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October 2021



Leisure World News

The Official News Publication of Leisure World Arizona

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Giving Back One Pillow at a Time

Blessed are those who dare to give generously! And that's exactly what Leisure World resident Fran Chenoweth has done with her love of crafting — specifically making pillowcases for children in need.

The COVID-19 shutdown of 2020 altered the lives of many. Club and craft meetings were cancelled, which forced people to come up with clever ways to stay active. Fran was no exception. The 94-year-old expert crafter was looking for something to do during the pandemic.

"I actually said a prayer and asked God to give me something to do while we had to shelter in place during COVID-19," recalls 94-year-old Fran. "And God answered in the most providential way!"



Fran doing what she loves best!

Ryan's Case for Smiles

Fran's prayer was answered via a chance outing with her son and daughter-in-law at a fabric store while talking to the owner. It was then she discovered her newfound purpose.

The store owner was affiliated with Ryan's Case for Smiles, a volunteer organization in Arizona, and shared how the group is dedicated to helping sick children around the globe feel better and heal. Established in 2007, the nonprofit brings comfort and support to young patients and their families as they undergo treatment.

Ryan's Case for Smiles started with a simple goal: to create and distribute whimsical pillowcases that give children an emotional boost and remind them that they are not defined by their illness. Improving their morale and quality of life helps pave their way to healing. Fran was in awe of the group's mission, and even more so since one of her hobbies is making pillowcases. In the past, she created pillowcases for homeless children who had no bags to carry their personal items.

Given Fran's crafting history, her son and daughter-in-law knew this was a perfect match. The pair brought Fran a new fancy sewing machine and fabric to get her started.

"I was inspired by one of the stories that I heard about a boy who had received the pillowcases," explains Fran. "He had been sick for four years. His illness was no longer treatable, and the boy knew that he was going to die. His wish was that he would be buried with his pillowcases. I knew after hearing this story that I had to get involved."

Fran got busy and in four months made 224 pillowcases. She makes the pillowcases by hand with special material that features children and cartoon characters.

"I have a system now and can make one pillowcase in an hour-and-a-half," says Fran. "I make five pillowcases per day."

Every pillowcase makes a difference! Ryan's Case for Smiles donates 1,000 pillows each month in Arizona to children in need.

Inspired Smiles

Children and teenagers alike receive the pillowcases when they come into the hospital. The children are given a new pillowcase once per day. No treatment is off limits. Whether you are a child suffering from a terminal illness or may have broken an arm at a game, you receive a pillowcase. It is comforting to the children and the parents to know that there are people who care so much to bring a smile to children during such a hard time.

The pillowcases are such a delight to the children. A little girl who had been in the hospital for a long time had received so many pillowcases that she asked her father to make her a cabinet at home to put them all in.

continues on page A3

WEDDED BLISS

A Tribute to My Wife, Mary Ann Steffan: 65 Years of Life and Love

By Don Steffan

On October 9, 1956, I married the woman that would change the scope of my life forever — Mary Ann. We were married in St. Joseph's Catholic Church in Devil's Lake, North Dakota.



Don and Mary Ann on their wedding day.

Early Years

We met for the first time in seventh grade. We started out as friends but naturally, by the time we reached high school, we were going out together. After graduation, Mary Ann attended nurse's training in Valley City, North Dakota. I entered the National Guard and was sent to work at Camp Grafton, which was two hours away from Mary Ann. I loved her and knew that she was going to be my wife, so I waited for her to complete her training before we got married.

After Mary Ann graduated from nursing school, we tied the knot! We lived and moved to several different places due to my career in the military. We began to expand our family and had four children, three girls and one boy.

I was amazed at how Mary Ann managed motherhood and her career. It is not easy to be the wife of a serviceman, yet she encouraged me and took care of our home. She held many positions as a nurse and was a phenomenal mother and wife. She handled everything with such grace and intention. She was wonderful!

In 1992, Mary Ann ended her career as a nursing director over a 120-bed facility. Then she traveled with me on my assignments, with my last one being in Washington, DC, at the Pentagon. Shortly thereafter, I retired in 1995.

A Fun Second Act

For the past 20 years, we have made Leisure World our home and are active in the community. With Mary Ann's support, I have served on the Governing Board for four years and I am a member of the Lions Club. As I look back, I see that it was the love and support of my wife that has allowed me to accomplish so many wonderful things in my life.



Don and Mary Ann at their neice's wedding in 2018.

Now, Mary Ann and I are proud grandparents to nine grandchildren and four great-grandchildren. We are expecting our fifth great-grandchild in November.

Mary Ann, thank you for 65 wonderful years of love, support, patience and motivation! You are my greatest inspiration! I love you!

Happy 65th Wedding Anniversary!

-Don Steffan is a Leisure World resident and Lions Club member.



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

Contacting Leisure World

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

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

LWCA Directory

Main Number: 480-832-0000

Administration Reception	Ext. 101 reception@lwca.com
Allen Family Medicine	
LW On-Site Office	480-977-6349
Compliance Office	Ext. 115
Facilities Department	Ext. 109 facilities@lwca.com
Finance Department	Ext. 119 finance@lwca.com
Fitness Center	Ext. 212
Golf	**Coyote Run:** Ext. 300 **Heron Lakes:** Ext. 400
Landscape Department	Ext. 201 landscape@lwca.com
LW News/Communications	Ext. 118 news@lwca.com
Outreach Office	Ext. 126
Recreation Department	Ext. 209 recreation@lwca.com
RE/MAX Classic	Ext. 705
Security Department	Ext. 601 security@lwca.com

Welcome New Owners



Thomas and Robyn Atkinson	2315
John and Patricia Wiedman	636
Joseph and Judith Downes	137
Maynard Larson	901
John and Deborah Holdsworth	998
Mark and Ellen Harrison	2442
Keyong and Kwang Sun	2043
Shirley Larson	1291
Janice Dillon	526
Jason and Nicole Mills	412
Black Canyon Equity, LLC	2267
Gilcrest Equities, LLC	2267
The Offer Zone, LLC	1651
Robert and Dawn Fairchild Sutherland	1390
Carolyn Powers	1

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Leisure World News

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Administrative Announcements

October Board and District Meetings

All meetings subject to change. Updates will be provided.

Meetings	Date	Time	Location
Board of Directors Work Session	October 5, 2021	8:30 a.m.	Ballroom
Open Board Meeting Executive Session	October 20, 2021	12:30 p.m.	Boardroom
Open Board Meeting	October 20, 2021	1:30 p.m.	Ballroom
District 1	October 13, 2021	1:00 p.m.	Ballroom
District 1 Standards Committee	October 28, 2021	9:00 a.m.	Lakeside
District 3	October 12, 2021	4:30p.m.	Ballroom
District 4	October 14,2021	5:00 p.m.	Theater
District 5	October 12, 2021	4:00 p.m.	Hopi Ballroom
District 6	October 13, 2021	4:30 p.m.	Hopi Ballroom
District 7	October 14, 2021	8:30 a.m.	Ballroom
District 8	October 11,2021	10:00 a.m.	Hopi Ballroom

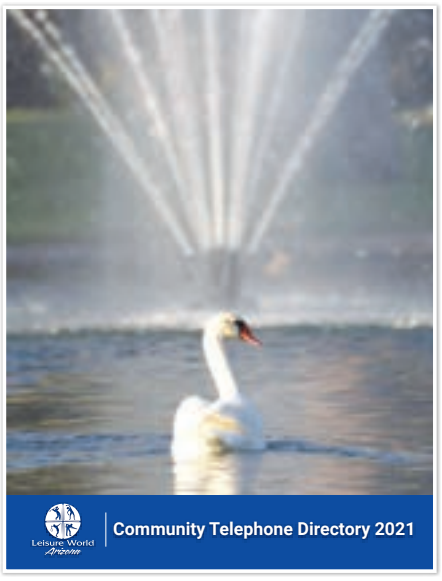
2022 Leisure World Telephone Directory

Do you want to be in Leisure World's 2022 Telephone Directory? If so, please get us your information by Friday, November 19!

How? It's easy! If you were in the 2021 Leisure World Telephone Directory and your information hasn't changed and you want to be in next year's edition, you are off the hook and don't need to do anything.

But if your phone or manor number has changed, we need to know. Simply fill out Form #6 either in person at the Administration Building or online by going to:

https://lwca.com/group/pages/manor-update-vacation-notice



When filling out the form, please be sure to remember the following:

- Fill out all sections of the form, even if there is only one change.
- Include area code when providing phone number
- If filling out a paper copy of the form, please remember to sign.
- If filling out an electronic version, please remember to hit the "Submit" button.

For any questions or to update your information by phone, please contact the Front Desk at reception@lwca.com or 480-832-0000 ext. 101.

Giving Back One Pillow at a Time

continued from A1.

Making Headlines

Fran's pillow making has been featured on ABC 15 Arizona and the Drew Barrymore Show. Fran was featured as an inspiring mom across the country who use her time to help others. The Mother's Day episode aired on May 9, 2021.

When asked if she would continue to do the pillowcases long-term, Fran chuckled and said," Now let's be realistic about this. I am 94-years-old!"

Fran plans to take a little break now that stay-in-place orders are lifted. In the meantime, she will work on some ceramic crafts for her grandchildren for the upcoming holiday season. She will then resume her passion project.

"I get very emotional when I speak of this organization," concludes Fran. "To know the stories behind the children and that these little pillowcases bring them joy, that is inspiration all by itself!"

For more information about Ryan's Case for Smiles, please visit www.caseforsmiles.org.



Fran recently celebrated her 94th birthday!



Wednesday Coffee

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

Meeting Minutes

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

Blue Crab Fest!



Don't miss our Blue Crab Fest! You will enjoy fresh steamed Maryland Blue Crab with brisket, corn on the cob (if available), baked beans, cucumber-tomato salad, potato salad and watermelon. Includes bibs, crab crackers and mallets. BYO set-ups provided.

As a special bonus, Rebecca and Ray Hardiman will bring the jazz! There will be songs from Carole King, Dionne Warwick, Burt Bacharach, Stevie Wonder and more. Vocalist Rebecca and pianist Ray have a delightful sound you are going to love.

Date: Sat., October 23
Time: 5:00 p.m.
Place: Rec. 1 Promenade
Cost: $35 per person
Deadline: Mon., October 11
Sponsor: Frank Civil Consulting

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Check out RE/MAX Classic listings on A18!

Electoral Process Timetable 2021

This sequence of events shall be furnished to all nominating committees and also published in the Leisure World Community Association's newspaper in September, October and November. The following format, to be used for 2021, shall be updated and used in subsequent years.

a. On or before Wednesday, September 8, 2021

Appointment of three (3)-member Nominating Committee by each District Council.

b. On or before Friday, October 1

Nominating Committees report to District Chairman, followed by immediate report by Chairman to the residents.

c. On or before, no later than Friday, October 15

Valid petitions for candidacy must be in the hands of District Chairman.

d. Monday, October 18

"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.



All Districts submit final candidate list to management for preparation of ballots, by three (3:00) p.m. (MST)

e. No later than Wednesday, October 27

Ballots will be emailed to all residents with email address' and mailed to residents with no email.

f. Monday, October 19 to Friday, October 30

If there are multiple candidates for District Council office, the District Chairman will schedule a meeting to introduce the candidates. Each candidate will be allowed 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 ensure that timely notice of the time and place of the meeting is provided to all District residents.

The notice for this meeting will be sent to the residents via eblast in the voting districts and placed in the District official message tubes/mailboxes to residents without email address' at least four (4) days prior to the meeting in all Districts having elections.

g. Tuesday, November 16 - Election Day

The acceptance of ballots will terminate at five (5:00) p.m. (MST).

h. Wednesday, November 17

Counting of the ballots shall commence at eight (8:00) a.m. (MST) and continue until completion of all applicable districts.

ELECTIONS ARE IN DISTRICTS 1, 3, 5 AND 7 THIS YEAR.

Breaking Down the Election Process

During this election season, many new and long-time residents may be wondering how the process works here at Leisure World. To help you better understand the election process, here are a few frequently asked questions.



What is the role of the District Council?

The Councils must manage operations of the Districts and keep the Board of Directors informed of any problems or suggestions to improve the living conditions and social life of the Leisure World community.

How does the District Council differ from the Board of Directors?

The District Council focuses on their respective Districts., whereas the Board of Directors makes decisions related to the entire community, like repairs, the annual operating budget, rules and regulations, etc.

How is the District Council governed?

The District Council is made up of three voting members. The District Chair presides at all meetings and is the Council's representative on the Leisure World Board of Directors. The Vice Chair steps in for the Chair when needed.

Then, there's a Secretary/Treasurer. The Secretary is responsible for the meeting minutes and the Treasurer accounts for Council funds, receipts and disbursements. One person can maintain the duties of these two positions or they can be divided among two individuals. However, if split in two, only one of these members is a voting member designated by the Council.

How long do District members serve?

District members can serve up to seven years.

Which Districts are up for election?

Each District has an election every other year. Elections for Districts 4, 6 and 8 are held in even numbered years. The next election in these Districts will be in 2020. Districts 1, 3, 5 and 7 are held in odd numbered years, so their election was in November 2019.

How are District Council candidates nominated?

During their election year in September, the presiding District Council appoints three members (i.e. an owner/resident from the District) for the Nominating Committee. The Committee asks manor owners to express their interest and interviews prospective nominees. The Committee then recommends two or more candidates for each Council position.

Who is allowed to vote?

Each manor is allowed one voting member. If there are two owners, then only one person votes in the election. Owners will receive a ballot in the mail at least 20 days prior to the election.

When is the voting deadline?

Electronic or paper ballots must be received by Leisure World no later than 5 p.m. on Election Day, Tuesday, November 17, 2020.

Learn more about Leisure World's bylaws online at http://bit.ly/LWCAbylaws.

Meet Leisure World's New Security Manager Eric Cobb

Leisure World is proud to announce new Security Manager Eric Cobb. Born and raised in Augusta, Georgia, Eric is an Army veteran with vast experience in security. He is a results-driven safety and loss prevention leader with a proven history of success in identifying and mitigating risk loss.

"I am excited to be at Leisure World and become part of the team and community," says Eric. "I look forward to making an impact in my new role!"

Eric most recently was Loss Prevention and Safety Manager at CSAT Solutions in Houston, Texas, for the past three years. He specialized in administering successful systems and policies to control the loss of company assets related to theft, vandalism, accident and injury. He was also Operations Manager for Allied University Security in Houston from 2011 to 2018.

Eric is no stranger to Arizona. He and his wife Betty originally moved to Mesa primarily because she received am executive leadership promotion. Formerly, he was the Site Supervisor and Training Officer for Universal Protection Services in Phoenix from 2008 to 2011.

"Once I left the Army, I felt that it was a clear path for me to use my skills in the security field," explains Eric. "It just made sense. I love helping people and the security field gives me the perfect opportunity."



Eric and his wife Betty on their first cruise in 2016.

Thriving on Education

Beyond his training in the U.S. Army, Eric has received numerous trainings and certifications, including OSHA 30-Hour General Industry Safety and Health, FEMA Emergency Management Institute and Combat Lifesaver and the American Heart Association Heartsaver CPR/AED certification.

In 2014, Eric graduated from Grand Canyon University with a Bachelor of Science in Public Health Administration.

"Education is very important to me," shares Eric. "My wife and I stress the importance of education to our family, and I wanted to lead by example."

Loving Family

Eric and his wife have four grown children, three boys and one girl. They are proud grandparents of five grandchildren, three of which live in Arizona and two who live in Hawaii.

"We relocated back to Arizona for this new position at Leisure World, but it was also a great opportunity for us to be closer to our family," says Eric.

In his spare time, Eric loves spending time with his family. They enjoy bowling and playing board games together. Eric also relishes volunteering in his community and offering basic dog training services.

"Dog training is great," says Eric! "I love that I get to train a puppy from its youth and prepare it for a new family!"

Eric is eager to start this new chapter of his career at Leisure World.

"I have met some great people at Leisure World and look forward to meeting many more!" concludes Eric.

Welcome to the Leisure World family, Eric! We are happy to have you!

Employee of the 2nd Quarter: Shannon McHenry Provides Excellent Customer Service

Leisure World is excited to announce that Administrative Assistant Shannon McHenry is Employee of the Second Quarter! Shannon enthusiastically greets residents as they enter the Administration building and provides exceptional customer service.

"Shannon always has a smile on her face, and I can hear residents laughing and enjoying their communication with her," says Executive Assistant Robin Mann, who Shannon reports to. "She goes out of her way to ensure residents and employees are taken care of. She is always willing to go the extra mile when anyone needs help."

Shannon pursues every task, big or small, with a contagious passion and zeal — whether it is answering phone calls, restocking LW News, helping the Fitness Department with guest check-ins or assisting Community Bob Manager prepare food for the Annual Crab Fest.

"Shannon is an overall great worker and is willing to help out wherever she is needed most," says Bob. "She completes her work with a sophisticated grace and is a friend to her coworkers, residents and anyone she interacts with."

"I am honored to receive this award," says Shannon proudly. "My supervisors and teammates are so supportive and easy to work with. I have grown so much over the years while working at Leisure World. I love the residents and this great community!"

Serendipity Strikes

A native of San Diego, California, Shannon graduated from Mission Bay High School and jumped into the workforce. In 2003, she was an Administrative Assistant for Sounds of Knowledge, an educational organization in California.

One day, serendipity struck when Shannon went out to grab lunch at the daily food truck.



Executive Assistant Robin Mann and Bob Kimble present award to Shannon.

"I met this great guy named Jim who worked in IT in the building next door and knew he was the one," recalls Shannon. "I said to myself, 'This is the man I am going to marry!'"

A few months later, Shannon and Jim began dating and the rest is history! They now have two beautiful children, Jake 11 and Kylie 8.

Arizona Bound

In 2004, Shannon and Jim decided to move to Arizona to begin a new adventure. While establishing roots, they started their own company, Audio Video Networking, which installed custom home audio. As entrepreneurs, Shannon and Jim gained knowledge of every aspect of business and wore multiple hats. This was the foundation for Shannon's incredible work ethic and "can do" spirit.

"I don't have any special certification or degrees, but since I have worked in so many different fields, I can adapt and handle all situations and tasks," explains Shannon. "I'm very grateful for all the experiences I have had."

Ironically, it was their audio business that brought Shannon and Jim to Leisure World. Jim was contracted to install audio in a home in the community and heard about an opening in IT.

"We established relationships in the community and people became familiar with our work," recalls Shannon. "Shortly thereafter in 2009, Jim was offered a position in the IT Department."

Jim was IT Systems Administrator until June 5, 2021, before transitioning to the Recreation Department as Audio Visual Specialist in July.

A Family Affair

Shannon also decided to get in on the fun and joined Leisure World as a part-time Recreation Attendant in 2012. A year later, the Security Department needed help and she stepped in as Gate Guard. Shortly thereafter, Shannon worked as an Administrative Assistant for RE/MAX Classic from 2013 to 2016.

After giving birth to Kylie in 2013, Shannon decided to take a break and be a full-time mom. In 2017, she returned to Leisure World and worked full-time for the next three years by splitting her time as a Recreation Attendant and helping Administration.

In January 2021, Shannon was asked to work at the front desk full-time and jumped at the opportunity.

"I love working with Vicki and Robin," says Shannon excitedly. "We are a great team and work closely with residents, vendors and other departments. There is never a dull moment!"

"I love taking on new challenges and making a difference in the community," concludes Shannon.

Congratulations, Shannon, on a job well done!



Participate in Lions Club Food Drive



Lions Club members at food drive in 2020.

The Leisure World Lions Club will host a food drive for New Hope Community Center on October 2 from 9:00 a.m. to noon. The nonprofit group provides people in need in our surrounding community with food, clothes, financial and job search assistance, and much more.

The food drive will be under the white tents in the Rec. 1 parking lot in front of the lawn bowling area. We will have our signature Lions Club Flags posted and signs that will direct you to food drop-off points.

Please bring non-perishable food donations. No glass jars or bottles. Please also check the expiration dates of any items. If the food items are close to expiring or already have, we expired, cannot accept them. We do accept bottled water donations.

Cash contributions are also welcome. If you submit a check, please make your check payable to the LW Lions Club. All monetary contributions will be part of a collective offering presented to the New Hope Community Center.

The Lions Club and New Hope Community Center thank you in advance for your generous contribution!

For more information about the food drive, please call Bob Sharkey at 480-389-8109.

For more information about New Hope Community Center, please visit, https://bccmesa.com/missions-outreach/nhcc/.



WEDDED BLISS

Frank and Sue Strainis Celebrate 50th Wedding Anniversary!

On August 14, Frank and Sue Strainis celebrated their 50the wedding anniversary! A few weeks prior, they completed a 5,000-mile road trip family tour to celebrate with loved ones. The duo traveled to Colorado, Minnesota, Wisconsin, Indiana and Illinois, where they visited Sue's family.

The dynamic duo attribute their longevity to their undying commitment, good communication and having a sense of humor.

"Frank was the driver and I was the GPS," says Sue laughing. "It was a lot of fun and it was great to see our family and friends."



Frank and Sue on their wedding day.

A Chance Meeting

A Chicago native, Frank worked in the Chicago Parks and Recreation Department with a local high school dance group in 1969. He often drove the girls back and forth into town. One evening, Frank went looking for some of the girls who had wandered off. He checked a local tavern but didn't find them. Instead, he found Sue.

"I was sitting there and in walks Frank with his brother looking for the girls," recalls Sue. "I joined in their search and we just started to talk. He was funny, smart and a lot of fun!"

"I loved that she was talkative and friendly," adds Frank.

"I wasn't looking for anything serious," Sue laughs. "I was looking for fun! I ended up fixing up his brother with someone, and Frank and I got together, so it all worked out."

Frank and Sue's first date was at a country western place in Illinois. They kept hitting it off, and two years later, were married on August 14, 1971.

A Blended Family

Frank and Sue raised their family in Lake Bluff, Illinois. They had one child together and three from Frank's previous marriage. During this time, Frank was president of a Baytree Bank in Lake Bluff, Illinois, and Sue was a hands-on mother and an active community member. After their daughter went to college, Sue joined the workforce as an education administrator.

"I was a part of the parent board and would take Frank with me to the different events for the schools and in our community," says Sue. "We have always been very connected in our community."

Sadly, Frank and Sue suffered a great loss to their family in 2017.

"Our oldest daughter passed away from multiple sclerosis four years ago," says Sue. "We have a hard time answering how many children we have after her death, but we have four children."

Sunny Horizons

In August 2007, Frank retired from his position at the bank. In November that same year, Sue retired from her position as an assistant to the Director of Pupil Personnel at the Lake Forrest High School. They wanted a change of climate and set their sights on Arizona.

"Frank got tired of shoveling snow," laughs Sue. "We chose Arizona because of the climate."

The couple were snowbirds for eight years and eventually settled in a condo in Scottsdale for five years. They then heard about Leisure World and its resort-style living and moved in 2019. And they have been loving every minute since!

"We have made a lot of friends," says Frank. "We have become very involved. Sue does the District 7 newsletter and has been asked to run for district secretary."



Frank and Sue at Leisure World.

Frank and Sue have settled in nicely at Leisure World. Frank is an avid golf player and Sue loves her water aerobics and Wednesday Coffee. They are enjoying their retirement years still full of fun as when they first met.

Through Thick and Thin

Unfortunately, Sue recently battled cancer, making this wedding anniversary even more special!

"Our wedding anniversary came 30 days after my chemo treatment," recalls Sue. "Frank and I both decided that we didn't need anything big to celebrate. We were just happy to be together."

During Sue's recovery, Frank had become Sue's caretaker. He took care of her was her total support system since their family does not live in Arizona.

"This is what you hope for in marriage," says Sue. "He was very supportive while I was ill. You hope that when the time comes, your spouse will show up for you and step up when you need them to. This is what Frank has done for me."

The couple's mutual love and respect continues to shine through!

"Frank is everything to me," says Sue lovingly.

"And Sue is my companion and my help," adds Frank.

Happy Anniversary, Sue and Frank! Here's to many more!

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Foundation Flashes

Leisure World Amenities Benefit Residents

Among the amenities of living in Leisure World are four beneficiaries from Leisure World Foundation funds. They are: Music Therapy, the Leisure World Library, Outreach Services and the Premier Speaker Series.



Sun Joo Lee leading residents in Music Therapy.

Music Therapy

Since 2017, Music Therapy classes have been offered in Leisure World to those suffering from any kind of neurological disease which causes memory loss, such as Alzheimer's. Parkinson's and stroke-induced dementia. The class also positively impacts caregivers.

Sun Joo Lee, music therapist, leads the music therapy classes by singing favorite old songs.

"We have been waiting for this day to be together in person again in the Music Room at Rec 2," says Vicki Noble, Leisure World resident and class facilitator. "If you have not had a chance to join us yet, this is a great time to bring your loved one, along with a favorite song you would like to sing with us and finish up the delightful hour together and enjoying some light refreshments and socializing!"

These classes are free and have been funded by Leisure World Foundation for several years. The classes are on the second and fourth Mondays of the month, year-round, from 1:30 to 2:30 p.m.

"I was so impressed watching the pleasure on the participants' faces when I participated in one of the classes," says Janice Remus, treasurer of the Leisure World Foundation. "There is so much personal interaction with everyone attending!"

"We learn that we are not alone in this journey and receive valuable insights and friendships as we visit together," adds Vicki.

For more information, please contact Viki Noble at vicnal7@gmail.com or 480-369-1466.

Leisure World Library

The Leisure World Library is completely supported with donations. The Leisure World Foundation have added their support in funding the purchase of large print books. Residents who enjoy these books are very grateful for the joy of reading!

The foundation is also a conduit to individuals who wish to donate in memory of a loved one.

Outreach Services

Leisure World Outreach Specialist Marguerite Huspen has helped various residents with individual needs. A grant-funded amount from the Leisure World Foundation is set aside for special requests.

For more information, please contact Marguerite by calling 480-832-0000, ext. 126 or visiting her in the Administration Building.

Premier Speaker Series

The Leisure World Foundation, in cooperation with the Recreation Department, have scheduled speakers four to five times per year to enlighten the Leisure World residents. The Premier Speaker Series has been offered for over 10 years and is free! On occasion, the crowds have filled the Rec. 2 Hopi/Pima Rooms to capacity.

The 2021-22 Premier Speaker Series will draw residents back to hear presentations from places to travel to the history of Leisure World's beginnings. As always, the topics are wide-ranging and have broad appeal!

More Funded Services

Over the last 25 years since the inception of the Leisure World Foundation, $4 million have been raised to for various projects within the community. The largest beneficiaries have been the Rec. 2 Modernization, the tennis and pickleball courts and the Fitness Center equipment. Ultimately, the funds have positively impacted many residents in one way or another.

"Funds collected have greatly benefit the Leisure World community," says Leisure World Foundation President Donna Bailey. "Future funded projects are a dog park and additional pickleball courts. We are in the planning phases and hope to involve more residents soon!"

If you have enjoyed any of these activities and services available at Leisure World, then you have benefitted from the generosity of others who know that the foundation is providing a better life for us!

If you are interested in supporting worthy causes within our community, please contact Leisure World Foundation Friend Sandra Lackore at 480-696-0779 or Leisure World Foundation Assistant Treasurer Joan Jajdelski at joanjajdelski@yahoo.com or 602-672-7931.

LW Foundation Donations

August 1 - 31, 2021

Friends Endowment Fund
Doug and Donna Bailey

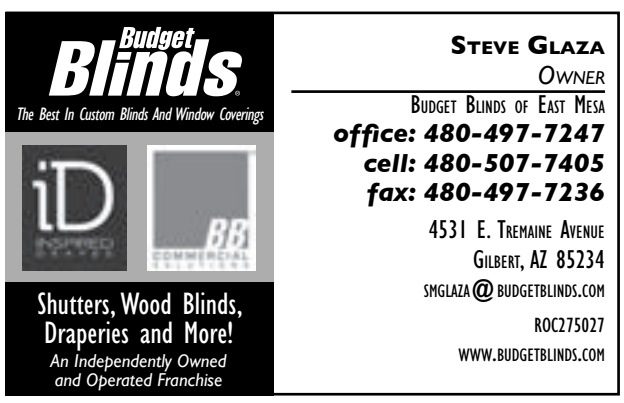
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A DOSE OF PROSE

Explore New Fantasy Books

By Charlene Ingerson

Summer is officially over. Sadly, this means that our popular weekly bargain book sales are also ending. Our final summer bargain book sale is on Tuesday, October 5 from 2:00 to 4:00 p.m. This will also be our only sale until the huge semi-annual book sale during the Arts and Crafts Festival on Saturday, November 20.

Librarian's Choice

After a summer hiatus, we have resumed featuring the monthly Librarian's Choice books on the book cart at the end of the low bookshelves near the copier. Each month has a new theme for this featured group of books. October is the month of Halloween, witchery, fantastical creatures and unordinary beings — which is the theme of Librarian's Choice this month.

New Fantasy Books

In addition, the library is expanding its collection of fantasy literature. New fantasy books will become a part of "Speculative Fiction," a category that combines science fiction and fantasy. Both these categories take us out of this world and into imagining worlds where completely different rules apply. What if there were werewolves or wizards or androids among us? What if we could read other people's thoughts? What if we could travel freely among the planets? What if we could travel freely through time?

In both genres within speculative fiction, we are in unordinary circumstances. While science fiction tends to construct worlds where the rules of science are deeply stretched into new conditions, fantasy imagines worlds rich in magical creatures and phantasmagorical outcomes.

Second Chances

Few fantasies are more enduring than the idea that there might be a second chance at a life already lived — some sort of magical reset in which mistakes can be erased, regrets addressed and choices altered. This deep desire for a different life — or for more lives than just the one, is at the heart of "The Midnight Library," a new fantasy novel by Matt Haig.

The story opens with an unhappy young woman, Nora



Seed, who is overwhelmed with regrets for the many wrong choices she has made in her short life. She is alone, feels useless and sees no better path than death. So, Nora takes an overdose of antidepressants. But instead of waking up in heaven, hell or eternal nothingness, she finds herself in a library. The shelves of this unique library are crammed with identical-looking volumes, each one giving Nora a chance to see how her life would have turned out if she had made different choices.

Multiple Life Scenarios

And so begins Nora's fantastical quest of trying on life after life to see where different choices would have led her. For example, at one point in her life, Nora's parents wanted her to try out for the Olympics because she was an expert swimmer. She will get to experience that and what life would have looked like for her as a confident ex-Olympian on the book-touring circuit. She also will get to experience life with her ex-boyfriend had they bought the pub they had once discussed purchasing.

In other lives, Nora will have the chance to live a life with her fantasy lover, who she never had the guts to ask out for coffee. She will choose to stay in her brother's band, then live her life on a successful concert tour. Since Nora had been a philosophy major in college in this life, she is able to pour her philosophical thoughts into some unique and catchy song lyrics that have made them one of the top bands in the world. In another life, Nora is a philosophy professor, instead.

All Nora has to do to step into a life is open the book. If she finds a good life, she can stay. But the difficulty for Nora lies in deciding "whether a life could really be judged from just a few minutes after midnight on a Tuesday."

Despite the visits to multiple lives, "The Midnight Library" is actually a streamlined novel. There are no side plots, no broad cast of characters and no twists of fantasy. For readers who might be put off by speculative fiction, the novel is a charming way into the genre as Matt Haig showcases a whimsical fantasy about learning what is important in life.

Gratitude Galore

We would not be able to have such exceptional books without the generous donations of our residents. The Leisure World Library receives no funding from Leisure World, so your donations enable us to keep our collection vibrant and interesting. Our special thanks to those who made so many generous book donations over the past several months!

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

August 2021 Donations

Donor	In Memory Of
Jane Blanchard	Dorothy Daley

Books Checked Out August 2021

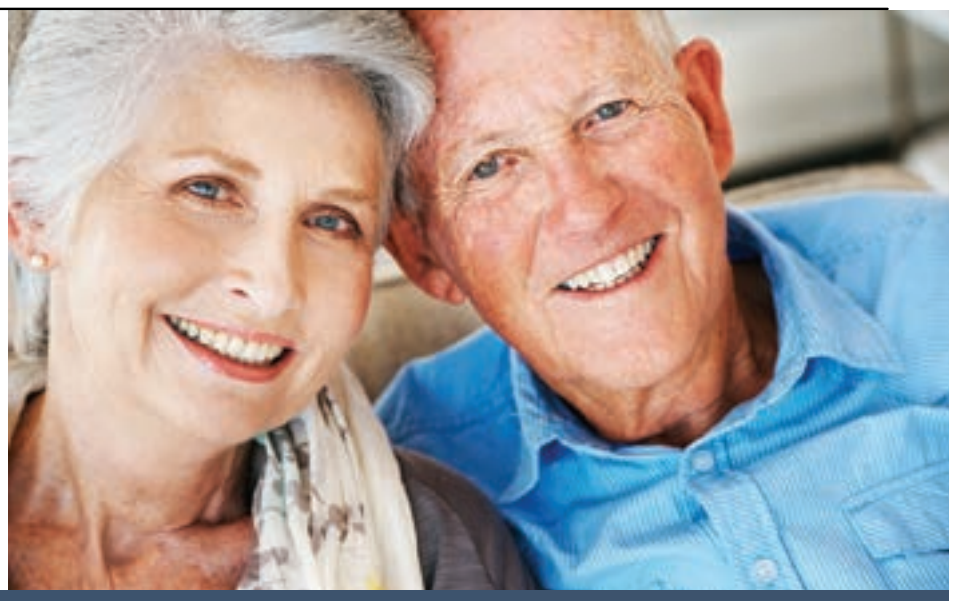
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Jacob's Well Project Gives Kenyans Hope During COVID-19

"One world. One vision. One mission." That's the motto of Jacob's Well Project, the nonprofit organization that is impacting lives and transforming communities in Kenya, Africa. And Kenya needs this more than ever after having been hard-hit with COVID-19. It currently has an average of 1,500 new cases per day and limited resources for vaccines.

Founded by Leisure World's Operations Manager Jason Doll in 2020, Jacob's Well Project aspires to empower impoverished communities for a viable future. He will be going to Kenya with two missionaries from August 24 to September 7.

"With the significant negative impact of COVID-19, we will bringing aid to many who most probably would not have received care and help," explains Jason. "We will be working at Calvary Hope Center — our hub in Kenya — where we will be working with our school, church and the local area in the slums."



Jason with adoring Kenyan children.

While serving in Kenya, Jason and his team will provide food to children and families, clothing, glasses, school supplies, hygiene items, Bibles, COVID-19 supplies, mosquito netting and many other needed items.

They will also be implementing a new on-site women's ministry.

"This ministry will empower women with the word of God and how it relates to their lives as either wives, mothers, daughters, grandmothers or single women," adds Jason. "We hope to connect with these women and give them newfound hope and meaning!"

Inspired to Serve

In June of 2020, Jason was inspired to begin Jacob's Well Project when reflecting on how best to help and encourage poverty-stricken countries long-term.



Children grateful for shoes.

The nonprofit is named after a Christian Bible story where Jesus rests by Jacob's well in Samaria and explains to a Samaritan woman that he is the "spring of water welling up to eternal life."

"It's a spot of hope," shares Jason. "The well represents life. But despite the name, the goal is not to push religion. Rather, it's to bring aid, care and faith-based love."

Jacob's Well focuses on providing clean drinking water for families and children in the slums of Kenya. Sadly, over 2,100 children die daily from water-related disease. A water well will help Kenyans keep their bodies clean and free from diseases, while restoring dignity and meaning to their lives.

When Purpose and Passion Collide

Jason founded J.D. Ministries in 2012, a non-profit organization providing clean water and education for impoverished communities like Nakuru, Kenya.

"This is what I've been called to do, to help the poorest of the poor," says Jason passionately. "When you look into the eyes of a mother who is working effortlessly and cannot provide for her child —or when you look into the eyes of a child and see nothing but hunger and pain – you are compelled to act."

Each year, Jason travels to Nakuru and other areas looking for the best ways to help. In 2018, he launched Operation of Hope – a special project of J.D. Ministries – which provided shoes for children in need.

"Some kids you see their shoes are falling apart, or they have holes in them, or some may not have soles," says Jason empathically. "They're walking in dirty areas with open sewers. They're absorbing the toxic material into their body. Having these shoes will positively impact their health."

But as Jason saw the ever-increasing need to do more, he wanted to maximize his efforts.

"Ultimately, the mission of Jacob's Well is the same as Operation Hope. It just defines it better so we can do a lot more," clarifies Jason. "There is more need than there are resources, so there is a lot of work to do."

And he's just getting started.

"Over the years, I have established relationships with the people of Kenya, and in turn, they have become part of my family," concludes Jason. "I long to be back and embrace them once again."

Thank you, Jason, for giving hope and support to those less fortunate!

To donate or learn more about Jacob's Well Project, visit www.jacobswells.com.





VETERAN SPOTLIGHT

Centenarian Navy Veteran Ray Colvin Proudly Served

By John Latus

In World War II, Navy veteran, Ray Colvin, sailed across the Pacific to defend our country.

Raymond Colvin was born on August 9, 1921. You read that right. That's a little over 100 years ago. He grew up in Eden, Arizona, and attended Pima High School. He then completed junior college in Thatcher, Arizona. At the age of 19, Ray moved to the Los Angeles area and went to work at a major shipyard: Calship.

While there, Ray married his long-time sweetheart, Beatrice Marshall on January 11, 1943. They had grown up together attending the same grammar school, high school and junior college.



Ray as a Navy recruit in 1944.

Navy Bound

In 1944, Ray was drafted and given a choice: the U.S. Army or Navy. As an Arizona native, it was no surprise that he chose the ocean over the desert.

After a brief session at boot camp in San Diego, Ray was sent to Gulf Port, Mississippi for a three-week training as a diesel engineer. From there, his assignment was Honolulu, Hawaii, where he was assigned to the engine room of the mine sweeper, Compel, on September 19, 1944.

They soon headed to the Marshal Islands where they patrolled the region for more than a year to ensure no one either occupied or left the islands. They did not encounter enemy activity but did encounter very dangerous typhoons. Typhoons generate winds of 75 mph and more plus waves 40' to -50' high — treacherous conditions even for Compel!

Batten down the hatches and hold on to your hats! Everyone was secured below deck. Imagine the Compel climbing a mountainous 50-foot wave, going over the crest and then plunging down the other side ready to face another wave. Winds buffeted the craft causing it to violently rock side to side, sometimes causing the anti-aircraft guns on the leeward side to dip into the sea. Occasionally, they would come across empty inflated life rafts, which sadly, was evidence of seaman who did not make it on smaller boats.

Hiroshima

In July 1945, it was off to Saipan in the Marianna Islands to join other ships forming a battle group preparing for the invasion of Japan. Then on August 6, 1945, the A-Bomb was dropped on Hiroshima, raising hopes that Japan would surrender. But Japan was well-prepared to fend off an invasion.

They were in the process of reviewing the situation when on August 9, 1945, their hopes evaporated when the second A-Bomb was dropped on Nagasaki. Japan surrendered, saving an estimate that hundreds of thousands of lives of soldiers from both sides who would have been lost in the invasion and battle of Japan.

The Compel was ordered to Kochi, Japan, an industrial city south of Tokyo, to perform real minesweeping duty in the harbor. They arrived to find a city in ruins.

Note: Unlike Germany, where military equipment was produced in giant factories (easy targets for Allied bombers), Japan's military output was produced in small, cottage-industry businesses scattered throughout the city. They were undistinguishable from ordinary small businesses or even households. It was impossible to target them. The solution: burn the city down, which they did via incendiary bombing.

Kochi harbor was protected by hundreds of mines scattered throughout the harbor at various depths. Eliminating them was a tedious and dangerous one-by-one process. Compel would locate a mine by radar, then cut the cable holding the mine in place. The mine would then pop to the surface. An on- board rifleman would fire at one of the nobs or detonating devices on the mine causing it to explode. Regardless, it took months to eliminate all the mines.

During this time, groups of sailors would take Liberty to visit the city. They found the residents to be nice, friendly people. A barter system soon sprang up. The Americans would offer sugar (much needed in Japan) and shoes for Japanese beer and household goods. Everybody got along!

After the War

Finally, after about three months, the project was completed and the Compel could head home. By this time, Ray's tour was up and he was discharged at San Pedro, California, on March 11, 1946 with the rank of Fireman First Class. He returned to the Los Angeles area where his wife was living.

Ray and Beatrice bought a "GI home" in Monterrey Park, plus a double-wide mobile home which enabled them to visit both their parents for many years. Ray went to work for Atlantic Richfield where he worked for 37 years, holding several jobs before retiring as Manager of General Services.



Ray celebrating his 100th birthday with neighbor and friend Maria Brewer.

Finding Leisure World

During this time, a friend in Leisure World invited them to visit. They visited him in 1989, really liked what they saw, and purchased a home that year. After a few years, they sold their California home.

They soon developed a group of friends. Every Friday, they would get together for dinner at one of their homes. They called it, "The Friday Night Social." On Sundays and Wednesdays, they would go for dinner at their favorite restaurant, The Black Angus. Sadly, Ray's wife passed away in 2018, but the tradition continues.

Ray's philosophy is, "Move it or lose it!" That's why even today he works out at the Fitness Center five days a week!

Thanks for your service to your country, Ray!

-John Latus is a veteran and Leisure World resident.

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

TRANSPLANTED GARDENER

Tree Planting Season

By Sherry Rindels-Larsen

October has arrived and with it comes one of three planting seasons for Arizona! Of the three, this is the best one to take advantage of if you want to establish new trees in the landscape.

Trees are important in the desert, especially for our urban areas. One of the most obvious reasons for tree planting is the cooling benefits a shade tree provides. Shading reduces the amount of radiant energy absorbed and stored by building surfaces. Trees transpire, which converts liquid water to water vapor which in turn cools the air.

Maximizing Shade

Shading helps homeowners and also keeps energy costs low. That is why SRP offers free trees in both the fall and spring.

To maximize shade, locate trees on the west, east and south sides of structures. Trees should be planted 10 to 20 feet away from the structure you are trying to shade. Smaller trees should be planted in the 10-foot range, while larger trees should be planted further from the structure.

Watershed Management

Trees assist in watershed management and pollution control in receiving waters. We have seen this first-hand this summer. Flooding has been much worse in areas where fire eliminated vegetation and left a burn scar.

Trees — especially those with larger leaves and rough bark — can intercept and store rainfall thus reducing runoff volume and erosion. When rain hits the tree, it is intercepted by the leaf or bark surfaces where it evaporates, drips from the leaf or flows down the stem to the ground. Interception is most effective with slower rainfalls but helps even in heavy rainfall events. Tree root growth improves soil infiltration allowing the soil to take in more water. Tree canopies can prevent and reduce soil erosion by reducing the amount of rain falling on bare soil surfaces.

Improved Air Quality

Trees are often called the lungs of our cities and play a huge role in improving and maintaining our air quality. While not the case when Leisure World was originally built, we now live where poor air quality affects the health of our residents.

Trees improve air quality by absorbing pollutants through leaf surfaces, intercepting dust, ash, pollen and smoke, releasing oxygen through photosynthesis, reducing ozone levels through transpiration and shading, and reducing hydrocarbon emissions from vehicles.

Although some believe trees are a maintenance cost to be reduced or eliminated, the benefits of properly selected tree species and varieties far outweigh the expenses. When planting a tree, we plant for the next generation not ourselves.

For more information on planting trees in Arizona, visit the following Extension and Forestry resources:

- https://extension.arizona.edu/tree-resources
- https://dffm.az.gov/tree-selection-care

Happy gardening!

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



Calling All Leisure World Artists!

By Charlene Ingerson

The weather is cooling, the sunbirds are perking up and the snowbirds are coming back! It is time to get ready for the Fall Art Show on Saturday, November 20 in the Rec. 1 Ballroom.

The Photography Club invites all Leisure World artists to participate. We know you are out there! No club membership is required to enter your work, which must be an original creation that has not been entered in a previous Leisure World art show.

Register Today!

Registration is open now and closes Monday, November 8 at 12:00 noon. Forms are available electronically on the Photography Club website at https://www.lwphoto.club/club-events/fall-art-show. Printed forms are also available in the studio across from the Rec. 1 Theater.

Categories

Artists may enter up to six pieces in each of the three major categories: photography, painting and drawing or 3D work. If you are a gifted individual who works in more than one



of these categories, you may enter up to 18 exhibits (six for each category) for the show. Fees are only $10 for each category.

Art Mart

You are welcome to list your pieces for sale. Exhibitors in the show are also welcome to enter their work (including 3D work) in the Art Mart. Art Mart pieces will be offered for sale during the show. In both cases, the show organizers will handle the sale for you during the Fall Art Show with no pass-through fees.

This year's judge is Cheryl Fecht, an esteemed local artist whose work can be seen at: https://cheryl-fecht.pixels.com. Cheryl has been a judge for previous Leisure World art shows and has experience in all three categories. We are delighted to have her for this year's Fall Art Show.

Leisure World is brimming with creative people who produce gorgeous work in a wide spectrum of media. It is time to strut your stuff, meet your fellow artists and enjoy the accolades of your neighbors and the hundreds of people who attend the Fall Art Show!

Time is a wasting! Pick up a registration form today!

For more information, please contact Fall Art Show Chair Charlene Ingerson at 401-473-4213.

-Charlene Ingerson is a Leisure World resident and the Fall Art Show Chair.

Wanted: Crafters for Sale and Book Fair!



Submitted by Diane Tyndal

Attention all crafters! We are planning our November Craft Sale and Book Fair which will be on Saturday, November 20.

Please come to the Lakeside Clubhouse on Wednesday, October 6 at 1:00 p.m. for our meeting and to register for your table. The cost is $10 per table.

We hope to see you there!

For more information, please contact Diane Tyndal at d.tyndal@cox.net.

Meeting/Registration Date: Wed., Oct. 6
Time: 1:00 p.m.
Place: Lakeside Clubhouse
Cost: $10 per table

Craft Sale & Book Fair: Sat., Nov. 20



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– Albert Einstein





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George Miller Loves Paying it Forward

Leisure World resident George Miller thrives on giving and paying it forward. Whether he is helping neighbors by pulling weeds, cleaning their gutters or embracing being the Turkey Trot Mascot, George is in it to win it for others!

"I get a lot of joy from helping others and paying it forward," shares George. "I know that one day I will also be older, and I hope that someone will step up and help me out, too. It might sound cliché but giving truly is its own reward."



George has fun as Turkey Trot mascot in 2018.

George — affectionately called, "The Weed Samaritan" by residents — started his volunteer yard service in 2017 when his wife Stephanie was diagnosed with cancer. He retired early to care for her and decided to also help his neighbors in his free time. George provided his services free of charge. But when people insisted on paying him, he donated the money to a local food kitchen.

"I simply wanted to keep helping others," adds George. "This way, the fruits of my small service extended to even more people in need."

Sadly, after 31 years of marriage, Stephanie passed in 2018. However, it was helping others that helped George get through this difficult time.

A True Lion

Word of George's generosity quickly spread, and the Lions Club invited him to join them in their philanthropic efforts. As a new member, George learned about Camp Tatiyee, a Lions service project, and decided it was the perfect place to donate the proceeds from his yard work.

Camp Tatiyee works to enrich the lives of individuals with special needs by providing a life-changing summer camp experience that promotes emotional health, independence, self-esteem and confidence, entirely free-of-charge. The camp allows children with disabilities, who might normally feel isolated, to connect to other kids like them.

"It is a win-win situation for everyone!" explains George. "I get to enjoy the outdoors, residents get yard work done and the kids benefit in the end with a memorable experience. It is great for everyone!"

George also gives back in other ways. He can often be found picking up fresh produce from local markets and delivering to those who are not physically able to get out. He even happily cooks meals for those who need a little help.

"He is a very honest and upstanding person and does a great service for the Lions," says Lions Club Treasurer and friend Peter Vaglio. "I can't say enough good things about him."

Public Service in Action

While living in Massachusetts, George spent many years volunteering. He spent four years working with Mass React, providing aid to stranded motorists. He also volunteered with the Red Cross Auxiliary Police program for six years and helped during fires, disasters, crashes and parades. He even gave CPR demonstrations and kept neighbors safe by providing free home security inspections.

"I have loved volunteering my whole life. I love meeting people from all backgrounds and hearing their stories," shares George. "I get a lot of joy from knowing I am helping others."

George can also be found bringing a truck full of hot meals and drinks to firefighters working in disaster situations.

"I know that little things can make a huge difference," says George. "I love to give back to those giving so much to our community."

And if you have ever participated in Leisure World's Annual Turkey Trot which raises money for a special charity, you will see George cheering everyone on as mascot.

High-Tech History

Born in Arlington, Massachusetts in 1955, George attended a local vocational high school to become a machinist. He began working in the biomedical field in 1973 and built life-saving pumps used in open-heart surgery.

In 1987, George moved into radar products and created the guidance system for the patriot missile used in Desert Storm. In 2000, he worked as a contractor, building dashboards for Apache helicopters, transmissions for fighter planes and drones—some as small as hummingbirds! George then became a sub-contractor for companies like Boeing and NASA, lending his technical prowess to their Aerospace teams.

A Good Neighbor

In 2006, George and Stephanie left the cold weather behind and moved to Leisure World. They had visited her brother-in-law in the community and fell in love with the warm weather, amenities and the friendly neighborhood atmosphere. They decided it was the perfect place to build a new life.

"I love the way that everyone really looks out for one another, like in the old days," says George. "You don't find that everywhere nowadays. But here, neighbors take care of one another!"

Fellow residents also love having George around.

"George is one of the nicest people in the world," Lions Club member and friend Barry Jacobsen. He is generous in everything he does and gives so much."

Thank you, George, for taking care of your neighbors and giving back to our community!

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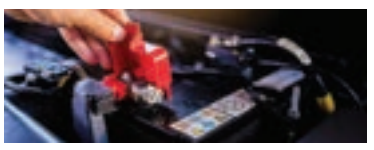
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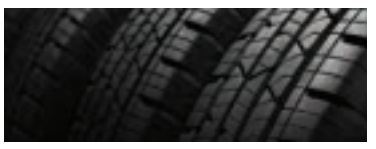
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YOUR POCKETBOOK

Advantages of Active and Passive Investing

By Steven M. Rabin

Investors today live in an era offering unprecedented global investment choices, in both active and passive vehicles. Investments in each category have opportunities and challenges for investors to consider when crafting an optimal financial strategy. With so many choices at your fingertips, how can you best capitalize on what the markets have to offer? There is no right answer for everyone. But in many cases, it may make sense to use both active and passive investments to effectively build and manage a diversified portfolio.

Active and Passive Investing

Active investing is an approach that seeks to capitalize on inefficiencies in the market by identifying individual securities that do not currently appear to be priced based on their true underlying value. Success using this approach generally requires in-depth research and analysis by knowledgeable investment professionals. Many traditional mutual funds fall into this category. Active fund managers who oversee these funds seek to generate returns that outperform a benchmark or a specific measure of market performance, such as the S&P 500 index. They make investment decisions based on a defined approach or strategy.

On the other hand, passive investing is an approach that seeks to match the performance or a specific benchmark or segment of the market. Many passive investors choose, for example, to put their money to work in an index fund that invests in a broad segment of the market. Perhaps the most common passive investments are funds that track the performance of the S&P 500 Index, an unmanaged index of large capitalization U.S. stocks. The premise is to own a broad cross-section of the market or a segment of it, rather than trying to identify specific securities that may outperform a benchmark or market segment.

It's worth noting that there are increasingly more investment options offering a middle ground between active and passive strategies. Called strategic or smart beta, this investment strategy is intended to combine the transparency, consistency and cost-efficiency of passive



investing, all with the investment insights found in active management.

Approach Considerations

There are benefits and shortcomings to each approach. Actively managed investment strategies offer the opportunity for outperformance versus a specific market segment. They can also take steps to defend against the impact of down markets that inevitably occur from time to time, often by avoiding individual securities or sectors that have challenges.

To accommodate the research and expertise involved, actively managed investments typically come with higher expenses, which detract from the net returns they generate. Also, because they are using a selective approach to investing, there are times when they will choose to invest in securities that do not perform to expectations, and perhaps, miss out on the full benefit of broader upward market trends.

A key benefit of passive investing is that fees tend to be lower than other investment strategies. They also tend to be tax efficient because trading is minimized in the fund as it continues to track an index over the long term. A downside to passive funds is that by simply investing in a benchmark, an investor foregoes the opportunity to outperform that index. This means returns tend to match those of the market, minus any fees. Also, in volatile periods or when markets trend down, index fund investors will see their investments follow a similar path.

A Case for Both Strategies

Is one approach the best choice for your portfolio? The reality for many investors is that a combined approach may be an effective solution. Investors should pay close attention to factors that can affect their investment results, including fees, different sources of potential investment return and the benefits of a diversified portfolio.

You may determine that part of your portfolio should generally track with the market. If that is the case, a passive fund may make sense. At the same time, you may want to take advantage of specific opportunities in segments of the market where selectivity may help you reach your goals. If so, active strategies may be more successful.

The good news is that you have a tremendous opportunity to effectively diversify and tailor your portfolio to help you achieve your long-term goals. A financial advisor can work with you to determine what approach and investments work best given your financial goals, investment time horizon and risk profile.

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

Rabin, Barkat & Associates Wealth Advisors, a private wealth advisory practice of Ameriprise Financial Services, LLC in Mesa, AZ. We specialize in fee-based financial planning and asset management strategies and have been in practice for a combined 42 years. Contact us at, www.rabinbarkat.com,

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LEGACY FILES

Stop Living Without an Estate Plan



By Rilus M. Dana



Are you or anyone you know living **without** an estate plan? We see the consequences of procrastinating on your estate plan daily in our law firm. We will not get into the sad stories, so let's just say it is not fun when we cannot help someone when their loved one has passed without even a will. The worst is when an unmarried partner gets left out completely because the intestate laws only deal with family — and at that point, it is too late! But, if you are reading this, it is not too late.

We believe everyone should have a plan, regardless of finances, procrastination, a busy schedule, fear or any other reason that may keep you from having an attorney create your estate plan. We are on a mission to reduce the number of people living without an estate plan, whether that is through working with us or writing your own will. So, you do not have to live without a plan any longer! We have got you covered.

A Fill-In Blanks Will

After working with thousands of clients over the years to create custom estate plans, we have put all this experience into making a "fill-in-the-blanks" will that anyone can use. It is completely free and easy to use and can simply be finished in a matter of minutes.

If all you do is write your own will, then you have covered at least the most basic part of an estate plan. A handwritten or holographic will is 100% legally valid in Arizona and many other states if it is completed entirely in your handwriting. It does not even have to be signed by witnesses or notarized. Making sure you have a plan for your loved ones is truly that simple.

Wills Don't Avoid Probate

There is one common misunderstanding with wills: a will not avoid probate.

Probate is the legal process to change the title of an asset out of the name of the deceased. For example, your will leaves your home to your daughter. For the title to be transferred from your name to her name, the court has to get involved through the probate process. This can be expensive or time-consuming for your loved ones to deal with and only a trust can avoid probate.

Wills Safeguard Assets

You may be thinking, "Well then, what is the point of writing a will?"

A will ensures that your loved ones will inherit exactly what you want, regardless of whether they are legally related to you or not. Also, you get to name who will be in charge of your estate. Without a will, generic state intestate laws will divide up your assets and the courts decide who handles it all. So, it is still incredibly important to at least have a will.

If you would like to download the Fill-in-the-Blanks Will Template, simply go to bit.ly/free-estate-plan. Again, we are providing it completely free for anyone to use without obligation to hire our firm.

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



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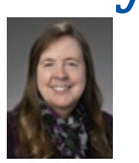
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RE/MAX Agents Excel at Leisure World Sales!

By Mike Ryan

Greetings Leisure World residents from your community-owned real estate brokerage, RE/MAX Classic!

For those who went to cooler temperatures, welcome back home! We missed you. For those of us who stayed, the cooler weather is a relief. Keep watching the weekly e-blast from Communications for our monthly RE/MAX Classic drive-thru parking lot; it is our way of saying "hi" and getting to know you.

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Great Sales

Let me catch you up on recent sales at Leisure World. According to information from Maricopa County between January 1 through August 31, 169 manors were sold. This averages to approximately 21 homes closed escrow per month.

The RE/MAX Classic office have met with 109 potential buyers over the past five months. A manor well-priced will sell quickly. If you are curious about the value of your manor, please call us at 480-832-7451 or stop by our office. We are Leisure World Specialists!

Did you know that Re/Max Classic offers Property Management Services? If you want more information on having your manor included in the rental pool, please contact us. We are here to serve you!

For more information, call 480-832-7451 or visit www.leisureworldaz.com. You can also stop by our office.

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

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7 Ways to Make Halloween Fun

If you think Halloween is just for kids, think again! Adults love to get in on the action, too! According to the National Retail Federation, more than 175 million Americans will celebrate Halloween this year, with seven out of 10 consumers planning to hand out candy.



At Leisure World, we think Halloween isn't just for the young, but the young at heart. In fact, there is plenty of fun and magic to be shared! Here are seven ways to celebrate Halloween:

1. Listen to Halloween Music: Music is a powerful way to get you into the spirit of any holiday season. Put on "The Monster Mash" and sing a long! Other fun classics are the Addams Family theme song, "Time Warp" (from the Rocky Horror Picture Show), "Strange Enchantment" by Ozzie Nelson and Rose Anne Stevens, and "I Put a Spell on You" by Screamin' Jay Hawkins.

2. Reminisce About Halloweens Past: Get together with family and friends and compare how Halloween was celebrated. Were there more tricks than treats? Were costumes made from things around the house? What was used to collect goodies and what kind of treats were typical? You'll love hearing to hear great stories of yesteryear.

3. Play Halloween-Themed Games: Halloween charades, spooky bingo and finish the scary story are games the whole family can play together while sharing laughs.

4. Have a Costume Party: Although you won't be going door to door collecting candy, adults don't have to give up the fun of dressing up. Come up with costume ideas for you and your loved ones and make it happen! There are many adult costume ideas to choose from like being a witch or a superhero.

5. Decorate Pumpkins: Bond with your grandchildren and decorate pumpkins. Skip the carving tools and paint designs right on the pumpkin. Glitter markers show up great on white pumpkins, as well.

6. Prepare a Halloween Meal: There are so many delicious fall flavors, it may be hard to decide what make! Here's a quick meal idea that includes seasonal flavors and fall colors: Bake pumpkin seeds for an appetizer and butternut squash soup paired with a grilled cheddar cheese sandwich for the main dish. Looking for something special to wash it all down? Spiced apple cider may do the trick and devil's food cake makes a great treat!

7. Display Decorations: Having a decorated door, porch and or living space is fun for every generation to admire. Even the process of displaying fun themed items makes for a great intergenerational activity. There's no need to spend a lot on decor, DIY crafts are a good way to keep costs down and have fun getting crafty with your loved one.

Halloween is a great time of year to have fun and create memories with your family, friends and grandchildren. This year, find the kid in you and just spook it out!

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Alzheimer's/Dementia Support Group

Submitted by Vicki Noble

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

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

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

We also have handouts from the Banner Alzheimer's Institute, which offer invaluable information, tips and strategies for caregivers. There are so many facets to this disease, we need all the help we can get!

Invite a friend who is also a caregiver. Come and give us a try!

For more information, please contact Vicki Noble at 480-369-1466 or vicnal7@gmail.com.

American Association of University Women (East Mesa Branch)

Submitted by Shirley Davis

The American Association of University Women (AAUW) East Mesa Branch will resume in-person meetings after a year of being on Zoom. We will be meeting on the first Wednesday of each month, November through April, at 1:00 p.m. in the King Card Room. Membership is open to anyone with an associate degree or higher from an accredited college or university.

To kick off the season, an Ice Cream Social is scheduled for October 20 on the Rec. 1 Promenade from 1:00 - 3:00 p.m. This is an excellent opportunity to meet with current members, review our mission, branch scholarship support, and to explore our special interest groups and activities.

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

Democratic Club

Submitted by Ruth Crook

Happy Halloween to all our members!

Our guest speaker on October 13 will be the candidate for Secretary of State Adrian Fontes. Come and listen to what his plans are for the state of Arizona. On November 10, our guest speaker will be Steve Gallardo, member of the Maricopa County Board of Supervisors.

Mark your calendars, since we have exciting guests coming in the fall and winter months. We have a lot of work and fun ahead. We do not sell gloom and doom but to be optimistic for a brighter tomorrow!

The District Ambassadors need help in getting organized into small groups in each district. If you can help, please call Valeri Wendt at 480-229-6425.

I cannot emphasize enough in asking for volunteers, if you are interested, please call Ruth at

480-249-0783.

We still need volunteers for social events. For funding Coordinator, please call Dave Robbins at

920-716-0878. For Communications, please call Walt Pinkus at 480-656-2512.

See you at the next meeting on Wednesday, November 10 at 1:00 p.m. in the Card Club Room!

Grief Support Group

Submitted by Marguerite Huspen

The Grief Support Group meets bimonthly on the second and fourth Tuesday of the month from 1-2:30 p.m. in the Banquet Room. If you have experienced a loss, this group can certainly provide help and support. The grief facilitator is Chaplain Stephen Gardner. You may contact him at 480-487-1096 or Stgardner@hov.org.

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

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

Submitted by Shelly Begel

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

Beginning in the fall, our club will meet every second Thursday of the month at 10:00 a.m. We will have Zoom meetings in November. Our portfolio is doing well in this investing environment. We look forward to engaging inquiring minds soon!

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

Jewelry/Lapidary Club

Submitted by Colleen Bodnar

Leisure World Jewelry and Lapidary Club offers classes in beading, casting, chain making, dichroic glass, wire wrap, lapidary, faceting and torch enameling.

Starting in November, our general hours are 9:00 a.m. to 4:00 p.m. Monday through Friday. Remember, all items in our windows are made by our members and are for sale.

Classes begin in November, so please come by and sign up. Classes always fill up fast. We will teach you step-by-step and will supply the necessary tools and supplies to make your own jewelry. Some classes require an additional fee for supplies.

Class instruction time may be in the morning, afternoon or Saturday. If you are not a member, our yearly membership fee must be paid before you take the class. Dues are $20.

All interested residents are invited to stop by the shop and learn more about the classes we offer. We would be happy to give you a tour.

Leisure Rovers RV Club

Submitted by Kent Larsen

Do you live in Leisure World? Do you own an RV and like to visit interesting places in the great USA?

Consider joining the Leisure Rovers! The annual membership is $10 per person and provides access to monthly trips and meetings, all with food, of course!

Our first trip is in October. We will travel to Lake Powell and take in the sights and history of the area. In November, we will travel to San Diego for bayside camping, waterfront dining and a host of attractions, including the world famous zoo, Balboa Park and Coronado Island.

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

Safe travels! Hope to see you this fall!

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

Leisure World Christian Fellowship

Submitted by Mary Louise Hendricksen

Greetings and welcome back to all our friends! I trust your summer has gone well.

We will be starting our 39 consecutive year of Bible Study on Thursday, November 4, and continue until April 28, 2022. We meet in the Rec. 1 Theater from 9:30 - 11:00 a.m.

All are welcome to join this non-denominational Bible Study. This season, we plan to study Joshua, Judges and possibly Ruth.

BYOB (Bring your own Bible) and plan to join us as we study and learn from God's Word, the Bible.

For more information, please call Mary Louise Hendricksen at 480-832-2507.

Leisure World Community Theatre

Submitted by Denise Haala

Q: How many actors does it take to screw in a light bulb?

A: Three. One to do it and two to discuss how they would have done it better.

Or

Q: How many actors does it take to screw in a light bulb?

A: None. That's the tech crew's job!

Or

Q: How many actors does it take to screw in a light bulb?

A: None. Our Rec 1 Ballroom stage has new, high-tech LED lighting!

Now, all we need is a cast and a crew to bring our February production to the stage!

For anyone interested theatre: acting, staging, building, crewing, etc., please know that you are welcome!

Our first meeting is Wednesday, October 20 at noon in the Rec. 1 King Card Room. We guarantee a warm welcome with some laughter thrown in for good measure!

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



Leisure World Photography Club

Submitted by Bob Bennett

The Leisure World Photography Club returns on October 16 at 10:00 a.m. in the Rec. 1 Theatre. Our meetings include favorites guest speakers, weekly and monthly challenges, and video lessons. We will also have several new formats designed to get you behind your camera — not taking snapshots but creating photographs!

On October 16, the Weekly Challenge is "Small." You may substitute "My Vacation" if you want to share shots from your summer sojourns. The limit is eight photos. The upload links are provided a week prior to the meeting.

The monthly challenge for October is "Yards." Submit up to three (max) photos on the topic to the lockbox at 2312 or at the meeting.

Many members took advantage of our Pay in Advance program and have already paid their 2021-2022 dues. If you have not, please mail your dues to Bob Bennett, 2312 Leisure World, Mesa, AZ 85206, or use the lockbox on-site. The dues are only $10/person or $15/manor (per season).

The Leisure World Photography Club meets each Saturday (October through March) from 10:00 - 11:30 a.m.

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

Leisure World Shalom Group

Submitted by Neesa Galanti

The Shalom Group will have its first meeting of the year on Sunday, October 17 at 7:00 p.m. in the Rec. 1 Clubroom. There is always an interesting program, followed by refreshments and time to catch up with old and new friends.

Our speaker for the evening will be Sal Caputo, a retired journalist who worked as a popular music reporter for the Arizona Republic and other newspapers in Arizona and New Jersey. Caputo will present an interesting program with a look at Jewish themes in the music of Bob Dylan and Leonard Cohen.

The Shalom Group meets the third Sunday of each month from October until May. Anyone with an interest in Judaism is welcome to attend our meetings.

For more information about the Shalom Group, please call Neesa Galanti at 206-356-2727.

Clubs

Let's Do Something

Submitted by Betty Pagano

We will have our first meeting since the pandemic on Monday, November 8 in Rec. 1 Ballroom. No more sitting on your duffs, watching TV, sleeping or any other indoor habits. Let's really do something that will have you enjoying life again and give our performers a hearty welcome!

For our entertainment, please come and see the Luta family, Lena and Sifa with their children, Tealena and William. Tealena, age 10, will perform a Hula dance, and 8-year-old William will perform the Haka. This is a Maori dance with stamping of feet and shouting to scare their opponents. Remember Dan Cluff doing this a couple of years ago? He was pretty scary. It will be a pleasure to hear Lena and Sifa sing. This family is very talented. Everyone is welcome along with family and friends.

Don't forget, please bring a dish to share, your own table service and a smile on your face to meet friends, neighbors and new people who will become friends!

God bless you everyone!

For more information, please contact Vella Rose Smith at 602-616-3121 or Charlotte Lowell at 480-476-6007.

Lions Club

Submitted by Lion Carolin Lowy

The Leisure World Lions meetings are up and running.

Membership in the world's largest international service organization is open to Leisure World residents who are interested in serving our community and outside the wall.

Services

- **Membership:** Lion Jill Heimpel at 480-262-7535 is happy to explain how to apply for membership.
- **Mailbox:** Lion Joy Kosterman at 360-903-4930 will refurbish your mailbox for $25.
- **Tablecloths:** Lion Carolin Lowy at 480-641-4626 has white, vinyl, round embossed tablecloths that fit the tables used here in Leisure World. The fee is $1.50 per cloth. You will need to reserve one.

Upcoming Events

We will have the Veterans Appreciation breakfast on Tuesday, November 9 at 7:30 a.m. in the Pima Room at Rec. 2. Then on Thursday, November 18 we will have the Theme Dinner at 5.00 p.m. Details for these two events will be on The Post.

Music Therapy Class

Submitted by Vicki Noble

Caregivers of a loved one who are struggling with dementia, this is the place to be! We enjoy singing our favorite old songs with our talented music therapists. It is amazing to watch and listen to our loved ones singing songs that are still in their memories. We meet monthly and enjoy refreshments after singing.

We also have a class on Tuesday, October 26 at 12:30 p.m. on Zoom with Leisure World residents. You will have to provide your own refreshments!

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

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

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

Republican Club

Submitted by Diane Andersen

"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable rights, that among these are Life, Liberty and the pursuit of Happiness."

-Declaration of Independence

We are excited and look forward to the 2022 Primary and General Elections.

The Republican Club motto remains the same: "Educate, Encourage and Inspire." The members have every intention of keeping these ideals alive. It is critical that every Republican or conservative get or stay involved in the important process of getting back to Making America Great again!

Please join us on Monday, October 18 at 7:00 p.m. in the Hopi/Pima at Rec. 2 for the monthly meeting. Our speakers will be General Mick McGuire, candidate for U.S. Senate, Kathy Pearce, representing Heroes to Hometowns, and several other candidates.

Enjoy free refreshments and a 50/50 drawing. Membership is $5 per person per year. All memberships paid in October or later will count for 2022.

All conservatives — whether you belong to a political party or are a registered Arizona voter — are welcome to join our activities.

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

SOLO

(Stepping Out-Lively Outlook)

Submitted by Barbara Peters

Inviting all Leisure World singles to the following events:

- **Friday, Oct. 1:** Fish Fry at 5:00 p.m. at the Rendezvous Café in Rec. 2 Make reservations there for Solo group table.
- **Thursday, Oct. 7:** Movie at the Theater in Rec. 1 at 2:00 p.m. " Analyze This" with Billy Crystal and Robert De Niro. Free popcorn!
- **Every Tuesday:** Breakfast at the Rendezvous Café in Rec. 2 at 8:00 a.m.
- **Tuesday, Oct. 12:** Free tour of Desert Botanical Gardens with butterfly exhibit. Must have a ticket. For reservations, call Barbara or George. Carpool from Rec. 1 parking lot at 1:15 p.m.
- **Thursday, Oct. 21:** Potluck, former King Card Room at Rec. 1, starting 5:00 p.m. Celebrate early Halloween, hot dogs furnished. Wear your Halloween get-up. Bring dish to share and $3 BYOB.

Always ask for the SOLO table at any Leisure World event!

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

Sonoran Desert Club

Submitted by Renée Menard

Is it possible to garden in the desert? The Sonoran Deserc Club has two master gardeners in Leisure World: President Sherry Rindels-Larsen and Vice-President Tish Murphy. They bring their expertise through education, hands-on projects, tours and surprise events during the season.

The formal club meetings are in October, January and April.

Special Event: On Wednesday, October 13, at 4:30 p.m. in the Rec.1 Promenade, there will be a plant swap and exchange. Bring your extra plants, cuttings and seeds to exchange or gather these for your garden. Everyone Is welcome!

Quarterly Meeting: We will have our quarterly meeting on Thursday, October 21, at 4:30 p.m. in the Rec. 1 Promenade. Members and all interested individuals are welcome.

Woodworking Club

Submitted by Larry Bair

The Woodworking Club welcomes all new members. Annual membership fees are $20. Once members are trained on any tool in the shop, they are welcome to use them.

The current shop hours are 9:00 a.m. to 12:00 p.m., Monday through Thursday. In November, these hours will be expanded.

A special beginner 101 three-hour carving class will be taught in the shop on October 21 and will continue for eight weeks. It will be hosted by three expert carving instructors. The course will cover the fundamentals of wood carving, including tool sharpening. To sign up for the class, please contact Bob Williamson at 425-533-5777.

To see examples of items made by club members, stop by the shop to view window display. Club members are very willing to help anyone interested in learning woodworking skills. Those with much experience will find like-minded craftsmen and craftswomen available to collaborate on projects.

Come by and see us! We would be happy to have you join the nearly 200 other Leisure World residents who are learning new skills and making projects for family members and friends!

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Arts and Crafts Clubs

Ceramics Club

Submitted by Laura Krever

The Ceramics Club is open on Tuesdays from 9:00 a.m. to noon in the Arts and Crafts Building. We will resume our Friday classes in October. The annual membership fee is $15.

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

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

Leisure World Quilters

Submitted by Carol Stickling

Welcome back to all our winter visitors! Our plans for October include several quilt projects and preparing for the Art & Craft Fair in November. Several new members joined in September and look forward to many others doing the same!

We will have a fall luncheon in November and will have several speakers in the coming year.

Our annual dues are $10. This includes lots of quilting ideas, new patterns to work on, social time with other quilters and guest speakers.

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

LW Art Association

Submitted by Pat Billingsley

Our next monthly meeting is on the Thursday, October 14 at 3:00 p.m. Following the meeting, Sebastian Pereriera will demonstrate his watercolors. This is a must-see demo! Sebastian will begin classes again on



Tuesday, October 19. A regular board meeting is held one hour prior to the class.

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

We are working on scheduling classes for the fall and winter. If there are additional classes scheduled, there will be a sign-up sheet in the Art Studio. Check your email, LW News or The Post for notices.

In November, there will be election of officers. Please contact board member if interested. Most positions are open.

The Art Association is planning a Holiday Party on December 10. More information to follow.

Time to become a LWAA member. Forms are in the Art Studio. Membership is $20 per year and allows you to join art classes and attend events.

Start planning your works of art for submissions to the November 20 Fall Art Show, which is sponsored by the Photography Club.

Pottery Club

Submitted by Bonnie Rausch

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

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

Twiddlers, Friday Morning Knitters and Crocheters

Submitted by Carolin Lowy

The Twiddlers, Knitting and Crochet groups continue to welcome new participants who come by the Queen Card Room on Monday and Friday mornings from 9:00 to 11:00 a.m. We create a variety of items which are donated to local charities. Hats, scarves, Afghans, baby blankets, children's sweaters are but a few of the colorful things we have made.

The contributions to Warm Up America have reached over 4,000! This is a lot of knitting and crocheting using lots of various leftover bits of yarn. It takes 49 pieces to make one throw!

A big thank you to all the residents and friends who continue to donate yarn.

Bring your current project or if you are interested in learning how to crochet or knit, someone will be happy to help.

Members of the group also include a talented number of hand embroiders who do a variety of stitching, including counted cross-stitch, crewel, needlepoint, hardanger and more! All are welcome!

Please join us. Pull up a chair and join in the fun.

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

Card/Game Clubs

Bunco

Submitted by Laura Krever

Our Bunco group meets the first Thursday of the month in the King Card Room at Rec 1. We play all year-round and everyone is welcome. We start promptly at 6:30 p.m., so please be there by 6:15 p.m. Our next Bunco night is on Thursday, October 7.

The cost is $3 per person. All money collected is paid out in prizes. Please do not bring anything larger than a $5 bill since we cannot provide change.

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

Congratulations to our September winners: Dana Bourque, Phyllis Braasch, Linda Ward, Roseanne Gore, Teri Cuocci, Marney Lipinski, Dennis Stephens and Kathy Martyanik.

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

Scrabble Club

Submitted by Carolin Lowy

The Scrabble Club meets throughout the year at the Lakeside Club House in Rec. 1 every Monday evening at 6.00 p.m. to socialize with friends. Games start at 6.30 p.m. We have everything needed, including official Scrabble dictionaries and word lists.

I first played Scrabble with my dad in the early 50s while living in England. The box has a label showing it was manufactured in Enfield, UK. This is just a bit of history on how long this activity has been around!

Upwards is another spelling challenge game that is available for those who enjoy viewing a game board from a different perspective. There are a group of folks in Leisure World that are participating.

We look forward to winter visitors returning and invite you all to come and join in the fun!

The club has all the supplies needed: game boards, official Scrabble dictionary, word lists and a large heavy Random House Dictionary as a reference when the need arises!

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





Music and Dance Clubs

Casual-Aires Dinner Dance Club

Submitted by Allen Cziok

Welcome back everyone! I hope you had a fun time wherever you spent your summer. Another Casual-Aires season will begin before you know it!

Our Executive Committee is busy finalizing the entertainment groups and dinner menus for this year's events. If you want to join our gifted staff and contribute your skills to make Casual-Aires even more enjoyable, please contact any member of the Committee.

Our 2021-2022 season kicks off on Saturday, November 20. We welcome back the band, "Caution"! The are "America's premier party band," promising nonstop fun and dancing. We hope you will join us!

We are now accepting new membership and renewal payments. Our annual dues are $260 per couple or $130 for single members. Our season includes four dinner dances with high quality sit-down meals and the best rock or country musicians in the Valley.

For members who have funds deposited for last year's cancelled season, please advise whether you plan to return or want a refund. For payments or more information, please contact Dave and Rose Elkei at 480-218-8371.

Check future issues of Leisure World News for more details on our upcoming Casual-Aires season!

LW Chorus

Submitted by Bruce Collier

Wow! Hard to believe that it is time to (pardon me) warm up! Donna is chomping at the bit, Vicki and Sandi are wondering if the piano is even close to being in tune, and Mary's waiting to step in to any and all necessary needs.

What about you? Do you want to join our group, or do you just want to enjoy our Sounds of the Season shows in December on Saturday the 11 and Sunday the 12?

But even though we are really good, we do need to rehearse. Beginning on Tuesday, October 12, rehearsals will be every Tuesday and Thursday from 1:00 - 3:00 p.m. in the Rec. 2 Music Room.

Our talented sopranos, altos, tenors, baritones and basses will hit the ground running, learning holiday songs such as "Angels Among Us," "Jingle Bell Rock," "Christmas Shopping Blues," and more!

COVID-19 protocols will be in place, so please bring a mask. Specific details will be explained as we begin rehearsals.

Your choice: join us and sing or be prepared to enjoy our return to normal in 2021!

Leisure World Cloggers

Submitted by Joyce Loland

The Leisure World Cloggers have happy feet every Friday in the classroom next to the Fitness Center.

Classes are on a regular schedule:

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

New Beginners dance from noon - 12:30 p.m., only if they notify Fran Dusek at 602-684-9353 by Thursday of that week. Brand new beginners are still free. Everyone else pays $5 and can dance for as many sessions on that day.

Clogging keeps you active and helps both your mind and body to stay fit. The music is fun and the people are, too!

Everyone is welcome. Come join us!

Leisure World Dinner Club

Submitted by Judith Grierson

Jim Bateman is an Australian who now lives in the Valley and is well-known for his humor and stories. He will be performing on Friday, November 26 at Rec. 2 in the Hopi/Pima room.

This Thanksgiving will be a big day! Many will be welcoming our families to Leisure World for a long-awaited visit. The question is, "On Friday the day after Thanksgiving, do you really want to prepare another big turkey meal or take your family to dinner and watch the Jim Bateman show with plenty of laughs?" Everyone needs to laugh after what we have been through.

Save the date on Friday, November 26, Rec. 2. The doors will open at 5:00 p.m., dinner will be served by Gold Star Catering at 6:00 p.m., and the Jim Bateman show will start around 7:00 p.m.

Tickets are $25 for adults and $15 for children and can be purchased at the Recreation Office after the Activity Fair on November 5.

On January 19, Wildeplay will serenade us with "A Night at the Movies." Our favorite piano man, Brady Goss is planning to be back in March.

Moonlight Serenade Dinner Dance Club

Submitted by Clarice and Joe Chism

Welcome past members and we are anxious to meet new ones!

The theme for our November 13 event is Falling for Fall. Danny Kealey orchestra will provide music for dancing and listening. This is the start of 2021-2022 dance season in Hopi Ballroom from 5:30 - 9:30 p.m. Dinner served at 6:30 p.m. by Premier Catering. BYOB with setups provided.

Mark your calendars for the following:

- **November 13, 2021:** Danny Kealey, Falling for Fall
- **January 18, 2022:** Lonny Lynn, Fair Night
- **February 12, 2022:** Howard Schneider, Chinese New Year of the OX
- **March 5, 2022:** Danny Kealey, Take Me to Paris

Membership season dues are $248 per couple and $80 per guest couple/dance. Please send check to: Shirley Rake, Membership, 1560 Leisure World, Mesa, AZ 85206 or President Ron Litzenberger at 2596 Leisure World, Mesa, AZ 85206.

Members are urged to keep the club active by decorating, being on the board and spreading how we are the best-kept secret of fun in Leisure World!

Even if you do not dance, the music, dinner and fellowship will give your spirit a boost!

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

Sports Clubs

Gun Club

Submitted by David Larsen

There will not be a Gun Club meeting in October. The first meeting of the 2021-2022 season is on Wednesday, November 3 at 7:00 p.m. in the Theater at Rec 1. Please remember to bring three non-perishable items for donation to the food bank.

Sporting clays for October will take place every Thursdays at Rio Salado. Meet in the shotgun facility parking lot at 6:45 a.m. We will start shooting at 7:00 a.m. The cost is $25 for 100 birds, or $13 for 50.

The Rimfire event is on Wednesday, October 13 at Rio Salado's pistol bay #2. Please arrive by 7:00 a.m. to help with the course set-up and the safety meeting.

October's Practical Pistol event is on Friday, October 15 at Rio Salado's pistol bay #2. Again, please be there by 7:00 a.m. for set-up and the safety meeting.

A club luncheon is not planned for this month.

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

For any questions or information, please email Bob Clark at: captsteptoe@gmail.com.





Leisure World Swim Club

Submitted by Tina Cook

We gather six days a week for an aqua exercise program that emphasizes balance, stretching and flexibility. Lots of laughter, singing and fun are included!

October 1 marks the annual change to our fall/winter schedule. The regular pool exercise will meet Monday through Saturday from 1:00 - 2:00 p.m. However, there will be a modification to the location. Please note that on Mondays and Wednesdays, we will meet at the Rec. 2 pool. On all other days, our pool exercise will be as usual at Rec. 1.

Drop-ins are always welcome!

So, as we like to say, "Come on in, the water's fine!"

Tennis Club

Submitted by Sue Weber

Tennis Club members and the Executive team have been developing plans and preparing for our fall season.

Our freshly resurfaced courts will be busy with group round robins and opportunities for inter-level play and mixed doubles. This year, the East Valley Senior Tennis League will add Recreational Tennis in addition to the Ten Cap League.

If you would like to sign up or have questions, please contact Janet Chabot for Recreational League at j.chabot@sasktel.net or Steve Day for Ten Cap League at daystevenm@gmail.com.

Our Welcome Back Fiesta is scheduled for November 6 from 5:00 - 9:00 p.m. in the Rec. 2 Hopi room. Register on Court Reserve to secure your reservation or email kmloffler@gmail.com by October 30.

For more information about the LW Tennis Club, please visit our website at https://sites.google.com/view/lwaztc and navigate to the "About Us" page.

See you on the courts!

Thursday Morning Ladies' Billiard Players

Submitted by Carolin Lowy

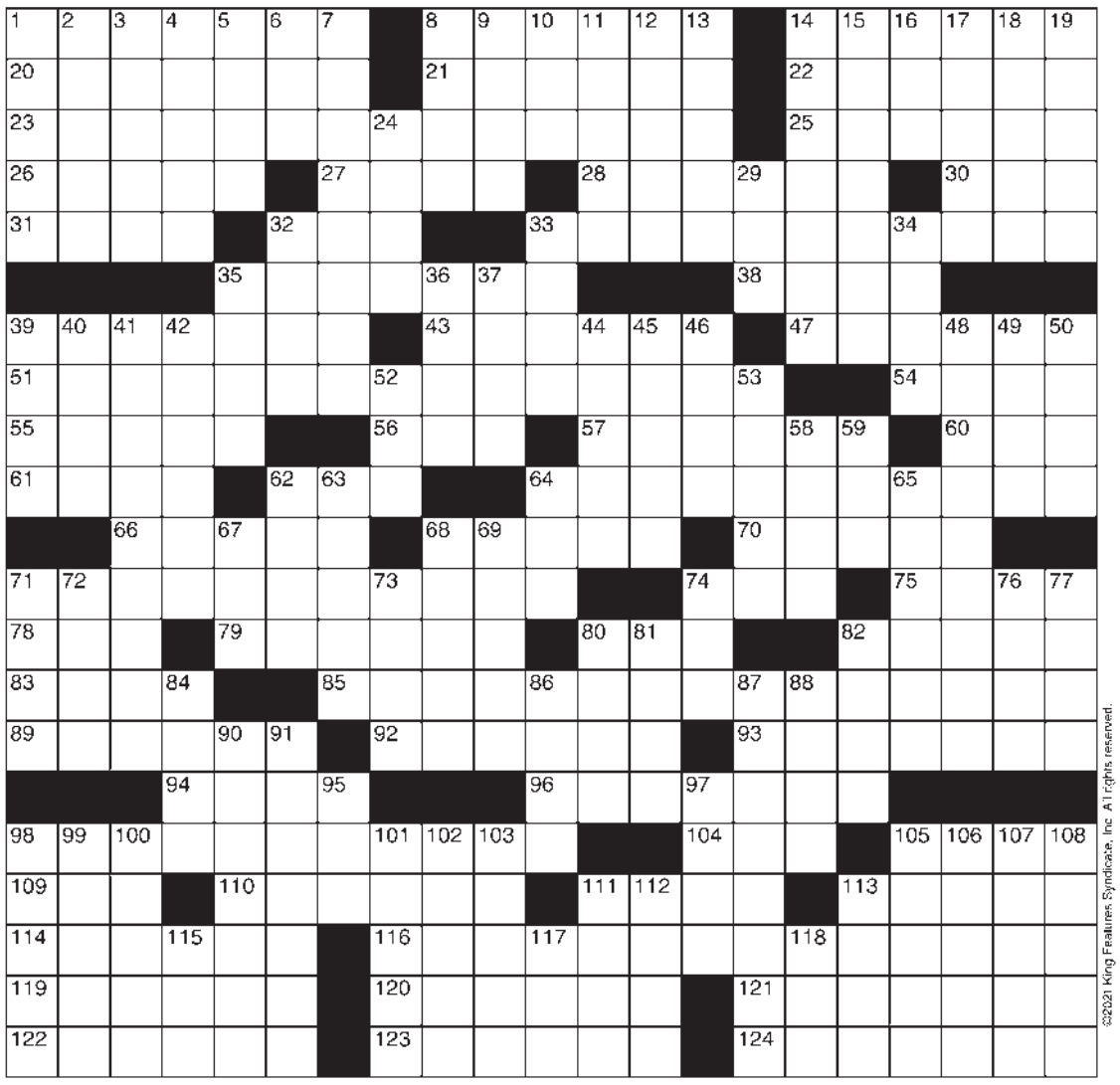
A group of lady residents come to the Billiards Room at Rec. 1 on Thursday mornings from 8:30 a.m. to 10.00 a.m. to enjoy a friendly game of pool. We play for fun and enjoy chatting and making new friends.

Winter visitors increase the number of tables in play. There is no limit; two, three or four players per table just increase the enjoyment! Come join us and help rack the balls!

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

SUPER CROSSWORD

PAIRS OFF



ACROSS

1 Gallery display
8 Bits of fabric, e.g.
14 "Quit that!"
20 Low-cost and inferior, informally
21 Apple ad catchphrase
22 For a short period
23 Actress Freeman who lived in a European gambling mecca?
25 Cello relative
26 Classic Ford
27 Animated one, in brief
28 Like some radio shows
30 Cereal grass
31 Palmist, e.g.
32 General --'s chicken
33 Two-masted sailboat painted bright red?
35 Oahu beach
38 IV flow
39 Land of ska
43 King or czar
47 Fluctuate
51 Really hurt the feelings of?
54 Aquatint, e.g.
55 Quaint newspaper sections
56 Very little
57 Enter gently
60 Actor Ron
61 Golf club
62 Saints' org.
64 Like someone who has moved to America again?
66 Coup group
68 Like a black chimney
70 Nothing, in Latin
71 Parasite on a passenger flight?
74 Mil. rank
75 Sonar sound
78 Groom's vow
79 Hound breed
80 Laugh loudly
82 Cut off with scissors
83 T-man Eliot
85 Be too busy for a health-resort visit?
89 Stun guns
92 Go to bed
93 Acclimated
94 Essence
96 Making a snug home
98 "Alice" waitress who specialized in serving Dad's soft drinks?
104 Styled after
105 Peat source
109 Indisposed
110 Sporty Chevy
111 Clay lump
113 Vixen's boss
114 Sight-related
116 Apt getaway spelled by this puzzle's missing pairs of last two letters
119 Get even for
120 Follows
121 Discharge an egg
122 Usurer, e.g.
123 Typists in trials
124 Rode a bike

DOWN

1 Zeniths
2 -- Island (part of New England)
3 Edgy
4 Ocean filler
5 German car
6 Ocasek of the Cars
7 Of the "Ode on a Grecian Urn" poet
8 Fodder storer
9 "Move it!"
10 Bighorn male
11 BP gas brand
12 Carrier founded in 1927
13 La -- (opera house)
14 Rescuers
15 Hostess classic
16 "So that's your game!"
17 Stove light
18 Of a pelvic bone
19 Extra inning
24 Chess piece
29 Classic Ford
32 Burrito's kin
33 Very little
34 Sword sort
35 Nintendo game consoles
36 Not engaged
37 Petty of NASCAR
39 Actress Ryan of "Boston Public"
40 God of love
41 Bikers' competition on a dirt trail
42 In no key, musically
44 Take -- (plop down)
45 Actor Keach of "Man With a Plan"
46 Errand, e.g.
48 Most hard and cold
49 Rights gp.
50 Reasons
52 Poking tool
53 Essence
58 Monogram letter: Abbr.
59 Final degree
62 Papa's ma
63 Edible fruit part
64 -- choy
65 Rap genre
67 Chest protector, of sorts
68 Holey utensil
69 Musical piece for eight
71 "-- life grand?"
72 Brain flash
73 Old autocrat
74 Slalom, say
76 Neck area
77 Alum
80 Bygone days
81 Former foes of Navajos
82 Forest buck
84 Labor Day mo.
86 Madre's boy
87 Postal slot
88 Actress Best of "The Man Who Knew Too Much"
90 Chest protector, of sorts
91 Thieving type
95 Dress border
97 Southwest art mecca
98 Foe
99 Antipasto bit
100 Cindy Brady player Susan
101 Goes very quickly
102 Facade
103 Mature nit
105 "The Practice" actress Sokoloff
106 "Barry Lyndon" star Ryan
107 Situation
108 Filled fully
111 Singer Laine
112 A smaller amount of
113 Valuable sire
115 Conjunction in Cologne
117 Wordplay bit
118 Actress Best of "Nurse Jackie"

Sudoku

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

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

Word Search

Halloween

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

GOBLIN, BOO, SUPERSTITION, COSTUME, MONSTER, TREAT, COBWEB, WEREWOLF, FRIGHT, GRAVESTONE, HAUNT, MUMMY, MOONLIGHT, OCTOBER, PUMPKIN, TRICK, SPIDER, BROOMSTICK, SKELETON, VAMPIRE, WITCH, ZOMBIE, CAULDRON, SPOOKY, PARTY

Created with TheTeachersCorner.net Word Search Maker

Puzzle Answers

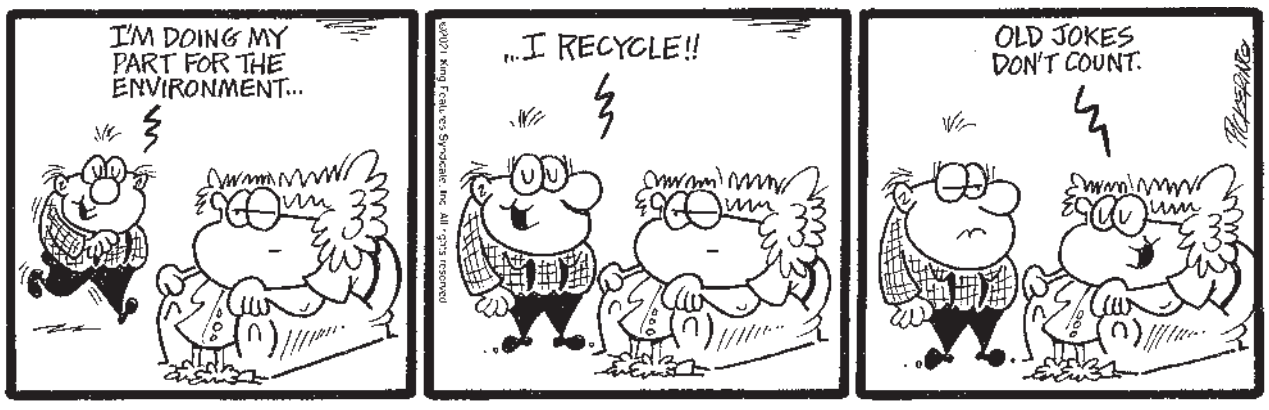


5	6	8	2	9	7	4	3	1
2	3	7	4	5	1	8	9	6
9	4	1	6	8	3	7	2	5
6	7	4	3	1	5	2	8	9
8	5	3	9	6	2	1	7	4
1	9	2	7	4	8	5	6	3
7	2	9	5	3	4	6	1	8
4	8	6	1	2	9	3	5	7
3	1	5	8	7	6	9	4	2

Comics

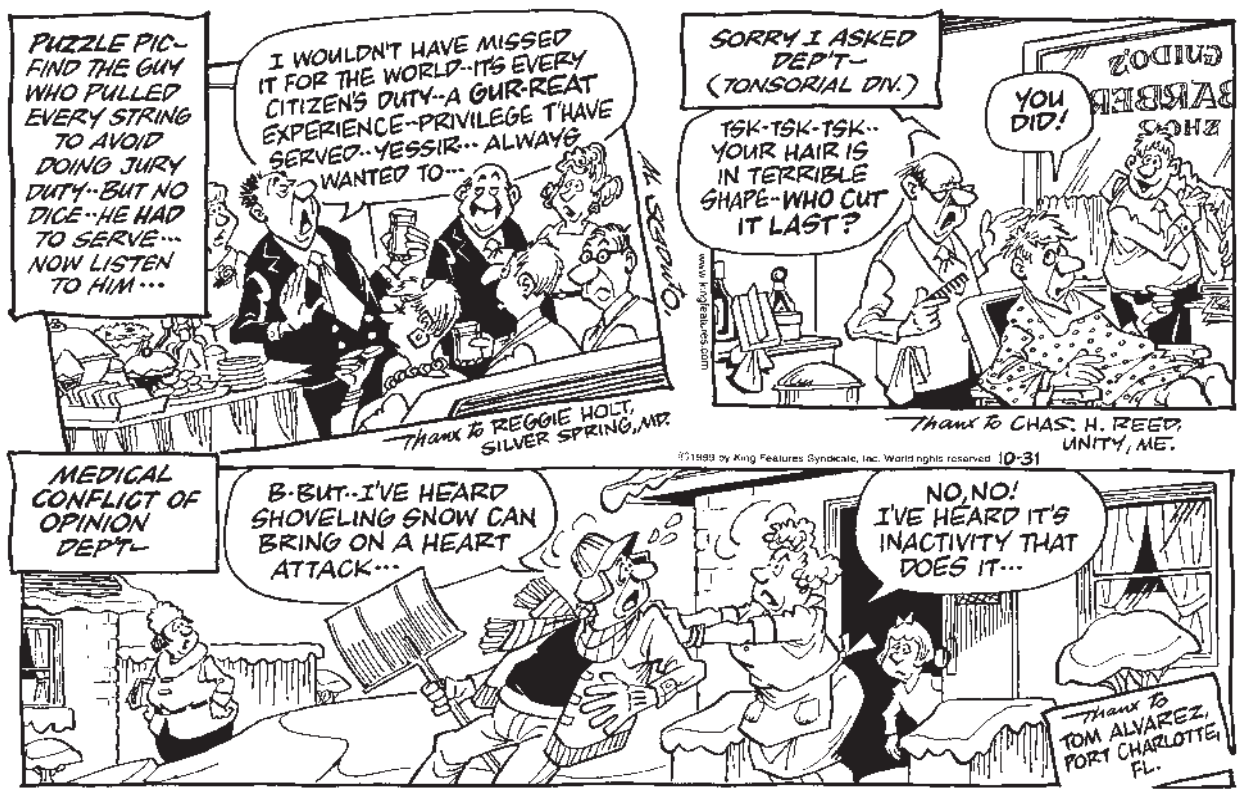
The Spats

By Jeff Pickering



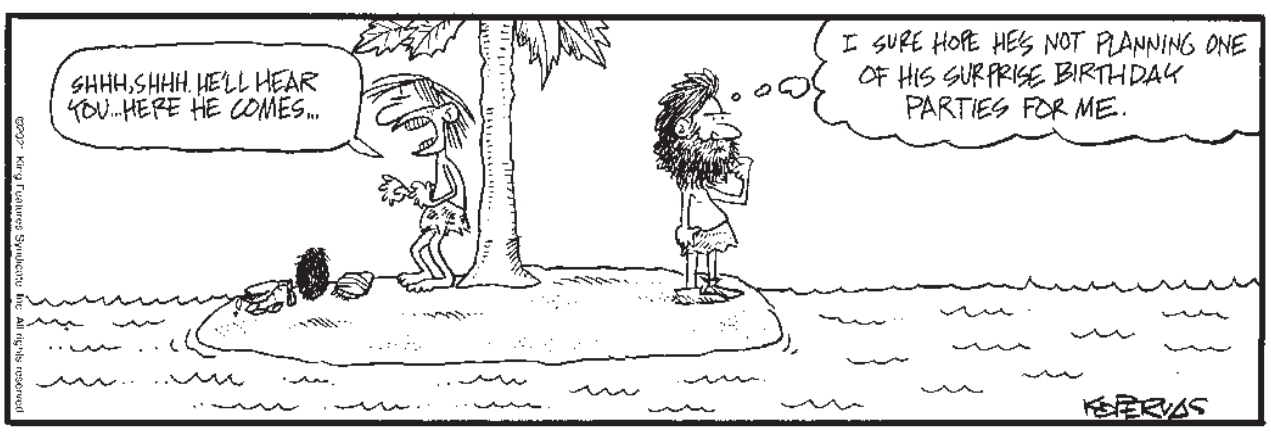
They'll Do It Every Time

By Al Scaduto



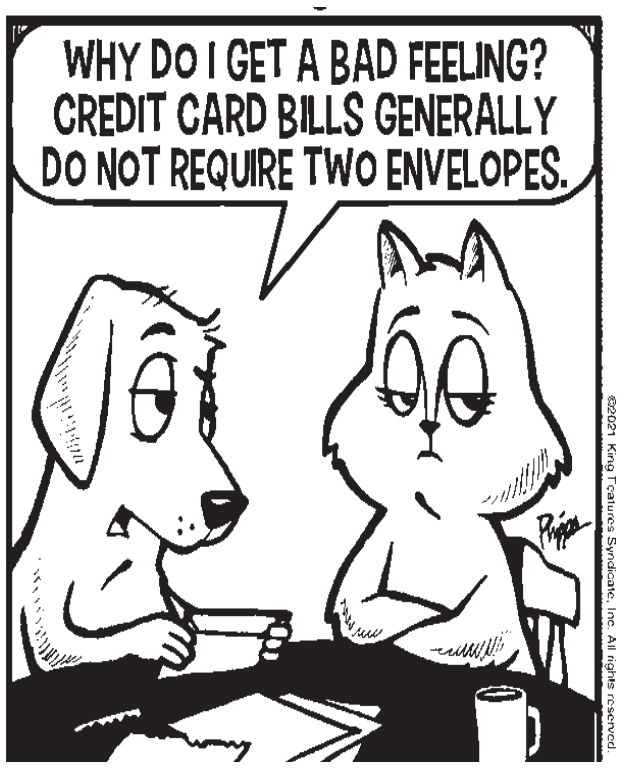
Out on a Limb

By Gary Kopervas



Just Like Cats & Dogs

By Dave T. Phipps



Grin and Bear It

By Fred Wagner



"Being a true bipartisan committee, we have reached two different conclusions!"

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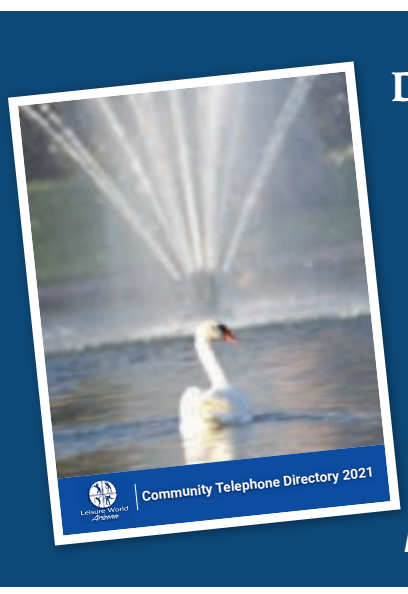
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ASTROLOGY

October Horoscope

ARIES (March 21 to April 19) You'll soon have a chance to take a big step up from where you are to where you want to be. Check it out first. Remember: Even the Mountain Sheep looks before it leaps.

TAURUS (April 20 to May 20) This week brings a challenge that could determine the future direction of your life. If you're ready for a change, accept it with confidence. A loved one supports your decision.

GEMINI (May 21 to June 20) A disruption creates a delay in completing your projects. Use this time to pursue a personal matter you were too busy to deal with before. You'll find it will be time well spent.

CANCER (June 21 to July 22) You still need to be on the alert for any signs of problems that could create serious misunderstandings. A more positive aspect begins to emerge toward the week's end. Be patient.

LEO (July 23 to August 22) With things slowing down a bit this week, it would be a good time for luxury-loving Leonines to go somewhere for some well-earned pampering. Things liven up around Friday.

VIRGO (August 23 to September 22) Single Virgos looking for partners are finally getting a break from Venus, who has moved in to make things happen. Attached Virgos see their relationships blossom.

LIBRA (September 23 to October 22) You've been working hard to get things done. Now take a breather and recheck your next step. You might want to make some changes in view of the news that comes your way.

SCORPIO (October 23 to November 21) The watchword for savvy Scorpios this week is "preparation." Consider sharpening your skills to make the most of the new opportunity you're about to take on.

SAGITTARIUS (November 22 to December 21) There might still be some loose ends that need tucking up if you hope to get that important relationship repaired. A new spurt of activity starts soon.

CAPRICORN (December 22 to January 19) It's a good idea to keep the positive momentum going by finding and getting rid of anything that could cause you to stumble. Keep the path ahead clear and open.

AQUARIUS (January 20 to February 18) A period of contemplation is advised before you make your next move. Be sure that where you decide to go is the right place for you. A health matter needs attention.

PISCES (February 19 to March 20) That new energy surge that hit you last week continues to send out good vibrations. Try investing a part of it in creating something noteworthy on the job.

BORN THIS WEEK: You like to balance your personal universe, and in doing so, you help bring harmony into the lives of the rest of us.

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Dave Ellsworth
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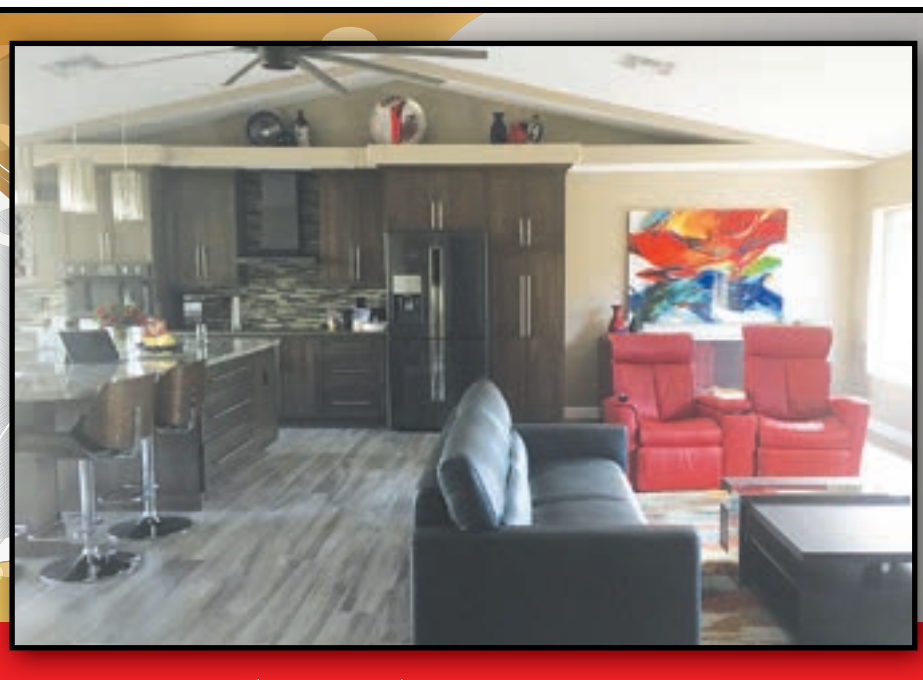
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Life Tributes

Arlo Raymond Sutton



Arlo Raymond Sutton passed away August 12, 2021, at his home in Leisure World after a long illness. He is survived by his wife Geraldine (Gerry), three children, eight grandchildren; five great-grandchildren, and numerous nieces and nephews.

Born in 1929 in Fay, Oklahoma, Arlo married the love of his life in November 1948. Arlo and Gerry celebrated their 70th wedding anniversary with friends and family at the poolside pavilion across from their home in Leisure World where they have lived since 2015.

Arlo will be remembered for his keen wit, ready smile and spirit of adventure. He was a successful real estate broker in Colorado and Montana, rancher, champion team roper and square dance caller. An avid fly fisherman, Arlo spent many happy hours on the Yellowstone River in Montana and enjoyed several salmon fishing adventures in Alaska.

After retiring, Arlo and Gerry explored the country from coast to coast, and traveled to Hawaii, Tahiti, Mexico, and Canada. They also took up golfing after moving to Arizona and it wasn't long before Arlo made his first hole-in-one at Viewpoint Golf Course.

Donald Willard Locke



Don Willard Locke passed away on September 3, 2021. He was born in Los Angeles, California, on December 2, 1937. He was the only child of John Willard and Marian Dolde Locke.

He earned his B.A. from California State Los Angeles and his Master's and Ph.D. from Pepperdine University. Don was a school administrator in California for more than 30 years.

The Locke's took early retirement and moved to Leisure World in 1997. They remodeled their manor three times to make room for Don's hobbies: model railroading and classic cars. Don could be seen driving through our beautiful community in his 1956 Ford Victoria.

Don was a monitor in the Leisure World Woodshop for many years; belonged to the Leisure World Gun Club and served as co-chair of the Lap Swimmers Club for five years.

Don is survived by his wife, Beverly, his son, Bill (Katie), his daughter Caryn Werfelmann (John), his "bonus daughter" Kristen Willard Sherwin (Rob) and grandchildren Mathew Parker, Ashley Locke, Nicholas and Kelan Werfelmann.

A memorial service will be held at Victory Lutheran Church (corner of University and Recker) on Thursday, October 28 at 11:00 a.m.

Donald Lucas



Donald Lucas, age 87, passed away on Thursday, September 9, 2021, with family by his side. He was born February 4, 1934, in Kenosha, Wisconsin to Delmas and Mary Lucas.

Don graduated from Kenosha High School in 1953. He joined the Army in 1954 and served his country until 1956. He owned Lucas Ceramic Tile until he retired in 1994, when he and his wife moved to Mesa, Arizona, to be closer to his daughters and grandchildren.

Don married Leona Frederich on February 12, 1956, in Kenosha, Wisconsin. They had four children, Lynn, Sandra, Sharon and James. He is survived by his companion Judy Merrill and four children, and grandchildren Scott Davis, Joshua Lucas, Aaron Apel, Haley Lucas, and Jessica Apel. Don is preceded in death by his wife, Leona Frederich, parents, in-laws and son-in-law Greg Davis.

During his time living in Leisure World, Don enjoyed meeting new people and building friendships, playing shuffleboard, sailing remote control sailboats with the Tillerman Club and growing his roses.

There will be a "Celebration of Life" Service on October 30, 2021, at 12:00 p.m. at the Grand Ballroom, Leisure World, Mesa, Arizona. A luncheon will take place immediately after the service.



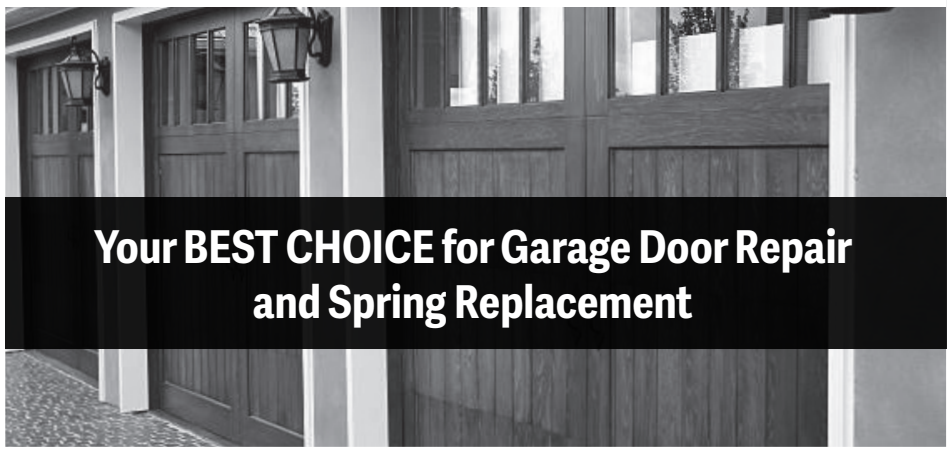
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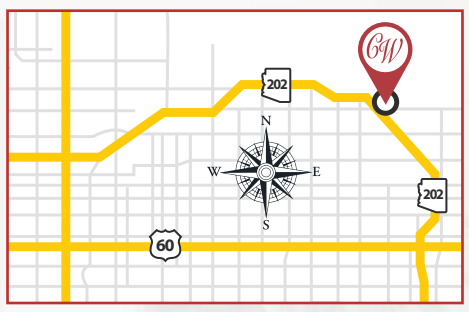
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Leisure World

LIFESTYLE

Recreation, Wellness and Golf



Pumkin Carving Contest
Page B4

Comedy Night
Page B2

Food Trucks Back!
Page B3

Monster Mash Street Dance



Welcome home! Come out to enjoy our beautiful Arizona evenings with friends and family. Let loose with The Big Zephyr playing classic hits and forgotten gems from the 60s and 70s with a little 50s and 80s thrown in for good measure.

Food trucks are returning! Bring your appetites (and your wallet) to grab a meal from Tom's BBQ & Burgers Amore! Dress in your favorite costume, everything from witches to monsters or even superhero, all are welcome!

Parking for golf carts will be north of the golf practice range. Cars, please park in Rec. 2 parking lot. Ice and plastic cups will be provided. Don't forget your chairs and flashlight for this free event!

Date: Sat., Oct. 30
Time: 4:30 - 7:30 p.m.
Place: Rec. 2 LW Blvd.
Cost: Free!

Activity Fair Returns



Did you know that Leisure World has over 100 clubs and organizations to get involved in? Many of our Leisure World clubs were unable to meet over the last year or so due to the pandemic. Therefore, this November, the Recreation Department is hosting a showcase of activities, clubs and more!

Be sure to attend to make connections, find groups with your similar interests or decide to try something new. You can see performance demonstrations on the stage and visit with LWCA department representatives on the Pavilion where they will be serving free hot dogs and other refreshments. Door prizes will be won by some lucky residents, maybe even you!

Clubs and organized activity groups interested in being a part of the show can find the registration form at www.lwca.com or pick one up and return it to the Recreation Office by Friday, October 29.

Date: Fri., Nov. 5
Time: 1:00 - 3:00 p.m.
Place: Rec. 2 Hopi/Pima Rooms
Registration Deadline: Fri., Oct. 29

Save the Date: Leisure World 5K Turkey Trot
Wednesday, November 24

Our annual 5K Turkey Trot brings the Leisure World community and public together to make new friends as we walk, jog or run the 5K, and enjoy a runner's snack bar. This year, the charity fundraiser is the Parkinson's Network of Arizona, which raises money for and the Muhammad Ali Parkinson Center, which has community-based programs for families in Arizona.

Everybody is invited to participate, so let your family and friends know to register for this event!

To register, please visit www.LWCAevents.com.

Swag Bag Pickup
Date: Mon., Nov. 22
Time: 1:00 - 3:00 p.m.
Place: Rec. 1 Ballroom

Everybody is invited to the Swag Bag pickup date to meet our event sponsors and win prizes!

Turkey Trot Day!
Date: Wed., Nov. 24
Check-in: 7:00 a.m.
Start Time: 8:30 a.m.
Place: Tennis Courts
Parking: Rec.1 Parking Lot
Cost: $25

Camp Leisure World Stargazing!



"You are stardust. Your entire physiological structure is composed of the remnants of stars that exploded billions of years before you were even conceived. Your entire composition is made up of comic fragments of infinite proportion." -Conscious Arrival

View the night sky with the **Phoenix Astronomical Society**. The Phoenix Astronomical Society is an organization of individuals with many related interests: telescopes, binoculars, astrophotography, computer planetaria, astronautics, sky lore, astrogeology, NASA and celestial navigation are just a few examples.

Throughout the evening, two telescopes will be looking at the planets of Venus, Jupiter and Saturn. If visibility is good, you might see deep sky objects.

Also, Mike, the Meteorite Man, will display meteor fragments and tell stories about where they come from and how they were formed.

The Recreation Department will provide the sweets. Nothing goes better with a starry night than s'mores. If s'mores are too sweet, maybe harvest apple crumble cake will hit the spot.

Many thanks to Hatfield Medical and PGIA for sponsoring this event!

Register in the Rec. Office or by calling 480-832-0000 ext. 209 or online.

Date: Fri., Oct. 8
Time: 7:00 p.m.
Place: Rec. 2 Coyote Run Practice Range
Cost: Free!

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Breast Cancer Awareness



Doctors know that breast cancer occurs when some breast cells begin to grow abnormally. Only 5 to 10% of cancers are due to an abnormality inherited from parents. Most of the time, 85 to 90% of breast cancers are due to genetic abnormalities that are a result of the aging process.

Developing breast cancer is not anyone's fault. Feeling guilty or telling yourself that breast cancer happened because of something you or anyone else did, is not productive.

Risk Factors

A risk factor is anything that increases your risk of developing breast cancer. Many of the most important risk factors for breast cancer are beyond your control, such as age, family history and medical history. However, there are some risk factors you can control, such as weight, physical activity and alcohol consumption.

Factors Beyond Your Control

Risk factors of getting breast cancer that you cannot control are:

- Being female
- Increasing age
- Personal history of breast conditions and breast cancer
- Family history of breast cancer
- Inherited genes that increase cancer risk
- Radiation exposure
- Obesity



continues on page B3

Leisure World

Recreation Department

Courtyard Concert



Enjoy a beautiful fall 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.

Snacks and refreshments will be available. **Remember to bring a lawn chair** and your favorite beverage. Plan now to sit back and enjoy the show!

Register online or in the Rec. Office.

Free, thanks to Silver Creek Memory Care Community!

Date: Wed., Oct. 6
Time: 7:00 p.m.
Place: Rec. 1 Courtyard
Cost: Free!

Silver Creek INN

Fall Fine Arts & Crafts Fair & Books Sale



What a perfect time to get your Christmas shopping completed! Come browse the variety of crafts made by our own talented residents. There will be ceramics, pottery, clothing, jewelry, woodcarvings, art works, China painting, stained glass, and every other craft you can think of! The Leisure World Library will also have a book sale featuring hundreds of books!

Picnic Specialties will be serving delicious luncheon items in the afternoon, including hamburgers, bratwurst and jumbo hotdogs.

Don't miss this one-day only sale! Invite your friends from outside the community to spend the whole day checking out all the exhibits!

See you there!

Resident crafters sign up in the Recreation Office by Friday, November 12.

Date: Sat., Nov. 20
Time: 9:00 a.m. - 2:00 p.m.
Place: Rec. 1 Center
Registration Deadline: Fri., Nov. 12

Comedy Night with Cary Long



Cary Long got his start on the television show "Star Search" with Ed McMahon and has since been seen on "Evening at the Improv," VH-1's "Stand-up Spotlight with Brian Regan," and two appearances on the "Tonight Show" with Jay Leno.

Cary's act is full of everyday situations that everyone can relate to. He combines accents, cultures, and nationalities into a rib-tickling performance that will have audiences laughing at themselves.

Cary's comedy is observational – his routines are inspired by people he sees around him each day. So, if you are in the vicinity be forewarned. His take on relationships between men and women will have couples pointing at each other saying, "I told you so!"

In short, Cary's style of entertainment provides a clean, funny and a must see show for all generations.

Includes BYO set-ups plus one free popcorn per ticket! Other snacks options will be available for purchase.

Our sincere thanks to our event sponsor, Inspira Gateway!

Date: Wed., Nov. 3
Time: 7:00 p.m.
Place: Rec. 2 Hopi/Pima Rooms
Cost: $10 per person in advance or $15 at door

Inspira GATEWAY A CADENCE COMMUNITY

Blue Crab Fest!

Don't miss our Blue Crab Fest! You will enjoy fresh steamed Maryland Blue Crab with brisket, corn on the cob (if available), baked beans, cucumber-tomato salad, potato salad and watermelon. Includes bibs, crab crackers and mallets. BYO set-ups provided.



As a special bonus, Rebecca and Ray Hardiman will bring the jazz! There will be songs from Carole King, Dionne Warwick, Burt Bacharach, Stevie Wonder and more. Vocalist Rebecca and pianist Ray have a delightful sound you are going to love.

Date: Sat., Oct. 23
Time: 5:00 p.m.
Place: Rec. 1 Promenade
Cost: $35 per person
Deadline: Monday, Oct.11
Sponsor: Frank Civil Consulting

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

Dance Parties!

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

Midnight Confessions



Starting the season of with one of Leisure World's favorite bands! Playing the best of the 50s, 60s and 70s. radio hits are their specialty. They are a walking, talking, singing, playing jukebox full of classic hits and one-hit wonders.

Date: Thurs., October 14
Time: 7:00 -10:00 p.m.
Place: Rec. 2 Hopi/Pima Rooms
Cost: $10 per person advance ticket or $12 at event

New Band - Reign-n-Country



Reign-N-Country is a four-piece country dance band based in east Mesa Arizona and is one of the top country dance bands in the entire valley. The bands pieces are lead guitar, bass guitar, drums, and keyboard. They will be playing the hits like "I Just Got Started Loving You," "All I Have to Do Is Dream," "Memories To Burn," and more.

Date: Thurs., Nov. 11
Time: 7:00 - 10:00 p.m.
Place: Rec. 2 Hopi/Pima Rooms
Cost: $10 per person in advance or $12 at event

Fletcher Music Concert



Recreational music making is about the experience of making music as a hobby. It is a fun and enjoyable way to quickly and easily learn to play your favorite songs without the rigors of formal training. The Fletcher Music Club is the industry leader in recreational music-making instruction!

This concert features a virtual orchestra (previously known as the organ) and includes show tunes, big band/swing and country favorites! Also enjoy hits by artists such as Frank Sinatra, Hank Williams and Elvis Presley.

Register online or in Rec Office.

Date: Tues., Nov. 2
Time: 2:00 p.m.
Place: Rec. 1 Ballroom
Cost: Free!

Food Trucks Are Back! Starting with Tapas Al Gusto

Meet Letty McKeen, the owner and founder of Tapas al Gusto food truck. Tapas al Gusto directly translates to "tapas to your liking/taste." The cooking philosophy is to always put the client first, using only the freshest ingredients that are always the highest quality and locally sourced.

Tapas al Gusto's menu is a fusion of Indian, Spanish and French cuisine. Their food is a reflection of their experience, knowledge and expertise in the culinary arts at an affordable price.

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

Date: Wed., Nov. 10
Time: 4:00 - 6:00 p.m.
Place: Rec. 1 Parking Lot

Trivia Tuesday



Who is... into trivia? Come and gather with your friends and neighbors to test your knowledge and expand your brain at Trivia Tuesday! Trivia will be hosted by our very own Leisure World Patrol Security Guard Scott Immel!

Three rounds of 15 questions will challenge you and others to see who will top the charts. Test your knowledge with a group of six or on your own. Refreshments included!

Date: Tues., Oct. 26
Time: 6:00 p.m.
Place: Queen Card Room
Cost: $2 per person

Breast Cancer Awareness

continued from B1.

- Beginning your period at a younger age
- Beginning menopause at an older age
- Having your first child at an older age
- Having never been pregnant, and
- Postmenopausal hormone therapy.

These are all out of our control or a natural part of the way your life has evolved.

Factors You Can Control

It is important to do what we can to prevent breast cancer. There are steps every person can take to help the body stay as healthy as possible. We are in control of eating a balanced diet, maintaining a healthy weight, not smoking, limiting alcohol and exercising regularly. These choices are also beneficial in the prevention of other diseases. Therefore, it makes sense to do what we can to control our risk factors for all diseases.

Early Detection

Finding breast cancer early and getting state-of-the-art cancer treatment are the most important strategies to prevent deaths from breast cancer. Breast cancer that is found early – when it is small and has not spread – is easier to treat successfully. Getting regular screening tests is the most reliable way to find breast cancer early.

The goal of screening tests for breast cancer is to find it before it causes symptoms (like a lump that can be felt). Early detection can diagnose a disease earlier than if you waited for symptoms to start.

Breast cancers found during screening exams are more likely to be smaller and still confined to the breast. The size of a breast cancer and how far it has spread are some of the most important factors in predicting the prognosis of a woman with this disease. Regular mammograms can help find breast cancer at an early stage when treatment is most successful.

Leisure World is happy to promote screenings by having the MOM Bus onsite in October for Breast Cancer Awareness month. This makes it easy to get your mammogram right here. We are also proud to host fundraisers to support the Bag & Boob Babes, the nonprofit organization that provides free drain apron bags, knitted knockers, chemo hats and eye masks to women all over the country fighting or recovering from breast cancer!

MOM Bus

Dates: Thurs., Oct.28: 7:00 a.m. - 5:00 p.m.
Friday, Oct.29: 7:00 -11:00 a.m.
Place: Rec 1 Parking Lot

Please see the full MOM Ad on page B14 for more information.

The Fitness Center is offering four Specialty Group Exercise Classes as a fundraiser for materials and supplies needed for Bag & Boob Babes to help those recovering from breast cancer.

The cost is $5 per class, which can be paid cash or by check payable to Bag & Boob Babes.

Dates

Thurs., Oct. 14: Drumming
Tues., Oct. 19: Bosu
Tues., Oct. 26: Drumming
Thurs., Oct. 28: Step Aerobics
Time: 1:00 - 1:45 p.m.
Place: Rec 1 Classroom
Cost: $5 per class

Registration

In-person registration is required at the Fitness Center. Limited space is available in each class, so please register early!

Flea Market Fun!



Take this opportunity to sell those used household items, handmade craft items, or residents may sell commercial items like Tupperware, Avon and other similar items. Sellers sign up for $5 per table. Racks $1 – limited supply.

Residents selling commercial items will be required to pay 10% of their sales back to Leisure World. Sale reconciliation sheets will be provided by LWCA. Tables are on a first-come basis and limited to two per manor.

Sign up for a table online or in the Recreation Office no later than the day prior to the event.

Date: Fri., Oct. 8 & Nov. 12
Time: 9:00 a.m.
Place: Rec. 1 Ballroom
Cost: $5 per table; $1 per rack

All Aboard To Broadway!

Announcing Leisure World's 2021-2022 Broadway Across America season at ASU Gammage. All shows include roundtrip transportation with show tickets in Orchestra seating and are on sale now at the Recreation Office. If you are away for the summer, don't worry, you can purchase tickets via credit card by calling the Recreation Office at 480-832-0000 ext. 209. Sign up today, limited seats! Now online!

SPECIAL NOTICE: As of May 19, Gammage requires all patrons to always wear a mask in the building. If you cannot wear a mask, you cannot enter the building. We provide updates as they are published.



"My Fair Lady" - $105 per person
December 7, 2021 (T) departs at 6:15 p.m. for 7:30 p.m. show

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

Deadline: Monday, November 8

"The Band's Visit" - $105 per person
February 8, 2022 (T) departs at 6:15 p.m. for 7:30 p.m. show

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

Deadline: Monday, January 10

"Tootsie" - $105 per person
March 15, 2022 (T) departs at 6:15 p.m. for 7:30 p.m. show

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

Deadline: Monday, February 14

Crafting with Hatfield



When you register for Lorri Hensley's Arts & Craft classes, you will have a chance to interact, learn and create seasonal themed pieces that you can take home or give away as a beautiful, personalized gift to a loved one!

All supplies are free! Simply come with smiles and an open mind as Lorri leads the class to create everything from ornaments to potting rocks! There will be fun for everyone!

We have two classes open for registration. In October, make a fall festive door decoration. For November, we are getting ready for the holidays and decorating mugs with Sharpies. This might be a great gift for someone!

Register online or in the Rec Office.

Date: Mon., Oct. 25 and Mon., Nov. 8
Time: 2:00 p.m.
Place: Rec 1 Art Studio
Cost: Free!

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Once A Upon Year: New Year's Eve!

May all your dreams come true in the new year! Join friends and neighbors as we celebrate another New Year's Eve together just like a fairytale. Midnight Confessions band won't be running home when the clock strikes 12. Playing the best of the 50s, 60s and 70s hits are their specialty. They are a walking, talking, singing, playing jukebox full of classic hits and one-hit wonders.



Did we mention food? We will be calling you up to eat by groups starting at 9:00 p.m. to enjoy an inspired menu of Beauty and the Beef roast beef sandwiches, Magic Drumsticks chicken legs, Mystic Orb Swedish meatballs, Dragon Scales potatoes skins, fruit swords, Prince Charming caprese salad, Princess pasta primavera salad, and of course, Mermaid tails shrimp cocktail! To satisfy your sweet tooth, Hansel and Gretel mini desserts and coffee will also be available.

Tickets include live dance band, fabulous food, party favors and BYO set-ups. Doors open at 8:30 p.m. and the party wraps up around 12:30 a.m. Limited to 312 people.

For the first week of sales, tickets are limited to residents only (two per manor). However, one resident may purchase up to eight tickets (four manors) and must have the names and member numbers for each. No-exceptions, however, singles may purchase one ticket for a guest.

Non-resident tickets go on sale on Monday, October 18 in the Recreation Office.

Date: Fri., Dec. 31
Time: 8:30 p.m.
Place: Rec. 2 Hopi/Pima Rooms
Cost: $55 per person
Registration Begins: Mon., Oct. 11

Pumpkin Carving Contest



You will have all month to plot, plan and carve your pumpkin! Bring your carved pumpkin to the Monster Mash Street Dance to be judged. We will announce the winner and give out the grand prize. Register to join the fun!

Date: Sat., Oct. 30
Pumpkins Displayed: 4:00 p.m.
Judging: 5:00 p.m.
Place: Rec. 2 Practice Range & LW Blvd.
Cost: $5

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Classes Coming Soon!

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

Ballroom Dance Lessons

Learn how to ballroom dance with four rhythms that are used in night club and party dancing. Four exciting sessions are offered. Sign up at the Rec Office. Sessions will be limited to 12 couples, so sign up quickly.

Start: November 10 - Night Club Two-Step, January 5 - Cha Cha, February 2, West Coast Swing, March 2, Single Swing
When: Wednesdays, Four evenings each session
Time: 7:00 - 8:00 p.m.
Place: Rec. 1 Classroom
Cost: $32 per person per session
Contact: Teachers Bill & Carol Goss, 480-275-4647



Country Line Dancing

Fun country and pop line dancing steps you can use at the Leisure World dances! Two new classes are offered in October.

Start: October 6
When: Every Wednesday
Time: 1:30 - 2:30 p.m.
Place: Rec. 2 Hopi Room
Start: October 11
When: Every Monday
Time: 11:30 a.m. - 12:30 p.m.
Place: Rec 2 Hopi Room
Cost: $5
Contact: Susan Tuttle, 602-329-2213.

Friends of Clogging

Learn to clog dance, continue clog dancing skills, try a new exercise.

Start: October 4
When: Every Monday night
Time: 6:00 - 9:00 p.m., first 30 min. geared for newbies/beginners
Place: Rec. 1 Classroom
Cost: $6
Contact: Mary Noble, 804-366-0023 or mklecuyer@hotmail.com

Line Dancing with Dee Dee

Come enjoy the fun as each dance is taught, pre-cued, walked through and reviewed! A great way to meet new friends, stay fit, keep your heart healthy and your mind sharp.

Start: November 7
When: Every Sunday
Time: 1:30 - 3:30 p.m.
Place: Rec. 2 Hopi Room
Cost: Price will vary.
Contact: Dee Dee Dougherty, 480-510-3318

Stained Glass

Instruction by experienced stained glassers.

Start: November 8
When: Monday and Wednesday
Time: 9:00 a.m. – 12:00 p.m.
Place: Rec 1 Ceramics/Stained Glass Studio
Cost: $30, Tools and stained glass provided for two projects
Contact: Kay Eakin, 480-641-8719.



Tennis Academy

For beginners, to learn the basic skills of tennis and, for more advanced players, the opportunity for enhanced skill development and doubles strategy. You do not need to be a member of the Tennis Club to participate. Loaner rackets are available.

To register, participants may come on any Wednesday. Please email Academy Director Marge Willadsen at willadsen@bvu.edu with your name and playing level by the Monday of the week you plan to attend. Academy is typically not held on holidays or during inclement weather.

Start: November 3
When: Every Wednesday
Time: 1:00 - 3:00 p.m.
Place: Leisure World Tennis Complex
Cost: Free to all LW residents
Contact: Marge Willadsen, Academy Director, 712-299-4470, or willadsen@bvu.edu.

Yoga

Come enjoy this mind and body practice, combining physical postures, breathing techniques, and meditation or relaxation. It involves movement, meditation and breathing techniques to promote mental and physical well-being.

Start: October 18
When: Monday, Wednesday, Friday
Time: 8:00 - 9:30 a.m.
Place: Rec 2 Pima Room
Cost: $5 per person
Contact: Nancy Knauth, 480-654-4159

Performing Arts Series

Performing Art Series Kicks Off with Donny Ray Evins: Mr. Cole and Mr. Soul Show



Kick off the holiday season with a little soul. The international award-winning singer Donny Ray Evins seduces audiences around the world. Donny studied the voice and music of Nat King Cole. His smooth bass baritone voice and warm stage presence and uncanny resemblance to Mr. Cole landed him a contract with Legends in Concert in Las Vegas.

Date: Mon., Nov. 15
Time: 7:00 p.m.
Place: Rec. 2 Hopi/Pima Rooms
Cost: $19-25 per person in advance. $2 extra at door.

Calling All Volunteers!



Do you enjoy working with your friends and neighbors? Would you like to be more involved with the community? Consider being a Recreation volunteer for events and the Performing Arts Series.

At the meeting, you will meet your new event coordinator and learn about all the fun events you can volunteer for!

Register online or in the Rec. Office to join us for one of our informational meetings.

Dates & Time: Tues., Oct. 19 at 8:00 a.m.
Thurs., Oct. 21 at 6:30 p.m.
Place: Rec. 1 Theater



Trips and Tours

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

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

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



Get Your Fright-On: Halloween in Jerome

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

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

Tucson Air and Space Museum

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

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

Indoor Skydiving at iFLY

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

Date: Thursday, November 18
Cost: $130
Spectator cost: $30
Depart: at 10 a.m.
Deadline: Monday, October 4

Desert Botanical Garden Luminaria and Mill Avenue Fair

Visit the Tempe Festival of the Arts, one of the Top 100 Classic and Contemporary Craft Shows in the nation. Then enjoy a magical night as the Desert Botanical Gardens come to life with the soft glow from more than 8,000 hand-lit luminaria bags, thousands of lights, and entertainment throughout.

Date: Friday, December 3
Cost: $105 per person
Deadline: Monday, November 8

Verde Valley Magical Christmas Journey

Travel aboard Verde Canyon Railroad to the "North Pole," making a couple of slow passes by the delightful and funny buildings, acrobatic elves, Santa, and Mrs. Claus. First class seating is included along with access to the open-air viewing cars for a better view of the fantastic decorations and illuminated buildings: Reindeer Flight School, Mrs. Claus' Bakery, Elf Training Center, Naughty Kid's Coal Mine and the Ugly Sweater Factory.

Date: Friday, December 10
Cost: $139 per person
Deadline: Monday, November 15

Tucson's 4th Avenue Fair

Visit the 4th Avenue Holiday Fair which brings together 400+ arts and crafts booths, 35+ food vendors, two stages of live entertainment, street musicians, jugglers and more.

Date: Sunday, December 12
Cost: $89 per person
Deadline: Monday, November 15

Arizona Broadway Theatre "Gypsy"

Speculated by many to be the greatest of all American musicals, Gypsy tells the story of the dreams and efforts of one hungry, powerhouse of a woman to get her two daughters into show business. Determined that her younger daughter June will have a successful career, Mama Rose's plans are derailed when June elopes, forcing Rose to turn all her attention on her older, less talented daughter, Louise, who eventually becomes burlesque stripper Gypsy Rose Lee. The musical features songs that have become standards of the musical theatre canon including Some People, Let Me Entertain You, Rose's Turn, and the show-stopping Everything's Coming Up Roses. At the heart of the musical is the gregarious Mama Rose, whose journey made critic Frank Rich call Gypsy "Broadway's own brassy, unlikely answer to King Lear." Inclusive dinner show meal offering soup or salad, choice of standard entrée, complimentary coffee/tea, and escorted tour. Deluxe motorcoach transportation included.

Date: Tuesday, January 25, 2022
Depart: 4:15 p.m.
Cost: $109 per person
Deadline: Monday, December 20



Scottdale's Famous Sip & Sample Tour

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

Date: Wednesday, February 9, 2022
Depart: 10:15 a.m.
Cost: $200 per person
Deadline: Tuesday, February 1

Tubac Arts and Crafts Festival

Tubac Arts and Crafts Festival is held in the historic art colony of Tubac, the annual Festival of the Arts is the Southwest's longest running arts festival. The festival brings tens of thousands of visitors each year. The festival runs concurrent with Tucson's internationally renowned Gem and Mineral Show which draws visitors from around the globe. Many Tucson visitors make both the Gem and Mineral show and the Festival of the Arts their destination.

Highlights of the Festival include more than 250 Fine Artists and craftsmen, a large assortment of festival eateries, live entertainment, and a wine and beer garden. The artists are integrated throughout the Village, along roadways and plazas, and among more than 125 art galleries, boutiques, specialty shops and restaurants, providing one of the most beautiful and unique Festival settings in Arizona!

Date: Thursday, February 10, 2022
Cost: $99 per person
Deadline: Monday, January 7, 2022

Tucson Rodeo



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

Date: Thursday, February 24, 2022
Cost: $139 per person
Deadline: Monday, January 24, 2022

Saint Anthony's Monastery and Florence

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

Date: Monday, February 28, 2022
Cost: $125 per person
Deadline: Friday, January 28, 2022



Arizona Canyon 2 Canyon: Antelope and Grand Canyons

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

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

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

Date: March 20-22, 2022
Cost: $775 per person/double; $950 per person/single
Deadline: Friday, February 2, 2022

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Bingo!

Almost fall and the cool place to be is playing bingo in the Rec. 1 Ballroom at Rec 1. Play is every Friday night at 7:00 p.m. On-sets are 3 for $3; 6 for $6; and 9 for $9.

Refreshments are served at the break. Water, ice, lemonade, coffee popcorn and pretzels.

Play starts promptly at 7:00 p.m. Players may arrive at 6:00 p.m. to purchase on-sets. Before play, there is time to chat and mingle with friends and neighbors.

Come and join us! Open seating, no seat-saving please.

Come and win!



Music and Dance

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

Clogging Classes (C) Contact: Fran Dusek, 602-684-9353 or Joyce Loland, 480-588-57w89.
Fridays, 12 - 4 p.m. and Wednesdays 3:30 - 5:30 p.m.

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

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

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

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

Line Dance (Hopi/C) Contact: Dee Dee Dougherty, 480-510-3318.

Look for Classes starting in November.

Line Dance (BR) Contact: Susan Tuttle, 602-329-2213
Tuesdays: 6:00 - 7:00 p.m. - Beginners

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

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

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

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

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

Look for classes starting in November.

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

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

Arts and Crafts

Decorative Arts

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

Open Studio: Friday, 9 a.m.– 1 p.m. Classes by Lori Pilato, Wednesday, 9:30 a.m. -12:00 p.m.

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

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

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

Stained Glass (CER/SG) Contact: Kay Eakin, 480-641-8719
Open Studio: Monday and Wednesday, 8:30 a.m. - 12 p.m.

Fabric Arts

Knitters & Crocheters (QCR) Contact: Carolin Lowy, 480-641-4626

All interested knitters, beginners to experienced, join in. We teach beginners and help those who having difficulty with a pattern, no charge. Friday, 9 - 11 a.m.

Open Sewing (SR) Contact: Carolin Lowy, 480-641-4626

Open to all residents who do hand sewing Friday, 1 - 3 p.m.

Pillowcase Dresses (AR) Contact: Darlene Footh, 701-339-8491

Make little girls dresses out of pillowcases for charity. Monday 8:30 - 10 a.m.

(Classes resume in November)

Quilters (CLR/SR) Contact: Merrilly Strom, 480-699-9352

Join our group of quilters to experience the fun of sewing a class project and learning new techniques. If you are interested in quilting or are a beginner, join the group. Thursday, 9 a.m. - 12 p.m.

Twiddlers (QCR) Contact: Carolin Lowy, 480-641-4626

Any hand work done with a needle or needles, i.e. knitting, crocheting, cross stitch, needle point and applique. Monday, 9 - 11 a.m.

Fired Arts

Ceramics (CER/SG) Contact: Dave Clegg, 480-854-0991

Beginners, newcomers, everyone welcome!
Open Workshop and Firing: Tuesday, 9 a.m. - 12 p.m.
Pouring: Thursday, 12 - 5 p.m.
Ceramics Class: Friday, 9 a.m. - 12 p.m.

Fused Glass (CER/SG) Contact: Kay Eakin, 480-641-8719
Open Studio: Monday & Wednesday, 1 - 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: Marcia Steele, 480-641-1457

Open Studio: Sunday, Tuesday and Saturday, 9 a.m. - 10 p.m.

Open Studio: Monday, Wednesday, Thursday and Friday,12 - 10 p.m.

Firing & Unloading: Monday & Thursday

Class with instructor Larron Lerdall: Monday & Thursday, 9 a.m. - 12 p.m.

Glass Program

Stained/Fused/Mosaics (CER/SG) Contact: Kay Eakin, 480-641-8719

Open Studio: Monday & Wednesday, 12 - 3 p.m.

Cards and Games

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

Bridge Groups

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

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

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

Int. Duplicate Practice (APA) Contact: Bobbie Stearns, 80-218-5918
Friday, 8:15 a.m. (Resumes in November)

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

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

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

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

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

Poker Groups

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

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

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

5 & 10 Cent (NAV) Contact: Diana Milgrom, 480-981-6085
Wednesday, 6:30 p.m.

Texas Hold 'Em (QCR) Contact: Donna Mitchell, 602-622-8100
Monday, 12:30 p.m.

Other Card and Game Groups

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

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

Cribbage (QCR2) Contact: Ted Jackson, 518-248-2052
Wednesday, 1 p.m.

Euchre (APA) Contact Ted Jackson, 518-248-2052
Tuesday, 6:45 p.m.

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

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

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

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

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

Pinochle (QCR) Summer Contact: Don Newman, 80-272-8829
Wednesday, 12:45 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.

October Movies

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

October 3 October Sky (PG) – 1hr 48m
As the Soviet satellite Sputnik streaks across the heavens in October 1957, it's a source of inspiration for 17-year-old Homer Hickam. Drafting a few friends to help, Homer crafts a rocket to compete for a science fair scholarship.

October 10 Richard Jewell (R) – 2hr 11m
"There is a bomb in Centennial Park. You have thirty minutes." The world is first introduced to Richard Jewell as the security guard who reports finding the device at the 1996 Atlanta bombing—his report making him a hero whose swift actions save countless lives. But within days, the law enforcement wannabe becomes the FBI's number one suspect, vilified by press and public alike, his life ripped apart. Reaching out to independent, anti-establishment attorney Watson Bryant, Jewell staunchly professes his innocence. But Bryant finds he is out of his depth as he fights the combined powers of the FBI, GBI and APD to clear his client's name, while keeping Richard from trusting the very people trying to destroy him.



October 17 The Time Traveler's Wife (PG13) – 1hr 47m
Due to a genetic disorder, handsome librarian Henry DeTamble involuntarily zips through time, appearing at various moments in the life of his true love, a beautiful artist named Clare Abshire.

October 24 Flywheel (PG13) – 1hr 42m
Dishonest used-car salesman Jay Austin (Alex Kendrick, who also directs) reaches an important turning point in his life when he finally realizes the errors of his ways and sets out to win back the love and trust of his wife (Janet Lee Dapper), his son (Richie Hunnewell) and the community. Once he decides to live an honest life of love and Christian faith, Jay never looks back at his past mistakes and becomes steadfastly committed to his new life.

October 31 Little Shop of Horrors (PG13) – 1hr 34m
Plant yourself in front of the big screen and veg out with Frank Oz's horticultural horror flick. Gawky Seymour Krelborn looking for a way to save his job in a ramshackle, skid row flower shop, purchases a curious exotic plant hoping it will make business bloom. And it does. There's just one problem: The little creeper possesses a rapacious appetite for fresh human plasma and it's mushrooming out of control!

Silver Screen Classic Movie: "Citizen Kane"



When a reporter is assigned to decipher newspaper magnate Charles Foster Kane's (Orson Welles) dying words, his investigation gradually reveals the fascinating portrait of a complex man who rose from obscurity to staggering heights. Though Kane's friend and colleague Jedediah Leland (Joseph Cotten), and his mistress, Susan Alexander (Dorothy Comingore), shed fragments of light on Kane's life, the reporter fears he may never penetrate the mystery of the elusive man's final word, "Rosebud."

Award-winning movie director/producer and Leisure World resident, Jim Politano shares some unique cinematic experiences, facts, and trivia before and after the movie. You will have the opportunity to ask questions in a Q&A session.

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

Date: Tues., Oct. 19
Time: 6:00 p.m.
Place: Rec. 1 Theater

New Image Fashions and More!



Freshen up your wardrobe! Welcome back New Image Fashions and take advantage of a chance to shop thousands of fall arrivals from Ruby Road, Alfred Dunner, Maxine Swimwear, Erin London and more at 25% – 75% off retail.

Coordinates and separates: shorts, capris skirts, pants, blouses, jackets and swimwear for all, including missy, petite and large sizes. Watch batteries will be replaced for a nominal fee.

Remember, a percentage of all sales come back to Leisure World. Enjoy this opportunity to shop without leaving the community!

Date: Thurs., Nov. 11
Time: 10:00 a.m. - 3:00 p.m.
Place: Rec. 2 Hopi/Pima Rooms

Ballroom Dancing is Back!

Come learn how to ballroom dance with four rhythms that are used in night club and party dancing. Four exciting sessions, each group of 4 lessons for $32 per person. Classes are Wednesday evenings from 7:00 - 8:00 p.m. in the Rec 1 Classroom.

- Session 1 Night Club Two-Step: November 10, 17, December 1, 8 - Ever been to a wedding and not been able to dance to many of the slower ballads? This is the rhythm for you.
- Session 2 Cha Cha: January 5, 12, 19, 26 - This versatile dance can be used with lots of faster numbers at weddings and nightclubs.
- Session 3 West Coast Swing: February 2, 8, 15, 22 - This variation of swing dancing can be used for slower numbers and is less physically taxing than east coast swing. It can be used to dance to lots of types of music from swing to country to rock & roll.
- Session 4 Single Swing: March 2, 8, 15, 22 - This variation of swing dancing can be done with faster rhythms but is less demanding than standard east coast swing. Great for many big band and rock and roll selections.

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

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

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

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October Calendar

FRI 1
4:00 p.m. T.G.I.F (CLRG)
7:00 p.m. Bingo (BR)

SAT 2
9:00 a.m. Lions Club Food Drive (R1P1)

SUN 3
4:00 p.m. Movie Matinee "October Sky" (T)

MON 4
1:00 p.m. NutriCISE (BR)
5:00 p.m. Rovers Meeting (PROM)

TUES 5
7:30 a.m. Blood Drive (PIMA)
8:30 a.m. Work Session (BR)
1:00 p.m. StableCISE (BR)

WED 6
8:00 a.m. Wednesday Coffee (CLR)
1:00 p.m. Arts and Crafts Meeting (LC)
1:00 p.m. Laughter Wellness (BR)
4:00 p.m. Pickleball Meeting (BR)
7:00 p.m. Courtyard Concert (CY)

THUR 7
8:00 a.m. Flu Clinic (LC)
8:30 a.m. New Member Breakfast (BR)
9:00 a.m. ACC Committee (QCR)
1:00 p.m. FlexCISE (BR)
6:30 p.m. Bunco (CLR)

FRI 8
9:00 a.m. Flea Market (BR)
1:00 p.m. StressorCISE & Relax (BR)
7:00 p.m. Bingo (BR)
7:00 p.m. Stargazing (Coyote Run Practice Range)

SAT 9

SUN 10
1:00 p.m. H.L. Roadrunners (APA/NAV)
4:00 p.m. Movie Matinee "Richard Jewell" (T)

MON 11
10:00 a.m. District 8 Mtg. (Hopi)

TUES 12
7:30 a.m. Lions Club Mtg. (BR)
10:00 a.m. Medicare and You (T)
1:00 p.m. Grief Support (BQ)
4:00 p.m. District 5 Mtg. (HOPI)
4:30 p.m. District 3 Mtg. (BR)

WED 13
8:00 a.m. Wednesday Coffee (CLR)
9:00 a.m. Library Volunteers (QCR)
1:00 p.m. Democratic (CLR)
1:00 p.m. District 1 Mtg. (BR)
1:00 p.m. Green Bananas (T)
4:30 p.m. District 6 Mtg. (HOPI)
4:30 p.m. Sonoran Desert Club (PROM)

THUR 14
9:30 a.m. San Tan Investment (QCR)
4:00 p.m. District 7 Mtg. (PROM)
5:00 p.m. District 4 Mtg. (T)
7:00 p.m. Dance Party "Midnight Confessions" (HPG)

FRI 15
4:00 p.m. T.G.I.F (CLRG)
7:00 p.m. Bingo (BR)

SAT 16
5:00 p.m. Hiking Group (PAV)

SUN 17
4:00 p.m. Movie Matinee "The Time Traveler's Wife" (T)
7:00 p.m. Shalom Mtg. (CLR)

MON 18
7:00 p.m. Republican Club (HPR)

TUES 19
6:00 p.m. Classic Movie Night "Citizen Kane" (T)

WED 20
8:00 a.m. Wednesday Coffee (CLR)
10:00 a.m. Alzheimer/ Dementia (QCR)
1:30 p.m. Open Board Meeting (BR)
12:00 p.m. Theatre Mtg. (CLBG)
1:00 p.m. AAUW Social (PROM)
1:00 p.m. Sarah Hanna Presentation (T)
3:00 p.m. Tennis Club Mtg. (CLBG)

THUR 21
9:00 a.m. ACC Committee (QCR)
5:00 p.m. S.O.L.O. (CLR)

FRI 22
4:00 p.m. T.G.I.F (CLRG)
7:00 p.m. Bingo (BR)

SAT 23
4:30 p.m. Bag and Boob Babes (HPR)
5:00 p.m. Crabfest (PROM)

SUN 24
1:00 p.m. H.L. Roadrunners (APA/NAV)
4:00 p.m. Movie Matinee "Flywheel" (T)

MON 25

TUES 26
8:00 a.m. Flu Clinic (LC)
1:00 p.m. Grief Support (BQ)
4:30 p.m. Lions Club Meeting (BR)

WED 27
7:00 a.m. Wine Down Wednesday Elgin (MC)
8:00 a.m. Wednesday Coffee (CLR)
3:00 p.m. Lawn Bowls Socials (LC)

THUR 28
7:00 a.m. MOM Bus (R1PL)
9:00 a.m. District 1 Standards (LC)

FRI 29
7:00 a.m. MOM Bus (R1PL)
4:00 p.m. T.G.I.F (CLRG)
7:00 p.m. Bingo (BR)

SAT 30
4:30 p.m. Monster Mash Street Dance (Rec. 2 LW Blvd.)

SUN 31
7:00 a.m. Halloween Jerome (MC)
4:00 p.m. Movie Matinee "Little Shop of Horrors" (T)

Weekly or Monthly Event Calendar Corrections/Changes

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

Recreation Center 1

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

Recreation Center 2

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

Recreation Center 3

Located at Heron Lakes Golf Course

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

Regular Weekly Events October 2021

SUNDAY

9:00 a.m. Lawn Bowls Play (LBG)
9:00 a.m. Pottery Open Studio (POT)
9:00 a.m. Tillerman Yacht Club (LDL)
4:00 p.m. Movie Matinee (T)
6:30 p.m. Partner Bridge (LC)

MONDAY

6:45 a.m. Early Bird Stretch (C)
7:00 a.m. Heron Lakes Men's Golf (APA/NAV)
7:00 a.m. Lap Swimming (PO)
9:00 a.m. Lawn Bowls Play (LBG)
9:00 a.m. Pottery Class (POT)
9:00 a.m. Twiddlers (QCR)
10:00 a.m. Shalom-Torah Study (AR)
12:00 p.m. Glass Program (CER/SG)
12:00 p.m. Mah Jongg Madness (LC)
12:00 p.m. Pottery Open Studio (POT)
12:30 p.m. Desert Belles Practice (MR)
12:30 p.m. Duplicate Bridge (CLR)
12:30 p.m. Texas Hold-em (QCR)
1:00 p.m. Swim Exercise (P)
2:00 p.m. Water Volleyball (P)
5:30 p.m. Friends of Clogging (C)
6:00 p.m. Line Dance (BR)
6:30 p.m. Progressive Bridge (QCR)
6:30 p.m. Scrabble (LC)
6:30 p.m. Stamping (POT)

TUESDAY

7:00 a.m. Lap Swimming (PO)
8:00 a.m. Table Tennis (C)
9:00 a.m. Lawn Bowls Play (LBG)
9:00 a.m. Ceramics Open and Firing (CER/SG)
9:00 a.m. Pottery Open Studio (POT)
9:30 a.m. Big Band Practice (HOPI)
10:00 a.m. Music Makers (MR)
12:30 p.m. ACBL Bridge (CLR)
12:30 p.m. Pinochle (QCR)
1:00 p.m. Hand and Foot (LC)
1:00 p.m. Swim Exercise (P)
3:15 p.m. L.W. Music Makers (MR)



6:00 p.m. Dealer's Choice Poker (NAV)
6:00 p.m. Line Dance (BR)
6:30 p.m. 5 & 10 Cent Poker (LC)
6:45 p.m. Euchre (APA)
7:00 p.m. Mah Jongg (CLR)

WEDNESDAY

6:45 a.m. Early Bird Stretch (C)
7:00 a.m. Donut League (APA/NAV)
7:00 a.m. Lap Swimming (PO)
8:00 a.m. Wednesday Coffee (CLR)
9:00 a.m. Lawn Bowls Play (LBG)
9:00 a.m. Porcelain Painting (POT)
9:00 a.m. Tillerman Yacht Club (LDL)
12:00 p.m. Glass Program (CER/SG)
12:00 p.m. Pottery Open Studio (POT)
12:30 p.m. Duplicate Bridge (CLR)
12:30 p.m. Pinochle (QCR)
12:30 p.m. Shufflers (NAV)
1:00 p.m. Swim Exercise (P)
2:00 p.m. Water Volleyball (P)
6:00 p.m. 7 Card Hi Lo Poker (NAV2)
6:15 p.m. Hand and Foot (LC)
6:30 p.m. 5 & 10 Cent Poker (NAV)

THURSDAY

7:00 a.m. Lap Swimming (PO)
8:00 a.m. Table Tennis (C)
8:30 a.m. Ladies Billiards (B)
9:00 a.m. Heron Lakes Men's Golf (APA/NAV)
9:00 a.m. Lawn Bowls Play (LBG)
9:00 a.m. Pottery Class (POT)
9:00 a.m. Quilters (CLR/SR/BR)
12:00 p.m. Ceramics Pouring (CER/SG)
12:00 p.m. Pottery Open Studio (POT)
12:30 p.m. Duplicate Fun Bridge (CLR)
1:00 p.m. Dealer's Choice Poker (NAV)
1:00 p.m. Mah Jongg (APA)
1:00 p.m. Swim Exercise (P)
6:15 p.m. Hand and Foot - Samba (LC)
6:15 p.m. Rummikub (NAV)
6:30 p.m. Party Bridge (APA)

FRIDAY

6:45 a.m. Early Bird Stretch (C)
7:00 a.m. Lap Swimming (PO)
9:00 a.m. Ceramics Class (CER/SG)
9:00 a.m. Drop in Art (AS)
9:00 a.m. Knitters & Crocheters (QCR)
9:00 a.m. Lawn Bowls Play (LBG)
9:00 a.m. Porcelain Painting (POT)
11:00 a.m. Mah Jongg Madness (CLR)
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)
1:00 p.m. Swim Exercise (P)
2:00 p.m. Intermediate II Clogging (C)
3:00 p.m. Intermediate III Clogging (C)
6:15 p.m. Game Night (LC)
7:00 p.m. Bingo (BR)

SATURDAY

7:00 a.m. Lap Swimming (PO)
8:00 a.m. Table Tennis (C)
9:00 a.m. Lawn Bowls Play (LBG)
9:00 a.m. Pottery Open Studio (POT)
10:00 a.m. Photography (T)
1:00 p.m. Swim Exercise (P)
2:00 p.m. Water Volleyball (P)
6:30 p.m. Progressive Bridge (QCR)





Think your hearing loss may be due to earwax?

Has it been more than a year since you last had your hearing checked?

Take charge of your hearing health by scheduling a FREE APPOINTMENT during this Hearing Health Special Event!

During this special event, we will be offering the following services FREE of charge:

- Complete hearing screening and consultation
- Ear Scan – your condition may just be wax!
- Live demonstration of the newest hearing technology
- If you currently wear hearing instruments, we will clean and check them at no charge during your office visit
- UP TO $1500 OFF ON a pair of Starkey's new Evolv AI hearing aids

Nationally-known hearing aid expert, Alan Mohr, will be on location for this event!

Tuesday, October 26th through Thursday, October 28th

Call (480) 835-7892 today to schedule your appointment!

Experience How Far Technology Has Come!

UP TO $1,500 OFF

a pair of Starkey's new Evolv AI hearing aids

Coupon must be present at time of purchase. Cannot be used on previous purchases or combined with other discounts. Expires: 09/28/2021

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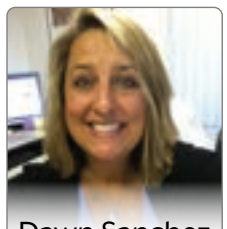
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Leisure World

Oasis Health Spa

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

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

Allen Family Medicine
Leisure World Office Now Open!
480-977-6349

November Group Exercise Class registration begins October 5 at 7:00 a.m., online, in-person or by phone.

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

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

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

Active Aging Week is Here!
October 4-8, 2021

Active Aging Week celebrates the benefits of active living at any age. This is the perfect time to experiment with some new ways to engage our brains, bodies, and social circle while having fun and relieving stress!

There is still time to register for these special events! Contact the Fitness Center at 480-832-0000 ext. 212 to participate in one or more of these unique opportunities!

NutriCISE: Boosting your Immunity Through Superhero Foods
Date: Monday, October 4, 1:00 -2:00 p.m.
Place: Rec 1 Ballroom
Cost: Free

StableCISE: Challenge your balance skills and control your muscles with hand-eye coordinating activities while standing on the ground, foam pad, fit beam and BOSU. This will engage your body and mind and force you to focus and concentrate on your movements.

Date: Tuesday, October 5, 1:00 -2:00 p.m.
Place: Rec 1 Ballroom
Cost: Free

LaughterCISE: Laughter soothes tension, improves the immune system, relieves pain, increases endorphins, and so much more! Join us for a Laugh!

Date: Wednesday, October 6, 1:00 -2:00 p.m.
Place: Rec 1 Clubroom
Cost: Free

FlexiCISE: Combine Pilates and Yoga to strengthen your core and improve flexibility. Participants are required to get down on the floor for this class.

Date: Thursday, October 7, 1:00 -2:00 p.m.
Place: Rec 1 Ballroom
Cost: Free

StressorCISE & Relax: Experience a relaxing guided journey engaging all your senses to unwind, relax and recharge…

Date: Friday, October 7, 1:00 -2:00 p.m.
Place: Rec 1 Ballroom
Cost: Free

Big thank you to our sponsors Hatfield Medical Group, Modern Physical Therapy & Sports Medicine, and Humana!

Breast Cancer Awareness in October

Apart from skin cancer, breast cancer is the most common cancer among women. According to the Centers for Disease Control and Prevention, more than 245,000 women get breast cancer every year. Although not as common, some men also get breast cancer. One thing is certain, all of us have been affected by this disease either directly or indirectly.

Returning to Leisure World this year is the **Mobile On-site Mammography (MOM)** by SimonMed Imaging with 3D, full-field digital mammography and CAD computerized readings.

Early detection saves lives. Have your annual mammogram. Do it for those who love you. Fifteen minutes could save your life!

Recommended baseline age is 35-40. Recommended annual age is 40 and over if you are at average risk.

Most major insurance accepted: AETNA, BCBS, CIGNA, Health Net, United HealthCare and many more! Medicare and AHCCCS patients are welcome! Non-Insured patients only pay $217.



Please bring the following:
1. Insurance card
2. Doctor's name & address
3. Location of prior mammogram films

Date/Time: Thurs., Oct. 28 from 7:00 a.m. - 5:00 p.m.
Fri., Oct. 29 from 7:00 - 11:00 a.m.
Place: Rec. 1 Parking Lot

To schedule an appointment, please call 480-967-3767 or 1-800-285-0272. Walk-in patients are welcome. Appointments are preferred to avoid wait time!

Stay tuned for more events coming next month to increase help raise breast cancer awareness.

LW Turkey Trot 5K Walk/Run

"Float Like a Butterfly, Trot Like a Champ!"

This year's Turkey Trot is benefitting the Parkinson's Network of Arizona and the Muhammad Ali Parkinson Center outreach programs. Our theme is "Float Like a Butterfly, Trot like a Champ!" as a reminder of one of the greatest boxers, Muhammad Ali, who was diagnosed with Parkinson's disease. Proceeds from your registration minus processing fees will benefit people affected by Parkinson's disease and their families. Additional donations are welcome and can be made on the registration website.

The Turkey Trot will be professionally managed by Mangled Momentum, an event timing and management race company. There will be online registration, race clock, chip timing, results kiosk and snapshot photos taken when racers cross the finish line.

We invite you and your family and friends of all ages to participate in this fun walk/run! It is an opportunity to exercise, mingle and socialize with the Leisure World community and make new friends!

Every participant will get a race t-shirt, a finish line snapshot photo, a turkey trot medal and a tasty runner's brunch. Don't miss out on this fun event!

Swag Bag Pickup
Date: Mon., Nov. 22
Time: 1:00 - 3:00 pm
Place: Rec. 1 Ballroom

Everybody is invited to the Swag Bag pickup date to meet our event sponsors and win prizes!

Turkey Trot Day!
Date: Wed., November 24
Check-in Begins: 7:00 a.m.
Start Time: 8:30 a.m.
Place: Tennis Courts
Parking: Rec.1 Parking Lot
Cost: $25 for age 5 and up through October 31. Price increases to $30 November 1.

Registration
Registration for this year's event has been made easier than ever and can now be done online with your computer or mobile device by visiting www.LWCAEVENTS.com.

To be guaranteed a race t-shirt and bib, please register early!

Leisure World Wellness Department Staff



Marguerite Huspen
Outreach Specialist



Quoc Tran
Fitness Manager



Sue Patt
Fitness Specialist



Susan Kalnas
Fitness Specialist



Nicole Fredrickson
Fitness Specialist

Save Money with Couponing Class!



Come meet couponing expert Melissa Hurst as she hosts this specialty class. Learn to stock your home supplies while saving money and discover new products for less! Join us for complimentary snacks and learn how you can maximize their shopping experience using coupons!

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

Date: Tues., Nov. 9
Time: 1:00 - 2:00 p.m.
Place: Rec. 1 Ballroom

Flu, Pneumonia and Shingles Vaccine Clinics

The Leisure World Vaccination Clinics will be held on October 7 and October 26 in the Rec. 1 Lakeside Clubhouse between 8:00 a.m. to 12:00 p.m. **Safeway Pharmacy** will be providing the flu, pneumonia and shingles vaccines. Most insurances accepted.

If you are paying out of pocket, the cost is as follows:

- Flu Vaccine: $44
- High Dose Flu Vaccine: $73 (for people over 65)
- Prevnar (pneumonia): $240
- Shingrix (shingles): $210

No appointment is necessary for this walk-in clinic. Bring insurance card and glasses to fill out paperwork. Forms will be available at the bulletin board outside the Fitness Center so you can complete the paperwork prior to your arrival.

Note: Everyone attending or participating in the clinic **must wear a mask**. Safeway will have some available if people forget to wear a mask.



Dates: Thurs., Oct. 7 & Tues., Oct. 26
Time: 8:00 a.m.- 12:00 p.m.
Place: Rec. 1 Lakeside Clubhouse

GROUP EXERCISE SPOTLIGHT

Now Available!

Forever Fit



We all want to stay forever young and one way to do that is to stay **Forever Fit**! You can be fit at any age by focusing on healthy aging and remaining active. Life is better when you eat healthy, sleep well, exercise and have positive social interactions. When you combine exercise with social interactions you get the best of both worlds. Exercise can reduce stress, improve your self-esteem and keep you living independently.

Our new Level 2 Forever Fit class is the perfect complement to your healthy lifestyle. This class will incorporate short, low impact cardio intervals between sets of weight-bearing exercises to increase strength and bone density. It will be a full body workout to include balance challenges and flexibility. You will also learn how to successfully get on and off the floor with or without a chair as needed.

By developing muscular strength you'll feel stronger, have more confidence and help eliminate falls. Strength training can help improve many health issues like osteoporosis, diabetes, depression, heart conditions and so much more. Your age does not matter but staying fit does! You owe it to yourself to stay **Forever Fit**!

Days: Monday & Wednesday beginning in October
Times: 11:30 a.m. - 12:15 p.m.
Place: Rec.1 Classroom
Cost: $20/month or $5 drop-in FLEX, S& F and Renew accepted!

High Intensity Interval Training (HIIT)



You may have heard about HIIT workouts before and wondered "What is that and why are why are so many people doing it?" High-intensity interval training (HIIT) is a form of interval training, a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense exercise to recover.

HIIT is not just restricted to cardio, but can also include hand weights, TRX or medicine balls. If you want to work out and lose weight, this 45-minute Level 5 class could be a good fit for you.

HIIT workouts get your heart rate up and are ideal for weight loss. You will burn fat and build lean muscle. HIIT forces your body to use energy from fat as opposed to carbs. Aerobic exercise such as sprints, jump roping, high knees and plyometrics will raise your heart rate quickly and build muscular and cardiovascular endurance. Followed by short bouts of muscular strengthening exercises such as push-ups or medicine ball slams for your less intense recovery exercise helps build lean muscle mass.

Research has shown that just 15 minutes of interval training like HIIT can burn more fat calories than jogging on a treadmill for 60 minutes. Moreover, the effect of the intense exertion keeps your metabolism raised for several hours after your workout, thus, helping you burn fat several hours after your HIIT workout has ended. This type of workout also improves your cardiovascular health and can help to decrease blood pressure, heart rate and blood sugar levels.

Days: Tuesday and Thursday beginning in October
Times: 5:00 - 5:45 p.m.
Place: Rec.1 Classroom
Cost: $20/month or $5 drop-in FLEX, S& F, and Renew accepted!

Core Performance



Many people think of the core as abdominals. There are many more muscles involved. The major muscles of your core include your transverse abdominis, multifidus, internal and external obliques, erector spinae, diaphragm, pelvic floor muscles, and of course, your abs, the rectus abdominis. Your minor core muscles include your lats, traps and (to the surprise of many people) your glutes.

This class uses innovative exercises designed to target the entire core to improve posture, mobility, agility, movement and prevent injury.

Core exercises train the muscles in your pelvis, lower back, hips and abdomen to work in harmony. This leads to better balance and stability, whether on the playing field or in daily activities. In fact, most sports and other physical activities depend on stable core muscles.

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

Dates: Tues./Thurs. beginning in October
Time: 6:00 - 6:45 a.m.
Place: Rec. 1 Classroom
Cost: $5/class or $20/month FLEX, S&F, Renew

TRU STRENGTH

This functional training class is designed to counter many of the physically adverse effects of aging by improving muscle tone, connective tissue strength, enhancing metabolism, and development of both daily and athletic performance while teaching you proper form and mechanics. The workload progresses through each week and exercises change each week.

A variety of equipment is used and your own body weight to keep you challenged in this total body workout! You must be able to get up and down from the floor with ease in this Level 4 class.



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

Dates: Mon/Wed/Fri beginning in October
Time: 6:00 - 6:45 a.m. or 5:00 - 5:45 p.m.
Place: Rec 1 Classroom
Cost: $5/class or $25/month FLEX, S&F, Renew

GROUP EXERCISE SPOTLIGHT

Now Available!

TRX FIT



This class is a progression from the TRX Fundamentals class and builds on the basic exercises learned in that class. It will introduce new exercises and have quicker transitions between exercises to keep you moving consistently for a total body workout. This class will also include TRX exercises on the floor, so the ability to get up and down from the floor is required.

Dates: Monday/ Wednesday/ Friday beginning in October
Time: 8:00 – 8:45 A.M.
Location: Rec. 1 Sport Court
Cost: $5/class or $25/Month FLEX/S&F /Renew
Register by calling the Fitness Center at 480-832-0000 ext. 212.

Master the Machines



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

Days: Tuesday and Thursday beginning in October
Times: 2:00 - 2:45 p.m.
Place: Rec.1 Classroom
Cost: $20/month or $5 drop-in FLEX, S& F, and Renew accepted!

Aqua Flex & Stretch



Are you looking to restore, maintain or enhance the functionality of your body? Do you want to move your body with less pain, enjoy the relaxation effects of the water, and have fun? If you answered, "Yes," then come try a Level 1 Aqua Flex & Stretch class.

This Level 1 class will benefit those who have arthritis, sciatica, osteoporosis, chronic pain, balance, or gait abnormalities to name a few. The warm water has a calming effect and allows for a relaxing and enjoyable exercise experience, both physically and mentally.

The buoyancy of the water decreases weight bearing and stress on the joints, resulting in joint decompression and less pain during movement in the water. The hydrostatic pressure improves tissue healing and circulation and decreases inflammation so you can move more freely and exercise safely.

Exercises will focus on improving your gait, posture, balance, coordination, and range of motion. This class is ideal for people who have arthritis or other medical conditions, recovering from injury or surgery, or those who just want to start an exercise program. The class will use various equipment and the format will be taught in rotating stations.

This class will be taught at the Rec. 1 Pool in chest deep water. No swimming skills are required. Participants must be able to enter and exit the pool independently using the shallow steps and rail. Swimsuits and water shoes will be required.

Days: Monday and Wednesdays
Time: 1:00-1:45 p.m.
Place: Rec. Pool 1
Cost: $20/month or $5 drop-in FLEX/S&F/RENEW

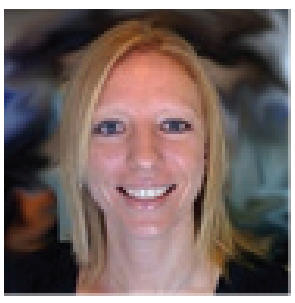
LW Swim Club

A special shout-out to LW Swim Club for their cooperation and collaborating with the Fitness Team to schedule Aqua Flex & Stretch Class at Rec 1 Pool. We really appreciate your support!

Starting October 1, the LW Swim Club will meet at 1:00 p.m. at the following locations:

Monday: Rec. 2 Pool
Tuesday: Rec. 1 Pool
Wednesday: Rec. 2 Pool
Thursday: Rec. 1 Pool
Friday: Rec. 1 Pool
Saturday: Rec. 1 Pool

Stretching, Flexibility, ROM and Muscle Balance Workshop



Staying mobile is the key to pain-free living and preventing injury. Stretching, flexibility and muscle balance are essential to prevent injury, especially when it comes to our hips and shoulders. Join Sarah Hanna, Sarah Hanna, PT, MPT, FAAOMPT with Performance Physio to learn the following:

1. Why hip and shoulder joint mobility is important in prevention of pain.
2. Why muscle balance (flexibility and strength) is important in preventing hip and shoulder pain
3. Best exercises to start with to prevent pain and support hip and shoulder joints.
4. How to choose the best exercises or activity that will help you stay active, healthy and promote pain-free living.

To RSVP, please email Performance Physio at performancebasedphysio@gmail.com.

Speaker: Sarah Hanna, PT, MPT, FAAOMPT
Date: Wednesday, October 20
Time: 1:00 - 2:00 p.m.
Place: Rec. 1 Theater

PERFORMANCE PHYSIO

MEMBER SPOTLIGHT

Kristy Parrish Loves Fitness Center Family

I moved here from Billings Montana in October 2020 and bought a house in Leisure World. I had lived in Montana my whole life, am divorced and have two adult children. I wanted to try something different. You don't know unless you try, so I really forced myself to move.

It was probably a full month before I walked into the Fitness Center to check it out. I was keeping fit riding my bike and walking all over LW. It was time to get back in the gym. I have always been active in my adult life, belonging to the YMCA and Anytime Fitness. But it wasn't until I joined a small gym about six years ago called Ironcross Fitness (later known as Altrain).

When the Fitness Center closed during the pandemic, my fitness activity was challenged in new ways. Rather than aerobic classes and using machines, we had workouts of the day. I learned about using simple pieces of exercise equipment such as kettlebells, medicine balls, weights and weight bars. I also learned about running and exercises using my own body weight to get a great, exhausting workout while using very little space. I have returned to this type of exercise in the past few months and realized how much I missed it. It is great to do a variety of challenging workouts rather than doing the same thing every day.



Kristy enjoying nature.

Why do I workout? I like the way I feel when I am done. It helps me fight depression, stress, manage my weight, gives me lots of energy, maintains my muscle strength and helps me age well. If I don't do something every day, my day is not complete. I come to the Fitness Center because that is where my fitness family is. It is a feeling of belonging and meeting people who share the same values and interests. It makes me happy!

Class Descriptions

Level 1: Perfect for those new to exercise, those wanting to strengthen muscles, and establish a routine while having a chair or machine for assistance and support.
Level 2: Suitable for all skill levels. By increasing movement and intensity options, participants can adapt workouts to their levels.
Level 3: These classes focus on increasing muscle strength & endurance, cardiovascular and core fitness.
Level 4: Designed for the advance level exerciser who wants to refine their skills and improve their strength and conditioning.

A.M. Yoga – (Begins Oct. 18th) This is an exercise program is that based on the slow stretching, strengthening, and relaxation techniques of Hatha Yoga. Not only does it teach the body to be strong and supple, it also keeps the mind alert and active. Join us to learn deep breathing and relaxation techniques that will keep your body refreshed. $5/class. Pay instructor.

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

˜***Aqua Flex & Stretch** (Lvl 1) - Exercises focus on improving gait, posture, balance, coordination, and range of motion. This class is ideal for people who have arthritis or other medical conditions, recovering from injury or surgery, or those new to exercise. Water shoes are required.

˜***Core Performance** (Lvl 3) - This class utilizes an innovative/progressive program design to produce solid results, improve posture, mobility, agility, movement mechanics, and injury prevention.

˜***Forever Fit** (Lvl 2) - This class incorporates low impact cardio intervals with weight bearing exercises to increase strength and bone density for a full body workout including balance challenges and flexibility. You will also learn how to successfully get on and off the floor with or without a chair as needed.

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

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

˜***H.I.I.T.** (Lvl 4) - This high energy, class is powered by heart pumping high intensity interval training 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.

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

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

˜***Master the Machines** (Lvl1) -This beginner class teaches proper technique, customizes seat settings, starting weights, number of repetitions and sets, & help you learn how to progress a strength training program. This class is designed to get you started, build strength, give you tools to build your fitness program.

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

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

T'ai Chi Easy – Tuesdays 1:00 – 2:00 PM Nov. 2- Dec. 7 (6 week session) – A simple style of T'ai Chi which consists of 9 movements and breath practices. It is practiced as a slow-motion movement done in a relaxed and flowing manner, which deepens breathing and stimulates circulation. This gentle art appears effortlessly easy, yet is quite profound. RSVP with instructor, 10 people minimum.

˜***TRU Strength** (Lvl 4) - This functional strength training class is designed to counter many of the physically adverse effects of aging by improving muscle tone, connective tissue strength, enhancing metabolism, and development of both daily and athletic performance while teaching you proper form & mechanics.

˜***TRX® Fit (Lvl 3)** – Enjoy a suspension training body-weight workout that develops strength, balance, flexibility, and core stability simultaneously. This advanced TRX class will introduce progressions for the exercises learned in TRX Fundamentals. This class will also include TRX exercises on the floor.

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

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Group Exercise Classes

CLASS	DAYS	TIMES	PRICE	PLACE
A.M. Yoga	Mon/Wed/Fri Begins Oct.18	8:00 - 9:00 a.m.	$5 Drop-in Pay instructor	Rec. 2 Pima
Aqua Fit	Mon/Wed/Fri	12:00 - 12:45 p.m.	$25 Monthly $5 Drop-In	Rec. 1 Pool
Aqua Flex & Stretch	Mon/Wed	1:00-1:45 p.m.	$20 Monthly $5 Drop-In	Rec. 1 Pool
Core Performance	Tues/Thurs	6:00 - 6:45 a.m.	$25 Monthly $5 Drop-In	Rec. 1 Classroom
Fight Back Boxing	Mon/Wed/Fri	9:30 -10:15 a.m.	$25 Monthly $5 Drop-In	Rec. 1 Classroom
Forever Fit	Mon/Wed	11:30 a.m. - 12:15 p.m.	$20 Monthly $5 Drop-In	Rec. 1 Classroom
Functional Circuit	Mon/Wed/Fri	4:00 - 4:45 p.m.	$20 Monthly $5 Drop-In	Rec. 1 Fitness Center
H.I.I.T.	Tues/Thurs	6:00 - 6:45 p.m.	$20 Monthly $5 Drop-In	Rec. 1 Classroom
Hustle & Muscle	Mon/Wed/Fri	10:30 - 11:15 a.m.	$25 Monthly $5 Drop-In	Rec. 1 Classroom
HydroRider®	Tuesday or Thursday	9:00 - 9:45 a.m.	$25 Monthly $10 Drop-In	Rec. 2 Therapy Pool
Master the Machines	Tues/Thurs	2:00 - 2:45 p.m.	$20 Monthly	Rec. 1 Fitness Center
Mat Pilates	Tues/Thurs	10:00 a.m. - 10:45 a.m.	$20 Monthly $5 Drop-In	Rec. 1 Classroom
Strength & Balance	Tues/Thurs	11:00 - 11:30 a.m. OR 11:45 a.m. - 12:15 p.m.	$15 Monthly $5 Drop-In	Rec. 1 Classroom
Tai Chi Easy	Tues	1:00 -2:00p.m. Nov. 2- Dec. 2 (6 Week Session)	$60 Paid to instructor	Rec. 1 Classroom
TRX® Fundamentals	Tues/Thurs	3:00 - 3:45 p.m.	$20 Monthly	Rec. 1 Classroom
TRX® Fit	Mon/Wed/Fri	8:00 - 8:45 a.m.	$25 Monthly $5 Drop-In	Sport Court
TRU Strength	Mon/Wed/Fri	6:00 - 6:45 a.m. OR 5:00 - 5:45 p.m.	$25 Monthly $5 Drop-In	Rec. 1 Classroom

New Fall Group Exercise Schedule Coming!



Fall is around the corner and we are getting ready to roll out our new Fall Group Exercise Schedule! You will see many of our year-round classes. We will bring back some of our seasonal classes. But we will also be introducing the following new classes:

- Forever Fit
- H.I.I.T.

Please review the class schedule (some classes change times beginning in October), class descriptions and intensity levels to find the right fit for you this fall. The Fitness Center Staff is always available to help you find the perfect fit.

Registration for November classes begins on Tuesday, October 5 at 7:00 a.m. You can register online, in person or by calling the Fitness Center at 480-832-0000 ext. 212. Due to high call volume, registrations will not be accepted via voice mail.

Medicare and You: What's New in 2022?



This presentation will provide basic information on the changes and additional benefits to the Medicare program coming in 2022. Medicare lingo will be identified, defined and explained. Changes that have been initiated by the government will be presented. Other pertinent information will be shared without promoting any type of plan. Giveaways and light refreshments provided.

RSVP by contacting Dana at 602-376-7260 or dana@ivegotitcovered.net.

Speaker: Licensed Agent Dana Artzer
Date: Tues., October 12
Time: 10:00 a.m.
Place: Rec. 1 Theater

Save a Life with Blood Drive!



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For eligibility questions, please call 877-25-VITAL or visit www.vitalant.org.

Date: Tues., October 5
Time: 7:30 - 11:30 a.m.
Place: Rec. 2 Pima Room

Free Diabetes Empowerment Education Program



Take control of your pre-diabetes or diabetes and get your life back! This six-week workshop is for adults with diabetes, pre-diabetes, or caregivers of someone with diabetes. Sessions are two hours each and meet once per week for six consecutive weeks. All participants will receive Diabetes Empowerment Education Program participant digital handouts.

This workshop is also great for anyone interested in learning more about diabetes. You will learn the following:

- Understanding diabetes
- Preventing complications
- Understanding medications
- Physical activity
- Dealing with symptoms of diabetes
- Dealing with hyper/hypoglycemia
- Understanding risk factors
- How to involve family and friends
- Monitoring your body
- Meal planning
- Setting weekly plans
- Nutritional concepts

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

Date: Wednesdays, October 13 - November 17
Time: 9:00 a.m. - 11:00 a.m.
Place: Rec. 1 Theater
Cost: Free!

Back Pain and Sciatica



Join Sarah Hanna with Performance Physio to learn about how to get strong and healthy to manage and eliminate pain. You will learn the following:

• Why joint mobility is important in prevention of pain.

- Why strength is important in prevention of pain.
- Why flexibility is important in prevention of pain.
- Best exercises to start with to prevent pain and support joints.
- How to choose the best exercises or activity for you that will help you stay active, healthy and promote pain free living.

Please RSVP by emailing Performance Physio at performancebasedphysio@gmail.com.

Date: Wed., Nov. 17
Time: 1:00 - 2:00 p.m.
Place: Rec. 1 Theater
Speaker: Sarah Hanna, PT, MPT, FAAOMPT with Performance Physio

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Aquatic Small Group Training

Small group aquatic training, also known as Aquatic SGT, allows for a personalized exercise program tailored for two to four participants who share similar physical or medical difficulties. Exercising in the water offers several benefits to the individual. When standing in chest-depth water, an individual weighs about 60 to 90% of their body weight due to the lessened effect of gravity and the buoyancy of water.

Since exercisers are protected by the cushioning effect of water, injuries and stress are less likely to occur than with land-based training. This makes training in the water an excellent choice for people who are overweight, who suffer from arthritic conditions, other joint problems, or shoulder, hip, back or knee pain, or who need rehabilitation and therapeutic exercises after recent surgery. Although aquatic training is one of the safest ways to exercise, participants are advised to inform their physicians of their intention to participate in small group aquatic training.

Goals of Aquatic SGT

1. Reducing pain and promoting relaxation to exercise and move more comfortably in the water. This helps to improve mood and reduce stress and insomnia.
2. Improve your range of motion, balance, and coordination.
3. Assist with gait, locomotion, and posture.
4. Increase muscular strength and endurance.
5. Maintaining brain health by improving concentration and memory and enhancing learning and thinking skills.

Benefits of Aquatic SGT

1. SGT focuses on implementing specific therapeutic and rehabilitative exercises for the group.
2. Exercising in a small group and having commonalities with others in the group can develop friendships, increase confidence, and boost a strong sense of well-being.
3. SGT builds a personal relationship with each participant independently in a small group format, therefore implementing a more individualized approach to rehabilitative exercises if needed.



Categories

- Upper Body: shoulder and neck
- Lower Body: hip, knee, and ankle
- Low back pain or spine
- Special populations: arthritic conditions, osteoarthritis, obesity, multiple sclerosis, Parkinson's disease and fibromyalgia

Aquatic Therapy Spotlight: Low Back Pain

This first session of Aquatic Small Group Training will focus on lessening low back pain by decompressing the spine to comfortably move and exercise more freely in the pool. The cause for low back pain can vary from person to person. Poor posture or body mechanics, being overweight, weak abdominal and gluteal muscles, being sedentary, having tight hamstrings and hip flexors are a few reasons for low back pain.

Physical movement and rehabilitative exercises in the warm therapy pool will focus on proper spinal alignment and specific strengthening and flexibility exercises. Abdominal and gluteal strengthening exercises will be implemented and special stretching exercises for the low back, hamstrings and hip flexors.

Water walking and various equipment will be used, and clients will benefit from the following:

1. Improved posture, balance, flexibility, muscular endurance, and strength.
2. Increased education on how to perform exercises safely and effectively.
3. Improved self-awareness of their body positioning.
4. Increased the mind-body connection.

Please sign up with the Fitness Center to pick up and complete the required registration forms.

Dates: Tuesdays and Thursdays
October 7, 12, 14, 19, 21, 26, 28, November 2
Time: 1:00 - 2:00 p.m.
Place: Rec 2 Therapy Pool
Cost: $320 per person ($40 per session, includes 8 sessions)
Instructor: Nicole Fredrickson, B.S., ATRIC (Aquatic Therapy and Rehab Institute Certified)
Special Note: Capacity of four clients. A Medical Consultation Form and consent from your medical doctor may be required to participate. Supportive water shoes are mandatory. Sessions are subject to be rescheduled due to unforeseen weather conditions.

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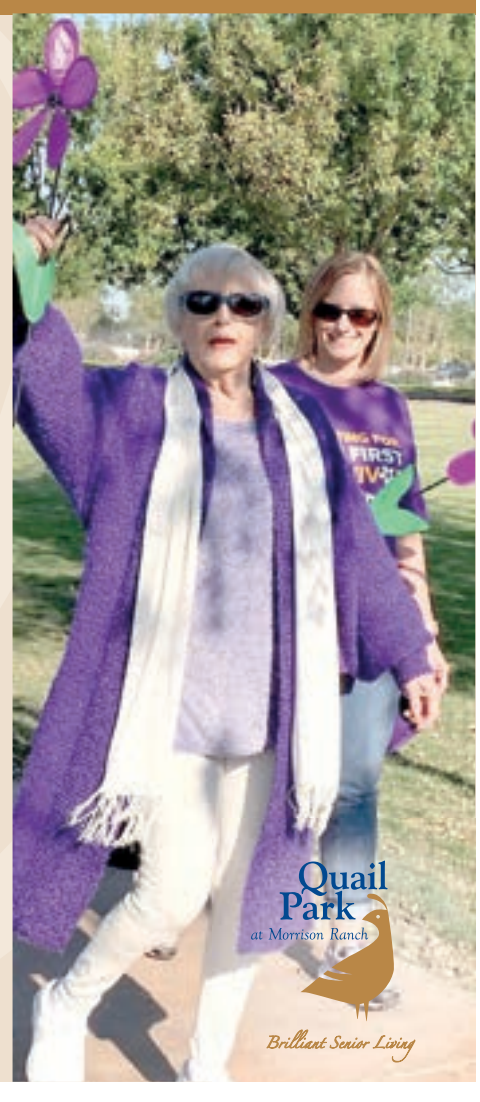
The event will be kicked off by the traditional flower ceremony which will be followed by the one mile walk around the lake.
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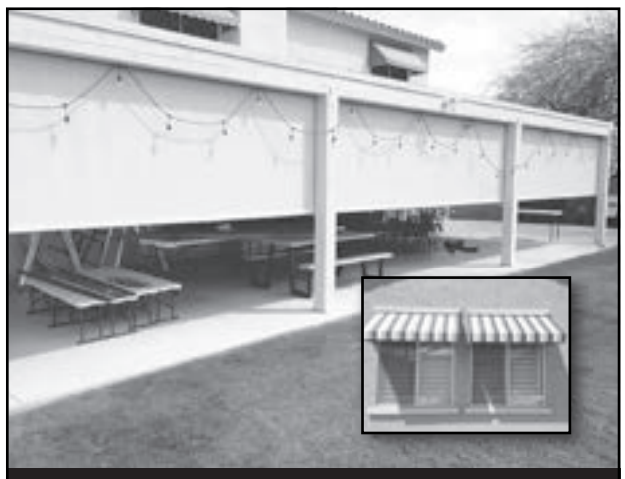
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5 Brain Myths Debunked

Unfortunately, cognitive decline increases as people age, as does the risk of Alzheimer's disease and dementia. That's why focusing on brain health – especially for older adults – is important. But not all information circulated on this topic is true. Therefore, before trusting any advice or tips on the subject, it is best to verify.

Here are five brain myths debunked.

1. Myth: We only use 10% of our brain.

Fact: If we truly only used 10%, we wouldn't have to worry about brain damage. Medical scans prove that a large portion of the brain is engaged even during small tasks.

2. Myth: Older people are doomed to forget things.

Fact: Thankfully, this is not true. Although cognitive skills decline with age, older adults can successfully maintain memory by consistently using skills like a high vocabulary, writing and other forms of communication. To keep your mind sharp, play Scrabble or other board games with friends.

3. Myth: You can't teach an old dog new tricks.

Fact: You can learn a new skill at any age. Just ask Leisure World residents who have recently taken art classes or picked up a musical instrument during closures. Although some things, like new technology may be more difficult for an older person to learn, this doesn't mean it's not possible.

4. Myth: A crossword puzzle a day can keep the doctor away.

Fact: Crossword puzzles are not a brain health cure-all. Although they can improve your cognitive abilities, it is important to exercise your brain in a variety of ways. For example, try painting, billiards or pickleball to improve hand-eye coordination and challenge your brain.

5. Myth: You are dominated by your right or left brain.

Fact: Many people believe that if you are more creative, you are more dominant by the right side of the brain, and if you are more science-driven, the left side is more active. Although this is partially true, it doesn't mean the other side of your brain isn't working. In fact, brain scans show that both hemispheres work together during complex thought processes.

The brain is a powerful organ. Be proactive and keep it sharp with healthy stimulation. Daily, discuss current events with family and friends, read, exercise and practice new skills. These activities will go a long way in slowing cognitive decline and decreasing your risk of other diseases.

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FOOT HEALTH

Reduce Risk of Diabetic Foot Problems

By Reisha Zang

If you have diabetes, chances are pretty good that you have been overwhelmed with people letting you know about all of the things you should and should not do. The bottom line is: You have to pay attention to your overall health! And caring for your feet is a big part of it when you are living with diabetes.

Why is caring for your feet so important? Because diabetes increases the chances for a common foot problem to turn into a serious problem. These problems include loss of feeling, skin changes, poor circulation, ulcers and sores that do not heal — and the risk of amputation.

"Having diabetes puts people at higher risk for foot problems that can lead to amputation if they're not cared for," says Dr. Daniel Schulman of CIC Foot & Ankle.

Diabetes Risk

Diabetes causes more than 60% of amputations from the knee down for people not involved in an accident.

"The life span for diabetics who have had a major amputation is shorter than most of those who receive a diagnosis of cancer," explains Dr. Schulman.

One of the most common reasons for a person living with diabetes to be admitted to the hospital is because of a complication from a foot problem, such as an ulceration or infection. Both conditions can lead to amputation. According to the American Journal of Managed Care, 230 Americans with diabetes a day will have an amputation, and the majority of them started with a diabetic foot ulcer.

"It can be anything from an open sore to a scratch," says Dr. Schulman. "If there is an open sore that is slowly getting larger that is a definite warning sign. Sores, redness, swelling and any other changes to the way your



feet look or feel should be reported to a doctor right away." Wounds are easy to spot.

"It is something abnormal on your foot that just doesn't get better and over time may get worse, but never better," adds Dr. Schulman explains. "That's why watching a wound to see if it will heal on its own is not a good idea."

Poor Circulation

The reason these sores do not heal on their own could be due to poor circulation. Blood carries essential nutrients and oxygen throughout the body. If there is poor blood flow, the body isn't getting what it needs to function properly.

"When you have a slow healing wound by definition you have decreased oxygen and decreased nutrition both of which are essential to stop the degenerative process and initiate a regenerative healing process," says Dr. Schulman. "Evaluating your circulation is critical when it comes to wounds. If your blood flow is compromised, that is something that should and can be treated."

Early Detection

It is estimated at close to 85% of these amputations could have been avoided with regular foot examinations, early detection and comprehensive treatment of the problem. Checking your feet everyday can help identify a condition in its early stages.

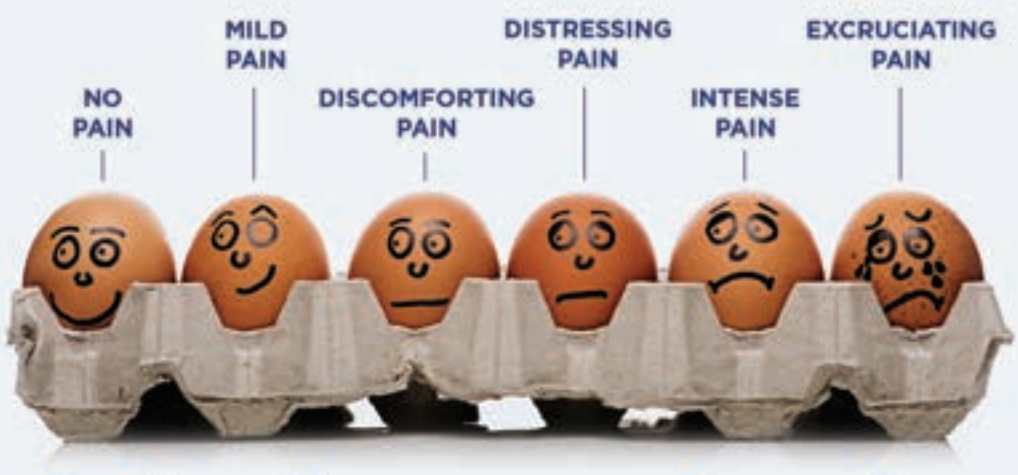
"It's important for diabetics to actually look at their feet," explains Dr. Schulman. "For many, diabetes has made their feet feel numb. Just because the sore isn't painful, doesn't mean that it's okay to just live with it. That non-healing sore or even numbness is like a smoke alarm that is letting you know there is a fire underneath, and you need to call for help."

The sooner it is evaluated, the better the opportunity for effective treatment.

"I work closely with my patients because together we can reduce the risks many of them face because of their disease," says Schulman. "We are a team! It takes both of us to manage this condition. Waiting to see if something will go away on its own may let a small problem become a big problem in a hurry." I

It is important to seek help at the first sign of any issue, no matter how small it may seem. Be proactive! You and your health are worth it!

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



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- ○ ○ Do your feet feel numb, or your legs cramp in bed at night?
- ○ ○ Do you experience pain, tingling, or numbness in your feet?
- ○ ○ Is your neuropathy treatment not making symptoms go away?
- ○ ○ Does pain in your feet keep you from everyday living?

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5 Tips to Overcome Anxiety

"Distressing times" has become a popular way to describe 2020. But as we navigate unprecedented changes and health protocols due to COVID-19, it's important to learn to manage our stress and anxiety. This means taking a holistic approach and nurturing our mental with our bodies.

Here are five tips to help you manage anxiety.

1. Understand Why: The first step in overcoming anxiety, is to understand why you feel the way you do. Knowledge is power. Whenever we are confronted with an unknown, our fight or flight response kicks in. Our hearts beat faster, our palms get sweaty and we may get confused or irritable. This is a natural reaction to the constant changes during COVID-19. Having this knowledge will help ease your tension the next time fear and stress creeps in. =

2. Practice 5-4-3-2-1 Grounding: When you feel anxious, ground yourself with a simple 5-4-3-2-1 exercise. Take a moment and take a deep breath. Then, do the following:

5. Look around the room and name five things you can see. Acknowledge them.

4. Name four things you can feel and touch them (your arm, the bed, the carpet, etc.)

3. Name three things you can hear (your own breath, the birds outside, etc.)

2. Take a deep breath in and name two things you can smell (coffee, fresh air, etc.)

1. Finally, name one thing you can taste (your saliva, the last thing you ate.)

Activating your senses in this way will bring you back to the present and prevent your mind from spiraling out of control.

3. Connect with Others: Don't let isolation bring you down. Plan times to connect with family and friends. You can do so in safe environments with social distancing protocols. Or, if you prefer to not go out, connect with others via a telephone call or video chat. Regardless of the medium, the important thing is to reach out and stay connected. You'll be happy you did!



4. Laugh it Out: Laughter is the best medicine! When you feel overwhelmed, take a step back and laugh at the craziness. Watch a comedy, share jokes with friends and just revel in the absurd. Laughter releases endorphins, which automatically boosts your mood. It's the best antidote and free!

5. Take a News Break: With gloomy pandemic news around the country and world, it's easy to fall into despair. Unfortunately, the more news you consume, the more anxious you will become. Instead, stay informed by setting specific times of day to check news. Then, move on with other daily activities. You'll soon discover that less is more.

Practice these tips to help you stay calm and positive. Remember, a support system can go a long way in relieving your stress and anxiety! Reach out to family, friends and neighbors. Together, we are stronger and will overcome!

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"Chronic Knee Pain Helped With Amazing New Technique."

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



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

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

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

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

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



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

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

Would you be interested?

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

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

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

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

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

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

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

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

TRUE STORY

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

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

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

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

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

Here's what she said.

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

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

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Dr. Aaron Shapiro, D.C.
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Leisure World

Golf

HOT TIPS

How to Successfully Play Through

By Shane Romebsburg

Golfers play through wind and rain. They play through mowers and blowers. But in golf, what is "playing through"? It is an important part of golf and golf etiquette.

Here are some tips on how to properly "play through" the group in front of you.

Call Golf Shop

Without a ranger on the course monitoring the pace of play, the group in front is in charge. One way to guarantee you will not be invited to play through is to hit into that group or otherwise treat that group rudely. A better idea is to call the golf shop and let them know players are beginning to pile up behind you, so they can send someone out to access the situation.

Pay Attention

In the best of both worlds, the group in front recognizes that it has fallen behind. However, this is most likely not the case. No one ever thinks they are slow, but many of us are. If your group has an open hole in front of you, then you are beginning to fall behind. If there is no group in front of yours, watch your pace of play. Are you averaging 15 minutes or more a hole? If either of the above are true then you may want to ask, "Would you like to play through?"



Par 3 Opportunity

A par 3 represents the best opportunity for playing through. It works like this: Your group tees off on a par 3, and the players behind you are finishing up on the previous green. If you are in your carts, you can wait for them and invite them to play through.

Another option is to drive to the green, mark your golf balls, and wave them up to play through. If yours is the group playing through, please dispense with the pre-shot routine and hurry on by.

Lost Balls

Another good time to invite a group to play through is when your group is searching for a lost ball on a par 4 or a par 5.

Be Polite

The players in the first group should complement shots by those in the second and say, "Have a great day." The players in the second group should move quickly through the green and on to the next tee as each finishes and say, "Thank you."

The goal of those playing through is that the slower group will never have to wait for them. The goal for the slower group can be keeping up with the group that played through.

In short, have more fun and play more effectively by being courteous to other golfers and mindful of their time!

-Shane Romesburg is Head Golf Pro at Leisure World.

TEE TIME

USGA Rules FAQs

Here are some Q&As on USGA tee rules to help improve your golf game!

Q. What do I do if my ball falls off the tee?

A. If your ball falls off the tee before you play your stroke, there is no penalty and you may put your ball back on the tee. You may also choose to move your tee to another spot in the teeing area or change balls if you want (see Rule 6.3).

Q. How big is the teeing area?

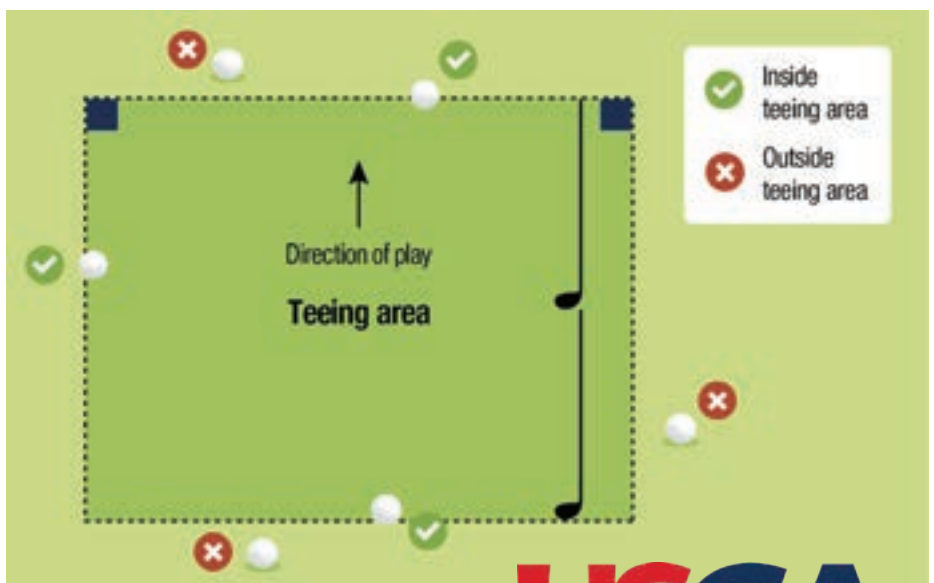
A. The area you must play from in starting the hole you are playing. The teeing area is a rectangle that is two club-lengths deep where:

- The front edge is defined by the line between the forward-most points of two tee-markers set by the Committee, and
- The side edges are defined by the lines back from the outside points of the tee-markers.

Q. Do I always have to tee my ball up when playing from the area where I start the hole (the teeing area)?

A. No. You may play your ball from the ground (which includes sand or other natural materials put in place to set the tee or the ball on) or tee it up (see Rule 6.2b(2)).

Enjoy your next round of golf!





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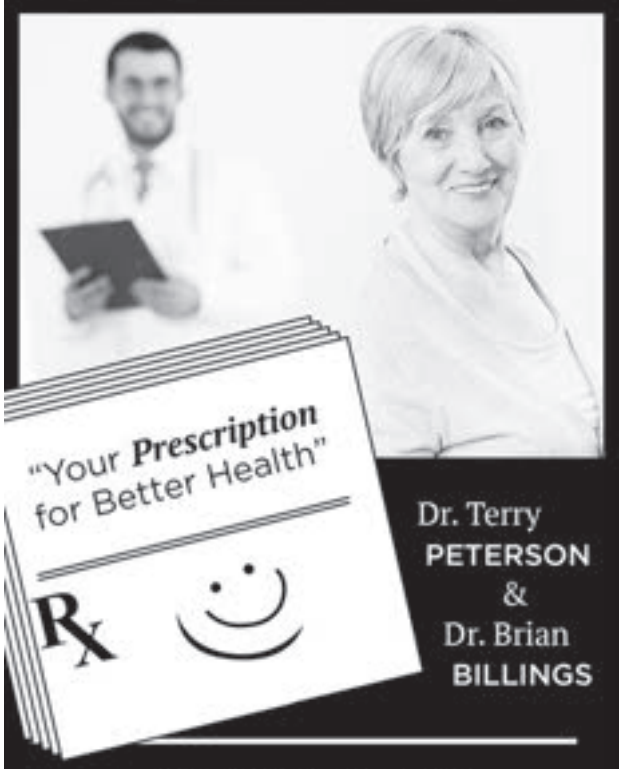
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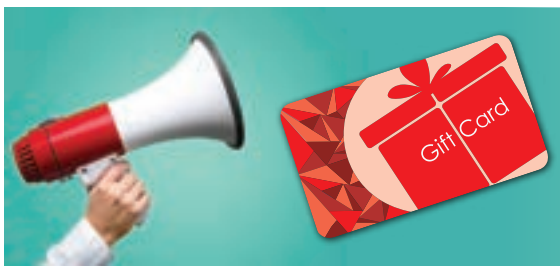
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Golf Clubs

Heron Lakes Donut Golf League

Submitted by Gwen Johnson

It has been too hot for some people to come out and play golf in the Donut League. The people who did show up just played golf with no payouts. We met back in the clubhouse after golf and had coffee and donuts.

Here are the dates we had enough people for payouts.

July 21 Results:

- 1st Place at 25: Jim and Pat Ivey
- 2nd Place at 26: Bob Wilkins and Gwen Johnson

Aug. 4 Results:

- 1st Place at 31: Gino and Joe Vitetta
- 2nd Place at 32: Gwen Johnson and Bob Wilkins

Sept .8 Results:

- 1st place at 22: John and Sue Hustad, Xenia Johnston and Sharon Cziok
- 2nd place at 24: Bob Wilkins, Gwen Johnson, Gino Vitetta

Heron Lakes Men's-9 Hole Golf

Submitted by Gina Vitetta

The results for August are as follows:

August 5 (1 Net)

- 1st Place at 25: Ed Votroubek, Bob Wilkins, Ed Whitcomb and Joe Miola.
- 2nd Place at 25: Bill Klepacki, John Husted, Terry Morgan and Jim Ivey.

August 12 - Rained out!

August 19 (1 Net)

- 1st Place at 25: Bill Klepacki, John Husted, Terry Morgan and Dean Gray.
- 2nd Place at 27: Rich Blum, Gino Vitetta, Joe Vitetta and Ray Haug.

August 26 (2-Man Alternate Shot)

- 1st Place at 40: Gino Vitetta and Joe Vitetta.
- 2nd Place at 43: Rich Blum and Jim Ivey.

Heron Lakes Men's 18-Hole Golf League

Submitted by Gino Vitetta

The results for August are as follows:

August 2 (3 Net - toss out two)

- 1st at 145: John Fleming, Frank Schweitzer, John Mullen and Dean Gray.
- 2nd at 150: Rich Blum, John Husted Bob Richey and Joe Miola.
- 3rd at 167: Ed Votroubek, Bob Wilkins, Ed Whitcomb and Ray Haug.

August 9 (1 Gross 1 Net)

- 1st at 120: John Fleming, Frank Schweitzer, Ray Haug and Ron MacLean.
- 2nd at 126: Rich Blum, Ed Whitcomb, Bob Richey and Joe Miola.

August 16 (Scramble)

- 1st at 61: Bob Richey and Frank Schweitzer.
- 2nd at 63: John Fleming, Bob Wilkins, John Mullen and Ron MacLean.

August 23 (1 Odd 2 Even)

- 1st Place at 79: Rich Blum, Frank Schweitzer, Terry Morgan and Ray Haug.
- 2nd Place at 81: John Fleming, Ed Whitcomb, Bob Richey and Joe Miola.

August 30 (3 Net)

- 1st at 178: John Fleming, Ed Whitcomb, Terry Morgan and Ron MacLean.
- 2nd at 179: Rich Blum, Bob Richey, Frank Strainis and Joe Miola.

Heron Lakes Roadrunners' Golf League

Submitted by Gwen Johnson

The Roadrunners play golf the second and fourth Sunday of each month at 1:00 p.m. The past few months have been too hot, so we have not been playing as a league. Hopefully, it will cool down so we can get back to our league play.

A sign-up sheet will be put up as soon, so please watch for it.

Heron Lakes Women's 18-Hole Golf Club

Submitted by Nita Calow

Starting in November, the Heron Lakes Women's 18 Hole league will be playing on Thursday afternoons. You may need to change your Thursday bridge games to be free that afternoon. Don't forget!

We welcome golfers in other leagues who wish to join us or anyone new to the area!

Stay cool! We look forward to seeing you on the golf course!

For more information, please contact Dianne Decker at 480-890-0726.















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