor Center and the Santa Barbara Museum of Natural History.

What was astonishing to me was that the cowboy era only lasted approximately 25 years from the end of the Civil War until about 1890. Yet this brief sliver of history gave birth to all of our legends about cowboys, cattle drives, and range wars. As you might guess, the Hollywood romance of the cowboy life belies the harsh reality of life lived outdoors on the open range.

Knowlton does a masterful job of describing the daily travails and dangers that a generation of incredibly tough and skillful young men endured as an essential element of the cattle ranching industry. "Cattle Kingdom" takes us from the dust-choked cattle drives to the surprising splendors of boomtowns like Abilene, Kansas and Cheyenne, Wyoming.



Despite Hollywood hype, cowboys—while rowdy enough after months on the range—almost never were involved in gun fights. For one thing, guns were expensive and few cowboys owned them. In addition, most towns were not lawless and kept a tight lid on raucous behavior.

The cattle ranchers themselves were a fascinating crowd. Comprised largely of moneyed young men from the Eastern United States and Western Europe, they were lured by dreams of the vast wealth that could be earned by cattle ranching. Yes, some made fortunes, but many others lost fortunes and were ruined.

Perhaps the most famous of all successful cattlemen was the future president Teddy Roosevelt. Knowlton shows us how these ambitious and daring men created a way of life and an industry that fed a nation. In the process, they created a legacy that lives on today. As the book jacket notes: "Cattle Kingdom" is a revelatory new view of the Old West."

-Richard Mack is Publicity Chair of the Leisure World Library Board.

Statistics for July 2018

- 1201 total number of books taken out of the Library
- 1090 hardback books taken out of the Library (including 597 large print books)
- 111 paperback books taken out
- 344.5 volunteer hours

Leisure World Library Memorials June and July 2018

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Bag & Boob Babes Fundraiser Supports Women with Cancer



Carol Collins and Marilyn Reed handmake a variety of support materials for women undergoing breast cancer treatment.

Mark your calendars for Wednesday, October 27, when Bag & Boob Babes hosts its 7th Annual Fundraiser! The evening will include music by Debbie and The Double Eagle Band, Dickey's delicious barbeque, guest speakers, vendor tables and raffle baskets!

Bag & Boob Babes provides handmade drainage bags, knitted knockers and other supportive items to meet women's needs before, during and after surgery or while going through chemotherapy. Your support will enable the nonprofit group to purchase yarn and other needed material used by the 100-plus volunteers who make each item with love.

Have fun and be part of this important community effort to change lives!

Get tickets now by contacting Carol at 815-915-3076 or Steve or Pam at 708-951-0419.

Date: October 27, 2018
Time: 4:30 - 9 p.m.
Place: Rec. 2, Hopi/Pima Ballroom
Cost: $30 per ticket

Reduced $25 ticket price available until October 1!

ROSS W. CORTESE *continued from page A1*



The Leisure World Arizona iconic entry globe off Power Road was delivered in two pieces via a flatbed truck in 1973.

New Jersey, provides an array of amenities for on-site residents, including a bank, delicatessen and even transportation to New York City, less than one hour away. This appeals to residents who work, commute and appreciate the culture and vibe of the Big Apple.

Developed in 1966, Leisure World Maryland is perfectly situated between Washington, D.C., and Baltimore. It is also adjacent to the Leisure World Plaza—home to a 110,000 square-foot shopping center with numerous conveniences, including banks, medical centers, restaurants and shops. Today, about 8,500 people live in the community.

Leisure World's Lansdowne Woods of Virginia is in beautiful Loudoun County—known as "D.C.'s Wine County"—and covers about 91 acres. Its location is ideal due to its proximity to the Lansdowne Resort, which allows access to an 18-hole golf course designed by renowned course designer Robert Trent-Jones. Natural views of the Blue Ridge Foothills, Sugarloaf Mountains and Potomac River add to this community's appeal and ambiance.

By the rolling hills of Saddleback Valley is Laguna Woods Village. It is nestled along 3,500 acres and minutes from the Laguna Beach coastline. Approximately 18,000 residents call this Leisure World location home. And Leisure World in Seal Beach is within proximity to some of California's most exciting attractions, including Disneyland, Knotts Berry Farm and Balboa Island. This is another oasis for people seeking the best of all worlds. For those who love the ocean, it is less than five miles to enjoy the Pacific in all its majestic glory. Nine thousand active adults happily call this home.

The remaining California Leisure World is the flagship Rossmoor Walnut Creek in Walnut Creek. It has about 6,700 residential units and is about 25 miles of San Francisco. If you are a wine connoisseur or merely enjoy a scenic drive, Napa Valley is only 90 minutes away.

And let's not forget the Southwest. Leisure World in Mesa, Arizona, offers yet another option for independent, active living just minutes from Phoenix, where sports, museums, shows and restaurants abound. Residents who appreciate upscale shopping can visit Scottsdale Fashion Square, Kierland Commons and Scottsdale Quarter—there's something for everyone. Within the gated community, golfing enthusiasts enjoy the two Greg Nash professionally designed golf courses.

Cortese was a man who believed in moving forward but also giving back. In 1964, he made a large donation to the University of Southern California Leonard David School of Gerontology for the Study of Retirement and Aging. And in 2018, the university posthumously awarded him a plaque in recognition of his contributions.

Cortese was a visionary who refused to be limited by age. He redefined active living so that older adults can live their best years yet. Thanks to him, thousands of Leisure World residents aspire higher.

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THE TRANSPLANTED GARDENER

The Root of Tree Selection: Part 2

By Paula Schwartzmann

In my last article, I talked about the purpose you want your tree to serve, the effect you want to achieve and gave a sales pitch about selecting low water use trees. Here are more topics to think about and research as you get ready to select a tree.

Determine tree sun requirements

Trees have "sunshine" requirements—some want full sun, some part-sun, while some like it a little shady. Head outside and note the north, south, east and west sides of your house. Trees that require full sun will most likely enjoy the south and west areas. Don't forget that cement or stucco walls, driveways and patios reflect heat and sunlight. North is usually shadier, and east gives great morning sun but is shaded from the wilting afternoon sun.

Deciduous or evergreen?

Deciduous trees lose their leaves in winter; evergreens keep their leaves year-round. If you plant a deciduous tree for shading a wall or roof from the summer heat, in the winter the sun will warm the wall. It's a great trade off.

Determine tree size at maturity

Placing a tree in a location where it will need constant pruning and shaping has several effects to consider:

1) It will cost you lots of money devoted to landscapers or your own personal time.
2) It will cause the tree to suffer as you force it to conform to your standards and not to its natural growth pattern.
3) It will stress the tree, making it susceptible to pest and disease problems.

Take your time and measure the intended location. The resources I listed in last month's article provide the mature height and width of the tree.

Selecting a tree from the nursery

I used to be one of those spendthrifts (i.e. cheapskate) that would purchase a sickly plant and believe I could bring it back to life. But it just takes too much work. Instead, look closely at the tree you want to buy. Lift its leaves and look at the branches. Is there any damage, evidence of insects (eggs)? Are roots escaping the bottom of the pot (rootbound) or are the roots circling inside the pot? Choose another specimen.

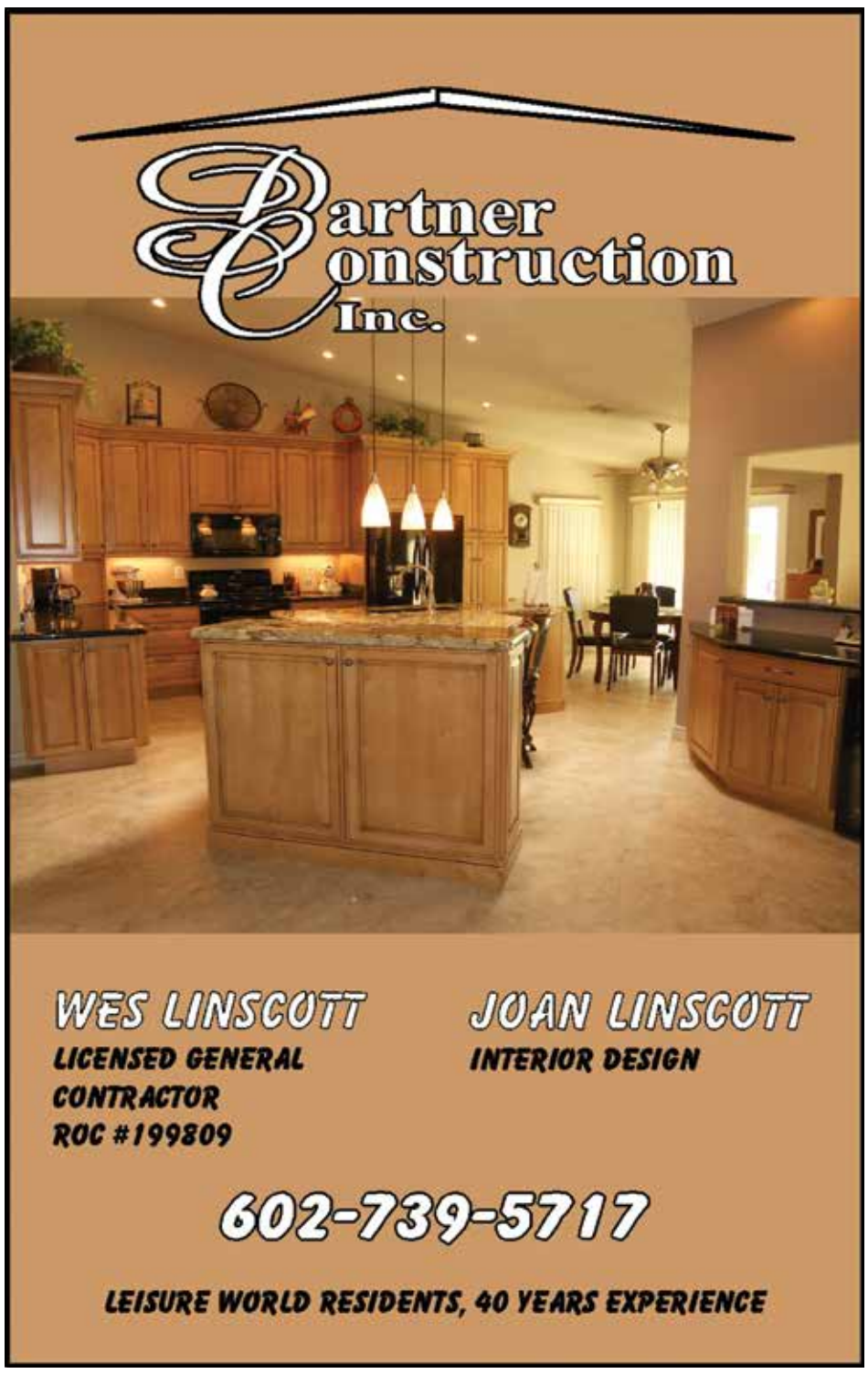
Look for a tree that has a sturdy trunk that will stand upright without a stake by having the nursery employee remove the stake. Avoid trees that have been severely sheared or pruned. Instead, buy trees that have been allowed to grow into their natural shapes.

A Word to the Wise

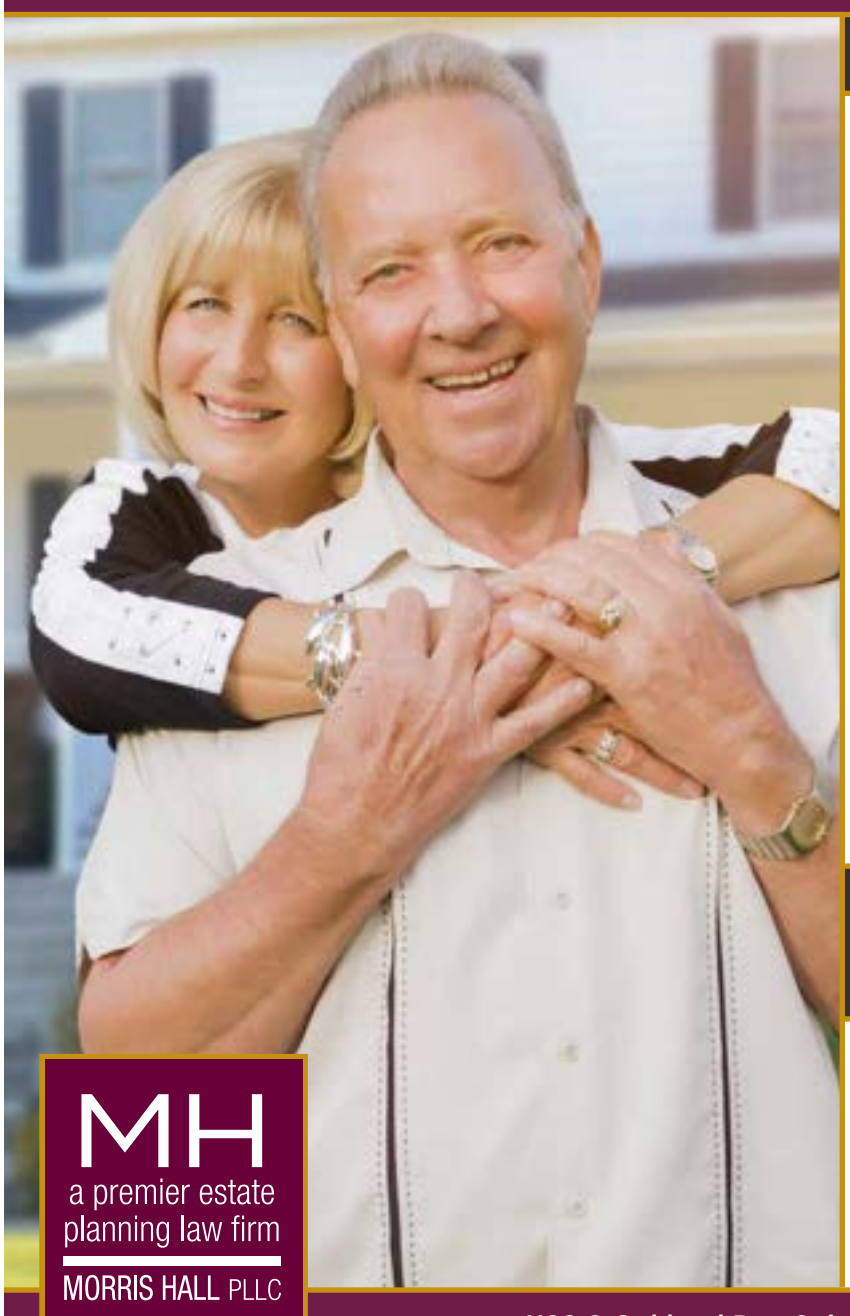
Head out to the Desert Botanical Gardens, the Maricopa County Cooperative Extension office, local nurseries or just walk around the neighborhood and look at trees that interest you. It's easy to get carried away at the nursery and load up your cart, but if you think about the issues covered in this and last month's article, your trees will have a good chance of surviving with a minimum of fuss on your part.

Joyful gardening!

-Paula Schwartzmann is a Maricopa County Master Gardener.



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Guest Speaker: Ryan Steinert
Your Medicare Helper LLC.

Ryan Steinert has been assisting people with Medicare for over 10 years. From 2007 to 2014, Ryan was a Business Office Manager for three skilled nursing facilities in northern Arizona and executed all their Medicare billing. In 2011, Ryan was named the Business Office Professional of the Year by the Arizona Health-care Association. In 2014, Ryan started his own insur-ance agency and began assisting individuals full time with all aspects of Medicare including supplement plans, Advantage plans and part D drug plans.

Ryan Steinert will discuss:
- The Landscape of Medicare is Changing: How to Make Sense of the Nonsense.
- Medicare vs Medicare Advantage Plans: The Real Skinny.
- The 3 Things You Need to Understand About Your Drug Plans.

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Tim will also be available to answer additional questions you might have, such as:
- What are Medicaid triggers and how do I know if my trust has them?
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Save Big at the Dollar Tree

Tired of those enormous discount retailers where you walk for miles just to find a toothbrush?

Don't think big. Think small. Think Dollar Tree!

Dollar Tree stores may be smaller in size than their competition, but don't let that fool you. Huge savings await you inside the double glass doors! The Dollar Tree is an actual "dollar or less" retailer, boasting a single price concept that offers savings on many common, everyday items.

It's nothing new. Almost 65 years ago, variety store Ben Franklin opened in Norfolk, Virginia. After several name changes, acquisitions and expansions, it became Dollar Tree. Over the years, it experienced substantial growth, going from 5,000 stores in 2014 to more than 15,000 today!

The reason is simple. People like to save money.

Not convinced? Here are the top 15 items you can save money on:

1. **Reading Glasses** – If you're like most people, one pair isn't enough. For $1 each, buy several so you're never without.
2. **Greeting Cards** – Why pay up to $5 a card when you can buy two for $1? You'll find quality and a great selection!
3. **Storage Containers** – From shoes to hobby and cleaning supplies, these containers come in many colors, shapes and sizes. But due to BPA concerns, if you need plastic containers to reheat or store foods, best to buy top-grade ones elsewhere.
4. **Picture Frames** – Need a small frame (up to 10-inches)? Look no further than the Dollar Tree. Although the frames are a bit fragile, it's a cheap alternative to spending lots of money for one frame elsewhere.
5. **Bathroom Items** – At $1 each, you'll find trash cans, shower accessories, toothbrush and soap holders, shower curtains, liners and clips and even name-brand soap, including Jergens and Dial.
6. **Cleaning Supplies** – Refill your stock of sponges, scrub brushes, multi-service cleaners, disposable gloves and dishwashing liquid. The Dollar Tree offers around 300 products to tackle any cleaning job!
7. **Books** – That's right, forget about pay several dollars for a crossword or adult activity book, at only $1 each, buy several! You'll also find fiction and nonfiction, too.
8. **Party Supplies** – Who doesn't like to decorate for that special birthday party, anniversary or shower? At the Dollar Tree, you can splurge on helium-filled balloons, colorful paper plates and matching napkins with plasticware, tablecloths, party favors, gift bags, streamers and party decorations.
9. **For the Kids** – Be prepared the next time you get little visitors! Fill your basket with stickers, activity and coloring books, puzzles, games, toys, stuffed animals and more. Pick up a colorful plastic tote for $1, fill it up and wow the kids!
10. **Travel-Size Items** – It's hard to find those small, travel-friendly items at most places. But at the Dollar Tree, you'll find bottle sets, first-aid kits, toothbrushes, lint rollers and hand sanitizers, all in travel-ready size.
11. **Seasonal Décor** – No matter the season, you'll discover what you need to greet it with style. With October fast approaching, shop now for hanging décor, table and window decorations, platters and bowls, flowers, pumpkins and even scarecrows!
12. **Kitchen Items** – You'll be amazed by the assortment of quality glasses, bowls and vases at the Dollar Tree! Other items include kitchen towels, dishcloths, drying mats, oven mitts, placemats, table runners and coasters.
13. **Craft Supplies** – Save a bundle on organizing your small craft items with compartment plastic boxes! You'll also find poster board, paper, die-cut paper shapes, fabric rose petals, reflective duct tape, foam craft blocks, boards and balls, acrylic gems, craft sticks, decorative rope and tape, glass accent gems and wooden project kits. Your next craft project awaits!
14. **Name-Brand Health Items** – Think you can't find your favorite dental care brands? Not so! The Dollar Tree carries Crest, Colgate and Plackers. Other trusted name-brand items include Barbasol razors and shaving cream, Secret deodorant, Salon Selectives hairspray and White Rain shampoo.
15. **Bleach** – A tried and true cleaning agent, bleach is frequently used to brighten and sanitize laundry and for general cleaning. At $1 per gallon container, buy one for each bathroom, kitchen and laundry room.

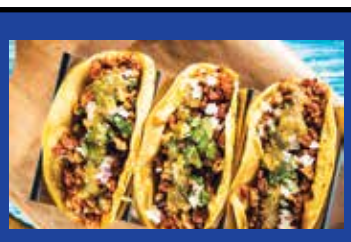
So, the next time you need anything, think about getting it at The Dollar Tree. But watch out for imposters who use the word "Dollar" in their names, such as Dollar General and Family Dollar. Although they are discount retailers, many items exceed a dollar. Don't be fooled: Shop at the real thing!



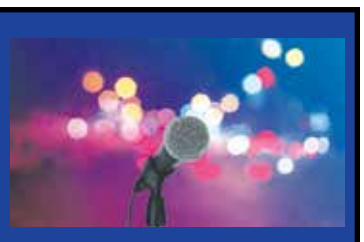




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To DIY or not to DIY?



By Rilus M. Dana

As an attorney, I commonly get asked, "Do I need a lawyer for this or can I do it myself?" The answer depends on several factors. Here are some questions to help you decide if, and when, you should hire a professional.

What is your education and experience?

Do you have experience and/or education with the area of law or issue that you need help with? Where did this experience come from? If you are drawing on the experience in another state, be careful, since laws vary from state to state. Unfortunately, I have seen many people be led astray by neighbors or family members who gave advice based on what worked in another state.

How complicated is the legal problem?

When you Google your problem, do you find a clear solution? Is this solution from a credible source? Does the same solution keep popping up across several credible sources? In this case, then I would say do it yourself. You may still be better served by a professional, but if you are confident enough and think you will have peace of mind in your solution, go for it!

How important is the work you are doing?

Is there a large financial risk? Or is it simply a matter of filing some paperwork? Is the well-being of your loved ones at stake? One of the most devastating cases I've seen was informing a 60-year-old, who was planning to use an inheritance from her father to retire, that she was not a beneficiary. She would receive nothing. Her father had assured her that he would provide for her and that was probably his intent. However, his Estate Plan was not executed correctly. When it comes to serious financial matters, criminal charges or ensuring the protections of a loved one, I strongly encourage hiring a professional.

Do you have time?

Even if you know what you need to do, do you have time to do it? Or do you need more time to keep researching? Frequently, we have clients who start projects themselves, but soon realize that they do not have the time to complete it. Time is a precious commodity, hiring a professional frees up your time.

Should you do it yourself?

With some research, will power, and a whole lot of time, you *can* do it yourself, but the better question is *should* you? Consider this analogy. If I am having car trouble, I can repair the car myself. I have a basic understanding of how to use tools. I am good at research and can look up how to make the repairs either online or in a manual. I can also set aside some time to do the work.

However, I usually take my car to a technician. My mechanic has the training and experience in auto repairs to fix little problems before they become major issues, which helps maintain the value of my vehicle. It also maximizes my time since I can drop off my car and have someone else do the work.

Professional legal matters are very similar. Hiring a legal professional takes advantage of the attorney's education and experience to avoid complications, protect what matters to you and save you time.

When you need a legal professional

An attorney, licensed in your state, can give you legal advice and is trained to spot issues that you might not



be aware of. There are several things to consider when hiring a professional, but I suggest finding a focused attorney who specializes in the law pertaining to your needs.

For example, you are probably better off hiring an attorney for estate planning despite the up-front costs. A qualified estate planning lawyer can save your loved ones thousands of dollars in the future by avoiding probate and unnecessary taxes.

So when it comes to DIY or not, review your answers to these questions and weigh the pros and cons. You can also give us a call and we'll be sure to help.

-Rilus M. Dana, J.D., is a managing partner at Dana and Associates, LLC.



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Clubs

American Association of University Women

Submitted by Marilyn Kunde

American Association of University Women East Mesa Branch will open the 2018-19 program season with a Fall Forum Saturday, October 6, 2018 in the Leisure World Ballroom from 9 a.m. to 2 p.m. Registration begins at 8:30 a.m. and will include a continental breakfast and lunch. The registration fee is $25.

The theme for the forum is "From Caring to Commitment . . .How Do We Make Our Voice Count?" and will educate participants on Propositions and Ballot Initiatives in Arizona. A panel discussion consisting of state candidates will focus on their positions on women's issues.

One of the topics will be civil discourse, which features Basant Virdee, Communications Coordinator for the National Institute for Civil Discourse. The institute empowers Americans to restore and call for civility in our democracy. Virdee focuses on fostering constructive dialogue, engaging the public in critical thinking and civic decision-making.

The mission of the American Association of University Women (AAUW) is to advance gender equity for women and girls through research, education and advocacy with a vision of equity for all. AAUW values nonpartisan, fact-based, integrity, inclusion and intersection.

All AAUW members are invited to attend the Fall Forum. Additional information on speakers will appear in the September Arizona Sun, a statewide newsletter for AAUW members.

Art Association

Submitted by Carol Pope

Welcome back to any seasonal visitors who may have come back early. While the Leisure World Art Association doesn't resume their monthly meetings until October 11, we have been busy planning a few of our fall and winter activities. Rick Darke and Cathy McKinnon will be teaching a free Zentangle class again this winter, while a water color class and oil painting class are still in the planning stages.

The Art Studio has Open Studio on Wednesday afternoons for afternoons for non-oil painting mediums and on Friday mornings for oil or water-based oil. It's also not too early to be thinking about the October Wine and Cheese Paint Night at the Art Studio. Details will be posted soon in the Art Studio. Come join the Leisure World Art Association! Sign up in the Art Studio. We've got a great year planned!

Computer Club

By Aubrey La Foy

What a deal! Membership in the Leisure World Computer Club is only $10 per manor. The Computer Club does not meet during the summer but will be in full force Monday, October 1, 2018 at 9 a. m. in the Rec. 1 Ballroom. There will also be donuts, coffee or tea. President Elaine Prom will preside. The Club has speakers each Monday morning to assist and provide information relating to computers, printers and gadgets for our members.

The Leisure World Computer Club strives to keep its members up-to-date and assists with computers, printers, smartphones, gadgets and iPads. The Club also monitors and assists residents and visitors in the Computer Lab at Rec. 1. We also maintain a classroom with 20 computers and a projector. A member of the club receives a reduced fee for classes. The classes are conducted by Leisure World Computer Club members. We also have a wonderful selection of movies for you to check out.

We look forward to the coming year and strive to obtain great programs and classes in the ever-changing computer and gadgets world. The smartphone will keep us busy. I have an Apple and tapping on the display that has the Compass, Contacts, Find Friends, Voice Memos and Tips can keep you busy and enlighten your ability to use the smartphone.

The officers for 2018-2019 are: President Elaine Prom, Vice President Alan Yapp, Secretary Pat Billingsley, Treasurer Jackie Anderson. Board members are Carolyn Vickerman and Mike VanDernoot.

Friday Afternoon Open Sewing

Submitted by Carolin Lowy

The Friday Afternoon Open Sewing is an informal group of folks who enjoy working with fabric, needles and thread. We meet from 1 - 3 p.m. in the afternoon at the Queen Card Room in Rec. 1. Projects included are embroidery, cross-stitch, needlepoint, quilting and even mending. Check with Carolin Lowy at 480-641-4626 to confirm we will be gathering.

Friday Morning Knitters and Crocheters

Submitted by Carolin Lowy

Friday morning is a group of residents that meets in the Queen Card Room in Rec. 1 to create a variety of items, most of which are donated to various charities. Scarfs, hats—yes, it does cool down here in Arizona—baby blankets, sweaters, dish cloths, hot pads, etc. Our only criteria is the use of yarn, needles, hooks or looms. If you've never tried to knit or crochet, we will help you get started. Need help with a pattern? We can offer all sorts of suggestions. We also have some supplies that we are happy to share.

A new activity enjoyed by all is going to The Rendezvous Café for lunch. Friday's menu includes fish and clam chowder, a good way to end the week. Stop by and see what we are enjoying. For more information, contact Carolin Lowy at 480-641-4626.

Green Bananas

Green Bananas is an investment club which meets the second Wednesday of every month at 1 p.m. in the Theater. Members learn about stocks and how to invest. This year so far, our club members have earned 24 percent on their portfolio. If you want to be part of our club as a member or visitor, please feel free to attend our next meeting. We welcome all new members.

Jewelry/Lapidary Club

Submitted by Colleen Bodnar

I hope everyone is dealing with the heat. Over 100° is a little hot for me. A full array of classes will resume in the fall. If you are interested, come in November and sign up, classes fill up very fast. Class instruction time may be in the morning, evening or Saturday. If you are not a member, our yearly dues are $20.00 which are payable at the time you take the class, along with the class fee, determined by the teacher.

Our next general meeting will be Tuesday, November 13, 2018 at 7 p.m. in the Jewelry/Lapidary shop. Our meetings are held the second Tuesday of the month. All interested residents are invited to join us. Hope you will come by the shop for a tour or attend our meeting to learn more about jewelry and lapidary possibilities.

Leisure World Lions Club

The Leisure World Lions are happy to again offer the mailbox painting service starting in October 2018. For a small fee, Leisure World Lions team members will clean, paint and affix numbers to your mailbox. The painting includes the pole, crossbar under the mailbox, mailbox and flag. Newly painted mailboxes add a complete look to your manor and beautifies the community. The mailboxes are painted black per the Leisure World Architectural Control Committee specifications. All monies collected are used to support charities associated with the Lions Club. The fee for painting is only $20 per mailbox and $25 for painting and affixing new numbers. For this service or any questions, please contact Joy Kosterman at jkost@tds.net. More details will be communicated later this fall. Thank you for supporting the Leisure World Lions Club!

Oil Painting

Submitted by Lori Pilato

Beginner and intermediate oil painters welcome! We will be using water-mixable oils for easy clean-up and no toxic fumes! Classes will be held all summer and through the month of October in the Art Studio on Thursdays from 9:30 a.m.- 12:30 p.m. There is a nominal fee of $10 per class. A list of supplies needed is posted on the bulletin board in the Art Studio. Join us for a fun time! For more information, contact Lori Pilato 480-702-9586.













Clubs

Pottery Club

Submitted by Bonnie Rausch

You still have time to tackle a mug or bowl at the Pottery Studio before the snowbirds return. There's plenty of space to work and you would have the instructor's undivided attention in the comfort of an air-conditioned room. Leisure World residents who would like to try pottery are invited to join us on Monday and Thursday mornings 9 a.m. to noon. New students pay $5 for 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.

LW Quilters

Submitted by Carol Stickling

The Quilters will be meeting in September on Thursdays from 9 a.m. - 12 p.m. in the Sewing Room or the King Card Room. We will continue working on baby quilts, table runners and donation quilts. If you need a gift for a new baby, wedding, birthday or hostess gift, we have quilts of all sizes for sale. We also have table runners and placemats. Come to the sewing room on Tuesdays or Thursdays to view what we have available. We always welcome new quilters to our group. For more information, contact Merrilly Strom at 480-699-9352 or Linda Phar at 480-510-0498.

Republican Club

By Diane Andersen

"A government big enough to give you everything you want is a government big enough to take from you everything you have." - Gerald R. Ford

By the time you read this, the 2018 Primary Election will have been held and our choices known. In the coming months, the efforts of this club will include booking the candidates who have won the Primary Election and will be on the General Election Ballot in November.

Political yard signs for most candidates are now available and free of charge. Call Gene Klund at 480-985-5705 for sign delivery and/or installation. Be a good citizen and display the signs of your chosen candidates and be a good resident and follow the Leisure World signage rules. You may look up the law on signage, etc. It is Senate Bill 1482, ARS 22-1261.

We encourage all residents to attend our monthly events, regardless of party affiliation.

Although a person does not need to be a club member to attend the meetings, we encourage you to join and pay a small annual fee of $5. The fee goes a long way toward paying the cost of holding the monthly meetings.

For questions or suggestions, please contact Diane Andersen at 480-395-5515.

San Tan Investment Club

Submitted by Shelly Begel

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

During the season, the club meets every third Thursday of the month in the Computer Lab Classroom at 9:30 a.m. The next meeting will be on Thursday, Oct. 18.

For more information, contact Alan Forbes at 808-497-8109. You can also just come to our next meeting!

Twiddlers

Submitted by Carolin Lowy

During the hot summer months. Twiddlers have been keeping cool indoors, finding time to create many interesting items using needles of various shapes and sizes. We are knitting, crocheting, do loom work, amazing hand embroidery, dressmaking, etc. Stop by the Queen Card Room at Rec. 1 any Monday morning from 9 a.m. - 11 a.m. and see what we are all about. Better still, bring something to work on. The only requirement is the use of a needle or needles. If you need help, suggestions or supplies, Twiddlers can help. For more information, contact Carolin Lowy at 480-641-4626.

Woodworking Club

Submitted by Judy Jackson

September is a slow month for the woodshop, but we are keeping busy preparing the shop for our fall season and returning members. We have had numerous shop improvements including a new timer switch for the downdraft table, a new router table lift and reorganization. The dollhouse project is still a work-in-progress.

If you are interested in joining the woodshop, please stop by and visit. We would be happy to show off our wonderful work areas. We also have clinics for new members and beginning woodworking people. Check our postings in the shop or speak to the monitor on duty for more information. You can also visit our new website: https://sites.google.com/view/lwwoodworkers/navigation.

Zoomers

Polish up those shoes, mark your calendars and get ready for a fun-filled season. All events are open to all Leisure World residents and guests.

All events, except New Year's Eve are $25.00 per person, which includes, dinner, dancing and surprises. Tickets are available at the RE/MAX Classic office. For any questions, call Babs at 480-225-4308.

New Year's Eve
December 31, 2018
Rec. 1 Ballroom 7 p.m. - midnight
Dinner: Prime rib and salmon
Cost: $50 per person
Music: Soul Impression

Street Dance
March 23, 2019
Rec. 1 Parking Lot 5 p.m. – 9 p.m.
Dinner: BBQ and BYOB and mix
Band: Johnny K and Kompany

Sports Clubs

Tennis Club

Submitted by John Latus

We would like to invite our summer residents to join the Tennis Club! If you've ever thought about playing tennis, now would be a good time to start. The courts are available in the off season. Try them out with family or friends. It's a fun activity that you can continue for the rest of your life.

You might also consider joining the Tennis Club. It's a very social group with over 300 active members and parties throughout the season. We offer free lessons through our Tennis Academy on Wednesdays every week at 1 p.m. from November to April. You can use the skills you develop there in many ways. You can then continue playing on your own. You can participate in structured social round-robin tennis or just play "pot luck" tennis any weekday. You can even ask to be assigned a team to play league tennis. Just show up. Your skill level doesn't matter—it's all about having fun.

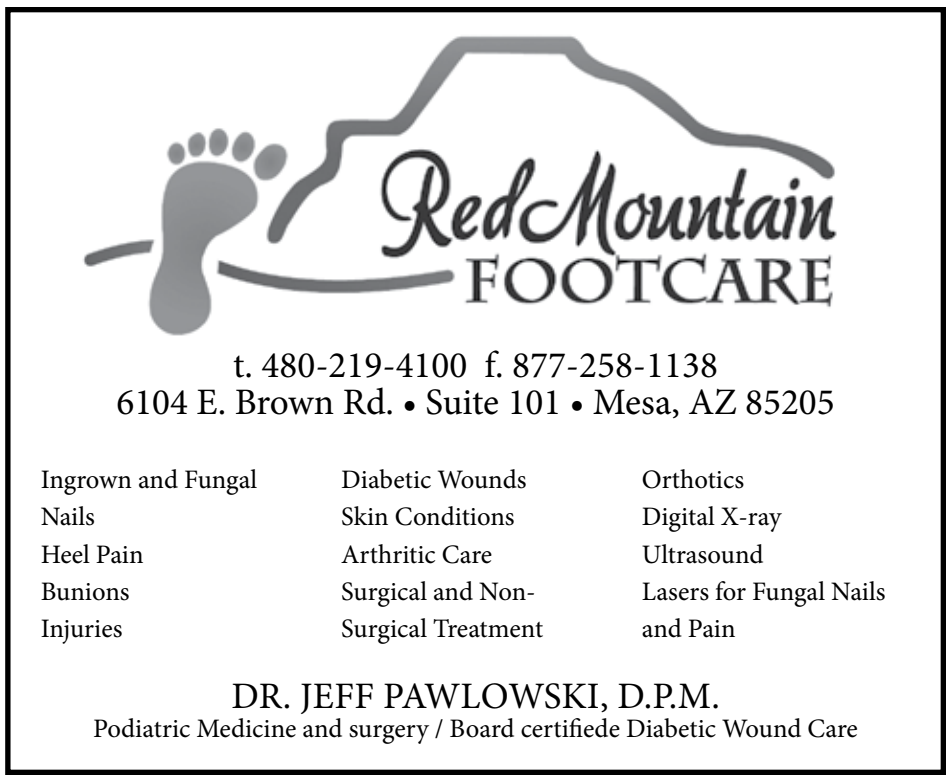
Whatever you choose, you'll be sure to make new friends and have a lot of fun. If this sounds right for you, why not join our club today? For more information, visit our website:
https://sites.google.com/site/lwtennisnew/.











Music and Dance Clubs

Casual-Aires

Submitted by Allen Cziok

Have you heard about the Casual-Aires Dance Club? We are the increasingly popular sponsors of rock 'n roll and country music dance parties during the winter season in Leisure World.

As our name suggests, our events feature a casual dress environment. Still, we offer a delicious catered dinner served at your table. The evening continues with the music you know and love for dancing and listening.

The bands we choose tend to be crossover groups that play a mixture of Rock and County favorites. You will find many of your friends are already members.

Though we have a loyal membership, we invite any Leisure World residents to attend our events for just $35 per person. I invite you to give us a try this season. Our first dance will be on Saturday, November 10, featuring the Johnny K & Kompany band.

Dave and Rose Elkei comprise our membership team. For more information, contact them at 480-218-8371.

Chorus Club

Submitted by Bruce Collier

Next month, your Leisure World Chorus kicks off its fall rehearsal schedule on October 9, 2018.

If you are a choral singing fan and you like to sing in groups, we offer a wonderful opportunity to join us!

We are especially receptive to hearing from bass and baritone men. And if you read music, that's a plus.

Our concerts in December will be your best entry into this year's holiday spirit.

Check out our concert music:

1. Winter Wonderland
2. Baby It's Cold Outside
3. Christmas in Country Style
4. Grown Up Christmas List
5. Jingle Bells Through the Ages
6. Fa, La La, La , La
7. Christmas Alleluias
8. Bell Carol of the Kings
9. African Noel
10. Come See the Baby
11. A Whisper, A Candle, A Promise
12. A Carol Celebration
13. Hallelujah Chorus

Come see what we're doing, beginning Tuesday, October 9 from 1 p.m. to 3 p.m. All rehearsals take place in the Music Room located in the back of Rec. 2, near the pool. We look forward to meeting you!

Moonlight Serenade Dinner Dance Club

Submitted by Clarice and Joe Chism

"The leaves of brown came tumbling down, remember, in September in the rain. The Sun went out just like a dying ember, that September in the rain." - Lyrics from September Song

The song lyrics remind us that the fall season has arrived with not only rain, but vibrant leaves and harvest moons as winter visitors, vacationers arrive to prepare for the 2018-2019 sensational season in Arizona and especially in Leisure World!

Welcome back everyone!

A wonderful highlight of the new season is the Moonlight Serenade Dinner Dance Club. Dinner dances are spectacular evenings of great orchestra music for dancing or listening with a superb sit-down dinner All are welcome! If you are not a member, join now, we have a few openings!

Evenings are held in Hopi ballroom with doors opening at 5 p.m. and dinner served at 6:30 p.m. As the beautiful September sun sets, guests arrive in their finest evening wear of tux/tie and evening dress. Lovely theme decorated room awaits the dancers for dinner. BYOB with setups provided.

Mark your calendars for Saturday, Nov. 17, where Myron Sommerfeld will be the feature orchestra! Also note the following date: Thursday, Jan. 24, Thursday, Feb. 21 and Saturday, March 16.



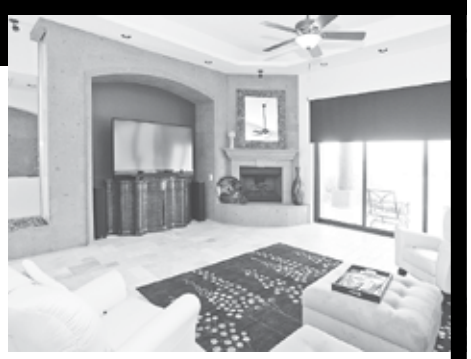
Dues are $240/couple for entire year! What a bargain for of four nights of dinner and dancing! Guest couple: $70 Singles: $35. Mail your check to: Shirley Rake (Membership) 1560 Leisure World, Mesa, Az 85206 or Ron Litzenberger (President) 2596 Leisure World, Mesa, AZ 85206. For more information, email moonlightserenade@cox.net or visit our website: http://moonlightserenade.yolasite.com.

Our staff are: Ron and Kathy Litzenberger, Mike and Diana Sheridan, Joe Quinn, Sandi and Dan Schneider, Keith and Virginia Ougden, Shirley and Elwood Rake, Danna and Howard Standage, Dean and Anne Vig, Clarice and Joe Chism. They promise another season of the best evenings in Leisure World!

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Card and Game Clubs

Bunco

Congratulations to our August winners: Laura Krever, Peter Morin, Joyce Kern, Steve Bourque, Florence Pesce, Peggy Larson, LaRaine Steffel and Helen Salak. Everyone had a fun time despite the big dust storm that evening.

Everyone is welcome to join in on our Bunco night. We play all year-round. Our Bunco group meets the first Thursday of the month in the King Card Room. Our next Bunco date is Thursday, September 6. It's September already? Where did the time go? Hope everyone had a great summer!

We start right at 6:30 p.m., so please arrive early. We always have a fun evening. The cost is $3 per person to play. Please bring exact cash/nothing larger than a $5 dollar-bill, please). All money collected is paid out in cash prizes. Six cash prizes total. If you have never played Bunco, it is an easy dice game. No experience necessary, just come and have fun. We are set up for 40 players max, including men and women. Bring your own drink. Wear your Leisure World name tag if you have it handy. No need to RSVP.

For more information, call Patti Okoniewski at 480-474-8115.

Scrabble Club

Submitted by Carolin Lowy

All summer, a devoted group of Scrabble and Upwords players meet at the Lakeside Club House in Rec.1 on Monday evenings with games starting at 6:30 p.m. We have played through the various summer storms: thunder, dust and rain do not deter us. We play strictly for fun and have extra support of the official Scrabble dictionaries and word lists which provide amazing help. The club meets year-round. As long as a couple of residents show up, the games proceed. We welcome all and have a fun evening.

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

Thursday Morning Ladies Billiards

Submitted by Carolin Lowy

September is still hot in Arizona. Need to get out of the house for a morning of Billiards? All ladies are welcome to join in the informal playing of pool. We start games at 8:30 a.m. are done by about 10 a.m. All skill levels are encouraged to come. If you've never picked up a cue, we will help you get started.

The recently restored Billiard Room with much improved lighting is worth a visit. Hope you come by!

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



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ASTROLOGY

September Horoscope

ARIES (March 21 to April 19)
There might still be some uncertainty about the decision you made. But a quick check of the facts should reassure you that you're doing the right thing.

TAURUS (April 20 to May 20)
The tidy Taurean needs to be a little more flexible about accepting some changes to those carefully made plans. You might be pleasantly surprised by what follows.

GEMINI (May 21 to June 20)
Consider stepping away from your concentrated focus on your new project for a bit so you can get some perspective on what you've done and where you plan to take it.

CANCER (June 21 to July 22)
The understandably angry Crab might not want to accept the reason why someone might have tried to hurt you. But at least you'll have an insight into why it happened.

LEO (July 23 to August 22)
There might be some facts you still need to know before leaping onto center stage. Best to move carefully at this time so that you can observe what's happening around you.

VIRGO (August 23 to September 22)
It's a good time to expand your outlook by getting out and around, whether you do some long-range traveling or just explore the great things to see closer to home.

LIBRA (September 23 to October 22)
Your wise counsel continues to be needed as that family situation works itself out. Meanwhile, the decisions you made on your job begin to pay off quite nicely.

SCORPIO (October 23 to November 21)
Your job situation brightens thanks to all your hard work. Now, spend some time repairing a personal relationship you might have neglected for too long.

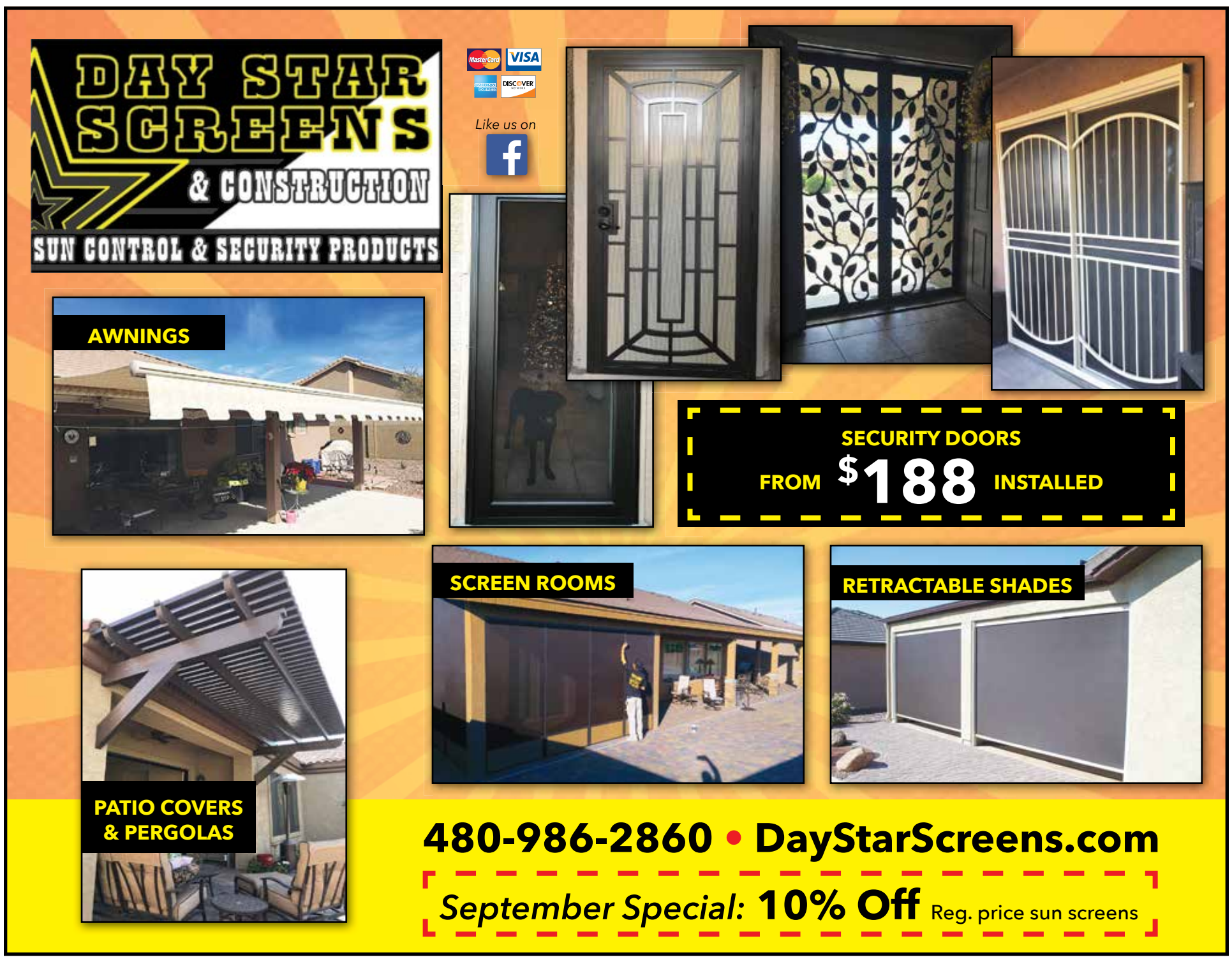
SAGITTARIUS (November 22 to December 21)
Aspects favor action in the workplace. Line up your facts and show your superiors why you're the one they're looking for.

CAPRICORN (December 22 to January 19)
Your hard work pays off on the job. Personal relationships also can benefit from more of your time and attention. Spend the weekend with loved ones.

AQUARIUS (January 20 to February 18)
Early feedback on your project might be disappointing. But don't be discouraged. Use it to make needed adjustments, then submit it to your superiors again.

PISCES (February 19 to March 20)
Flattery could lure the otherwise sensible Fish into making an unwise decision. Be careful. All that praise might be an attempt to reel you in before you can learn the facts.

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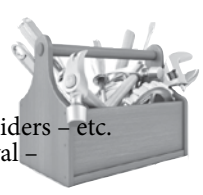
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"Try to tune out the crowd, Otis... especially your mom."

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length varies

SUPER CROSSWORD

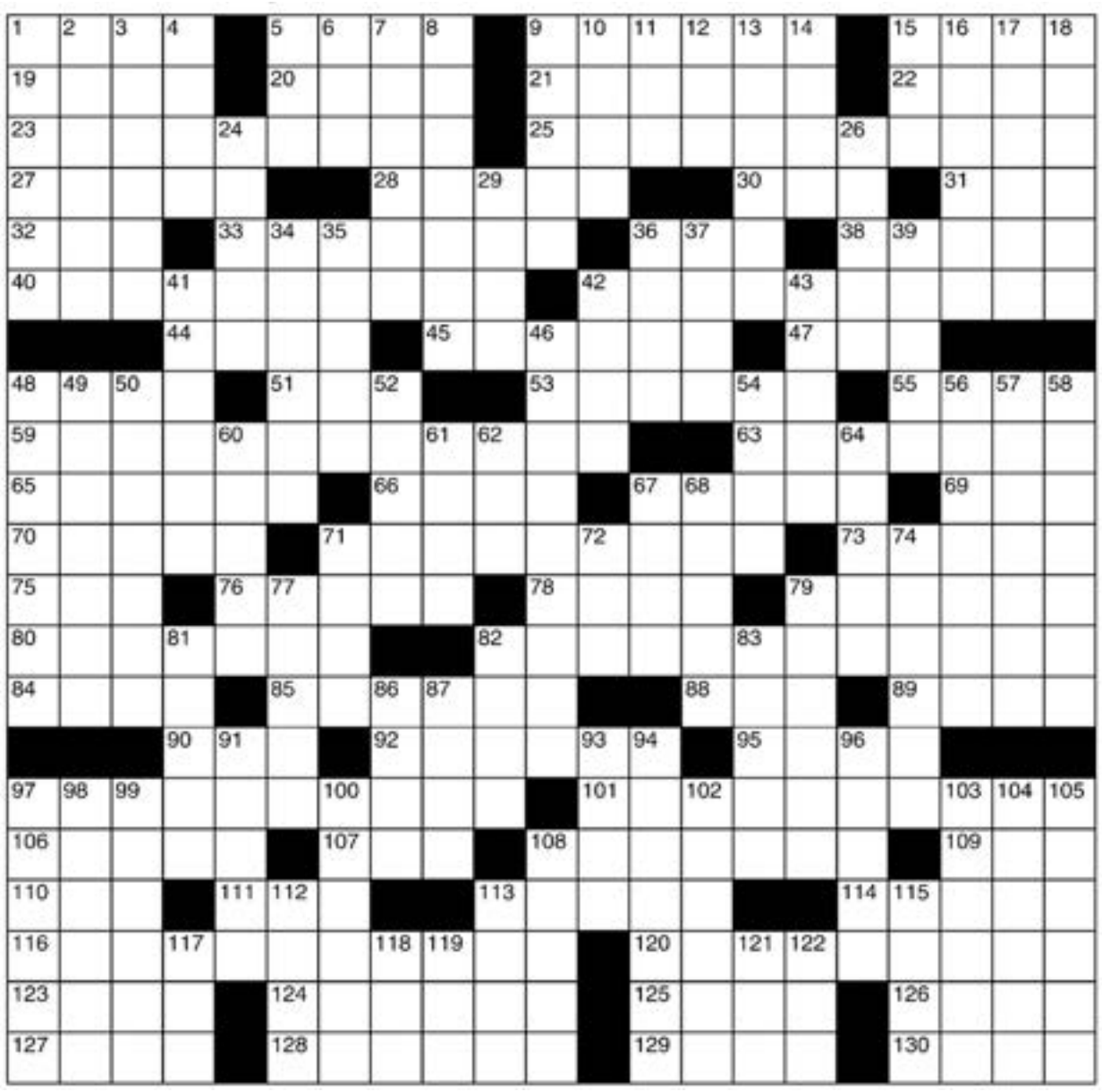
Supermarket Openings

ACROSS

1 Really hurt
5 Sauce brand
9 A Nixon daughter
15 Hacking it
19 Alan of film
20 "... hear -- drop"
21 Showing on television
22 Move heavily
23 Krispy Kreme treats
25 Campbell's product
27 "-- vincit amor"
28 Left dreamland
30 Ireland's -- Lingus
31 China's Mao -- -tung
32 Aficionado
33 Sorrow
36 Longtime "Family Circus" cartoonist Keane
38 Entertainer Merman
40 Kellogg's cereal
42 "Pep O Mint" brand
44 Whoop
45 Tall buildings
47 Bowl stats
48 Times to remember
51 HP or Acer products
53 With 72-Down, purring pet that doesn't go outside
55 River of Aragon
59 Stadium snacks
63 Attach, as a sequin
65 Bull battler
66 Objectivist Ayn
67 Back of a 45
69 Course: Abbr.
70 "Ran" director Kurosawa
71 It's baked in a tube pan
73 Marine milieu
75 Advent mo.
76 Hoity- --
78 Mata -- (Garbo role)
79 Run, as an art exhibit
80 New Jersey borough east of Paramus
82 They're often pimiento-stuffed
84 End of a 1/1 song
85 Strip, in a way, as shrimp
88 Some drops on crops
89 Untidy state
90 Extra charge
92 Generational disparity
95 Church part
97 Deep-fried side
101 Trattoria entree
106 "You got it!"
107 Orthodox beginning?
108 19-season Yankee Rivera
109 Succor
110 TGIF's "I"
111 Fond du --, Wisconsin
113 Big name in drug indexes
114 Chose (to)
116 Ingredient in a Cuban sandwich
120 Supermarket chain only selling items like the 10 featured in this puzzle?
123 Leaning Tower locale
124 Banish
125 Liveliness
126 Ballet wear
127 Director Preminger
128 Potato chips, in London
129 Cuts, as logs
130 "Hold it!"

DOWN

1 Fraud figure Bernard
2 Slugger Roberto
3 "Search me"
4 Wise trio
5 Oversaw
6 Kwik-E-Mart operator
7 1980s brand of jeans
8 Like dirty floors
9 To-do list
10 Fully mature
11 Writer Levin
12 Camel, e.g., for short
13 Gulp down quickly
14 "Permit Me Voyage" author
15 Relevant
16 Joyous
17 Less binding
18 Ford flops
24 Hurry
26 Walk along
29 -- buco (Italian dish)
34 NFL luminary
35 "La -- Vita"
36 Emu or owl
37 In the event that it's true
39 RCA product
41 Pearl producer
42 SLR's "L"
43 Treasured violin, in brief
46 #1 hit for the Troggs
48 Spanish political units
49 Breeding colony of penguins
50 Eritrean, e.g.
52 Proud walk
54 Sheriff Taylor's son
56 Rob (of)
57 Spins
58 Fusing result
60 Ramble on
61 Madcap
62 Get finished
64 Capital of South Korea
67 NFL's Starr
68 Did slaloms, say
71 Digestion aid
72 See 53-Across
74 Yalta's peninsula
77 Less young
79 It may hold Holsteins
81 Clear up, as a mirror
82 Slapstick fight missiles
83 "Strawberry Wine" singer Carter
86 Windmill part
87 Kellogg's cereal
91 Hydroxyl compounds
93 On -- with
94 Settles (on)
96 Parody
97 San Luis --
98 Dodo
99 Demand
100 Six- -- (sub shop sandwich)
102 Inventor Tesla
103 Didn't play in the game
104 Linked with
105 Tallies
108 Bumps into
112 "T.N.T." rock band
113 No. on a new car's sticker
115 Paunches
117 -- Tome and Principe
118 Commercial start for Pen
119 Series of Canon cameras
121 Trial concern
122 Jr. officer



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Sudoku

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

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

Word Search

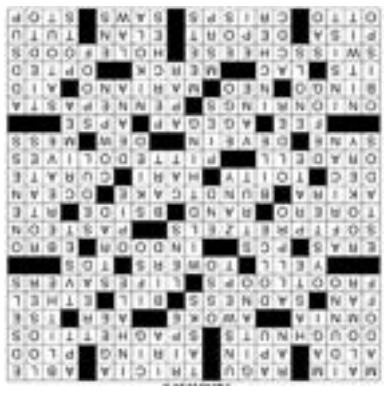
Fall

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

AUTUMN
CORNUCOPIA
GOURD
HALLOWEEN
HARVEST
HAYRIDE
LEAVES
MAIZE
NOVEMBER
OCTOBER
PUMPKIN
RAKE
SCARECROW
SEPTEMBER
THANKSGIVING
TURKEY

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Puzzle Answers



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

Life Tributes



Bernice Colvin

Bernice Colvin age 96, died at home in Leisure World on Dec. 4, 2018. Bernice and her husband Ray were married on Jan. 11, 1943 in Los Angeles, California, where they lived for almost 50 years. They went to the same schools from first grade through junior college. In January, they celebrated their 75th wedding anniversary.

Bernice and Ray moved to Leisure World in October 1990. They believed it was the best move that they ever made. Bernice was feisty and a real competitor. She liked to bowl play and Blackjack. She was also an expert seamstress.

Bernice was laid to rest at Eden Cemetery, in Eden, Arizona, only two blocks north of the home where she was born. She is survived by her husband, Ray, her two brothers Steve and Keith Marshall, and many Leisure World friends.



Wilma Kuhn

Wilma Kuhn was 99 when she passed away on July 8, 2018. She was married to Ed Kuhn and lived in Leisure World for approximately 30 years. She was an avid bridge player and bowler, but her love was golf. She loved living in Leisure World and stayed 14 years after Dad passed. She moved back to Missouri in 2012 and enjoyed her life at Breeze Park Lutheran Senior Center. She had a son in California and a daughter in Missouri, including several other family members there. She will be dearly missed!



Mary E. Morris

Mary Elizabeth Morris, 94, died on July 31, 2018. She went to be with her husband, Conrad "Connie" Morris, who passed away in 1993, her son, Gary Alan Morris, who passed away in 2010, and her daughter, Patricia Ann Morris, who went to be with the angels in July 2017, the month Mary moved into assisted living at The Citadel.

Mary, daughter of Lawrence and "Jessie" Whalen of Rockland, Massachusetts, worked in administration at the Naval Air Station South Weymouth, Massachusetts, and as a legal secretary before she married "Connie" Morris on June 17, 1945.

Mary moved into Leisure World in December 2002 and lived there independently until July 2017, when she was 93. She loved decorating her golf cart and driving it in the annual holiday parade while she was still able. She was a member of Red Hat Society for a short time. Mary was born on New Year's Eve 1923 in Brockton, Massachusetts.

Mary devoted the next 73 years of her life to loving, raising, and caring for her family. In August 1961, the six-member Morris family piled into their 1958 Chevrolet station wagon and moved from Massachusetts to Arizona for health reasons. They settled in northwest Phoenix and in 1972 moved to Tempe. After Connie's passing in 1993, Mary volunteered at Desert Samaritan Hospital (now Banner Desert Medical Center) in Mesa and was active for a short time in Ladies' Sodality at Resurrection Catholic Church in Tempe.

Mary is survived by her two oldest sons, Jeff Morris, of Brentwood, California, who lives in Leisure World part-time, and Robert Steven Morris, of Mesa, Arizona, her grandson, Scott Morris and grandchildren Amelia and Henry Morris of Phoenix, her brother, Lawrence Alan Whalen of Marshfield, Massachusetts, and her sister, Maureen Palmer of Hanson, Massachusetts.

A celebration of Mary's life will be scheduled at Leisure World. Interment was at Queen of Heaven Catholic Cemetery in Gilbert.



Edgar K. Epp

Edgar K. Epp, age 86, passed away on June 5, 2018 in Lakewood, Colorado. He was born November 8, 1931 in Newton, Kansas to Jake and Martha Epp. He graduated from Newton High School and attended Bethel College in North Newton.

In 1951, Ed joined the Navy. Following his military service, he graduated from the Oklahoma University. With his engineering degree, he worked for the U.S. Bureau of Reclamation in Denver for 30 years before his retirement.

Ed was Leisure World winter visitor for 22 years. Most days, you would find him at the Rec. 1 swimming pool or playing volleyball. Ed had a passion for classic cars and enjoyed driving around town. He also enjoyed watching the Denver Broncos and any OU games.

Ed is survived by his wife, Berene and son, Charles Epp (Janice), of Mission, Kansas and a daughter, Karen Sonnier of Arvada, Colorado. There are three grandchildren: Matt Sonnier of Thornton, Colorado, Kelly Sonnier of Golden, Colorado and Amy Epp of Topeka, Kansas.



Lloyd Mathison

Lloyd Mathison, a faithful soldier in the service of dear Lord Jesus Christ, was promoted to glory on Wednesday, August 8, 2018. He was born in Madison, Wisconsin on November 25, 1936, and is predeceased by his twin brother, Loren and older brother Don.

Lloyd is survived by his loving family, wife, Karin (Pene), four children, David Mathison (Andrea), Diane Ellison (David), Don Mathison (Lisa), Debbie Cates (Ken) and step-children, Erik Modahl (Diane), Dennis Modahl (Evelyn) and Deena Bigelow (Ted), grandchildren Heather, Sarah, Sasha, Jayson, Melissa, Rosemary, Trevor, Brianna, Daniel, Stephanie, Christine, Joseph, Sevryn, Emmi, Daniel, Katie, Karryn, David, and eight great-grandchildren, numerous cousins and extended family and many wonderful friends.

Lloyd joined the U.S. Army in 1956, proudly serving our country for three years. He was a Boy Scout Leader, Captain of the "Odyssey" and a Sea Scout sailing vessel and living in the Northwest. Lloyd became an avid skier, adventuresome pilot and competitive sailor. His last sailboat, "Morning Star," became a vehicle for escorting friends and families on jaunts around Puget Sound.

Lloyd was a building contractor, active in the Home Builders Association for 36 years, building custom homes and small businesses. Upon retiring, he used these skills to build and direct remodeling of numerous buildings for The Salvation Army. He had a great love for The Salvation Army, their work in the communities and dedication to the betterment of humankind.

In 2007, Leisure World Arizona gained two new residents, Lloyd and Pene. Through a love of woodworking, golf and cards (he was a great bluffer!), it wasn't long before Lloyd had many wonderful friends.

Lloyd was an energetic and fun person. His laugh was contagious. He rose from being a foster child to a huge contributor to society and loving the Lord, his family and numerous friends. Many times, Lloyd would say how blessed he was to have the opportunities and experiences in this life. And we are blessed to know and love him.

A worship service for Lloyd was held on Aug. 25, 2018 at The Salvation Army Mesa Citadel Corps. If you wish, donations may be made in his memory and sent to The Salvation Army Mesa Citadel Corps, P.O. Box 4106, Mesa, AZ 85211.



Steve Kilby

Steve Kilby, aka "Big Red," 74, beloved husband, Dad, and grandad, was welcomed home by our Lord on Tuesday, May 22, 2018 in Mesa, Arizona. After battling four different types of cancer for the past 12 years, he did not lose his battle, but rather the Lord rewarded him with a well-deserved rest.

Steve was born in El Paso, Texas on July 21, 1943 and was brought home to the Kilby family farm in Brazito, New Mexico. He attended Las Cruces High School and graduated in 1961 and went on to study Engineering at NMSU. He volunteered to serve his country in 1964 entering the U.S. Army and was stationed at Ft. Hood. He eventually transferred to the New Mexico National Guard as full-time training staff. Staff Sergeant Kilby proudly served in this capacity until his retirement 18 years later.

In 1987, Steve married Diana and these lovebirds began their 31-year adventure of a lifetime. Eventually becoming full-time RV'ers in 2008, they travelled across the continental United States and Alaska.

Steve is survived by his wife, Diana Kilby, of Mesa, Arizona, son Rick Kilby (Lory) of Everett, WA, daughter Lisa Butler (Tim) of Las Cruces, daughter Valerie Vigil (Jeremy) of Aptos, California, son Jovian Vigil of Glenwood Springs, Colorado, his beloved grandchildren Aaron, Rebekah, Myles, Gavin, Danilo, Hunter, Anya, and McKennah, as well as his siblings, Bobby Kilby of El Paso, Texas, Jimmy Kilby of Las Cruces, New Mexico.

Military honors and internment were held Friday, July 20, 2018 at Hillcrest Memorial Gardens in Las Cruces, New Mexico, followed by a Celebration of Life at Calvary Baptist Church.

Memorials may be sent to a local hospice or to Colorado Children's Hospital where his 3-year old great-nephew, Kannon Wood, is being treated for Acute Lymphoblastic Leukemia. Make donations by going to www.childrenscoloradofoundation.org or mail to: Colorado Children's Hospital, 111 S. Trejon Street, Ste. 309, Colorado Springs, CO 80903.



Richard English Long

Richard English Long, 77, passed away on August 4, 2018. He is survived by his wife Deanna, brother Bruce Long and sister Janet Ford, his children Andrew (and Julie) Long, Wendy (and Kevin) Lamb, and two grandchildren, two step-grandchildren and two step-great-grandchildren.

Richard was raised in Mason City, Iowa {Go 59'ers), always celebrating Meredith Willson's "the Music Man." He graduated from Iowa State University on February 29, 1964 and took a five-month trip to Europe. He began teaching mathematics and chemistry in Covina, California.

Richard married Deanna on March 18, 1967 in La Verne, California. Master's in Chicago at IIT, and off to DOD schools. He taught at W.T. Sampson High School in Guantanamo Bay, Cuba for six years where both children were born. Then two years at Camp Zama, Japan; three years near Eldon, Missouri where he accepted Jesus, followed by three years at Morrison Christian Academy in Taichung, Taiwan. Richard came back to the states teaching two years in Austin, Nevada, one year in Lanakila Baptist School in Hawaii, finally landing in Riverside, California for 16-and-a-half years. His students loved him.

Richard retired and was living in Leisure World since 2003. He loved building structures from rough lumber. His favorite job was Granddaddy Nanny! He acted in Leisure World plays and enjoyed being MC for the annual Barbershop Belles Show. He and Deanna celebrated their 50th wedding anniversary was celebrated. Richard always had a smile! He will be greatly missed!

KARAOKE NIGHTS!

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LIFESTYLE

Recreation, Wellness and Golf



New Fitness Classes!
Page B11

Afternoon Delight

Thursday, September 20 • 2 p.m.





Rec. 2 Hopi / Pima Rooms
The treat: Banana Split
The entertainment: Bobbie Freeman, organist for the Arizona Diamondbacks, brings his talents and his "Charge!" rally cheer to Leisure World. What more could you ask for! Maybe mud pie! Don't miss out on a treat like this! Fresh fruit cups in place of banana split available, if requested when you purchase your ticket.

Remember: Event is open seating with no seat-saving. Tickets on sale in the Rec. Office Tuesday, September 4.
Tickets only $4 each!

Inspiring Wellness Retreat

Active Aging Week
September 24 – September 28, 2018

Cost: FREE!
RSVP Fitness Center

Come on a week-long Inspiring Wellness Retreat in celebration of National Active Aging Week. Your Fitness professionals have put together core elements that will inspire you to take control of your life.

Monday - Better Together! ***(Social)***
12:00 p.m. - 1:00 p.m. Rec. 1 Ballroom

Tuesday - Strength to keep going! ***(Strength)***
12:00 p.m. - 1:00 p.m. Rec. 1 Classroom

Wednesday - Move Better! ***(Mobility)***
12:00 p.m.-1:00 p.m. Rec. 1 Ballroom

Thursday - Making life easier! ***(Cardio)***
1:00 p.m. - 2:00 p.m. Rec. 1 Ballroom

Friday - Peace of Mind! ***(Meditation and Celebration)***
12:00 p.m. - 1:00 p.m. Rec. 1 Ballroom

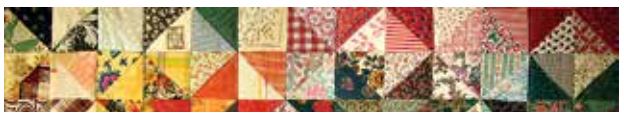


Celebrate Labor Day

The Leisure World Professional Golf staff invites you to our 7th Annual Labor Day Tournament on Monday, September 3, 2018.

Format: 4-Person Modified Scramble
When: 7 a.m. Shotgun Start
Where: Heron Lakes Golf Course
Cost: $15 per person
Lunch: Hotdogs and hamburgers following the round

To sign up or for any questions, please contact the Heron Lakes Golf Shop at 480-664-0761.



Attention all Crafters!

Wednesday, October 3 • 2 p.m.

Important Exhibitor Meeting for the Fine Arts and Crafts Fair. Anyone interested in exhibiting is encouraged to attend. The meeting will be held in the Lakeside Clubhouse. Forms and fliers will be handed out at meeting.
Fair Date: Saturday, November 17, 2018



Last Chance for Performing Arts Series

Season tickets on sale until Sept. 14, 2018

All shows are booked for the next terrific season of entertainment in the Performing Arts series. In addition to the six shows (two each January, February and March), we have two great pre-season shows (one in November and one in December). A brochure highlighting each act and the season ticket pricing is available in the Recreation Office.

Remember, by purchasing season tickets, you will get a discount off single seat ticket prices. In addition, you'll enjoy the convenience of having all your tickets in advance and the comfort of the same seat per show. Again, brochures with shows, details and pricing are available in the Recreation Office.

A Simple Daily Exercise Routine

Everyone needs exercise, but not everyone does it. According to the American College of Sports Medicine, adults should exercise at moderate intensity for about 150 minutes per week or about 20 minutes of vigorous activity three times per week.

By committing to a regular and varied exercise routine, you will gain numerous health benefits. Exercise bolsters the immune system, reduces bad cholesterol, promotes circulation and prevents heart disease.

Exercise also improves mental health. A study from the University of British Columbia shows that regular aerobic exercise such as walking, swimming and dancing, increases the size of the brain's hippocampus, which helps with learning and verbal memory. Regular exercise also promotes a good mood and sense of well-being. And you'll sleep better, too!

Here are a few simple exercises to get you started:

- **Core Power:** Engage your core–the muscles in your front and back midsection–by lifting one leg out to your side, stopping at a comfortable height from the floor. Hold for 10 seconds. Alternate leg and repeat.
- **Sit and Grow Strong:** Sit in a comfortable chair, place hands on both sides of the seat, clench your stomach and pretend to lift your seat up while sitting. Called an isometric contraction, this technique builds muscle and strength. Do six reps, holding each for six to 10 seconds for maximum benefit.
- **Energize with Cardio Bursts:** Remember during grade school when the teacher stopped the class to exercise? You probably grumbled, but those exercises gave you a quick burst of energy that stayed with you all day. To strengthen your heart, try jumping jacks, jogging in place and push-ups for 45 seconds each with a 10-second rest between them.
- **Condition with Knee Lifts:** Engage your core muscles for overall body conditioning. Lift one knee to waist height or whatever is comfortable without losing your balance. Hold 10 seconds. Alternate legs. Improves balance, stability and strength! If you become unstable, try lowering your knee and focus on an object.
- **Stretch Away:** Stretch your lower back, hamstrings and glutes to ease muscle tension and increase flexibility. Lie down on a comfortable surface and bring one knee to your chest or as close as possible. Hold the pose for 10 seconds. Repeat with the other leg. Don't forget to relax and breathe.
- **Tone it with Sit-Ups:** Sit down on a comfortable surface with knees bent. Recline slowly, keeping your knees in place and return to starting position. This classic "sit-up" tones your stomach and strengthens your core muscles. Ask a friend or family member to hold down your feet for more of a challenge. Do three sets of 10, resting as needed in between sets.
- **Plank it Out**: The plank is a simple pose that provides phenomenal fitness benefits, including a tighter, toned stomach, better posture and even alleviates back pain. Fitness experts tout it as being one of the best exercises you can do! Simply lie face-down on the ground and lift your trunk, using your hands or forearms to hold your body up in a straight line. Hold up to 30 seconds for maximum benefit.



Remember, before you begin any new exercise regime, check with your doctor. If you feel any pain or have difficulty, stop immediately. You may also consider consulting one of our Leisure World fitness professionals to ensure proper technique.

By committing to better fitness habits, you will be healthier and happier! Don't delay, just do it!

Leisure World

Recreation Department



Don't Forget!

Cruisin' through Labor Day

Monday, September 3 • 5:30 p.m. - 6 p.m.

Rec. 2 Hopi/Pima Ballrooms

5:30 p.m. BYO Social Fabulous buffet dinner from Catered by Ed will include chicken sandwiches, hamburgers, potato salad, baked beans, watermelon and root beer floats for dessert. Soda, ice and water will also be available.

5:30 p.m. - 8:30 p.m. Steve Smith's interactive Night Music featuring music you can cruise to, including 50s hits and the Beach Boys.

Come dressed in your 50s best for a chance to win a prize!

Registration Closed

End of Summer Round-Up Potluck BBQ

Wednesday, September 26 • Appetizers and BYO 5:30 p.m. Dinner 6 p.m.



Rec. 1 Ballroom

Time for the big hoedown as Recreation provides everyone's favorite summer treat: Pulled pork with BBQ sauce on the side as your main dish. We will also provide soda, lemonade, water and ice, and you will potluck the rest. Sign up to bring an appetizer salad and rolls, side dish or dessert! All service items will be provided. After dinner, sit back and enjoy the evening visiting with friends.

Deadline: Monday, September 24

Tickets: $4 person



Concert Under the Stars

with the Mesa City Band

Wednesday, October 17 • 7 p.m.

Don't forget to bring your lawn chair with you to the Courtyard at Rec. Center 1 for an evening of music under the stars. Light refreshments served prior to the show.

Pick up your **FREE** ticket in the Recreation Office, available October 1.

First Guaranty Financial

Many thanks to First Guaranty Financial for sponsoring this concert.

All Aboard To Broadway

Announcing Leisure World 2018-2019 Broadway Across America season at ASU Gammage. All shows include roundtrip transportation with show tickets in Orchestra A seating and are on sale now at the Recreation Office. If you are away for the summer, don't worry, you can purchase tickets via credit card by calling the Recreation Office at 480-832-0003 ext. 224. Sign up today, limited seats!

On Your Feet! - $99 per person
November 6, 2018 (T) depart at 6:15 p.m. for 7:30 p.m. show
From their humble beginnings in Cuba, Emilio and Gloria Estefan came to America and broke through barriers to become a crossover sensation at the very top of the pop music world. But just when they thought they had it all, they almost lost everything. On Your Feet! takes you behind the music and inside the real story of this record-making and groundbreaking couple who, in the face of adversity, found a way to end up on their feet.
Deadline: Monday, October 8

Hello Dolly! - $99 per person
January 8, 2019 (T) depart at 6:15 p.m. for 7:30 p.m. show
Tony Award-winning Broadway legend Betty Buckley stars in Hello Dolly!—the universally acclaimed smash that NPR calls "the best show of the year!" Winner of four Tony Awards, including Best Musical Revival, director Jerry Zaks' "gorgeous" new production is "making people crazy happy!" Breaking box office records week after week and receiving thunderous raves on Broadway, Hello Dolly! pays tribute to the original work of legendary director/choreographer Gower Champion—hailed both then and now as one of the greatest stagings in musical theater history.
Deadline: Monday, December 10

Disney's Aladdin - $120 per person
February 13, 2019 (W) depart at 6:15 p.m. for 7:30 p.m. show
From the producer of The Lion King comes the timeless story of Aladdin, a thrilling new production filled with unforgettable beauty, magic, comedy and breathtaking spectacle. It's an extraordinary theatrical event where one lamp and three wishes make the possibilities infinite. Hailed by USA Today as "Pure Genie-Us," Aladdin features all your favorite songs from the film, as well as new music written by Tony and Academy Award winner Alan Menken (Newsies), with lyrics penned by the legendary Howard Ashman (Beauty and the Beast), Tony Award winner Tim Rice (The Lion King, Aida), and book writer Chad Beguelin (The Wedding Singer).
Deadline: Monday, January 14

The Play That Goes Wrong - $89 per person
March 19, 2019 (T) depart at 6:15 p.m. for 7:30 p.m. show
What would happen if Sherlock Holmes and Monty Python had an illegitimate Broadway baby? You'd get, The Play that Goes Wrong, Broadway and London's award-winning smash comedy! Called "a gut-busting hit" and "the funniest play broadway has ever seen," this classic murder mystery is chock-full of mishaps and madcap mania. Welcome to opening night of The Murder at Haversham Manor where things are quickly going from bad to utterly disastrous. With an unconscious leading lady, a corpse that can't play dead and actors who trip over everything (including their lines), it's "tons of fun for all ages" and "comic gold" sure to bring down the house!
Deadline: Monday, February 18

Wicked - $120 per person
April 3, 2019 (W) depart at 6:15 p.m. for 7:30 p.m. show
Wicked, the Broadway sensation, looks at what happened in the Land of Oz…but from a different angle. Long before Dorothy arrives, there is another young woman, born with emerald-green skin-smart, fiery, misunderstood and possessing an extraordinary talent. When she meets a bubbly blonde who is exceptionally popular, their initial rivalry turns into the unlikeliest of friendships…until the world decides to call one "good" and the other one "wicked."
Deadline: Monday, March 4

Leisure World Recreation Department Staff



Rhonda Cap
Lifestyle Director



Pene Mathison
Scheduling/Office Manager



Boyd Harpst
Recreation Facilities Supervisor



Jamie Knowlton
Recreation Programmer



Carla Nicely
Administrative Assistant

480-832-0003 ext. 224 • Hours: Monday - Friday • recreation@lwca.com

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Upcoming Trips and Tours

Pick up your flier and sign up in the Recreation Office or call 480-832-0003 ext. 224 to purchase your tickets via phone.

September 25 (T) Ft. McDowell Casino
Motorcoach Departs 9 a.m. - Free
Come to Ft. McDowell for slots, bingo and lots of winnings. The casino will pick you up and transport you in their motorcoach to the casino. When you give your player card number to Recreation Office prior to departure, you will get $10 in Crown Credits to be redeemed in the designated slots machines in the casino. You'll head for home after Bingo about 4 p.m. No-shows may be restricted from future trips. 18 minimum needed.
Deadline: Thursday, September 20

October 5 (F) Easy as Pie – Apple Annie's in Wilcox*
Motorcoach Departs: approx. 7:30 a.m. $99 per person
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 sweet smells. Lunch with award-winning apple pie is included.
Deadline: Tuesday, September 4

November 6 (T) Gammage Broadway Show - On Your Feet**
Motorcoach Departs: approx. 6:15 a.m. $99 per person
Deadline is fast-approaching! This show takes you behind the music and inside the true story of Emilio and Gloria Estefan. See page B2 for full synopsis of this not-to-miss show.
Deadline: Monday, October 8

November 9 (F) Fountain Festival and Desert Belle*
Motorcoach Departs: approx. 7:30 a.m. $99 per person
The Fountain Festival of Arts and Crafts at Fountain Hills is one of the largest events in the Southwest with hundreds of booths and original fine work of art in every price range. Live music and a scenic cruise aboard the Desert Belle on Saguaro Lake is also included.
Deadline: Monday, October 8.

November 12 (M) Phoenix Veterans Day Parade*
Motorcoach Departs: approx. 7:30 a.m. $99 per person
The Phoenix Veterans Day Parade is a moving tribute to our nation's veterans. The goal of this event is to help our veterans heal and reintegrate back to our society after their military service. There will be seating for the parade. After the parade, your lunch is included, followed by a visit to the Wesley Bolin Memorial Place, located in front of the State Capitol, where several monuments and memorials are located.
Deadline: Monday, October 8

December 2 (Su) Desert Botanical Gardens and Mill Ave Fair*
Motorcoach Departs: approx. 4 p.m. $99 per person
Shop for those one-of-a-kind Christmas gifts at the Tempe Festival of the Arts, one of the Top 100 Classic & Contemporary Craft Shows in the nation. Then enjoy a magical night as the Desert Botanical Gardens come to life with the soft glow from more than 8,000 hand-lit luminaria bags, thousands of white twinkle lights and the vibrant sounds and sights of live entertainment throughout. The Mormon Temple Light Display is also included.
Deadline: Monday, October 29



December 5 (W) Holiday Food and Shopping*
Motorcoach Departs: approx. 7 a.m. $99 per person
Enjoy three different shopping and food experiences. Begin at Mesa Marketplace where your breakfast is included. Continue to The Bass Pro Show where the decorations and atmosphere is festive. Your lunch is included there. End the day shopping in Old Town Scottsdale and top it off with ice cream before heading home.
Deadline: Monday, November 5

December 5 (W) Celebration of Christmas*
Motorcoach Departs: approx. 4 p.m. - $38 per person
This is the final dress rehearsal of Phoenix First Assembly's Celebration of Christmas, but you'd never know it! Phoenix First presents one of America's largest Christmas musicals. Aerial stunts, live circus animals, Rockettes, live nativity, flying angels, and a 30 piece orchestra that fills the auditorium. Bring your family, invite your friends and experience the true season of Christmas like never before. The final dress rehearsal is always sold out, contact Recreation today to reserve your seat! Escorted tour includes deluxe motorcoach transportation and open seating to the 7 p.m. performance.
Deadline: Monday, November 5

December 8 (S) Fantasy of Lights Boat Parade*
Motorcoach Departs: approx. 4:30 p.m. $99 per person
Light up the night and be dazzled at the Valley's most unique holiday event—the Fantasy of Lights Boat Parade Presented by SRP at Tempe Town Lake. The Boat Parade will feature as many as 50 festively lighted boats of all sizes. A fireworks finale will conclude the light-filled night following the end of the boat parade. Dinner is included.
Deadline: Monday, November 5

December 9 (Su) Glendale Glitters Holiday and Dinner*
Motorcoach Departs: approx. 2:30 p.m. $99 per per person
Glendale's award-winning holiday lighting event has become a tradition across the Greater Phoenix region and state. The stunning display of 1.5 million lights illuminates 16 blocks of Historic Downtown Glendale, making it one of the largest holiday light display in Arizona.
Deadline: Monday, November 5

December 14 (F) The Nutcracker at Phoenix Symphony Hall**
Motorcoach Departs: 6:15 p.m. $105 per person
The magic of the holidays comes alive with Ballet Arizona's classic The Nutcracker. Surrender to the grand sweep of Tchaikovsky's score and the wonders of childhood. Join Clara and her Nutcracker Prince as they embark on a thrilling adventure of dancing toys, mischievous mice, waltzing flowers, and sparkling snowflakes. The magic of The Nutcracker illuminates the stage with more than 150 performers, hundreds of costumes, and the beauty and athleticism of Ballet Arizona's nationally recognized dancers. A timeless holiday tradition for all ages. Symphony will join us for the performances of The Nutcracker. Escorted tour includes deluxe motorcoach transportation.
Deadline: Monday, November 12

December 31, 2018-January 2, 2019 (M-W)
Rose Bowl Parade*
Motorcoach Departs: TBA $775 per person Single, $625 per person Doubles
Join Free Spirit Vacations for the Granddaddy of Them All - The Rose Bowl Parade. The "Parade of all Parades" will be making its way down Colorado Boulevard in grand style on New Year's Day and you'll have great seats along the parade route for up-close-viewing. It's a sensory event you won't want to miss. See the giant floral floats. Smell the aroma of the millions of roses and other flowers and hear the marching bands fill the air with robust sounds.
Deadline: Monday, October 22

January 8 (T) Gammage Broadway Show - Hello, Dolly**
See page B2 for show synopsis.

February 13 (W) Gammage Broadway Show - Aladdin**
See page B2 for show synopsis.

February 17- 24, 2019 (Su-Su) Mexico Copper Canyon*
Motorcoach Departs: TBA $1850 per person Single, $1550 per person Doubles
For those who love the unusual and seek adventure, the "Barranca del Cobre" is the answer. At an altitude of 8000 feet, the mountain peaks are snow-chapped in winter while the canyon bottom remains at a tropical climate. Here's the home of the seminomadic cliff dwellers, the Tarahumara Indians, the least acculturated Amerindians. Experience one of the most dramatic rail journeys in the western hemisphere, on a rail line that took 100 years to complete. Register early, limited spots available!
Deadline: Thursday, January 3

March 5- 7, 2019 (T-Th) Catalina Island Adventure*
Motorcoach Departs: TBA $875 per person Single, $625 per person Doubles
Catalina Island is a picture-perfect paradise and a world apart from the hustle and bustle of the mainland just 22 miles away. The air is refreshing, the water is clear, the community is casual and friendly. This trip includes round trip motor coach and Catalina Express ferry ride. Enjoy a two-night stay at the lovely Pavilion Hotel with hot breakfast and evening wine & cheese reception. A scenic driving tour will take you to along the beachfront, up the hillside, and through the heart of this friendly and historic town. Also, a walking tour through Catalina Casino highlighting its beauty and architecture. Register early, limited spots available!
Deadline: Monday, February 4

March 19 (T) Gammage Broadway Show – The Play That Goes Wrong**
See page B2 for show synopsis.

April 3 (W) Gammage Broadway Show – Wicked**
See page B2 for show synopsis.

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

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Upcoming Activities

September 3 (M) Cruisin' through Labor Day
Rec. 2 Hopi/Pima Rooms
5:30 p.m. - BYO Social 6:00 p.m. - Buffet Dinner
5:30 p.m. - 8:30 p.m. - Entertainment
Event closed - Advance ticket required.

September 15 (S) Do it Yourself Workshop: Painting and Drywall Repair
9 - 11 a.m. Rec. 1 Ballroom
New presenters from Renewal by Anderson are back this month. Come learn everything you ever wanted to know about painting and drywall repair including some new products, tips and tricks. Refreshments and discounts will be offered. Sign up for this free seminar in the Rec. Office.

September 20 (Th) Afternoon Delight
2 p.m. Rec. 2 Hopi/Pima Rooms
Banana splits and organist for the Arizona Diamondbacks, Bobbie Freeman. See page B1 for full details.
Tickets available September 4: $4 per person

September 24 – November 30 (M and F) Neuro Science of Everyday Life
10 a.m. - 12 p.m. Theater
Presented by New Frontiers for Lifelong Learning
This course focuses on the brain, how it works, and how it gives rise to the constant, creative, and sometimes chaotic activity that forms our behavior. How much does the brain control us? And what if anything, does human freedom consist of? This course is presented on DVD by Sam Wang, Ph. D., Assoc. Professor of Molecular Biology and Neuroscience at Princeton.
To register, contact class facilitator: Con Downey 602-743-6511 and nfllcondowney@gmail.com.
Free to Leisure World Residents!

September 26 (W) Summer Potluck - Round Up Summer
Rec. 1 Ballroom 5:30 p.m. - Appetizers and BYO
6 p.m. - Dinner
Time to chow down on pulled pork with BBQ sauce on the side. See page B2 for full details.
Tickets available September 4: $4 per person
Deadline: Monday, September 24



September 26 – December 5 (W) December 7 and 14 (F)
Birth of Modern Mind: Intellectual History of the 17th and 18th Centuries
10 a.m. - 12 p.m. Theater
Presented by New Frontiers for Lifelong Learning
From 1600 to 1800, our ways of thinking essentially turned inside out. Intellectuals led, but as learning expanded, the new thinking became more and more ingrained in the commons. Often, this is called the Copernican Revolution, but it is much more than that, its results have affected us more profoundly. This broader revolution of emerging modernity is what this course is about. The course is presented on DVD by Alan Charles Kors, Professor of History at the U. of Pennsylvania. He is author of several books, both popular and scholarly, most on the topic of this course.
To register, contact class facilitator: Con Downey at 602-743-6511 and nfllcondowney@gmail.com.
***Free* to Leisure World Residents!**

October 3 (W) Arts and Crafts Fair Meeting
2 p.m. Lakeside Clubhouse
Any residents interested in participating in the Fall Fine Arts and Crafts Fair are encouraged to attend the meeting. Registration forms and publicity fliers will be available. This is your chance to come and get all your questions answered regarding the Fall Fair and meet the new chairs. Fair is scheduled for Saturday, November 17. See you at the meeting.

October 17 (W) Courtyard Concert
7 p.m. Rec. 1 Courtyard
Enjoy a beautiful spring evening under the stars as you enjoy the music of The Mesa City Band. The band plays a variety of music guaranteed to please everyone with their program of traditional marches, pop music, show tunes and classic band pieces. Remember to bring a lawn chair and your favorite beverage or enjoy our pretzels, lemonade and water that will be served. Plan now to sit back and enjoy the show! Many thanks to First Guaranty Financial for sponsoring this concert.
Free tickets available October 1

October 18 (Th) Community Dance w/ Midnight Confessions
7 - 10 p.m. Rec. 2 Hopi/Pima Rooms
Midnight Confessions are coming back to play their music all night; the best of the 50s, 60s and 70s "AM" radio hits are their specialty. They are a walking, talking, singing, playing, jukebox full of classic hits and one hit wonders. Reserved tickets are on sale now in the Rec. Office and include BYO set-ups. Fresh popped popcorn only 50 cents/box, sponsored by RE/MAX Classic!
Tickets available October 1: $8 per person

October 20 (S) Homecoming Event! Season Kick-off and Welcome Back Street Dance and Golf Cart Tail-Gate Party
4:30 p.m. - 7:30 p.m. Practice Range and LW Blvd.
Let's start the season with fun! Come up and enjoy the music of Jan and Dave trio, a new dance band as they play a variety of 60s, Motown, 70s disco and more! Great for dancing in the street! New this year, we will have food trucks here to satisfy your hunger. Choose from Grilled Addiction, Twisted Cheese and Hot Cookie food trucks. Ice and plastic cups will be provided. Show your homecoming spirit and come dressed to honor your alumni high school or college! Get adventurous and decorate your golf cart or tailgate spot as a homecoming float.
Parking for golf carts will be along the top of the golf practice range! Cars please park in Rec. 2 parking lot. Best of all, it's free! Don't forget your flashlight!

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Bingo

Every Friday at 7 p.m.

(Except September 3, no bingo)

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Rec. 1 Ballroom

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

Meet friends and neighbors and you might take home some cash! All residents and their guests (18 and older) are invited to play.

No alcoholic beverages or anyone under 18 is allowed in Ballroom during Bingo.

Sept. Bingo Boosters

September 7 Caller - D. Callahan, Pay Out - M. Gardner, Ex. Game - T. Roland
September 14 Caller - B. Reinke, Pay Out - G. Bowers, Ex. Game – F. Lance
September 21 Caller - M. Matteson, Pay Out - N. Okoniewski, Ex. Game - P. Okoniewski
September 29 Caller - G. Bowers, Pay Out - M. Gardner, Ex. Game – T. Roland

Bingo volunteers are the apple of our eye with cash prizes!

Friday Social

4 - 6 p.m.

Rec. 1 Clubroom

Everyone is invited for fun and merriment! $1 at the door gets you glass, ice, water and soda! You bring the spirits
Welcome new neighbors and meet friends!





Free Sunday Movie in Theater

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

September 2 The 15:17 to Paris (PG13) – 1hr 34m
Recreating an August 2015 incident on a train destined for Paris, this historical drama focuses on three courageous American friends who take on a terrorist gunman when he opens fire in a passenger carriage.

September 9 Roman J. Israel, Esq. (PG13) – 2hr 9m
Roman J. Israel, Esq. is a dramatic thriller set in the overburdened Los Angeles criminal court system. Denzel Washington stars as a driven, idealistic defense attorney whose life is suddenly disrupted. When he is recruited to join a firm led by ambitious lawyer George Pierce (Colin Farrell) and begins a friendship with a young champion for equal rights (Carmen Ejogo), a turbulent series of events ensues, which will put the activism that has defined Roman's career to the test.

September 16 Life of the Party (PG13) – 1hr 45m
When her husband suddenly dumps her, longtime dedicated housewife Deanna turns regret into reset by going back to college—landing in the same class and school as her daughter, who's not entirely sold on the idea. Plunging headlong into the campus experience, the increasingly outspoken Deanna—now Dee Rock— embraces freedom, fun and frat boys on her own terms, finding her true self in a senior year no one ever expected.

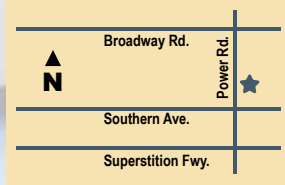
September 23 RBG (PG) – 1hr 37m
Providing an illuminating look at the life of trailblazer Ruth Bader Ginsburg, including her career-defining work in gender-discrimination law, this engaging documentary charts her journey to becoming a justice on America's highest court.

September 30 The Blind Side (PG13) – 2hr 6m
In this sports drama based on a true story, affluent couple Leigh Anne and Sean Tuohy take in Michael, a homeless teenager. Leigh Anne helps him catch up academically and nurtures his growth into a football powerhouse.

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Cards and Games

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

Bridge Groups

ACBL (CLR) Contact: Marilyn Stavros, 480-737-9279
Monday and Tuesday, 12:30 p.m.
Duplicate (CLR) Contact: Marilyn Stavros, 480-737-9279
Thursday, 12:30 p.m.
Int. Duplicate Practice (APA) Contact: Bobbie Stearns, 480-218-5918
Friday, 8:15 a.m. (Resumes in November)
Partner (LC) Contact: Lynn Peters, 262-853-4870
Sunday, 6:15 p.m.
Party (APA) Contact: Lynn Peters, 262-853-4870
Thursday, 6:30 p.m.
Progressive (QCR) Contact: Phyllis Hallatt, 480-396-7398
Thursday, 12:30 p.m. (Resumes in September)
Progressive (QCR) Contact: Marilyn Peters, 480-292-3639
Monday and Saturday, 6:30 p.m.
Wednesday Shufflers (NAV) Contact: Phil Johnson, 480-664-4814
Wednesday, 12:30 p.m.

Poker Groups

5 and 10 Cent (LC) Contact: Ann Bachner, 480-641-5197
Tuesday, 6:15 p.m.
Dealer's Choice (NAV2) Contact: Jim Munkwitz, 803-747-1677
Thursday, 1:00 p.m.
Men's (QCR) Contact: Corey Walraven, 480-391-9503
Tuesday and Thursday, 6:30 p.m.
Penny (NAV) Contact: Diana Milgrom, 480-981-6085
Monday and Wednesday, 6:30 p.m.
Texas Hold 'Em (QCR) Contact: Barb Vert, 480-278-1065
Monday, 12:45 p.m.

Other Card And Game Groups

Bunco (CLR) Contact: Patty Okoniewski, 480-474-8115
1st Thursday, 6:30 p.m.
Cribbage (LC) Contact: Gary Musselman, 480-279-0237
Friday, 1 p.m.
Cribbage 2 (QCR2) Contact: Gary Musselman, 480-279-0237
Wednesday, 1 p.m. (Resumes in November)
Euchre (APA) Contact: Bob Coleman, 480-474-7732
Tuesday, 6:45 p.m. (Resumes in September)
Euchre: Advanced (NAV2) Contact: Don Negro. 815-219-3071
Thursday, 6:30 p.m. (Resumes in September)
Game Night (LC) Contact: Lillian Carlson, 480-684-2441
Friday, 6:15 p.m.
Hand and Foot (LC) Contact: Lillian Carlson, 480-684-2441
Wednesday, 6:15 p.m.
Hand and Foot (LC) Contact: Sandy Callahan, 480-988-2655
Tuesday, 1 p.m.
Hand and Foot: Samba (LC) Contact: Lillian Carlson, 480-684-2441
Thursday, 6:15 p.m.
Mah Jong (APA) Contact: Neesa Galanti, 480-218-4055
Thursday, 1 p.m.
Mah Jong: Beginning (APA) Contact: Donna Thompson, 303-594-0124
Monday, 1:30 p.m.
Pinochle (QCR) Contact: Jackie Anderson, 480-985-8503
Tuesday and Wednesday, 12:45 p.m. (Resumes in September)
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.



Music and Dance

Ballroom Dance Classes (C) Contact: Bill Goss, 480-275-4647. This popular class is being offered Wednesday Evening. (Classes resume in November)
Clogging Classes (C) Contact: Fran Dusek 480-641-2040 or Joyce Loland at 480-588-5789.
All lessons are free April 1 through October 31. Beginner Plus classes are Noon to 1 p.m. To attend the Beginner class, please call Fran Dusek, 480-641-2040 on Thursday before each Friday class. Int. 1 classes 1 - 2 p.m., Int. 2 classes - 2 - 3 p.m., and Int. 3 classes 3 - 4 p.m.
Line Dance (C) Contact: Gramma 480-984-3791 check out the variety of music and dances on You Tube "Line Dancing with Gramma Jones". Wednesdays 2 p.m. $3 per person.
Line Dance (C) Contact: Dee Dee Dougherty, 480-510-3318
Dances taught, pre-cued, walked through and reviewed (Classes resume in November)
Music Makers (C) Contact: Marty Maciejewski, 480-307-8061.
(Practice resumes in October)
Round Dance Classes (BR) Contact: Bill Goss, 480-275-4647.
(Classes resume in November)
Shall We Round Dance (HPG) Contact: Larry Tracht at 480-325-1054, or email rddancer@aol.com.
(Classes resume in November)
Tap Dancing (C) Contact: Judy Free, 480-396-3103.
(Classes resume in November)
Ukulele Practice Group (MR) Contact: Peggy Jefferson, 480-654-2878
(Practice resumes in October.)

Arts and Crafts

Decorative Arts

Art Assoc. (AS) Contact: Lynnea Perry, 480-388-2921
Drop in Art: Friday, 9 a.m.- 4 p.m. (Classes resume in September)
Jewelry and Lapidary (LAP) Contact: Maxine Rosenthal, 302-593-3380
Thursday, 9 a.m.-12 p.m. (Classes resume in November)
Rubber Stamping (AS) Contact: Mickey Dent, 480-634-4574
Monday, 6:30 p.m. - 8:30 p.m. (Classes resume in October)
Stained Glass (CER/SG) Contact: Kay Eakin, 480-641-8719
Open Studio**:** Monday and Wednesday, 1 p.m. - 4 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. We'd love to have you join us and knit-a-long; no charge. Friday, 9 a.m. – 11 a.m.
Open Sewing (SR) Contact: Carolin Lowy, 480-641-4626
Open to all residents who do hand sewing Friday, 1 p.m. - 3 p.m.
Pillowcase Dresses (AR) Contact: Darlene Footh, 701-339-8491
Make little girls dresses out of pillowcases for charity. Monday 8:30 a.m. - 10 a.m.
Quilters (CLR/SR) Contact: Merrilly Strom, 480-699-9352
If you are interested in quilting or are a beginner, join the group. Quilters make projects for charity. New projects every month. Thursday, 9 a.m. - 12 p.m.
Twiddlers (QCR) Contact: Carolin Lowy, 480-641-4626
Any hand work done with a needle or needles, i.e. knitting, crocheting, cross stitch, needle point, 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 and Firing: Tuesday, 9 a.m. – 1 p.m.



Pouring: Thursday, 12 p.m. - 5 p.m.
Ceramics Class: Friday, 9 a.m. - 12 p.m.
Fused Glass (CER/SG) Contact: Kay Eakin, 480-641-8719
Open Studio: Monday and Wednesday, 1 p.m.- 4 p.m.
(Classes resume in January)
Porcelain Painting (POT) Contact: Barbara Culver, 480-924-6871 or LuCyle Seiler, 480-981-1894
No teacher, no lessons. Work on your own. A semi-annual fee of $5 for firing. All china painters are welcome.
Open Studio: Wednesday and Friday, 9 a.m. to 12 p.m.
Pottery (POT) Contact: Pat Cuban, 480-636-1457
Open Studio: Sunday, Tuesday and Saturday, 9 a.m. - 10 p.m.
Open Studio: Monday, Wednesday, Thursday and Friday,12 p.m. - 10 p.m.
Firing and Unloading: Monday and Thursday
Class with instructor Larron Lerdall: Monday and Thursday, 9 a.m. - 12 p.m.

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Gyan Brard, M.D.
Shahzad Shadmany, M.D.
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Mesa, AZ 85206
1842 E Baseline Rd, B1
Tempe, Az 85283
480-981-8088
www.valleyea.com

September Calendar

SAT 1

No Events

SUN 2

4:00 p.m. Movie "The 15:17 to Paris" (T)

MON 3

5:30 p.m. "Labor Day Party" (HPG)

TUE 4

No Events

WED 5

8:00 a.m. ACC Committee (QCR)

8:00 a.m. Wednesday Coffee (CLR)

4:00 p.m. Singles Mingle (CLRG)

7:00 p.m. Gun Club (T)

THUR 6

6:30 p.m. Bunco (CLR)

FRI 7

4:00 p.m. Friday Social (CLR)

7:00 p.m. Bingo (BR)

SAT 8

No Events

SUN 9

4:00 p.m. Movie "Roman J Israel, Esq." (T)

MON 10

1:00 p.m. Music Therapy (MR)

TUE 11

7:30 a.m. Lions Club Breakfast (BRG)

9:00 a.m. District 6 Advisory (BQ)

1:00 p.m. Grief Support (AR)

WED 12

7:00 a.m. Manager's Walk (LIB)

8:00 a.m. Wednesday Coffee (CLR)

10:00 a.m. Alzheimer/Dementia (LC)

10:00 a.m. "Prevent Back Pain Today" (T)

THUR 13

4:00 p.m. District 4 Mtg (T)

FRI 14

4:00 p.m. Friday Social (CLR)

7:00 p.m. Bingo (BRG)

SAT 15

9:00 a.m. Do it Yourself (BR)

SUN 16

4:00 p.m. Movie "Life of the Party" (T)

MON 17

7:00 p.m. Republican Club (BRG)

TUE 18

11:00 a.m. "Is it Alzheimer's or Normal Aging?" (T)

WED 19

8:00 a.m. Wednesday Coffee (CLR)

6:00 p.m. Shalom Holiday (BRG)

THUR 20

2:00 p.m. Afternoon Delight "Banana Splits & Bobby Freeman" (HPG)

FRI 21

4:00 p.m. Friday Social (CLR)

7:00 p.m. Bingo (BR)

SAT 22

No Events

SUN 23

4:00 p.m. Movie "RBG" (T)

MON 24

10:00 a.m. "Neuro Science of Everyday Life" (T)

12:00 p.m. Active Aging "Sleep Apnea" (BR)

1:30 p.m. Music Therapy (MR)

TUE 25

7:30 a.m. Lions Club Breakfast Mtg. (BRG)

9:00 a.m. "Ft. McDowell Casino" (MC)

WED 26

7:00 a.m. Manager's Walk (LIB)

8:00 a.m. Wednesday Coffee (CLR

10:00 a.m. "Birth of the Modern Mind" (T)

12:00 p.m. Active Aging "Lightforce – Deep Tissue Laser Therapy" (BR)

5:30 p.m. Summer Potluck "Round Up Summer with BBQ Pork" (BRG)

THUR 27

1:00 p.m. Active Aging "Watchman – Blood Clots" (BR)

FRI 28

10:00 a.m. "Neuro Science of Everyday Life" (T)

12:00 p.m. Active Aging "Stem Cell" (BR)

4:00 p.m. Friday Social (CLR)

7:00 p.m. Bingo (BR)

SAT 29

3:00 p.m. Private Party (HPG)

SUN 30

4:00 p.m. Movie "The Blind Side" (T)



Last Chance

2018-2019 Performing Arts Series Season Tickets

On sale until Friday, September 14, 2018. See Page B1 for more information.

Weekly or Monthly Event Calendar Corrections/Changes

Contact Pene Mathison in the Recreation Department: 480-832-0003 ext. 234 or email 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
SHB - Shuffleboard Court
SC - Sports Court
SR - Sewing Room
T - Theater

Recreation Center 2

HOPI - Hopi Ballroom
HOPIG - Hopi Ballroom/Kitchen
HPG - Hopi/Pima/Kitchen
MR - Music Room
PIMA - Pima Ballroom
PIMAG - Pima Ballroom/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/GRP – Apache/NavaJo Rooms
NAV – Navajo Room

Regular Weekly Events September 2018

SUNDAY

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

MONDAY

6:45 a.m. Early Bird Stretch (C)
8:30 a.m. Stained Glass Open Studio (CER/SG)
9:00 a.m. Heron Lakes Men's Golf (APA/NAV)
9:00 a.m. Pottery Class (POT)
9:00 a.m. Swim Exercise (P)
9:00 a.m. Twiddlers (QCR)
12:00 p.m. Pottery Open Studio (POT)
12:30 p.m. Summer Bridge (CLR)
12:45 p.m. Texas Hold 'Em (QCR)
1:00 p.m. Fused Glass Open Studio (CER/SG)
1:30 p.m. Beginning Mah Jong (APA)
2:00 p.m. Water Volleyball (P)
6:30 p.m. Penny Poker (NAV)
6:30 p.m. Progressive Bridge (QCR)
6:30 p.m. Scrabble (LC)

TUESDAY

8:00 a.m. Ping Pong (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)
12:30 p.m. ACBL Bridge (CLR)
12:45 p.m. Pinochle (QCR)
1:00 p.m. Hand and Foot (LC)
6:15 p.m. 5 and 10 Cent Poker (LC)
6:30 p.m. Men's Poker (QCR)
6:45 p.m. Euchre (APA)

WEDNESDAY

6:45 a.m. Early Bird Stretch (C)
8:00 a.m. Wednesday Coffee (CLR)
8:30 a.m. Stained Glass Open Studio (CER/SG)
9:00 a.m. Donut League (APA/NAV)
9:00 a.m. Porcelain Art (POT)
9:00 a.m. Swim Exercise (P)
12:00 p.m. Pottery Open Studio (POT)
12:30 p.m. Shufflers (NAV)
12:45 p.m. Pinochle (QCR)
1:00 p.m. Fused Glass Open Studio (CER/SG)
2:00 p.m. Line Dance (C)
2:00 p.m. Water Volleyball (P)
6:15 p.m. Hand and Foot (LC)
6:30 p.m. Penny Poker (NAV)

THURSDAY

8:00 a.m. Ladies Billiards (B)
8:00 a.m. Ping Pong (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)
9:00 a.m. Swim Exercise (P)
9:30 a.m. Oil Painting Class (AS)
12:00 p.m. Ceramics Pouring (CER/SG)
12:00 p.m. Pottery Open Studio (POT)
12:30 p.m. Duplicate Bridge (CLR)
12:30 p.m. Progressive Bridge (QCR)
1:00 p.m. Mah Jong (APA)
1:00 p.m. Poker – Dealers Choice (NAV)
6:15 p.m. Hand and Foot - Samba (LC)
6:15 p.m. Rummikub (NAV)
6:30 p.m. Euchre – Advanced (NAV2)
6:30 p.m. Billiards – Mixed (B)
6:30 p.m. Men's Poker (QCR)
6:30 p.m. Party Bridge (APA)

FRIDAY

6:45 a.m. Early Bird Stretch (C)
9:00 a.m. Ceramics Club (CER/SG)
9:00 a.m. Drop in Art (AS)
9:00 a.m. Knit-A-Long (QCR)
9:00 a.m. Porcelain Painting (POT)
9:00 a.m. Swim Exercise (P)
12:00 p.m. Pottery Open Studio (POT)
12:00 p.m. Beginning Clogging (C)
1:00 p.m. Cribbage (LC)
1:00 p.m. Intermediate I Clogging (C)
1:00 p.m. Open Sewing (SR)
2:00 p.m. Intermediate II Clogging (C)
3:00 p.m. Intermediate III Clogging (C)
4:00 p.m. Friday Social (CLRG)
6:15 p.m. Game Night (LC)
7:00 p.m. Bingo (BR)

SATURDAY

8:00 a.m. Ping Pong (C)
9:00 a.m. Pottery Open Studio (POT)
9:00 a.m. Swim Exercise (P)
12:30 p.m. Mixed Billiards (B)
2:00 p.m. Water Volleyball (P)
6:30 p.m. Progressive Bridge (QCR)

Weekly Oasis Health Spa Classes

MONDAY

6:00 a.m. Core Conditioning (C)
8:00 a.m. Shallow Aqua Fitness (P)
9:30 a.m. Counter Punch (C)
10:30 a.m. Strength and Balance 2 (C)
11:30 a.m. NIA (C)
12:45 p.m. Zumba® Gold (C)
2:00 p.m. Silver&Fit® Excel (C)
4:00 p.m. Circuit/Interval Training (FC)

TUESDAY

7:00 a.m. Strength (C)
8:15 a.m. HydroRider (TP)
10:00 a.m. Mobility and Recovery (C)
11:00 a.m. Strength and Balance 1 (C)
11:45 a.m. H.I.I.T. Jams (C)
1:30 p.m. Pilates (C)
2:45 p.m. TRX® Level 1 (C)
6:00 p.m. Deep Aqua Fitness (P)

WEDNESDAY

6:00 a.m. Core Conditioning (C)
8:00 a.m. Shallow Aqua Fitness (P)
9:30 a.m. Counter Punch (C)
10:30 a.m. Strength and Balance 2 (C)
11:30 a.m. NIA (C)
12:45 p.m. Zumba® Gold (C)
4:00 p.m. Circuit/Interval Training (FC)

THURSDAY

7:00 a.m. Strength (C)
8:15 a.m. HydroRider (TP)
10:00 a.m. Mobility and Recovery (C)
11:00 a.m. Strength and Balance 1 (C)
11:45 a.m. H.I.I.T. Jams (C)



2:45 p.m. TRX® Level 1 (C)
6:00 p.m. Deep Aqua Fitness (P)

FRIDAY

6:00 a.m. Core Conditioning (C)
8:00 a.m. Shallow Aqua Fitness (P)
9:30 a.m. Counter Punch (C)
10:30 a.m. Strength and Balance 2 (C)
4:00 p.m. Circuit/Interval Training (FC)

SATURDAY

11:00 a.m. NIA (C)

Volunteers
The Heart
of
Leisure World





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Leisure World

Oasis Health Spa

October Group Fitness Class Registration Begins Sept. 1.

Outreach Services
Mon/Tues/Thurs from 8:30 - 12:30 p.m.
Available by appointment or walk-ins welcome.

Fitness Center
ext. 261 • Open Daily 5 a.m. - 10 p.m.
Personal Training • Group Exercise
Assessments • Massage Therapy

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

Attention Back Pain Sufferers!

Prevent Back Pain Today

Wednesday, September 12 • 10 a.m. - 11 a.m.
Rec. 1 Theater

Learn tips, strategies and techniques to help stop back pain in its tracks. from Sarah Hannah from OneAccord Pain Centers.

Back Pain Preventative Workshop reveals how to naturally protect your back with strategies, techniques and tips for bending and lifting and common daily activities.

This workshop is strategically designed to answer common questions and address concerns of low back pain sufferers. This workshop is for you if you can answer yes to any of the following questions:

- Do you experience pain, numbness or tingling into your butt, groin or down your leg?
- Does your back ever "go out" if you move the wrong way?
- Does your back get really painful with bending and lifting?
- Are you afraid your pain will get worse if you don't do anything about it?

If you have answered YES to any of the above questions (or have a stubborn spouse who is in denial), the Back Pain Preventative Workshop may be a life changing event for you…

If you're confused about what to do and are looking for answers, here's what you'll learn:

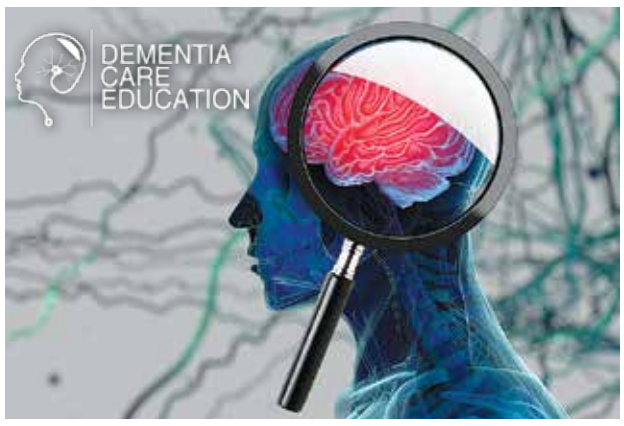


- Strategic bending and lifting tips to protect your back and help you move better
- Positioning tips for sitting and sleeping more comfortably
- Three critical exercises you can add to your gym or home workout to help naturally support your back
- A sure-fire way to pick the right treatment for the cause of your pain that will save you time and money

Interested in attending? Sign up in the Health Office.

Sponsored by

OneAccord PainCenters



Is it Alzheimer's or Normal Aging?

Tuesday, September 18 • 11 a.m. - 12 p.m.
Rec. 1 Theatre

Brian Browne will be returning to Leisure World for another year of Dementia Care Education. His first seminar: Is it Alzheimer's or Normal Aging?

Your memory changes as you grow older. Some memory loss is normal, but memory loss that disrupts daily life is not a typical part of aging. This may be a symptom of dementia. Dementia is a slow decline in memory, thinking and reasoning skills. Find out when memory loss is more than normal aging. Sign up in the Health Office or call 480-832-0003 ext. 222.

Sponsored by

dispatch HEALTH
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Medical Super Center

The Wellness Department is pleased to bring back
Dignity's Healthier Living Self-Management Workshops starting in October!

Are You Living with Chronic Pain?

Mondays, October 1 to November 12 • 9 a.m. - 11:30 a.m.
Lakeside Clubhouse • Free

Managing chronic pain can be complex and sometimes frustrating. Let us help! Healthier Living will empower you to take control of your life! Live longer, live healthier, live happier!

Gain tools to help you reduce your pain and live your best life possible. Come learn how!

Caregivers, family members and friends are also welcome and encouraged to attend—free of charge!

Register early! Space is limited! This class requires a minimum of 10 and a maximum of 18 participants. Attendance is required at all meetings. Register today! Sign up in the Health Office or call 480-832-0003 ext. 222.

Light refreshments will be served and all participants who complete the series receive Certification of Completion and "Living a Health Life with Chronic Pain" book.



The Program will teach how to:

- Set and meet personal goals
- Safely move and exercise your way to reduced pain
- Pace activities with rest
- Handle stress better with relaxation techniques
- Problem-solve
- Improve your diet
- Increase your energy level
- Communicate better with your doctor
- Learn positive thinking and self-motivation strategies
- Appropriate use of medications
- Evaluate new treatments

Massage

Come to the Oasis Health Spa to get a massage with one of our hands-on Massage therapists! Available to all Leisure World residents and their guests.

90 mins: $90 • **60 mins:** $60 • **30 min:** $35

A few benefits of massage:

- Increases circulation
- Relaxes and softens overused muscles
- Increases joint flexibility
- Decreases discomfort from low back pain
- Relieves pain from migraines

For your health and well-being, please take advantage of our massage program!

Leisure World Wellness Department Staff



Randi Rich, RN
Health Office Lead



Marguerite Huspen
Outreach Specialist



Quoc Tran
Fitness Supervisor



Dalia Barrios
Fitness Specialist II



Joe Carson
Fitness Specialist III



H.I.I.T. JAMS

New Class!

Tuesdays and Thursdays • 11:45 a.m. - 12:30 p.m.

Silver&fit® / Optum
$4 Per Class or $17 Monthly
Rec. 1 Classroom

This high energy, music-driven class is powered by heart-pumping high intensity interval training and the best beats to keep you motivated! This class will combine strength and endurance components using a variety of equipment, followed by a calming cooldown. Must be able to easily get up and down from the floor. Music volume is set high to maintain high energy throughout the class. If you are sensitive to music volume this may not be the class for you.



Mobility & Recovery

New Class!

Tuesdays and Thursdays • 10:00 a.m. - 10:45 a.m.

Silver&fit® / Optum
$4 Per Class or $17 Monthly
Rec. 1 Classroom

Are you looking to prevent injury, improve range of motion and recover faster? This class will address flexibility, stretching, stability and movement mechanics that support your daily workouts. We will use a variety of tools such as foam rollers, therapy balls and strength bands.



TRX® Level 1

New Class!

Tuesdays and Thursdays • 2:45 p.m. - 3:30 p.m.

Silver&fit®/ FLEX / Optum
$4 Per Class or $17 Monthly
Rec. 1 Classroom

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.

Now accepting

OPTUM®

Starting September 1, your OPTUM® benefits will help cover Fitness Center Group Exercise classes (10 max.)!

Stop by the Fitness Center today to check your eligibility of your Medicare advantage or supplemental insurance plan.

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EXPIRES 10/20/18. CODE LW799
$6.99 senior buffet
Limit 6 buffet meals for Seniors 60+. Not valid with other offers. Tax and beverage not included. Offer valid for dine-in and takeout. Must surrender coupon upon redemption. Valid only at the Mesa/Superstition location.
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$7.99 adult buffet
Limit 6 buffet meals. Not valid with other offers. Tax and beverage not included. Offer valid for dine-in and take-out. Must surrender coupon upon redemption. Valid only at the Mesa/Superstition location.
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EXPIRES 10/20/18. CODE LW799
$6.99 senior buffet
Limit 6 buffet meals for Seniors 60+. Not valid with other offers. Tax and beverage not included. Offer valid for dine-in and takeout. Must surrender coupon upon redemption. Valid only at the Mesa/Superstition location.
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25 Things You Don't Know About Me



Dalia Barrios Fitness Specialist II

1. **If you had to eat only one food for 10 days, what would it be?**
   Pizza
2. **Who was your best friend during childhood and why?**
   I've known my best friend since I was 13 years old! We are still very close and she's moving to Thailand next month, so I hope to visit her next year!
3. **If you could meet one celebrity, who would it be?**
   I would love to meet Ellen DeGeneres!
4. **If you travel anywhere, where would it be?**
   Spain
5. **What would you never put in a burrito?**
   Raisins, not sure why I dislike them so much, but I do!
6. **What's one thing you never settle for?**
   Mediocrity
7. **If one animal was made the size of an elephant, which would you find scariest?**
   Spiders
8. **If you were to be reincarnated as a famous landmark, which would it be?**
   The Statue of Liberty!
9. **Which celebrity chef would you most like to make you dinner?**
   Gordon Ramsey, I think he's hilarious and I love his shows!
10. **Which kitchen appliance or utensil can you not live without?**
    Coffee machine! Don't talk to me until I've had my coffee! :)
11. **If you were stranded on a desert island and could only choose one person and/or animal to keep you company, who would you choose?**
    My boyfriend Bayle and my dog Toby
12. **What song do you sing in the shower? On your commute?**
    All things Hip Hop and EDM! Really, anything I can move to!
13. **If you could jump into a pool filled with something besides water, what would it be?**
    Sparkling rosé
14. **What one thing do you dislike but have no reason for it?**
    Country music
15. **If you had a warning label, what would it say?**
    Bold, Passionate, Energetic
16. **Okay, if a genie appeared and gave you three wishes, what would they be?**
    Unlimited cash flow, food and shelter for all, and health and happiness
17. **What do other people do that drives you nuts?**
    Complain and be negative
18. **If you had to permanently give up either sweets or salty things, which would you choose?**
    Salty, I love my chocolate!
19. **If you had to join the circus, what would be your act?**
    Flying trapeze!
20. **What would you name your boat if you had one?**
    Spicy
21. **What fictional character would you love to meet in real life?**
    Thor! Strong, dreamy, and I want to run my fingers through his hair.
22. **If your pet could speak, what would it say to you?**
    You're the best mom in the whole world. Now, let's go on a walk and feed me more treats please!!
23. **What compliment do you really find insulting?**
    "Wow, you're really good at that for a woman/man!"
24. **What's the coolest thing you've ever found at a garage sale?**
    A plant hanger, it started my love for indoor plants.
25. **If you could start any business, would what it be?**
    I've always wanted my own clothing/active wear fashion line.

MOM
Mobile On-site Mammography
genius3D MAMMOGRAPHY EXAM

Mobile On-site Mammography

October 17, 2018 • 7 a.m. - 6 p.m.

Rec. 1 Parking Lot

To schedule an appointment please call: 480-967-3767 or 1-800-285-0272.

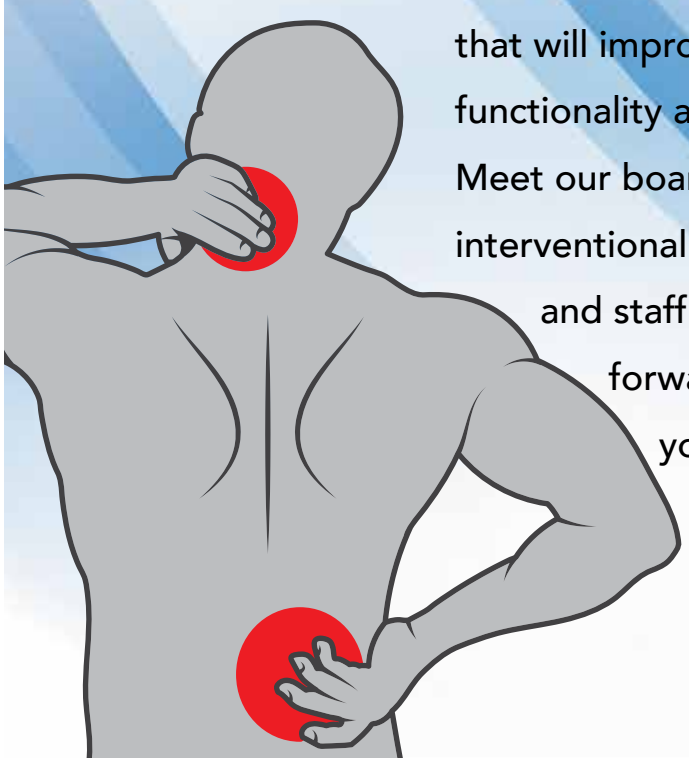
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Meet Joe Carson Fitness Specialist III



The Wellness Department is pleased to introduce Joe Carson, our new Fitness Specialist III!

Joe brings a wealth of expertise to his new position. He is certified as a personal trainer through the National Academy of Sports Medicine, a certified Functional Aging Specialist and certified in Rocksteady Boxing for Parkinson's, which uses boxing-based exercise to manage Parkinson's symptoms and effects. He also has certifications in Fitness Nutrition, Sports Nutrition and Life Coaching.

A native of Henryetta, Oklahoma, Joe relocated to Arizona this past February to enjoy the beautiful landscapes, great weather and diverse outdoor activities. He loves weightlifting, hiking, playing guitar and food.

Joe looks forward to sharing his specialty of "re-gifting the gift of life to others through movement."

Welcome to the team, Joe!



Flu Clinics

Offered in October and November, provided by Safeway Pharmacy.

- Thursday, Oct. 18 from 8 a.m. - 2 p.m. at the Club Room
- Wednesday, Oct. 24 from 8 a.m. – 2 p.m. at the Club Room
- Wednesday, Nov. 14 from 8 a.m. - 12 p.m. at the Club Room

The flu vaccine this year is the quadrivalent vaccine for $33. Safeway will also be providing Fluzone HD (high dosage) for people over 65 for $60, and Prevnar (pneumonia) for $200. Medicare and most insurances will be accepted. You will receive a 10 percent coupon off groceries at Safeway following your vaccinations.

Hourly Care & Respite Stays



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If you're caring for a loved one with memory loss at home, you might need just a **few hours** to yourself to shop, run errands or have lunch with a friend. Overnight **respite stays** for your loved one with memory loss may be needed if you are out of town for a weekend getaway, vacation or business trip. **Hourly and Respite Stays** are available seven days a week. Our guests have access to all the amenities and services that our community offers full time residents.

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★R2★
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Daily Specials

Meatloaf Monday.....$7.00
Homemade meatloaf, mashed potatoes, house brown gravy, and seasonal fresh vegetables.

BBQ Beef Tuesday.....$7.00
6 oz. serving of BBQ beef on roll, with coleslaw and French fries.

Liver & Onions Wednesday.....$7.00
Fried liver, smothered with caramelized onions and house brown gravy. Served with mashed potatoes, and seasonal fresh vegetables.

Pot Roast Thursday.....$7.00
Slow cooked top round roast, served with roasted potatoes, carrots, celery and onions. Smothered in our house brown gravy.

Fish Fry Friday.....$7.50
2 fried pieces of fish, with homemade coleslaw, house made tartar sauce or our signature cocktail sauce. With choice of baked potato, french fries, sweet potato fries or potato salad.

M-Th 7am-2pm • Friday 7am-7pm • Closed weekends

Phone: 480-431-1826

Class Descriptions

˜***Circuit/Interval Training** - 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.

˜***Counter Punch** - It's time to counter punch your health challenges such as body fat, cardiovascular disease, balance/stability, coordination, and focus. Bring your gloves and wraps if you have them.

˜***Core Conditioning** - This class will combine stability and flexibility exercises focusing on strengthening your abdominals and lower back muscles. Must be able to easily get up and down from the floor.

˜***Deep Aqua Fitness** - 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.

˜**H.I.I.T. Jams** - This high energy, music driven class is powered by heart pumping high intensity interval training and the best beats to keep you motivated! This class will combine strength and endurance components using a variety of equipment and followed by a calming cooldown. Must be able to easily get up and down from the floor. Music volume is set high to maintain high energy throughout the class, if you are sensitive to music volume this may not be the class for you. Class Cancelled 9/25 for (Strength) Active Aging Week join us FREE!

˜**Mobility & Recovery** – Are you looking to prevent injury, improve range of motion and recover faster? This class will address flexibility, stretching, stability and movement mechanics that support your daily workouts. We will use a variety of tools such as foam rollers, strength bands, and therapy balls.

NIA®– Combining dance, martial arts and mindfulness, Nia tones your body while transforming your mind. More than just a workout, Nia is a holistic fitness practice addressing each aspect of your life - body, mind and soul.

Pilates - Seeks to develop controlled movement from a strong core using a range of apparatus to train the body. Concentration, center, flow, and breathing are also taught. Must be able to easily get up and down from the floor. Returning September 11th .

˜***Shallow Aqua Fitness** - 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.

˜**Silver&Fit® Excel** - A class designed for the advanced, athletic older adult who is looking for a challenging workout. This class will help you increase your heart health and muscle strength. Must be able to easily get up and down from the floor.

˜***Strength** - This class is primarily muscular strength training using weights, resistance tools and one's own body weight. This class will help increase bone density, increase metabolism, improve function, and provide benefits for daily living. Must be able to easily get up and down from the floor.

˜***Strength and Balance Level 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.

˜***Strength and Balance Level 2** - Classes will focus on range of motion from head to toe and using your own body weight improving stability and strength. Must be able to easily get up and down from the floor.

˜**HydroRider®** - 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.

˜***TRX® Level 1**– 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.

Zumba® Gold - This fun Latin style dance class helps you improve your cardio fitness, balance, and strength. The design of the class introduces easy to follow Zumba® choreography.

Key Code: ˜ Silver&Fit® and Optim Approved
*SilverSneakers FLEX® program approved

September Equipment Orientations

Want to use the Fitness Center but don't know where to start? Stop by the Fitness Center and let our fitness specialists help with your fitness goals.

Equipment
12:30 a.m. - 1:30 p.m. Tuesday, September 4, Cardio
11:30 a.m. - 12:30 p.m. Wednesday, September 12, Strength

Power Plate X-Elerated 2 Day Workshop
12:00 p.m. - 1:00 p.m.
Tuesday, September 18 and Thursday, September 20

Sign up in the Fitness Center and let your fitness professionals assist you with your goals!
*Date and time subject to change. Check e-blasts and Fitness Center boards for up-to-date times.



Mark your calendars for these upcoming activities:

Wednesday, Sept. 12	10 - 11 a.m.	Prevent Back Pain Today
Tuesday, Sept. 18	11 a.m. - 12 p.m.	Is it Alzheimer's or Normal Aging?
Monday, Sept. 24 - Friday, Sept. 28	12 p.m. and 1 p.m. start times	Inspiring Wellness Retreat
Monday, Oct. 1	9 - 11:30 a.m.	Dignity's Chronic Pain Workshop (7-week series)
Wednesday, Oct. 10	10 - 11 a.m.	Back Pain & Sciatica Sufferers
Tuesday, Oct. 16	11 a.m. - 12 p.m.	Cooking for Cognition – Part I
Wednesday, Oct. 17	Appts. start at 7 a.m.	Mobile On-Site Mammography
	Call 480-967-3767 to schedule your appointment today!	
Thursday, Oct. 18	8 a.m. - 2 p.m.	Flu Shot Clinic
Wednesday, Oct. 24	8 a.m. - 2 p.m.	Flu Shot Clinic
Thursday, Oct. 25	11 a.m. - 12 p.m.	Neuropathy Breakthrough! Luncheon

Call the Health Office at 480-832-0003 ext. 222 for more details and to sign up!

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SATURDAY : 9:00AM – 6:00PM
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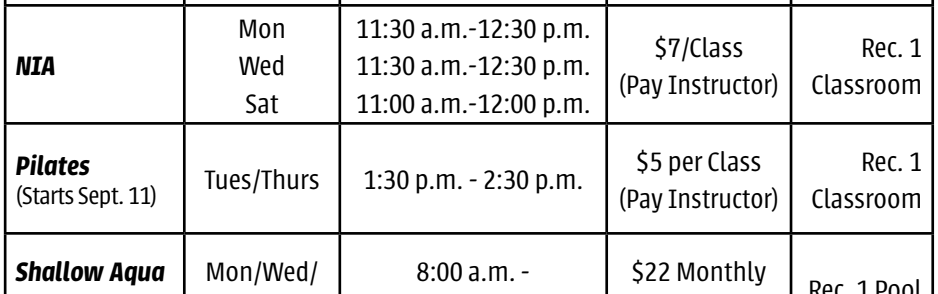
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Group Exercise Classes

CLASS	DAYS	TIMES	PRICE	LOCATION
Circuit/ Interval Training	Mon/Wed/ Fri	4:00 p.m. - 5:00 p.m.	$22 Monthly $4 Drop-In	Rec. 1 Fitness Center
Core Conditioning	Mon/Wed/ Fri	6:00 a.m. - 6:30 a.m.	$20 Monthly $4 Drop-In	Rec. 1 Classroom
Counter Punch	Mon/Wed/ Fri	9:30 a.m. - 10:15 a.m.	$22 Monthly $4 Drop-In	Rec. 1 Classroom
Deep Aqua Fitness	Tues/Thurs	6:00 p.m. - 6:45 p.m.	$17 Monthly $4 Drop-In	Rec. 1 Pool
H.I.I.T. Jams	Tues/Thurs	11:45 a.m. - 12:30 p.m.	$17 Monthly $4 Drop-In)	Rec. 1 Classroom
HydroRider®	Tuesday or Thursday	8:15 a.m. - 9:00 a.m.	$22 Monthly one day per week $40 for two days per week $8 Drop-In	Rec. 2 Therapy Pool
Mobility & Recovery	Tues/Thurs	10:00 a.m. - 10:45 a.m.	$17 Monthly $4 Drop-In	Rec. 1 Classroom
NIA	Mon Wed Sat	11:30 a.m.-12:30 p.m. 11:30 a.m.-12:30 p.m. 11:00 a.m.-12:00 p.m.	$7/Class (Pay Instructor)	Rec. 1 Classroom
Pilates (Starts Sept. 11)	Tues/Thurs	1:30 p.m. - 2:30 p.m.	$5 per Class (Pay Instructor)	Rec. 1 Classroom
Shallow Aqua Fitness	Mon/Wed/ Fri	8:00 a.m. - 8:45 a.m.	$22 Monthly $4 Drop-In	Rec. 1 Pool
Silver&Fit® Excel	Monday	2:00 p.m. - 3:00 p.m.	$10 Monthly $4 Drop-In	Rec. 1 Classroom
Strength	Tues/Thurs	7:00 a.m. - 7:30 a.m.	$13 Monthly $4 Drop-In	Rec. 1 Classroom
Strength & Balance Level 1	Tues/Thurs	11:00 a.m. - 11:30 a.m.	$13 Monthly $4 Drop-In	Rec. 1 Classroom
Strength & Balance Level 2	Mon/Wed/ Fri	10:30 a.m.- 11:15 a.m.	$22 Monthly $4 Drop-In	Rec. 1 Classroom
TRX® Level 1	Tues/Thurs	2:45 p.m. - 3:30 p.m.	$17 Monthly $4 Drop-In	Rec. 1 Classroom
Zumba® Gold	Mon/Wed	12:45 p.m. - 1:45 p.m.	$5/Class (Pay Instructor)	Rec. 1 Classroom



Alzheimer/Dementia Support Group

Submitted by Kim Wolf

If you are caring for or are concerned about someone with Alzheimer's disease or dementia, you need support and information. The more you understand how the disease progresses and how it can affect you and your loved one, the better you are able to manage. A support group can be invaluable and is available here in Leisure World. Meetings are held every second Wednesday throughout the year.

This month, we will meet on Wednesday, September 12 at 10 a.m. in the Lakeside Clubhouse in Rec. 1. Alzheimer's counselor Susan Kasprak will provide her expertise and Leisure World Outreach Specialist Marguerite Huspen can offer many resources. Occasional guest programs also offer helpful information.

We look forward to seeing you on Sept. 12 to enjoy coffee and cookies as you share your concerns and we provide useful techniques. For more information, contact Susan Kasprak at 480-399-8391 or email skasprak@gmail.com.



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For more information or to place an ad, contact LW Communications at

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Seven Simple Ways to Sneak in Daily Exercise

Exercise: Everyone needs it, but not everyone does it. If you think going to the gym is the only way to get fit, think again.

Here are some fun ways to incorporate exercise into your daily routine.

Brush and Squat: Multitask! Get your pearly whites clean and strengthen your glutes and thighs as you brush your teeth in the morning. Stand and squat, then repeat while brushing.

Take the Scenic Route: The next time you go somewhere, park your vehicle at the end of the lot. Take the long way to your destination and enjoy the view.

Skip the Elevator: If this is an option, take the stairs instead of the elevator. Get your blood flowing by climbing up. You burn about 100 calories for every 2,000 steps, depending on your pace and body size. Remember, those numbers add up!

Hang with Fido: Don't just pet your dog. Enjoy walking or playing with your dog in the park. This way, you will both get exercise and the benefits of being outdoors.

Play with Your Grandkids: Being active with the kids is a win-win for everyone! Plan outdoor activities such as hiking, swimming and bicycling with your loved ones.

DIY Cleaning: Housework might not be your first choice for exercise, but it works! Push the vacuum, wash the dishes and windows, scrub the bathtub and mop the floors. Intense physical cleaning burns about 90 calories in 15 minutes. Your home and body will thank you!

Take a Commercial Break: Sneak in some exercise while watching TV. Stand and stretch your arms up toward the ceiling, do some jumping jacks or lift some small arm weights and tone it up.

So, the next time you think you don't have time to exercise, improvise with one of these fun tips throughout your day. Exercising has never been this easy or fun!



What happens at Brookdale Springs Mesa stays at — no, wait — that's Vegas.

Back by popular demand: **it's a Casino Event!** Join us at the game tables for an exciting afternoon with music, appetizers and drinks. If it's your first visit, meet our staff and explore our community while you try your luck at assorted games of chance. **Having a good time is a sure bet.**

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Independent Living | Assisted Living
6220 East Broadway Road
Mesa, AZ 85206

Thursday, September 13
2:30 to 4:30 p.m.
Complimentary admission
For reservations or more information, call
(480) 985-8900.

156060-Springs Mesa-Casino Night Event Ad JM

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The Healing Power of Integrative Medicine

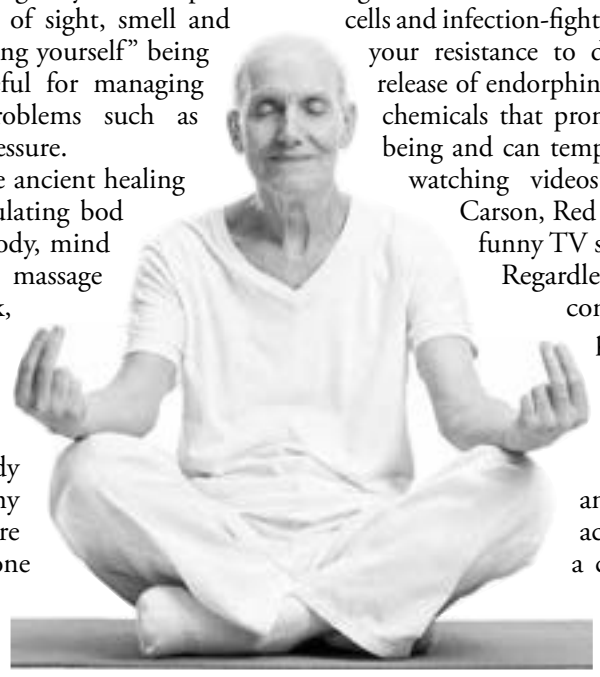
By Ronda Gates

Are you practicing CAM? C, A and M are the initials for Complimentary and Alternative Medicine. Studies show that when doctors juxtapose alternative medicine with traditional methods for treating disease, healing is more effective. This is the heart of Integrative Medicine and heals the entire person, not just one part.

Integrative Medicine may involve using many therapies together. For example, a doctor treating a cancer patient might use prescription medication, ginger tea to manage nausea, meditation to change brain waves.

Integrative Medicine is beneficial because it makes you a partner in the healing process as you can learn some of the techniques. Consider the following:

- **Alexander Technique:** This is a gentle approach to movement that can rebalance faulty posture through awareness, movement and touch.
- **Aromatherapy:** The use of scented oils from plants added to products that can be inhaled or applied to the skin.
- **Acupuncture:** Trained practitioners place tiny needles along pathways that are believed to connect energy points in your body with specific organs. Scientific research shows that acupuncture delivers many benefits, including changes in blood flow to the brain and helping the body produce its own painkilling substances. There are now many health professionals practicing medical acupuncture.
- **Acupressure:** This is similar to acupuncture but uses pressure instead of needles on key acupoints on the body
- **Breathwork**: This makes use of long, deep abdominal breaths to trigger the healing calming response that can bring a "dis-eased" person back to center.
- **Biofeedback:** Uses a computer or other device to give you visual feedback about your effort to control automatic body functions including blood pressure, heart rate, temperature and brain wave activity.
- **Energy Healing:** Involves working with the electromagnetic field or aura in and around the body. Trained energy workers are effective in managing many medical conditions.
- **Guided Imagery:** Uses imaginary mental pictures, combined with your sense of sight, smell and healing to focus on "picturing yourself" being well. It is particularly useful for managing common stress-related problems such as headaches or high blood pressure.
- **Massage Therapy:** Uses the ancient healing art of stroking and manipulating bod tissue to help make your body, mind and spirit relax. You can massage your own head and neck, forehead, temples, hands and feet or go to a trained professional (there are two at Leisure World Oasis Center) for a complete body massage that can help many common ailments. There are many kinds of massages—one is certain to fit your needs.
- **Meditation:** Can relax your mind, help you think more clearly and get in touch with your deeper thoughts. There are many different types of mediation. Some involve focusing on the breath, visualizing different objects or places or repeating a word or phrase called a mantra. Others, like mindfulness meditation, allow the body to become less reactive to stress and can lower blood pressure and manage your heart rate.
- **Reflexology:** Applies pressure to specific points on the hands and feet—especially tender points—believed to be linked reflexively to specific organs in the body.



One of my favorite alternative therapies is laughter! Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease. Laughter triggers the release of endorphins, the body's natural feel-good chemicals that promote an overall sense of well-being and can temporarily relieve pain. Consider watching videos by Victor Borge, Johnny Carson, Red Skelton, The Three Stooges or funny TV shows or cartoons.

Regardless of your health issues, consider asking your health professional if CAM can be added to your treatment protocol. You might also want to stop by the Leisure World Oasis Fitness Center and ramp up your physical activity. Research shows there is a connection between physical activity and well-being.

So, improve your health today and take an integrative approach that will benefit your heart, soul and body.

-Ronda Gates, MS, is a Leisure World resident with health-related degrees in pharmacy, nutrition, exercise science and counseling.



Discover Healing with Music Therapy

You are invited you to a music therapy class that will soothe your body and spirit. If you are the caregiver of a loved one with dementia of any kind such as Alzheimer's Disease, Parkinson's or stroke-induced memory loss, this class will help lighten your burden.

We meet the second and fourth Monday of each month in the music room in Rec. 2 at from 1 - 2 p.m. We sing our favorite old songs accompanied by the guitar playing and singing of our delightful certified music therapist, Sunjoo. We often keep the beat with rhythm instruments, adding to the effect. We end the session enjoying yummy refreshments.

To find us, park in the Rec. 2 parking lot closest to the Southern gate, take the sidewalk back toward the pool to the double glass doors. Please let others who might benefit about our class. It is free to attend thanks to a generous grant from the Leisure World Foundation. For any questions, please call Vicki Noble at 480-369-1466.













Leisure World

Golf

Leisure World Golf Staff



Travis Fish
Director of Golf



Shane Romesburg
Head Golf Pro



Jonathan Kinser
Assistant Golf Pro



Scott Van Engelen
Manager,
Heron Lakes



Dan Yoder
Assistant Golf Pro

HERON LAKES EXECUTIVE COURSE
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Tee times 6:30 a.m. Mon., Wed., Fri. and Sun.
Shotgun 7 a.m. Tues., Thurs. and Sat.
480-634-4370



2018 Overseeding Dates

Coyote Run Golf Course
CLOSE - Monday, October 1, 2018
OPEN - Monday, October 22, 2018

Heron Lakes Golf Course
CLOSE - Monday, October 22, 2018
OPEN - Monday, November 12, 2018

Golf Course Overseeding Starts Oct. 1

It's not easy to coordinate a crew of 16 guys to completely overseed and detail one golf course while maintaining another golf course and keeping it ready for daily play. And then, three weeks later they must repeat the entire process again!

Overseeding is a very critical process and must be delicately balanced with weather, heat, cold, watering and amount seed coverage. Too much heat and the grass won't grow, too much water and fungus will kill the new overseed, not enough water and germination won't start, too much rain and the seed is washed away and the process must start over.



In golf, "overseeding" refers to a maintenance process on golf courses in which grass seed is spread on top of the existing grass to promote new growth or to swap out seasonal turfs, replacing one type of grass with another.

Overseeding is most commonly done by courses that use Bermuda grass, which goes dormant and turns yellow during winter months. In the fall, a Bermuda grass golf course overseeds with, for example, rye grass seed on top of the Bermuda grass. It is timed so that as the Bermuda grass goes dormant, the rye grass grows in. So overseeding can, for a period of a few weeks, result in very "hairy" greens, fairways and tee boxes until the grass and its root structure become established well enough to tolerate shorter mowing heights and large amounts of foot and cart traffic.

In the spring, the process can be reversed: Bermuda grass starts to grow again as it gets warm and overcomes the ryegrass, switching the course's turf back to Bermuda. Please note that Bermuda and rye are used as examples because the overseeding of those turf grasses in partnership is common. Various types of grasses might be involved in overseeding, but the process is most commonly used to switch a golf course over from a warm season grass to a cool season grass and back again.

We look forward to a great 2018-19 golf season!

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Ball Position Key to Consistency

By Shane Romesburg

This month, we are talking about ball position. Proper ball position is key to consistent ball striking, which leads to better scores. You probably have heard that your ball position should change depending on what club you are using. Many believe that for shorter irons, the ball should be played toward the middle of the stance and longer clubs require you to position the ball more forward.



The problem with continually changing your ball position is that it becomes a guessing game as to where the ball should be played to hit it solidly and a consistent distance. This is why your 8 iron can sometimes travel 130 yards and the next time 140 yards. It is because the ball position is not consistent.

I am going to tell you to play the ball in the same position no matter which iron you are hitting. All you have to do is change the width of your stance depending on the length of the club. As the clubs get longer, the stance widens and you will notice a slight tilt in the right shoulder.

If you draw an imaginary line from your left shoulder at address to the ground, this the low point of the golf swing. We want to contact the ball first and then have the iron bottom out just in front of the ball. Play the ball just under your left pectoral muscle. You will see a consistent difference.

- Shane Romesburg, PGA, is head golf professional at Leisure World.

Golf Clubs

Heron Lakes Men's 18 Hole Golf Club

Submitted by Jim Pasek

Frank "Long Ball" Schweitzer, John "Baa-Ha-Ba" Mullen, "Lefty" Butler and "Jolten" Joe Miola took first place on July 16 with 22 under par. Pasek, "Doc" Van Scoy, Dennis Vogts and Davie Foley came in second, one stroke behind.

Monday, July 23 was individual stroke play, gross and net. We only had 16 golfers—I guess the hot weather scared most of the men away. Dale Smith won gross with a one under 71, Don "Lefty" Butler was second with an 80. Net was won by "Bah-Ha-Ba" Mullen with a 57 and Rich "Bogie" Bogart was second with a 60.

The competition the last Monday in July was won by the foursome of John Mullen (again), Terry Morgan, Bill Klepacki, and Ron Maclean with a 29 under par. Second and last place, with 11 strokes behind, was the foursome of Rich Blum, Don Duesenberg, Rich Bogart and Jerry "Putt-Putt" Perkins.

We played two man Stableford, Monday, August 6th. High score wins and the winners, John Husted and Terry Morgan accumulated 78 points. There was a tie for second with Rich Blum and Rich Bogart winning in a playoff. Third place was secured by John Mullen and Ted "Curly" Richardson. Both teams had 74 points.

Note that John Mullen has been in the money the last four Mondays. If he keeps it up, he will be interviewed on the Golf Channel.

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