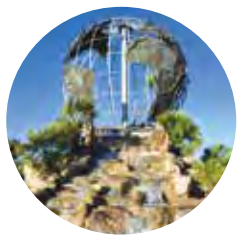
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August 2019



Leisure World News

The Official News Publication of Leisure World Arizona



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Criss Best: 102 Years Young!

Nothing stops Leisure World resident Criss Best from living life to the fullest—not even age. Criss, who will be celebrating her 102 birthday on August 19, 2019, can be seen around Leisure World playing golf or cruising in her bright red Chevy Cruze—which she purchased in honor of her 100th birthday.

Criss is in fabulous health and has tons of energy. So, what's the secret to her longevity? She credits exercise, healthy eating—especially lots of greens—never smoking and genetics. She rides the stationary bicycle in the Fitness Center, bowls, plays billiards and played shuffleboard up until this year.

But Criss also understands that a healthy body must be accompanied by an agile mind. That's why she routinely exercises her mind by playing bridge, cribbage and reading. She is living proof that one does not have to let age slow you down.

"I don't feel my chronological age," Criss explains. "I feel more like I am around 75 to 80-years-old."

Criss also believes the key to thriving is a positive attitude.

"When you have a positive outlook, your stress levels are lower," Criss explains. "Life goes more smoothly when you relax and hope that everything will turn out all right!"

A True Ace

A member of the Ladies 9-Hole Golf, Criss is exemplary both on and off course. She is a pillar of sportsmanship, tenacity, congeniality, integrity, humor and perseverance—the outstanding qualities required to receive the "Criss Best Extra-Ordinary Award." Criss is the oldest member and the first recipient and namesake of the award, created by the Ladies 9-Hole Golf League in November 2018 in her honor.

"We wanted to honor everything Criss has done for the league and develop an award that would reward a woman annually who exhibited Criss' traits," says League President Bev Byrd.

In addition to playing with the league since 1994, Criss has been a major supporter of the club.

"She's always supported and been a champion for the league," adds Bev. "She has recruited new members and participates in all our events. She has really gone above and beyond."

Former League President Kay Richie agrees.

"She's just a remarkable woman," says Kay. "She got the award because she is a woman of integrity and is a go-getter. She participates in tournaments, volunteers for committees and was even the secretary of the league a couple years ago. You can always count on her to help!"

Continues on page A10



Golf afficionado Criss Best thrives on exercising her body and mind.

Executive Assistant Becky Cole Bids Adieu to Leisure World

Unfortunately, after eight years of working at Leisure World, Executive Assistant Becky Cole decided to move to California to be with her family. Although it is a great loss to the community, we support her decision and wish her well! Her last day was Friday, June 28. She will be greatly missed!

"Becky is one of a kind," says Leisure World Community Manager Bob Kimble. "She's the most honest and loyal employee I ever had. She did anything that was asked of her and never complained. She was a complete team player."

For the past year, Becky was Bob's right hand, supporting him and the Governing Board. She took board meeting minutes, was responsible for residents' needs, including organizing the New Member Breakfast, and oversaw the front desk receptionists. Robin Mann, former Advertising Specialist, will be assuming her role.

Leisure World Receptionist Vickie Boundy, who reported to Becky, is sad to see her go.

"Becky was a delight to work with," says Vickie. "She was knowledgeable and confident about every aspect of her job. She listened and always provided a solution to any problem. It was great to work with her."

Becky's eight years at Leisure World were filled with many accomplishments. After only three months of working in a temporary position in 2010, Becky was hired full-time in the Finance Department as a receptionist. She was then promoted in 2013 as Human Resource Assistant.



Becky Cole receives goodbye gift from Community Manger Bob Kimble.

And Becky just kept excelling. Five weeks after that, she lent her talents to the Security Department, where she worked for five years. Leisure World Operations Manager Jason Doll, Becky's former supervisor, says it was a privilege to work with her.

"No task was too big or too small, and she always showed pride and a quality of excellence," says Jason. "Working closely with her during this time, I developed enormous respect for her work ethic and dedication."

Becky's success didn't stop there. In 2018, she became Executive Assistant after Carol Smith retired. In December, Becky was honored with the 2018 Employee of the Year award for her commitment, organization and dependability.

"Becky truly deserves recognition for her faithful work and commitment over the past several years here at Leisure World," adds Jason. "She was very well liked by all. People would stop by just to talk to her all the time."

We appreciate Becky's enormous contributions to Leisure World and wish her the best.

Farewell, Becky! We'll miss you!



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

LWCA Directory

Main Number: 480-832-0003

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



Wednesday Morning Coffee

Weekly 8 - 10 a.m. • Rec. 1 Clubroom

Meet new friends! Chat with neighbors!

Welcome New Owners

Rebecca Miller	68
Steve and Linda Chapman	2331
Dana and Liesa Peterson	2115
Deborah Britten and Scott Buyers	446
William and Margaret McInelly	1423
Gordan Badish	1487
CP Los Lagos Group, LLC	1726
Howard Siegal	17
Jeffery Feiler	882
Richard Bunkelmann and Denise Hobart	869
Ann Warman	169
Lise Melton	2367
Altha Clendenen	829
Norie Arnold	684
Michael and Teresa Cuocci	2075
Amos and Barbara Nelson, and Tracey Michon	1611
Brian Peterson	391
Rebecca Roelfson	819
James and Janet Schomig	1272
Mark and Belinda Pettay	1353
Opendoor Property, LLC	1066
Opendoor Property, LLC	2653
VRBK Properties Inc.	1449
Steven and Susan Wolf	1411
John and Lila Gosney	112
Gary and Janice Wellborn	2495
Alan and Barb Yapp	76
Douglas and Paula Stanek	2690
Michael McCloy	1605
Steven and Susan Wolf	1411

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Leisure World News

Leisure World Arizona

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

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Administrative Announcements

COMPLIANCE CORNER

Storing Personal Vehicles

Leisure World's Rules & Regulations has a clear policy on storing personal vehicles and where to parking golf carts.

"A personal vehicle shall be defined for the purpose of these rules as a motor vehicle, other than a recreational vehicle, that is capable of being legally licensed and operated on the highways of this state. Golf carts are an exception for storage purposes only.

Personal vehicles may only be stored inside an enclosed garage or carport. Personal vehicles shall not be stored on Leisure World property or streets. Personal vehicles shall not be stored on yards, easements or any other portion of manor lots other than the carport or garage. Examples of "storage" for purposes of this rule shall be defined as:

A. Personal vehicle found to be in an abandoned condition as defined in these rules.
B. Personal vehicle having a storage cover affixed to or placed upon it and parked other than in a carport or an enclosed garage.

Storage/Parking of Golf Carts

Golf carts that are not being used on a regular basis shall be properly stored in a garage, carport or patio when such space is available. When protective covers are used for golf carts, the cover shall be a fitted type cover designed for golf carts, in neutral, non-fluorescent or non-reflective colors. Tarps, etc. are not allowed. Golf carts may not be parked/stored or driven on landscape unless they are not visible from outside of the lot. Any exceptions must be granted in writing by the Community Manager or designee. Examples of "storage" for purposes of this rule shall be defined as:



A. Golf carts found to be in an abandoned condition as defined in these rules.
B. Golf carts having a storage cover affixed to or placed upon it and parked other than in a garage, carport or patio.

Abandoned Vehicles

An abandoned vehicle is "any personal vehicle, golf cart, or recreational vehicle that is partially or wholly dismantled, discarded, wrecked, on blocks or similar devices, stripped or scrapped; or any vehicle with deflated tire or tires from which a wheel or tire has been removed; or any motor vehicle which is inoperable due to mechanical failure or mechanical disassembly or other reasons which may be evidenced by the absence of any unexpired lawfully affixed license plate. Any personal vehicle, golf cart or recreational vehicle that is in an apparently abandoned condition as evidence by cobwebs or other debris building up underneath the vehicle, or can be shown to have been parked and unmoved for more than 72 hours."

Thank you for your cooperation!



Wednesday Morning Coffee

August 7, 2019 at 8:00 a.m.
August 21, 2019 at 8:00 a.m.

Community Chat

August 27, 2019 at 2:00 p.m.- Rec. 1 Ballroom

Board and District Meetings

Meetings will resume in October.

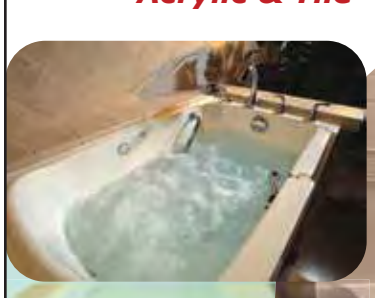
Meeting Minutes

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

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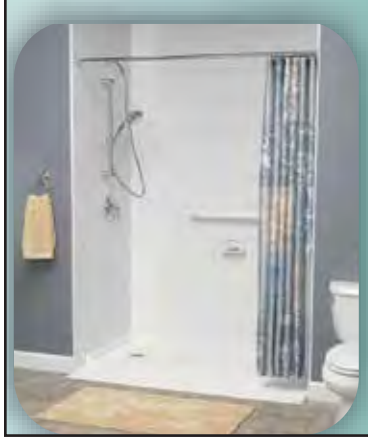




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Foundation Flashes

The Power of Giving

The Leisure World Foundation includes The Friends' Endowment Fund, established in 2013 to provide long-term stability and create a lasting impact on our community. Gifts to the Friends' Endowment are permanently restricted, with an earnings ratio that supports charitable endeavors in Leisure World. Funds have been used for the following three purposes:

1. **Music Therapy Class:** This special class allows participants who are caregivers and those with any form of neurological disease, including Alzheimer's, Parkinson's or stroke-induced memory loss, to attend for free. Music therapists are there with musical instruments to sing along.

   During the class, participants share favorite songs, stories and laugh together. The class meets the second and fourth Monday of the month year-round. There can be as many as 20 to 25 attendees during the winter months. "Any Leisure World resident is also welcome to attend if they enjoy music—whether listening or singing along," says Sun Joo Lee, who is a board-certified music therapist. Refreshments are served at end of sessions.

For more information, contact resident Vicki Noble at 480-369-1466 or Director of Tremble Clefs Sun Joo Lee at 480-274-3206 or ssoli96@hotmail.com.

2. **Resident Emergency Fund Support:** This fund is coordinated through Leisure World's Outreach Specialist Marguerite Huspen. A grant-funded amount from the Leisure World Foundation is set aside for residents qualified by need.

   For more information, contact Leisure World Outreach Specialist Marguerite Huspen by visiting her in the Administration Building or calling 480-832-0003, ext. 207.

3. **Leisure World Library:** The Leisure World Library is funded *only* through donations. To date, the library has received $1,935 to purchase additional large print books. Residents who have enjoyed these books are very grateful for the joy of reading!

If a resident would like to support worthy causes in our community like the ones listed, please contact Sandra Lackore at 480-696-0779 or Leisure World Foundation Treasurer Joan Jajdelski at joanjajdelski@yahoo.com or 602-672-7931.



Sun Joo Lee joyfully leads music therapy class.

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Registration is FREE, but seating is limited.

STAFF INSIDER

Payroll Specialist Niki Odell Helps Employees Succeed!

Payroll and Benefits Specialist Niki Odell thrives on diligently working behind-the-scenes, taking care of employees and setting them up for success from the get-go.

"I like to make new employees feel welcomed and excited to begin working at Leisure World from the first day they start," Niki says. "I definitely like to learn about people, who they are and where they come from. I enjoy building a good rapport and making them feel comfortable."

The right-hand woman of Human Resources Manager Monet Stockwell, Niki meets new hires to process onboarding paperwork, set up payroll and explain benefits.

"Niki is extremely passionate about making sure our employees are taken care of," explains Monet. "She has been instrumental in helping the Human Resources Department evolve by implementing new programs and activities to support employees' needs. She wants everyone to succeed."

Niki recently helped launch an improved payroll system. But her concern for employees goes beyond ensuring they get paid. Ultimately, she cares about their physical and emotional well-being. That's why in May 2019, she helped create the Health Assessment screening for employees.

For Niki, it was all about helping employees feel happy and accomplished.

"When an individual is healthy, they tend to be more productive, happier, self-confident and active, which allows them to enjoy their life to the fullest potential. I believe that is very important for an individual," Niki explains.

Niki also worked with the Leisure World Fitness Center to implement a Wellness Wednesday program, which launched in June 2019, to foster healthy habits and enhance career success. Every third Wednesday of the month, staff members receive a healthy snack like fruit popsicles or quick health-related activity.

"She's just a joy to work with," says Leisure World Fitness Manager Quoc Tran who collaborated with Niki on the project. "She is a forward and positive thinker with a strategic mindset that helped us put together the activity calendar to promote and kick off this diverse program."

Finding Her Leisure World Family

A Mesa native, Niki was familiar with Leisure World and saw it evolve while growing up. But she never imagined she would one day be working here.

After high school, Niki's innate analytical skills led her to pursue an associate's degree in business. She worked in accounting for a dental practice and then an automobile company for four years. Looking for a new challenge, Niki stumbled on an ad for an opening at Leisure World and decided to apply.

During her interview, Niki immediately connected with her soon-to-be supervisor Monet Stockwell.

"Monet and I share a lot of personality traits, interests and have good communication," shares Niki. "We really click as people, which makes our working relationship that much better."

Monet felt the same way and hired her. They've been a successful duo ever since. Fellow employees also love working with Niki and enjoy her quirky sense of humor and bubbly personality.

"When we (staff members) first met Niki, she seemed a little quiet," says Leisure World Finance Reception and Accounts Receivable Veronica Pacheco. "But a few days later, after the 'ice' was broken, we all could not stop gabbing. Niki is goofy-funny, a great listener and has a very caring heart."

Two years ago, Niki helped Veronica celebrate a new baby.

"Niki was the first to know my baby was a girl and helped develop our gender reveal project," shares Veronica. "She took it upon herself to make that moment so special for my husband and I," Veronica says. "It was really fabulous!"


Niki and her husband Sean enjoying Venice.

That's Amore

In 2012, Niki met her husband Sean through mutual friends, and they hit it off right away. They have been happily married for two years and enjoy home life with two frisbee-obsessed cattle dogs.

"Over the past seven years with Sean, I can truly say that we are each other's best friends," beams Niki. "We have the same goals in life and help keep each other grounded. We are also able to look at things with two different perspectives and meet in the middle."

Together, the lovebirds enjoy traveling and have visited Greece, Thailand, Croatia and Italy—her favorite.

"Traveling allows our relationship to grow and become stronger as we experince new adventures around the world. It also gives us stories we can hopefully share with our future children," explains Niki. "It truly opens your eyes and makes you become a more well-rounded person."

Niki and Sean have many more places to visit on their bucket list, including France and possibly Spain or Portugal. Bon voyage!

Thank you, Niki, for all your hard work and supporting the Leisure World family!

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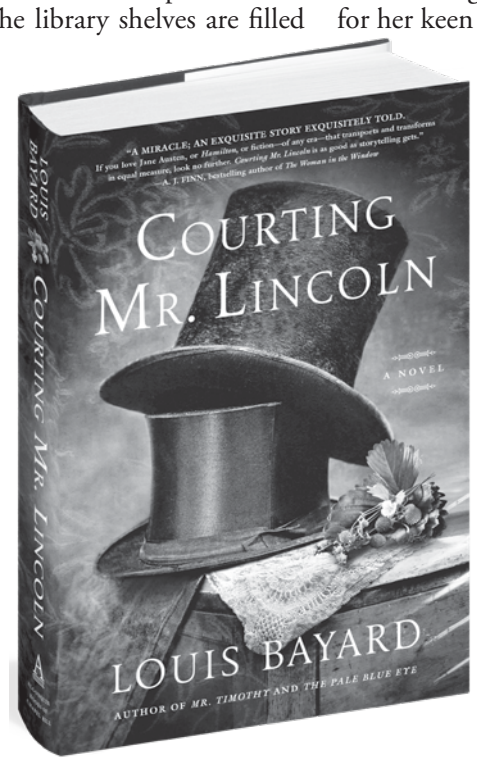
A DOSE OF PROSE

Enjoy Magic of Reading at Leisure World Library

By Diane Tyndal

It's still very hot outside, but I know a lovely place with air-conditioning! Your Leisure World Library is cool inside with couches and chairs. You can sit and work or play on your notebook or computer. And best of all, you can read! The library shelves are filled with fiction, non-fiction, science fiction, history, biographies, science fiction and mystery—in regular and large print for our residents.

In fact, we are currently looking for sci-fi readers! Please use a book request form to indicate authors and/or books you would like to recommend for our library. Please include your name and phone number so we can reach you if we have any questions. Our New Book Committee thanks you!



Fun Summer Reading

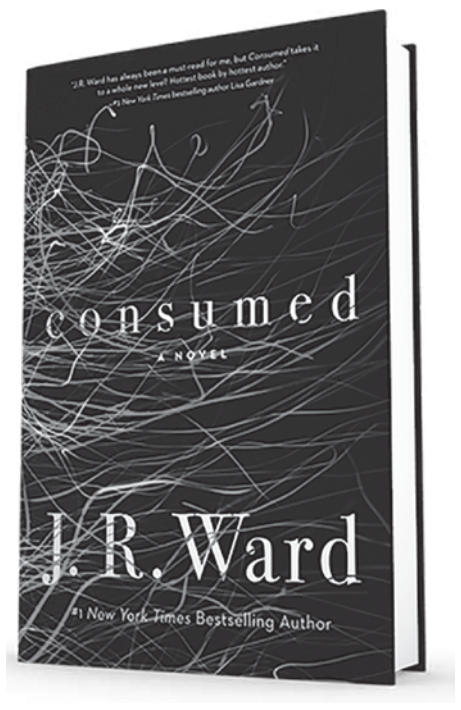
This month, I would like to offer two novels for your reading pleasure. The first one is "Courting Mr. Lincoln," by Louis Bayard. This is the story of Mary Todd, a debutante who meets Abraham Lincoln in 1840. She finds a reticent country lawyer who lacks money and manners but has a gift for oratory. Mary gradually discovers Lincoln's amiable nature, his gentle wit and his genius—and his respect for her keen political mind.

But as their relationship deepens, Mary must confront his inseparable friendship with Joshua Speed, who taught his roommate how to dance, dress and navigate the polite society of Springfield.

My second recommendation is "Consumed," by J. R. Ward, which is part of his firefighters' series. Strong-willed and fearless, Anne Ashburn loved the thrill of fighting fires. But when one risky decision changes her life forever, she must reinvent her job and herself.

Shattered and demoralized, she finds her new career as an arson investigator a pale substitute for the adrenaline-fueled life she left behind. She thinks she'll never feel passion for her job again—until she encounters a string of suspicious fires.

-Diane Tyndal is President of the Library Board.



Library Statistics June 2019

Paperback books checked out:	137
Large print books checked out:	664
Total books checked out:	1,182
Volunteer hours:	366.5

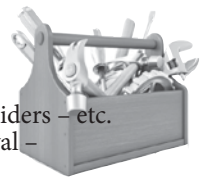




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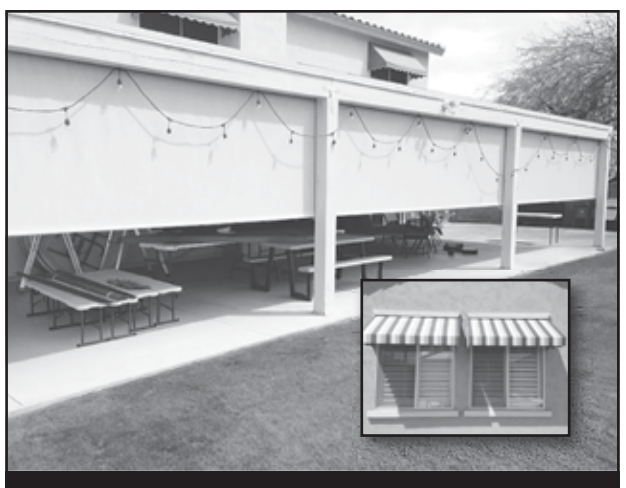




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Welcome to the Block

Jeff Feiler



New resident Jeff Feiler is settling into his new home at Leisure World.

"This is definitely the place I want to be," Jeff says. "It's really convenient. It's just been a godsend."

Originally from Ohio, Jeff lived in Wisconsin for 30 years while working as an aircraft mechanic. It's a profession he adores.

"It's exciting and challenging," Jeff says. "It's more than just a job."

Recently between jobs, Jeff decided to move for better work opportunities. Knowing he will retire in a few years, he also looked for a place he could enjoy long-term. That's when his friend, who lives in Gilbert, gave him the best advice: move to Arizona and get out of the cold!

Shortly thereafter, Jeff found Leisure World, which is centrally located and full of fun activities. Although he was sad to leave his daughter behind in Wisconsin, he knows she and his son living in Minnesota are just a visit away.

"This is a fun new chapter in my life," Jeff shares. "And my family will get to visit me in sunny Arizona and escape the cold."

While Jeff is busy looking for a job and figuring out his way around the Valley, he looks forward to taking advantage of all that Leisure World has to offer.

"I want to check out pottery, tennis and pickleball," Jeff says excitedly. "I've never played tennis, but maybe I could learn."

Jeff is also eager to check out the Fitness Center since staying fit is a priority for him.

"When you work with your hands and you're on your feet all day, you've got to stay in shape," Jeff explains.

Plus, he's excited to meet new people.

"I'm very happy to be a new resident here and look forward to making new friends," he says.

Welcome home, Jeff!

The Health and Well-Being of Residents First!

Emergency Pool Closures Necessary

Arizona summers are not for the faint hearted—especially if you don't have access to a pool! Unfortunately, in July, we had to temporarily shut down the Rec. II pools twice for safety reasons. Although this is inconvenient for residents, your health and well-being are our number one priority—and the reason we take this necessary precaution!

But adhering to safety standards and ensuring pools are hygienic for resident use takes time.

Emergency Shutdowns at Rec. 2

On July 1, the Rec. 2 pool was closed for emergency cleaning after the discovery of human fecal matter. This hazardous waste puts residents in danger of contracting a fecal parasite known as cryptosporidium (crypto), including other harmful infections.

According to the Center for Disease Control and Prevention (CDC), crypto is on the rise in pools across the country. If contracted, it can cause diarrhea that can last up to three weeks in healthy adults. But the effects can be much worse for those with a compromised immune system.

Moreover, crypto is resistant to chlorine and can potentially remain viable in a pool for approximately 11 days. That's why Leisure World Facilities Manager Robin Harvey sprang into action and followed shutdown protocol.

"People say, 'Oh, you can just shock it by adding extra chlorine in the pool to kill the bacteria,' but then we would be exposing our residents to cryptosporidium in the meantime and to high levels of chemicals," explains Robin. "I'm not willing to take that chance with the health of our community."

The Facilities team immediately drained and refilled the pool. Unfortunately, this takes time. The lap pool at Rec. 2 consists of 110,000 gallons of water, which takes more than one day to drain. Once completely empty, the pool needs to be refilled, which can take up to three days.

Then, the water must be chlorinated and balanced



to safely allow for swimmers. This takes an additional 24 hours. That's why the pool was closed for one week and re-opened on July 6.

Leisure World also had to temporarily shut down the Rec. 2 pools on July 17 for several hours in the morning. Thankfully, only the spa needed to be drained, which is why the closure was brief.

Rec. 1 and 2 Pools Upgraded

During these unfortunate shutdowns, the Rec. 1 pool was also closed. But this time, for renovations. Construction began on June 17, 2019 and is expected to be completed at the beginning of August.

Crews will restore damaged flooring, replace the travertine decking, install new pebble-tec in the interior of the main pool and add new tile in the spa.

Once construction is complete, the crew will clean the area, refill the pool and re-balance the chemicals. Then, the pool must be inspected by Maricopa County.

Leisure World staggered pool renovation projects for Rec. 1 and Rec. 2, so that residents would be able to use one pool while the other was being upgraded. Rec. 2 renovations were completed at the beginning of June. Now, residents can safely enjoy two beautifully upgraded pool areas to cool off and relax!

Thank you for your patience as we continue to make Leisure World a healthy, safe and beautiful community!



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Enjoy Gardening in Containers

By Sherry Rindels-Larsen

Do you miss the flavor of a fresh picked tomato or pepper? Perhaps you want fresh herbs available for cooking or adding to beverages. Or maybe you prefer a continuous supply of lettuce and spinach for your salads. Container gardening is a great way to grow your favorite vegetables and herbs. As we get older, mobility limitations impact our ability to garden. Containers make gardening accessible for everyone. Maintenance is also easier since weeding is virtually eliminated.



Containers Defined

Containers can be anything that supports good plant growth and development. Be creative and give things a second life! Containers should be large enough to support a mature root system, provide adequate drainage and retain the potting mix. Larger containers offer more rooting space for the plant, reduce temperature fluctuations and require less frequent watering. Large containers are heavy! Install wheels or casters prior to planting to provide the option for portability.

Porous containers like clay can dry out faster than plastic. Metal or dark colored containers can get extremely hot and burn plant roots. Make sure the container has drainage holes to allow excess water to drain away from the roots and discard excess water from saucers. Several small drainage holes are preferred to one large hole to eliminate the soil from washing out during irrigation. If your container has a large hole, put a coffee filter over the hole to prevent the soil from washing through.

The Right Amount of Light

Most vegetables require at least six hours of sunlight per day, especially those bearing fruit like tomatoes and peppers. Leafy vegetables like lettuce and beets can get by with partial shade. The amount of light you have available will limit what can be grown successfully. One advantage to growing plants in containers is portability. As day length shortens in the fall and winter, containers can be moved to take advantage of limited lighting conditions. The same portability applies as day lengths increase in the spring and summer. Moving plants to a shaded area offers protection from the scorching sun and high temperatures.

Potting Mix

Plant roots require oxygen for growth. Use a good quality potting mix for growing. The mix should absorb and retain moisture, while at the same time drain adequately. Unless you have a huge container and are planting shallow rooted vegetables, avoid adding gravel or stones. Plant roots do not move into the gravel. We want roots to use the entire container so the yield can be maximized. Garden soil is not a good option since it does not drain properly and requires pasteurization to kill weed seeds, insects and disease organisms. Moisture-retaining mixes can help stretch out the intervals between watering but aren't required. Many potting mixes come with a slow release fertilizer already incorporated for convenience.

Watering

Containers can dry out quickly depending on the season, container type, soil mix used and exposure. Check daily by putting your finger into the top inch of the soil. If it is damp, there is no need to water. If dry, add water slowly until water runs out of the bottom of the container. Our water has a fairly high salt content and can build up in the soil, causing problems for plants. Fertilizing can also add salts to the soil. You may see brown leaf tips with a yellow halo or a white crust on your soil, or white discoloration coming through the container or around the drainage holes. To remove salt buildup, leach salts by applying a large amount of water to the container and letting the water run through. Avoid using softened water for plants.

Fertilizing

Plants grown in containers rely on us to provide nutrients needed for growth, flowering and fruit production. Most potting mixes have slow release fertilizer incorporated in the mix, but supplemental fertilizer is necessary due to frequent irrigation. Water soluble fertilizers mixed at half-strength can be applied every two weeks for necessary nutrients. Yield will be increased when plants are provided adequate fertilization. Too much of a good thing can cause leaves to burn and possible plant death. Water plants thoroughly before applying fertilizer and measure fertilizer carefully.

What to Plant

To get the most out of limited space, plant what you know you will use, and select high yielding and dwarf varieties with moderate to standard-sized fruit. Look for varieties specifically developed for containers. Yield is increased when vining or trailing crops have trellis or stakes added for support. The same applies for

Continues on page A16

FREE
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VETERAN SPOTLIGHT

Doug Bailey: A Brave, Imaginative Soul

Resident Doug Bailey may be known his wife and neighbors in Leisure World as a mad scientist, but he's really a hero who served in the Navy and survived a submarine crash and other attack missions.

Doug enlisted in the Navy in 1969 and completed two years of training in San Diego, where he learned to detect various underwater sounds. From 1971 to 1975, he served as a 2nd class sonar technician submariner on the USS POGY, a fast attack hunter-killer submarine.

"When I was on submarines, the POGY was the most powerful thing to float," Doug says. "We had the abilities and weapons to basically take out any ocean military in the world. We were trained to be the hunter-killer crew."

Doug lived on the POGY under water for missions lasting three to four months, sometimes six. But despite that, he relished being part of this special group of men.

"What I loved most was the camaraderie with the 120 guys on the crew," Doug says. "It was a lot of fun."



Doug Bailey at diving academy.

Diving Deep

A native of Los Alamos, New Mexico, Doug was familiar with the prevalent nuclear power plants throughout the state, espcially since his father worked at one. Upon graduating from high school, Doug became a commercial hard hat diver in Fort Lauderdale, Florida, to help inspect and repair the offshore power plant pipes.

But he knew this would be short-lived since the Vietnam War was still waging and America was struggling.

"I wanted to do something myself to help with the war effort," Doug shares. "I had a couple of days off and I went down and joined the Navy."

After working as a diver, the Navy was the perfect branch for him to stay around water. Doug later discovered his calling to work on a submarine during his training when he stumbled on a private room that had a full-size replica of a BQS6 fast attack sonar dome.

"I'd always heard noises from there and wondered what's inside," explains Doug. "So, I went in and it was a great big huge black room. It had transponders and lights that lit up the whole room. It was the most amazing thing I ever saw in my life," he says excitedly.

From then on, Doug was hooked. He completed sonar training and did so well that he was able to choose the submarine he worked on. In October of 1971, Doug joined the first crew of the brand-new USS POGY.

After a year on the POGY, Doug qualified for his "dolphins," an achievement award for those who have mastered boat mechanisms and are skilled in protecting it. He then honed his expertise and became a sonar attack supervisor. In this position, Doug was responsible for underwater surveillance and helping with navigation and search and rescue operations. As Doug's superiors noted, he was perfect for this role.

"A sonar man has eyes, ears and imagination," says Doug. "All you're doing is listening to the water. You also need a good imagination to know what's happening in the water to help the control guys decide what to do."

Doug had to pay critical attention to every aspect of the submarine and its surroundings for more than six hours at a time.

"At the end, I would come out of the sonar room shaking," Doug says. "Just pure adrenaline."

A Near-Fatal Crash

In addition to attack missions, the POGY was often used as a trial boat and to test new equipment and battle paths, or what they called the "War Depth War Trail." Doug remembers one testing trip vividly.

"We were in battle mode and something was going on, but I hadn't the slightest idea," Doug recalls. "We were the first submarine to go on this trail. We were at test depth deep and we were at flank bell, that's as fast as you can go."

Shortly after Doug walked out of the sonar room and down a staircase, the POGY crashed into something.

"All of a sudden, the staircase is moving forward and I hit the wall in front of me," he says. "We bolted to a hard stop and the boat jerked up. And then it went down really fast."

Doug and the crew jumped into action and isolated the bow compartment. They then blew out the tanks to release the water and attempted to head to the surface.

"We were so deep that the pressure was expanding and pushing more water out as we were going up. We kept going faster and the boat was shaking violently," Doug explains. "When we hit the surface of the water, you could feel how your body feels in an elevator, it turns around and goes backwards. That's how it felt."

During the crash, the submarine lost power and began to sink to the bottom of the ocean. Eventually, they were able to regain control and return to the surface. They sent the dive team out to explore and discovered they had hit a volcano core sticking up approximately 200 feet high.

"We hit the core about three feet off center of the submarine," Doug says in disbelief. "It was not in our maps. If we were to have hit dead on, it would have penetrated the pressure hole and that would have been the end of me. We were three feet from that."

Thankfully, no one was hurt and the USS POGY was safely back to port for repairs.

Submerged in Love

Amidst all the excitement in the Navy, Doug found love. During one stop in Pearl Harbor, he returned home to Los Alamos for a visit. His dad noticed he was lonely and told him to call his secretary, Donna, who was Doug's former high school classmate.

After a few dates, love struck. Doug thought Donna was easy on the eyes and she loved his stability.

"He was a really nice guy, stable, a lot better than my other relationships," Donna explains. "So, I went to Hawaii and we eloped shortly thereafter in 1974."

Inseparable since, they have been happily married for 47 years and have one daughter.

A Mad Scientist Emerges

In 1975, Doug left the Navy and the couple embarked on a new chapter in their lives. Doug and Donna went back home and attended the University of New Mexico. Donna earned her degree in paralegal studies and Doug received his bachelor's degree in engineering in nuclear power.

"Being on the submarine, you learn how important engineering is, the technical part. And I wanted to be an engineer," Doug says.

Doug worked for various nuclear and coal power plants until he officially retired in May 2015. Around the same time, Doug and Donna were about to be grandparents and decided to move to Glendale, Arizona, to be closer to their daughter and soon-to-be granddaughter.

Shortly thereafter, Doug and Donna discovered Leisure World and became residents. They have been active community members ever since. When Donna was on the Foundation Board, Doug was a member of the Leisure World Board of Directors, working with the ACC Committee from 2015-2017.



Doug enjoying Leisure World.

Although Doug enjoys retirement, he still does physics experiments in his garage.

"It's fun and it keeps my mind busy," Doug says. "I do some calculations and I think, 'This might work,' and I go build it."

Doug is fascinated with finding energy forces and aspires to build a cloud chamber that reveals how radiation works. When he tries to explain what he's doing, Donna and his neighbors look bewildered. "He's always doing wild things in the garage," Donna says in amazement. "Our eyes glaze over because it's so far above our heads. Our friends and neighbors definitely think he's the mad scientist of Leisure World."

Thank you for your service, Doug!



CRISS BEST *continued from page A1*

An Extraordinary Life

Bashful of praise, Criss is the first person to tell you she's "just an ordinary person." But her life has been anything but ordinary. Born in 1917 in Ballard, Washington, near Seattle, Criss grew up during the Depression in a poor family. Thankfully, her upbeat attitude made those lean times bearable. "Those were hard times," Criss shares. "My parents were divorced, and my mother worked in laundries and sweater factories to support her three children. But us kids made our own fun and played softball, roller skated and hung out with friends instead of doing things that cost money."

Upon graduating from Ballard High School in 1935, Criss decided to pursue a career as a secretary.

"At that time, secretaries earned $85 per month—a fortune!" Criss exclaims. "I started at a local doctor's office, and he told me that I had a lot of potential, but I would never become as successful as he knew I could be, unless I left our small town. I took those words to heart and they changed my life."

At 19, Criss answered an ad in the local paper for a secretarial job for a lumber mill in faraway Juneau, Alaska. Over 100 other women applied for the job, but she persevered and got it. She showed up at the recruiter's office every day, offering to work for free until he agreed to give her the position and loan her the $43 required for steam ship passage.

"I wasn't afraid but excited! It was a wonderful experience for a girl who had never been anywhere," Criss explains.

Criss worked there for a year before landing a job at the Capitol Building in 1937, where she gleefully received $150 per month. It was during this time that she met her first husband, Gene Covey, who she married in 1939. His job as a travelling salesman took them to California, New Mexico and Colorado. They eventually settled in Dallas, Texas, where Criss got a job as an appliance demonstrator for Westinghouse.

A New Chapter

Criss and Gene divorced in 1948. And in 1950, she married Hugh Best, another travelling salesman. The couple settled in Garland, Texas. In 1952, Hugh was asked to go to Germany to open a new office for his company. The couple took a 10-day steamship cruise across the Atlantic before settling in Nuremberg, where Criss worked for a year as a secretary for the American military in the Palace of Justice—the building where the Nuremberg Trials were held.

"It was a very interesting time," Criss shares. "Much of Europe was still being rebuilt after the war, but we were able to travel to some beautiful places in Germany. We also saw France, England, Belgium and Holland."

In 1953, the couple returned to the United States, where Criss resumed her career as an appliance demonstrator in Dallas, Texas.

Discovering Her Calling

Criss had always been a working woman. But it wasn't until 1959 that she discovered her true passion, when she began a career in real estate with the Ebby Halliday firm.

"I read a book called 'How I Turned a Thousand Dollars into a Million in One Year,' and thought, 'I'd like to help people, so why not try it?' I did and was successful right away," Criss shares.

Criss credits her success to "always being as friendly and helpful." She also recommends being patient when it comes to finding your calling.

"I would tell young people today that It takes a long time to find the job that you really love," she says. "I was a secretary and a demonstrator before I found real estate at 42. It takes time to find your dream job."

An Active Retirement

After a lucrative and rewarding career, Criss retired at age 65 and discovered her second passion in life: golf. "My husband played, and I decided I should join him. I am glad I did," Criss chuckles.

The golf course was also where she met her best friend, Muriel Kelley, 96, who has called her every day since they met in 1982. Their 37-year friendship is based on laughter and honest communication.

"Criss always sees the happy side of life and finds humor in everything," says Muriel. "She is always smiling and laughing. Our friendship is so strong because we are both always honest with each other. If we disagree about something, we talk it through and resolve it in a positive way."



Criss Best celebrated her 100th birthday with her golf club.

Muriel spent her winters in Leisure World and introduced it to Criss and Hugh in 1994, when the couples rented a house together. They had so much fun golfing and enjoying the sunshine, that they returned every year from November to April, even after the death of their spouses in the late 1990s.

Criss still considers Seattle home but plans on enjoying winters in Leisure World for as long as possible. While here, you're sure to find her on th golf course hanging with her friends. Whether at work or play, Criss has spent more than a century giving her all to everything she does—always with a friendly smile.

"Live each day to the fullest and be happy. That's the secret," Criss says smiling as she prepares for another round of golf.

Happy Birthday, Criss!


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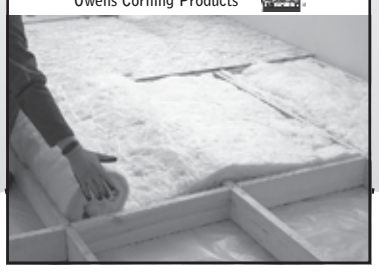
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Paving a New Road for Children in Kenya

A child's future starts one step at a time. And what better way to help make that happen than by providing them with shoes—literally! Leisure World Operations Manager Jason Doll will be personally delivering shoes and other supplies to impoverished children in Kenya from August 21 to September 1.

"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 having shoes also gives these children an opportunity to pursue an education. In many communities, children are required to wear a school uniform, which includes shoes. If they don't have shoes, they can't attend.

"Education is a huge thing for them," explains Jason. "It gives them an opportunity to get out of the slums. Some of these kids want to be doctors. Hopefully, this is a start to getting them where they want to eventually be."



Jason shares video of children gleefully receiving shoes.

Making an Impact

Through J.D. Ministries, Jason has been traveling to Hope Calvary School and Church in Nakuru, an impoverished city in Kenya, for the past several years. Founded in 2012, J.D. Ministries is a non-profit organization that focuses on "meeting the urgent and physical needs of children, widows and the poor by providing food, clean water, medical care, a bed to sleep in, education and safety." Ultimately, the goal is to create long-term solutions to communities in need.

While in Nakuru, Jason meets with church pastors to find ways to support the needs of the community like providing clean water and education. One thing that was evident was a need for children's shoes.

This is what launched Operation Hope in 2018, a special project of J.D. Ministries. Operation Hope helps meet the physical and emotional needs of impoverished orphans and children. The project is inspired by the notion that "everyone can work together to create a world where no child goes to sleep hungry, in a bed and with clean water."

That August, Jason passed out shoes to the children and made sure they fit properly. Then he recorded their gleeful faces on receiving these gifts and shared the video via social media.

"They were so excited. The video brings back the memories of how happy they were," Jason says. "I loved seeing their faces light up with something as simple as a pair of shoes."

Last year, thanks to the generous donations of Leisure World residents, Jason delivered 200 shoes to children in Kenya through Operation Hope.

"The residents here are very generous," says Jason gratefully. "We couldn't have gotten this amount without their support."

Striving to Give More

This year, Jason hopes to give even more to these children and their families. He plans on providing food, feminine products, toys and ministry outreach items like Bibles and study guides.

"My goal is to raise money for shoes and supplies," Jason says. "They don't have a lot of clothing and other life supplies we take for granted, like a pillow."

Achieving this goal will only be possible with donations—all of which completely go towards this end.

"One hundred percent of donations goes directly to this effort, whether it's a $5 or $100 donation," explains Jason. "I'm so excited because I know there's one more person we can help with anything that is given."

Jason is also working on bringing this project to other impoverished cities and countries throughout the world.

"Wherever we can go that will help others is the goal," adds Jason. "I try to bring hope to people—hope and love."

The Leisure World community is honored to be part of this noble project to help children in need. And the children in Kenya are grateful for this gift of hope.

For more information or to donate, visit www.jdministries.org.

Save Date for Bags and Boobs Fundraiser

Mark your calendars for Sunday, October 20, 2019, when Bag & Boob Babes hosts its 8th Annual Fundraiser! The evening will include music by Debbie & The Double Eagle Band, Waldo's delicious barbeque, guest speakers, vendor tables and raffle baskets!

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

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

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

Date: October 20, 2019
Time: 3:30 – 8:30 p.m.
Place: Rec. 2, Hopi/Pima Ballroom
Cost: $25 per ticket



Volunteers Betsy and Elaine worked the registration table at last year's fundraiser.

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LEGACY FILES

Providing Digital Assets to Your Trustee



By Rilus Dana

When I first started working in this industry over 17 years ago as a law clerk, I quickly became aware of a problem that many people encounter after the loss of a loved one: How does a successor trustee determine what assets are owned by the deceased?

One of the first calls I answered at the law firm was from a successor trustee regarding his mother's trust. He had a copy of the trust, which put him in charge of distributing the assets to himself and his siblings as beneficiaries.

But he wanted to know what was in the trust. Mom and Dad created the trust. And shortly after it was signed, Dad passed away. A few years later when Mom passed away, their son was charged with administering the trust. He lived out of state and didn't know where his mother banked or held her money.

Conventional wisdom recommends looking around the house to find financial statements from a current bank and to check the mail for any statements. It is best for the trustor to leave behind information about the accounts in the trust or else the successor trustee will have to figure out what assets the deceased owned. If this can't be determined, probate may be necessary to administer the estate.

Trust Pitfalls in a Digital Age

Unfortunately, many end up in a similar predicament. They have no idea what was retitled in the name of the trust, so I tell them to check the mail. In recent years, more clients started telling me that there is nothing in the mail. This usually happens if the deceased chose "paperless" transactions and received everything via email and did their banking online.

If you were to pass away today, how difficult would it be for your loved ones to figure out where you bank and what assets you own? You may have a current estate plan that includes a revocable living trust, but did you change the ownership of your bank accounts into the trust? Did you leave any information to tell the successor trustee where you bank at what assets are owned by the trust?

Often, we only have a letter from the attorney or document preparer telling the client to change their assets into the trust, with no proof they did. Other times, we find nothing. Sometimes, we find old and outdated financial records. So, how much financial information should you leave your successor trustee while maintaining your privacy?

Here are a few things to keep in mind for proper planning purposes:

1. **Full Disclosure:** It is best to leave your financial records with legal documents. In a perfect world, the successor trustee would have all necessary financial records, along with a copy of the trust. You can share this information immediately with your trustee by giving them a copy now. You can also tell the trustee where they can find your financial information when the time comes. For example, the trust is in the file cabinet of my home office or provide the name and contact information of the law firm used for the trust).
2. **Use a Digital Vault:** We provide our clients with access to a digital vault. This is a digital service that allows you to upload your signed legal documents and financial information. You can access your documents from anywhere, at any time, if you have internet.You can also create accounts to allow your family to log in with their own username and password, so you do not have to share yours. You can also control how much information other users have access to. For example, you can give your daughter access to all documents, while only giving your son your health care power of attorney.



3. **Update Financial Records:** If you change banks or financial advisors, make sure to update the financial information included with your legal plan. Your digital vault will also help keep all this information in one place.
4. **Digital Asset Planning:** I do not recommend sharing passwords or creating a list of passwords for your accounts since this violates the most electronic terms of service agreements. But the Revised Uniform Fiduciary Access to Digital Assets Act allows you to direct what happens to your digital assets. This consists of your bank accounts and electronic records, including your email. A good estate plan should include information about accessing digital assets and email, so you don't have to share passwords with your successor trustee.

Keeping your estate plan up-to-date is essential to avoid probate. It also makes administering it easy for your loved ones. If you are interested in updating your estate plan to include digital assets, schedule a free Personal Family Legal Session with Dana and Associates!

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



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YOUR POCKETBOOK

Eight Mistakes That Can Upend Your Retirement

Try to avoid these situations

By David McBride

Pursuing your retirement dreams is challenging enough without making some common, and very avoidable, mistakes. Here are eight big mistakes to steer clear of, if possible.

1. **No Strategy:** Yes, the biggest mistake is having no strategy at all. Without a strategy, you may have no goals, leaving you no way of knowing how you'll get there – and if you've even arrived. Creating a strategy may increase your potential for success, both before and after retirement.
2. **Frequent Trading:** Chasing "hot" investments often leads to despair. Create an asset allocation strategy that is properly diversified to reflect your objectives, risk tolerance and time horizon. Then, make adjustments based on changes in your personal situation, not due to market ups and downs. (The return and principal value of stock prices will fluctuate as market conditions change. And shares, when sold, may be worth more or less than their original cost. Asset allocation and diversification are approaches to help manage investment risk. Asset allocation and diversification do not guarantee against investment loss. Past performance does not guarantee future results.)
3. **Not Maximizing Tax-Deferred Savings:** Workers have tax-advantaged ways to save for retirement. Not participating in your workplace retirement plan may be a mistake, especially when you're passing up free money in the form of employer-matching contributions. (Distributions from most employer-sponsored retirement plans are taxed as ordinary income, and if taken before age 59½, may be subject to a 10% federal income tax penalty. Generally, once you reach age 70½, you must begin taking required minimum distributions.)
4. **Prioritizing College Funding over Retirement:** Your kids' college education is important, but you may not want to sacrifice your retirement for it. Remember, you can get loans and grants for college, but you can't for your retirement.
5. **Overlooking Health Care Costs:** Extended care may be an expense that can undermine your financial strategy for retirement if you don't prepare for it.
6. **Not Adjusting Your Investment Approach Before Retirement:** The last thing your retirement portfolio can afford is a sharp fall in stock prices and a sustained bear market at the moment you're ready to stop working. Consider adjusting your asset allocation in advance of tapping your savings so you're not selling stocks when prices are depressed. (The return and principal value of stock prices will fluctuate as market conditions change. And shares, when sold, may be worth more or less than their original cost. Asset allocation is an approach to help manage investment risk. Asset allocation does not guarantee against investment loss. Past performance does not guarantee future results.)
7. **Retiring with Too Much Debt:** If too much debt is bad when you're making money, it can be especially harmful when you're living in retirement. Consider managing or reducing your debt level before you retire.
8. **It's Not Only About Money:** Above all, a rewarding retirement requires good health. So, maintain a healthy diet, exercise regularly, stay socially involved and remain intellectually active.

These eight mistakes can potentially upend your retirement. Avoid these situations, if you can!

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



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1 - theweek.com/articles/818267/good-bad-401k-rollovers [1/17/18]



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Continued from page A8

tomatoes. Add supports at planting time to prevent damaging root systems.

Container Plant Sizes

- Tomatoes, eggplant, summer squash should be planted individually in a 5-gallon container.
- Peppers yield best when planted individually in a 2-gallon container.
- Bush beans can be planted 2 to 3 inches apart in 2-gallon containers.
- Leaf lettuces, greens, and swiss chard can be planted 4 to 5 inches apart in ½ gallon containers. Mixed plantings will provide a colorful addition to the patio and other container plantings.
- Herbs will do best in at least a 1gallon per container. Combine herbs with similar cultural requirements and growth habits to prevent one from taking over the planting.

Mid-August is the time to start planting many vegetable seeds. For more information on when to plant vegetables, see the Arizona Cooperative Extension publication called, "Vegetable Planting Calendar for Maricopa County."

Happy gardening!

-Sherry Rindels-Larsen is a Leisure World resident and horticulturist.

RE/MAX Classic Recent Home Sales

Address	Sold Price	Sold By	We Represented
1496 Leisure World	$264,900.00	Cherie Lauro	Sellers
768 Leisure World	$130,000.00	Dan Callahan	Sellers
671 Leisure World	$149,000.00	Sheila Popeck	Buyers
2690 Leisure World	$300,000.00	Jill Vicchy Heimpel	Sellers
459 Leisure World	$167,000.00	Jill and Sheila	Sellers and Buyers
1411 Leisure World	$260,500.00	Judy O'Malley	Sellers
1127 Leisure World	$240,000.00	Babs Shadoan	Buyers
2075 Leisure World	$259,900.00	Dan Callahan	Buyers
1353 Leisure World	$300,000.00	Dan Callahan	Sellers and Buyers
684 Leisure World	$215,000.00	Babs Shadoan	Buyers
522 Leisure World	$139,900.00	Sue Lorentzen	Buyers
829 Leisure World	$179,000.00	Scott Mack	Buyers
819 Leisure World	$160,000.00	Babs Shadoan	Buyers
2367 Leisure World	$299,800.00	Jill and Babs	Sellers and Buyers
1449 Leisure World	$200,000.00	Dan and Cherie	Sellers and Buyers
169 Leisure World	$260,000.00	Judy O'Malley	Sellers
17 Leisure World	$215,000.00	Dan and Babs	Buyers
1299 Leisure World	$270,000.00	Sue, Cherie, and Jill	Sellers and Buyers
1487 Leisure World	$253,000.00	Cherie and Babs	Sellers and Buyers
1423 Leisure World	$334,500.00	Judy and Dan	Sellers and Buyers
611 Leisure World	$275,000.00	Don and Jill	Sellers and Buyers
68 Leisure World	$148,000.00	Sue Lorentzen	Buyers
1164 Leisure World	$255,000.00	Cherie and Dan	Sellers and Buyers
1163 Leisure World	$212,000.00	Judy O'Malley	Sellers

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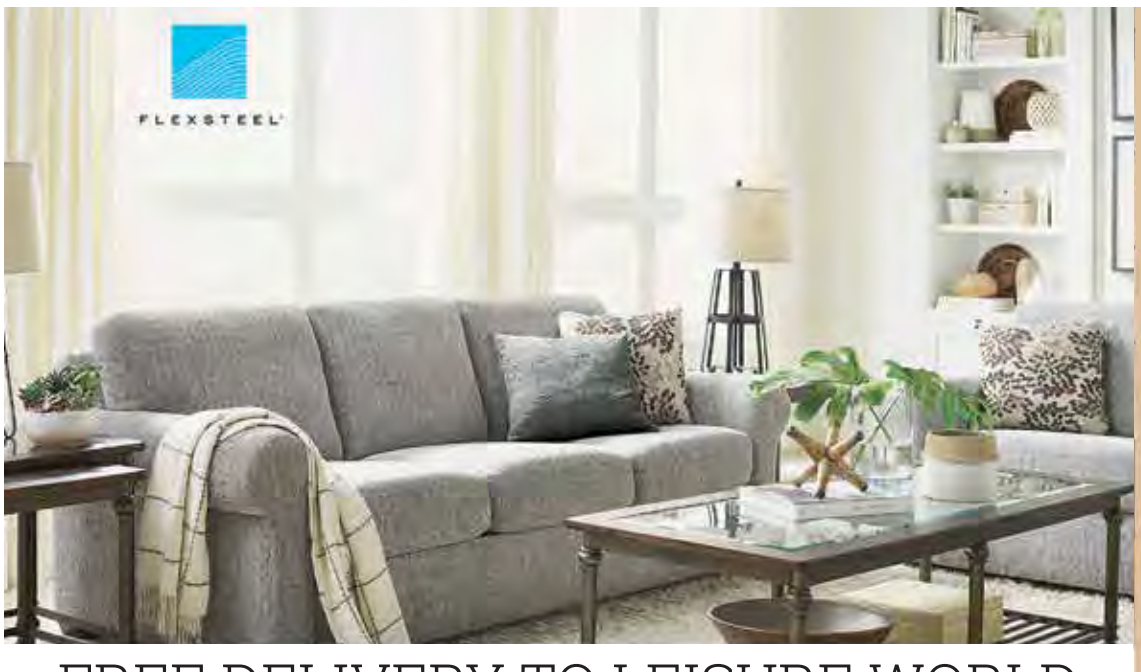
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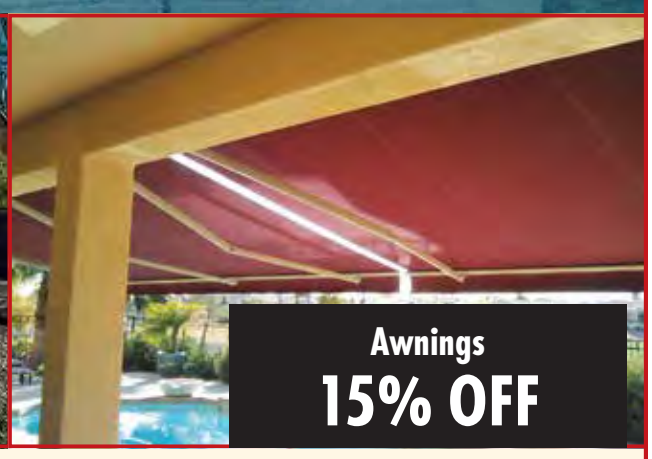
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Clubs

Alzheimer/Dementia Support Group

Submitted by Kim Wolf

If you are caring for or are concerned about someone with Alzheimer's disease or any related types of dementia, you need information and reassurance. Our group provides a supportive environment where you can share your concerns and questions. You will gain effective strategies to better manage day to day. We meet in Leisure World every second Wednesday throughout the year.

This month, we will once again meet in the Queen Card Room in Rec. 1. We will meet on Wednesday, August 14 at 10 a.m. Alzheimer's Counselor Susan Kasprak will provide her expertise and Leisure World Outreach Specialist Marguerite Huspen can offer leads to many resources. Join us at 10:00 a.m. on August 14 in the Queen Card Room to share concerns and useful techniques.

For more information, contact Susan Kasprak at 480-399-8391 or skasprak@gmail.com. You can also contact Marguerite Huspen at the Outreach Office or call 832-0003, ext. 207.

Computer Club

Submitted by R. Aubrey La Foy

Welcome to the 4th Industrial Revolution! In 1998, Kodak sold 85% of all photo paper worldwide. But within a few years, they went bankrupt. Who would have thought? Did you think in such a short time, you would never take film pictures again? With today's smartphone, who even has a camera? I had a 120 box camera in World War II while overseas in China-Burma-India, but had difficulty getting film and developing it.

Future predictions are available, but only time will tell if they happen. Here are a few: Facebook now has pattern recognition software that recognizes faces better than humans. It is predicted that in 2030, computers will be more intelligent than humans. I think my computer is smarter than I am!

Health: There are companies that will build a medical device called the "Tricorder" that works with your smartphone. It will take your retina scan and blood samples. It analyses 54 biomarkers that identify disease. There are currently dozens of apps available for health purposes. The Computer Club will strive to try to demonstrate these apps.

Software will disrupt many traditional industries in the next decade. Think of what this will do to our education? How will we prepare our grandchildren for these changes and ourselves? The Computer Club of Leisure World will help you keep up.

Friday Morning Knitters and Crocheters

Submitted by Carolin Lowy

Every Friday morning, a group of knitters and crocheters and loom workers meet in the Queen Card Room from 9 -11 a.m. A great deal of what we create is donated to various charities and allows us to use the yarns that have been given to us. Others in the group work on their own projects and enjoy sharing their efforts with Show and Tell.

Stop by and see all the amazing work we are doing! Enjoy laughter and meeting new folks. We have supplies on hand, can help you get you started, correct mistakes, dropped stitches and more. Lunch is enjoyed at the Leisure World Café.

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

Music Therapy Class

Submitted by Vicki Noble

Caregivers, this is for you! Bring your loved one to our next music therapy class on Monday, July 29, at the Music Room in Rec. 2 from 1:30-2:30 p.m. We will sing all our favorite old songs, accompanied by Sun Joo's guitar and her lovely voice.

If your loved one has any form of dementia or Parkinson's, this class is for you! We have a lovely time singing, socializing and sharing refreshments.

In case you don't know, the music room door is on the way back to the pool from the parking lot nearest the southern gate. We will continue in August to meet every second and fourth Mondays of the month year-round. We would love to have you join us!

Oil Painting Classes

Submitted by Lori Pilato

Come join us for fun water-based oil painting classes in the Art Studio all summer long! Lori Pilato, art teacher, has been an active member of three art galleries, is a prolific artist who has won numerous awards, including Best of Show 2015 at the Leisure World Arts and Crafts Fair. Lori has been teaching painting and drawing for the past five years, sponsored by the LW Art Association.

Classes are held each Thursday from 9:30 a.m. - 12 p.m. Supplies needed are posted on the bulletin board. There is a $10 fee per class.

For more information or to register, call Lori at 480-702-9586. You can also just come and join us!



Pottery Club

Submitted by Bonnie Rausch

Summer is a great time to try pottery. The studio is cool and not crowded, allowing our instructor to give you lots of attention.

Leisure World residents who would like to try pottery are invited to join us on Monday and Thursday mornings from 9 a.m. to noon. New students pay $5 the first two sessions. If you decide to join the club, dues are $20 per year and $3 per session. Additional charges apply for clay and glazes.

San Tan Investment Club

Submitted by Shelly Begel

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

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

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Clubs

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

Shalom Group

Submitted by Neesa Galanti

The Leisure World Shalom Group will continue its summer fun with a movie in the Rec. 1 Theater on August 13, 2019 at 3 pm. The comedy, "Three Amigos," will be shown. On August 27, 2019 those who would like to join us for lunch, can meet up at Kwans Sampan Restaurant, located at 1927 N. Gilbert Road.

Torah study classes and our monthly meetings will resume in October. Anyone with an interest in Judaism, is welcome to join the group.

The Shalom Group started in Leisure World 35 years ago. We are planning a special anniversary party this winter. Information will be published in the fall.

For more information, contact Neesa Galanti at 206-356-2727 or Leslie Galanti at 425-221-1956.



Singles Club

Submitted by Katie McFarland

The Singles Club meets the first Wednesday of each month in the Clubroom in Rec. 1 from 4-6 p.m. throughout the year. We also gather every Tuesday at the Rendezvous Café for breakfast at 8:30 a.m. behind the glass partition.

If you are single, we invite you to join us. Our purpose is to have events forsingles where they don't feel out of place among only couples. We also support the local Jefferson Elementary School by donating school supplies andbackpacks in the fall, and organize a Teacher Appreciation Luncheon at the end of the school year.

The following events are planned for August:

- **Tuesday, August 6:** Breakfast at Rendezvous Café 8:30 a.m. Rec. 2 and Chicken Pot Pie, 12 p.m. Hopi/Pima Rec. 2, $8 at Rec. Office
- **Wednesday, August 7:** "Dogs Days of Summer" Singles Club Potluck and Social, bring a favorite dish to share, $3, BYOB, hot dogs, set-ups, ice, sodas and place settings will be provided,
- 4-6 p.m., Clubroom, Rec 1.
- **Thursday, August 8:** Whiskey Rose Dance, 7-10 p.m. Hopi/Pima Rec. 2, $10 at Rec Office and $12 at the door. Ask for the singles' table.
- **Tuesday, August 13:** Breakfast at Rendezvous Café 8:30 a.m. Rec. 2
- **Thursday, August 15:** Apple Pie and Ice Cream Social, 2 p.m. Rec. 2, $6
- **Tuesday, August 20:** Breakfast at Leisure World Café 8:30 a.m. Rec. 2.
- **Monday, August 19:** Hula Pool Party, see Rec. Office for information
- **Friday, August 23:** Fish Fry at Rendezvous Café, 5:30 p.m. Sign up at the café.
- **Tuesday, August 27:** Breakfast at Rendezvous Café 8:30 a.m. Rec. 2
- **Wednesday, August 28:** Orange Chicken Potluck, $5, 5:30, Rec 1 Ballroom, sign up in Rec. Office to bring either appetizer, salad/rolls, side dish or dessert.

For more information, please contact Katie McFarland at 623-551-6218.

Twiddlers

Submitted by Carolin Lowy

Summer greetings to all! On Monday mornings from 9 -11 a.m. in the Queen Card Room at Rec. 1, a group of folks who enjoying creating items using various needles meet to work on our various projects. We have good conversations, support each other and celebrate birthdays monthly with a lunch outing to a local restaurant.

We knit, crochet, weave on looms, embroider, cross-stitch, harbinger, needlepoint, crewel and even do mending and hemming. We meet throughout the year, even during the hot summer months and enjoy getting together.

Need help with a project? One of us can probably offer a solution. Would you like to learn something new? We can probably help, too.

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

Woodworking Club

Submitted by Mike Sweador

The woodshop is now on summer hours and Monday through Friday from 9 a.m. to 12 p.mn. We are closed on Saturday and Sunday. If you have any interest in woodworking, stop by and check us out. Also, we have coffee available every morning at 9:30 a.m. This is a good time to work on your projects in a cool, well-equipped shop.

The woodshop is available to all Leisure World residents. Membership is $20 per year. You can inquire at the Woodshop when it is open.

Woodshop members have been working on their projects throughout the summer. Bowl turning and board making, both bread cutting and cheese cutting, are popular. You can see the items members make in the windows of our shop. All items shown are for sale whenever the shop is open.

Our 2nd summer potluck will be on Tuesday, August 20 at 5:30 p.m. in the Rec.1 Clubroom. A sign-up sheet will be posted on the shop door.

Our website has a new, user-friendly address: www.lwwoodworkers.com. Add it to your favorites for easy access.

Do you have club news to share? Submit your article to news@lwca.com by the 10th of each month to appear in the next issue.

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Card and Game Clubs

Scrabble Club

Submitted by Carolin Lowy

It is now the middle of summer and Arizona is a hot place to be! But cool places to hang out in Leisure World can be found. There is one location every Monday evening from 6.p.m. to around 8.30 p.m. that provides good air conditioning and pleasant folks to hang out with and a weekly challenge to your spelling skills.

Where is this haven? The Lakeside Club House at Rec. 1. Game boards, official dictionaries and word lists are on hand. All are welcome! We play for fun and help each other out.

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



Music and Dance Clubs

Leisure World Cloggers

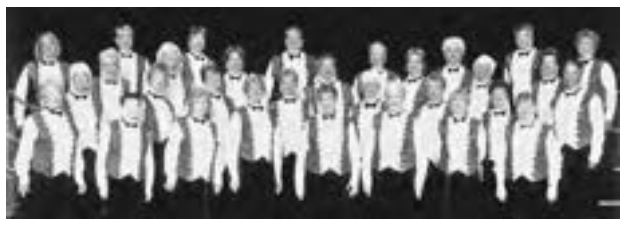
Submitted by Joyce Loland

With the completion of Fitness Center renovations, the Leisure World Cloggers are happy to be back in the classroom on Fridays for their summer schedule of informal practice sessions. Now is a great time to give clogging a try since all summer sessions are free.

Fran Dusek works with newcomers to the dance at 12:30 p.m., provided they contact her at 602-684-9353 by Thursday of each week.

For practice beyond the beginner level, Dan Rowan leads the group for Intermediate I and II steps from 1-3 p.m. Cathy Martin teaches Intermediate III steps at 3 p.m. The class reviews dances learned last winter season and adds new ones to the group's repertoire.

Clogging provides physical and mental exercise in a musical and fun-filled environment. Everyone is welcome!



The Desert Belles Chorus

Submitted by Katie McFarland

"I always try to cheer myself up by singing when I get sad. Mostof the time, it turns out my voice is worse than my problems!" -Anonymous

The Belles are a ladies' barber shop chorus which sings songs in four-part harmony. The group has a long history and have been harmonizing for 35 years. The Belles meet here in Leisure World and includes members from surrounding areas.

During the summer, we take a break from singing and turn to eating! We meet on the first Monday of each summer month at a local restaurant for lunch. This month, we will gather at Nandos, a Mexican restaurant, on August 5 at 11:30 a.m.

We love having new members, so please come join us when we reconvene in the fall on October 1 in the Rec. 2 Music Room from 12:30-3:00 p.m.

For more information, contact Katie McFarland at 623-551-6218.

Moonlight Serenade Dinner Dance Club

Submitted by Clarice and Joe Chism

Monsoon season is upon us and a few moons on tap will begin Leisure World activity. If you are seeking the best evenings of fellowship, fun, food and dance and are not a member, please consider joining the Moonlight Dinner Dance Club!

The club meets four times a year and provides fun evenings with friends who love to dance, listen to great music, eat foods by Premier Catering and enjoy décor according to the themes. Attendants dressed in lovely evening attire, dance away the evening to the orchestras of Myron Sommerfeld, Lonny Lynn, Howard Schneider and Danny Kealey.

Officers are preparing for a spectacular new season. Themes will be announced. Please note the following dates:

- Sat., Nov 16, 2019
- Thurs. Jan 23, 2020
- Thurs., Feb 20, 2020
- Sat., Mar 21, 2020

Membership dues are: $240/couple/year; $78/couple for guests; or $39/single/each dance. Checks can be sent to Shirley Rake, Membership Chair at 1560 Leisure World, Mesa, AZ 85206.

For more information, call: 515-313-3929, email moonlightserenade@cox.net or visit http:// moonlightserenade.yolasite.com.

Hope to see you in November!

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Sports Clubs

Lawn Bowling

We thought we would be winding down because of the heat, but we had some cool morning breezes in May for some more fun lawn bowling. The June and July heat moved in, but early morning starts allowed us to continue playing.

National Senior Health and Fitness Week, sponsored by the Leisure World Fitness Center, gave 16 residents a chance to try out lawn bowling. We know that some of these people are gone until the fall, but they will return and practice with us.

Lessons will officially be given in the fall, but if anyone wants to try out the game in the meantime and doesn't see a club member at the greens, just give us a call. We will meet you there and give you an introduction to play the game, be safe and enjoy what lawn bowling is all about. See you on the greens!

For more information, call Gene at 480-734-1435 or Dan at 425-275-3842.

Pickleball Club

Submitted by Ronda Gates

Residents who have gone by the Leisure World Pickleball courts this month may be aware that there is significant activity—and it's not the game! Resurfacing and other maintenance activities will be taking place beginning in late July. During this time, the courts will be closed. Please see the schedule below.

- **Monday, July 29:** Begin court preparation with removal of the bleachers, other apparatus, etc.
- **Monday, August 5:** Begin court coating (the process will require 10 days), with the fence relocation on the north side of the courts and surfacing of the kiosk area also occurring during this time.
- **Thursday, August 15:** Begin court cleanup and new net and light installation.
- **Monday, August 19:** Play resumes on the courts.

Thank you to residents and Leisure World pickleball players for your patience during these improvements.

We look forward to the completion of this project!



Swim Club

Submitted by Barbara Jones

During August, the water exercise classes will continue at the Rec. 1 pool at 9 a.m., Monday through Saturday, and at the Rec 2 pool at 7 p.m., Monday through Thursday. The evening class will end on Thursday, August 29, 2019.

The Swim Club summer potluck is on August 25, 2019, at 5 p.m. at Rendezvous Café in Rec. 2. There will be sign-up sheets on the bulletin boards at the Rec. 1 and Rec. 2 pools. Please sign up so we will have a head count for dinner. The club will provide fried chicken and guests are asked to provide side dishes, bread or dessert.

The Swim Club thanks all swimmers (owners and guests) for showering before using the swimming pools, the therapy pool and hot tubs to rinse off the dust or sweat before entering the water.

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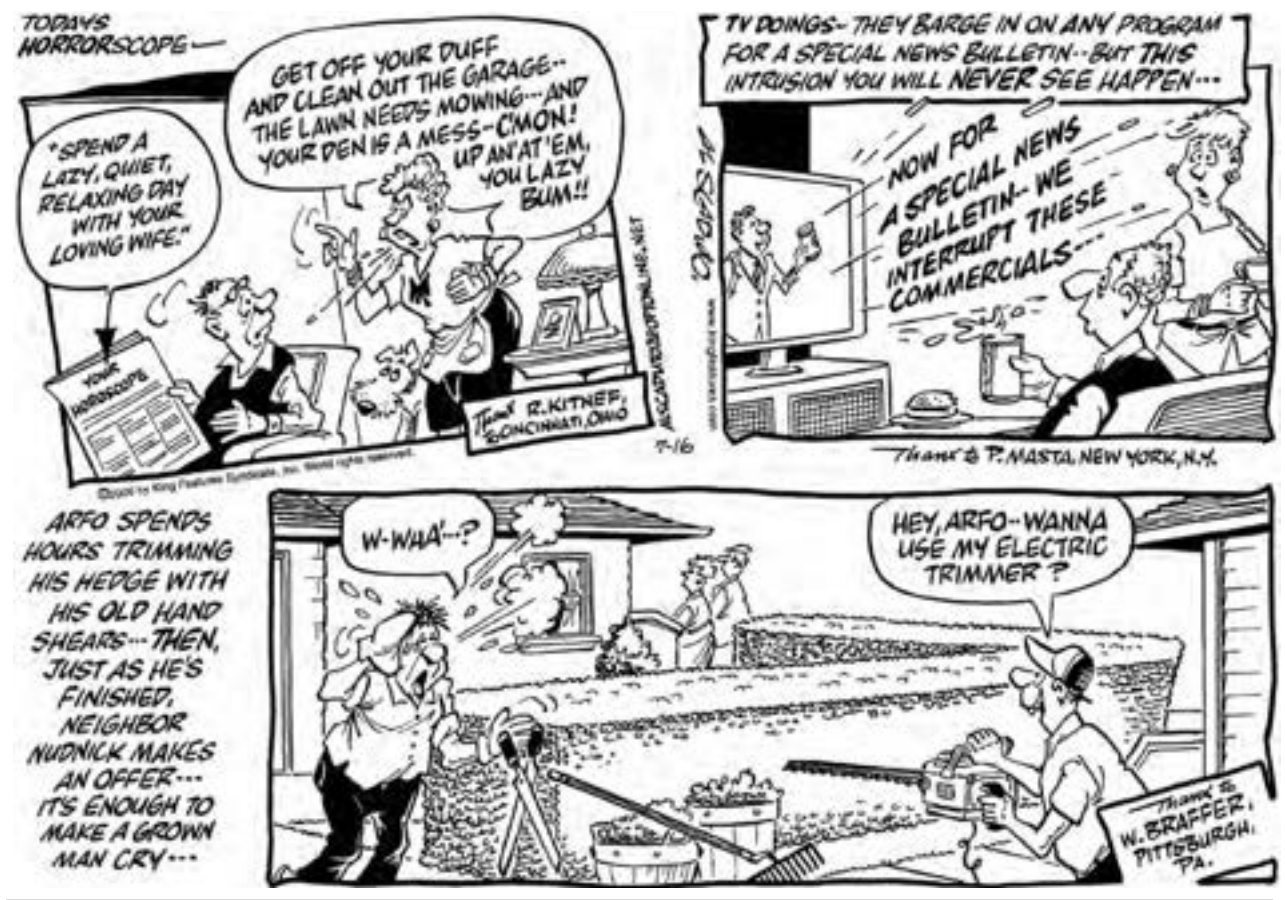
The Spats

By Jeff Pickering



They'll Do It Every Time

By Al Scaduto



Amber Waves

By Dave T. Phipps



Just Like Cats & Dogs

By Dave T. Phipps



Grin and Bear It

By Fred Wagner



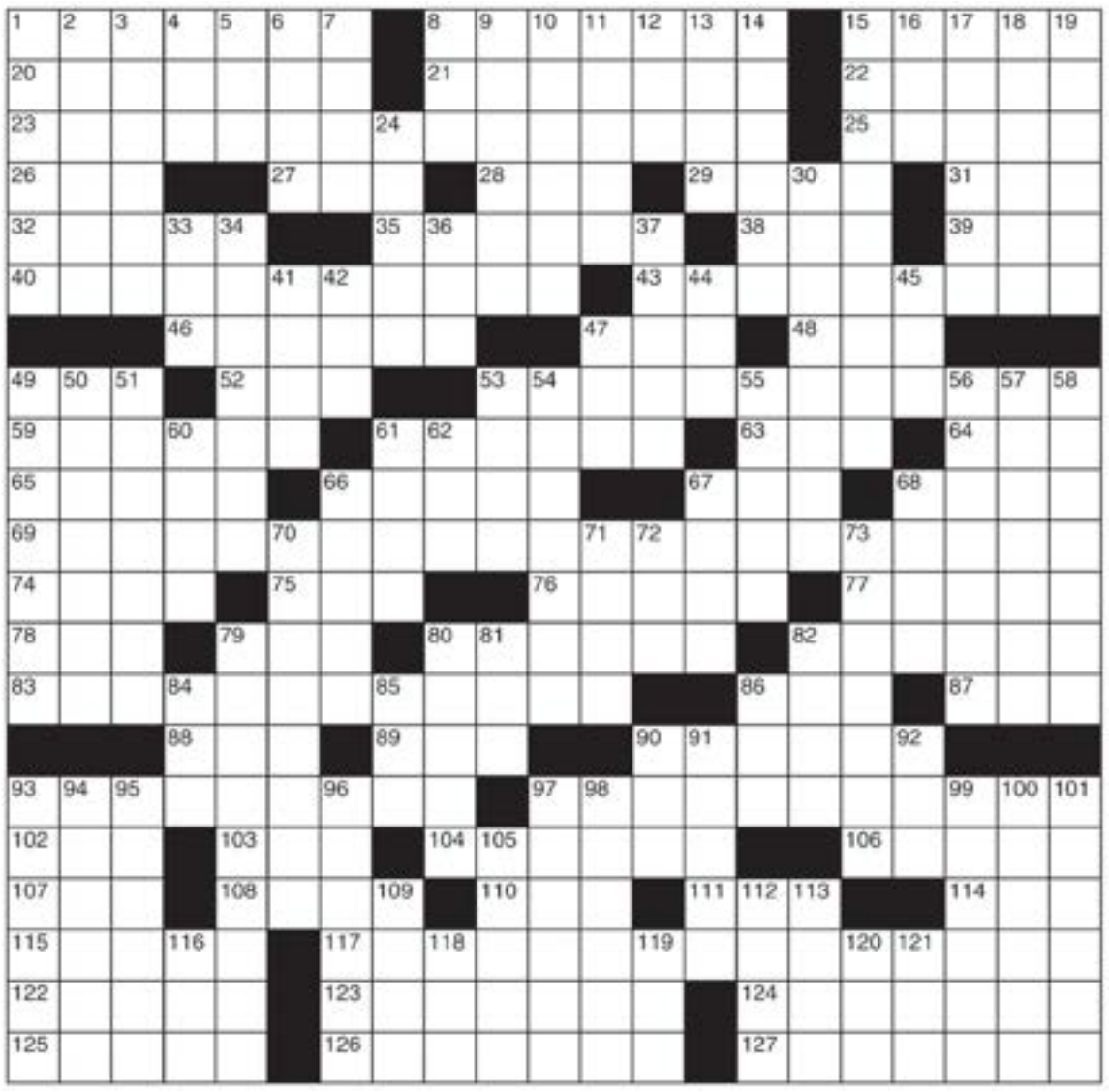
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SUPER CROSSWORD

IN RE



ACROSS

1 Theater districts
8 Friendly
15 See 44-Down
20 Based on logic, not fact
21 Retirement payment
22 Blossom part
23 Time when those people are most available?
25 Perk
26 Sweetie
27 Boggy area
28 Yoo- -- (drink brand)
29 Detergent brand
31 Fighter of Frazier
32 Cain's eldest son
35 Film parts
38 Boston fish
39 Got the title
40 Class that's become stylish again?
43 Carpenter's intent gaze?
46 Gobbling bird
47 Martini liquor
48 Old Pontiac
49 Idling sort
52 "Old man"
53 Big show featuring female horses?
59 Part of the conspiracy
61 Court hearings
63 Flub it up
64 Child of the '60s or '70s
65 Ancient Greek physician
66 Flubs it up
67 Singing syllable
68 Jai -- (court sport)
69 Planetary center's top and bottom?
74 Fillies' feed
75 Where you live: Abbr.
76 Sioux City citizen
77 Central church areas
78 Golf club VIP
79 Certain sib
80 Kebab stick
82 Not moving
83 Reserve tire produced in Andalusia's capital?
86 Gp. once led by Arafat
87 Rd. with a number
88 -- Wayne (rapper)
89 Fillies' feed
90 Disentangle again, as hair
93 Lay the blame on Mr. Flintstone?
97 What happens when a low-value playing card is microwaved?
102 French Dada artist Jean
103 Weed whacker
104 Home of Italy
106 Make a goal
107 -- Moines
108 QED part
110 PC-game "City" dweller
111 Early 1960s atty. gen.
114 China's Sun -- -sen
115 Old numbing compound
117 Very unusual breeds of house pets?
122 Lyons' river
123 Scrutinize
124 Be quite revealing
125 Having eaten enough
126 Malady
127 Pizzeria herb

DOWN

1 Kind of
2 Galaxy rival
3 "Am too!" retort
4 Twice XXVI
5 Craggy peak
6 "Carmina Burana" composer Carl
7 Filly's father
8 Chimp, e.g.
9 Net fabrics
10 Chant
11 "... old woman who lived in --"
12 Life, in brief
13 Uncouth sort
14 Fermi of physics
15 Leadfoot
16 -- Luthor
17 Metropolis in Ontario
18 Pizzeria, e.g.
19 Stritch of "30 Rock"
24 Occur next
30 Full-size pickup model
33 Old PC part
34 Famed escape artist
36 Shout
37 Dips in pools
41 Suffix with bureau
42 Endorsed
44 With 15-Across, inclined
45 "Mazel --!"
47 Hair fixative
49 Settings for circus acts
50 Clueless
51 Associate of Stalin
53 Slight quarrel
54 More rash
55 Aired anew
56 Old flame
57 Most imminent
58 Port of eastern Italy
60 Suffix with 50-Down or 84-Down
61 Throw lightly
62 Aussie critter
66 "Silly" birds
67 Simeon I of Bulgaria, e.g.
68 Rent- --
70 Extract via a borehole, as oil
71 Hockey great Gordie
72 Ovine female
73 Buries
79 Moved like a snake
80 Garden shovel
81 Big jewelry brand
82 Felipe of baseball
84 Not in good health
85 Doe or sow
86 Highly toxic pollutant, for short
90 Sales agt.
91 Observers
92 U.K. TV network
93 Soundboard controls
94 Soul great Franklin
95 End result
96 Brought up
97 Daughter of Richard Nixon
98 Natives of Italy's capital
99 Common Jesuit school name
100 2006 action-fantasy film
101 Begins, as a task
105 "I'm at your disposal"
109 Hailed ride
112 Burkina --
113 Tree knot
116 Tijuana-to-Phoenix dir.
118 Univ. dorm supervisors
119 Golfing peg
120 Anil or henna
121 First name among U.N. leaders

Sudoku

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

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

Word Search

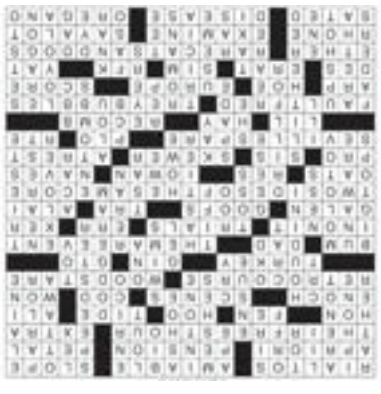
Desert

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

DESERT
GREATBASIN
MOJAVE
SONORAN
CHIHUAHUAN
NAVAJO
DEATHVALLEY
CACTUS
MEERKAT
ADAPTATION
PLANTS
ARID
DANGEROUS
DUNES
SAND
SUN
MOISTURE
PREDATOR
PREY
EXTREME
HEAT
UNDERGROUND

Created with TheTeachersCorner.net Word Search Maker

Puzzle Answers



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

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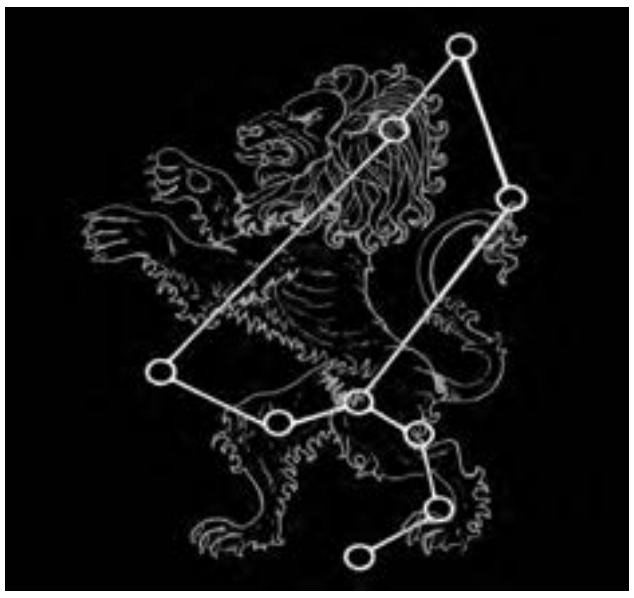
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ASTROLOGY

August Horoscope



ARIES (March 21 to April 19) Your Aries leadership qualities can help bring order out of all that confusion, whether it's on the job or in the home. But be careful to guide, not goad, others into following you.

TAURUS (April 20 to May 20) Applying a more personal view to a job-linked issue could help provide better insight into those persistent problems. Use your keen Taurean logic to cut through the double-talk.

GEMINI (May 21 to June 20) Taking some time off could be the best way to get through that seemingly endless round of demands. You'll return refreshed and ready to tackle things from a new perspective.

CANCER (June 21 to July 22) Restoring a sagging professional relationship takes a lot of effort. By all means, state your position. But also make sure you pay close attention to the other person's point of view.

LEO (July 23 to August 22) A hot prospect intrigues the Big Cat, who is always on the prowl for a promising investment. But be careful that this "promise" has a chance of being kept. Check it out more carefully.

VIRGO (August 23 to September 22) A friend could use some of your compassion and concern. If he or she doesn't ask for help, be sure you step up and make the first move. Also, check out a new career possibility.

LIBRA (September 23 to October 22) You might have difficulty getting your opinions heard because of all the noise being made by the other side. But hang in there. Others should line up with you once they learn the facts.

SCORPIO (October 23 to November 21) Offering to help a colleague is commendable. But before you commit your time and effort, check to see if that person's situation is all that he or she has led you to believe it is.

SAGITTARIUS (November 22 to December 21) You soon should be seeing positive results from your recent efforts on behalf of a family member. On another matter, check that you have all the facts regarding a job assignment.

CAPRICORN (December 22 to January 19) Your aspects favor closer family relationships this week. Take time for visits, whether in person, by phone, by mail or in cyberspace. Let them know how important they are to you.

AQUARIUS (January 20 to February 18) A missed opportunity isn't always a negative. Maybe your instincts are telling you not to rush into something you "thought" was worthwhile. Make time for family this weekend.

PISCES (February 19 to March 20) Your sense of humor helps you get through a tricky situation. But some stick-in-the-muds might not be so willing to make the changes that you and others agree are necessary.

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Life Tributes

Lillian Mary Abelman



Lillian Mary Abelman, 98, resident of Leisure World for 27 years, entered into rest on June 21, 2019. A native of Los Angeles, California, Lillian was the daughter of Thomas and Lily Williams and born on September 3, 1920.

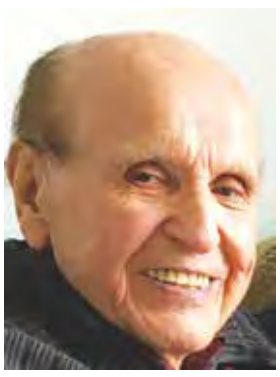
In 1936, Lillian met her future husband of 80 years, Joseph Abelman, at a dance. They married in 1939 and welcomed three children to their family: Stephen, Peggy and Karen.

While Joseph was in the Army during World War II, Lillian was a "Rosie the Riveter," working the night shift at Lockheed Aircraft. Joseph and Lillian loved to dance. During their 80 years together, they traveled around the world and enjoyed numerous cruises. Lillian was an avid golfer, loved to play the organ and enjoyed making ceramics. Lillian and Joseph moved to Hawaii for 10 years following retirement.

Beloved wife of Joseph Abelman, age 101, loving mother of the late Stephen (Kay survives) Abelman, Peggy Shevlin and Karen (Roger) Huff. Grandmother of four, great-grandmother of seven. Services were privately held.



Robert David Boschi



Robert David Boschi age 90, died on July 11, 2019 in Mesa, Arizona. Bob was born in Beloit, Wisconsin on January 15, 1929 and was the youngest of three brothers. His parents were Federico and Adelaide (Cereghino) Boschi. He grew up loving his parents for the example they set for him. He was married to Sarah Jane Fick on September 9, 1950 in Beloit, Wisconsin. Robert was preceded in death by his parents and oldest brother, Ernest.

Bob loved life—and his family most of all. He was the best Grandpa and would do fun projects with his grandchildren. He also loved God and his country, having served in the Korean War in the United States Marine Corps as a cook. He was also very proud of his Italian heritage.

Bob loved to help people and make their lives better. He was an avid walker and enjoyed walking and talking with his friends. He loved playing a good joke on friends, playing cards and traveling the world with Sarah.

In 1966, Bob and Sarah bought a childcare center and named it Teaching Centers. Their schools had a reputation for excellence for putting children first. By 1986, they had 20 Child Care Centers in the Milwaukee area. Bob served as the President of the National Child Care Administrators Association along with other state and local organizations.

Bob is survived by his wife, Sarah, and his children: Bobbie (Don) Denhof, Ginger Staral, Dennis (Jana) Boschi, and foster daughter Nancy (Steve) Steele. He is also survived by his brother Albert and sister-in-law Carolyn (Gene) Winger.



Ashes to Ashes

By James B. Amodeo

There is an old proverb, Genesis 3:19, ashes to ashes and dust to dust,
We rise from the earth's ash and dust and return to them we must,
But it's the time spent and what we did, our actions in between that event,
That mark what we accomplished while we lived that mark what our life meant,
Each life has its own path, what it seeks, the trail in the journey that it takes,
And how we treat the world around us, how we affect others is the difference each makes,
Traveling the twists and turns we take each day to find the life that we seek, our life's design,
Do we see the good in others; let them know a special quality that puts them above the line,
Do we try to make the world along our trail a little better than it was as we drew near,
For how we treat others and the world we live into those around us will be clear.

-James B. Amodeo is a poet and Leisure World resident.

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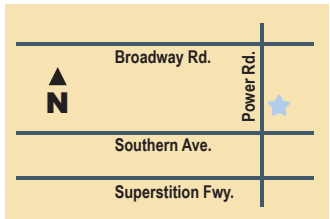
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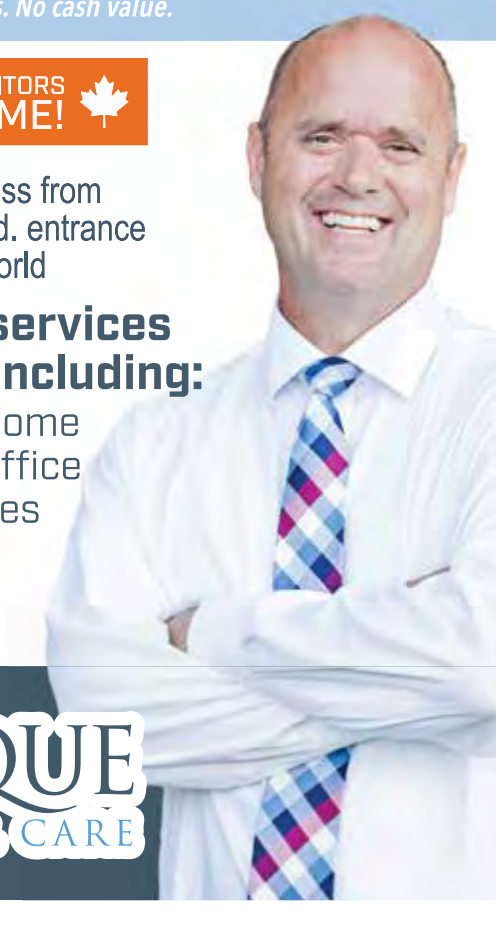
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Leisure World

LIFESTYLE

Recreation, Wellness and Golf



Labor Day Golf
Page B23

New Fitness Classes
Page B14

Dive-in Movie
Page B4

Tear up Dance Floor with Whiskey Rose

New Band!



Enjoy new band, Whiskey Rose, and step out on the dance floor for a variety of songs from country, rock, classic rock and pop music. Featuring outstanding vocals, rockin' guitar and an amazing rhythm section. These seasoned musicians brings classic and popular tunes to a new level of excellence.

Date: Thursday, August 8
Time: 7-10 p.m.
Place: Rec. 2 Hopi/Pima Rooms
Tickets: $10 per person in advance or $12 at the door

Reserved seats on sale in Recreation Office. BYO setups of soda, water and ice included. Popcorn is two for $1, sponsored by RE/MAX Classic!

Wildest Labor Day in the West

Enjoy Dinner and Dance!



Break out your Western wear because we are kickin' it country-style! We are pulling out the stops with DJ Steve Smith's Interactive Night Music, featuring a variety dance of music to kick up your heels. So, find your best britches or dress and boots and come and enjoy a fabulous buffet with your partner and friends. Dinner includes Sloppy Joe's, fried chicken with gravy, fried potato wedges, baked beans, coleslaw, watermelon wedges, corn bread, and apple and peach cobbler with whipped cream. Soda, water and ice also available.

Date: Monday, September 2
Place: Rec. 2 Hopi/Pima Rooms
Entertainment: 5:30-8:30 p.m.
BYO Social: 5:30 p.m. **Buffet Dinner:** 6:00 p.m.
Place: Rec. 2 Hopi/Pima Rooms
Tickets: $28 per person
Deadline: Friday, August 30

Aloha Hula Party

Beat the heat with a cool hula show. The Aloha Yoga and Hula studio brings you a tropical experience with some of the most spectacular performers to entertain and amaze you with an unforgettable display of songs and dances of Hawaii and Polynesian culture. You will have the opportunity to learn a dance instructed by the group and participate in the limbo contest, too. The Rendezvous Café will dish up pulled beef, mac and cheese salad, and a cookie.

Date: Monday, August 19
Time: 6:00-8:00 p.m.
Place: Rec. 2 Pool
Tickets: $35 per person
Deadline: Thursday, August 15



Stay Safe During Monsoon Season

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

But just like getting snow tires for your car in winters while on the east coast, there are specific things you can do to stay safe during monsoon season.

Proceed with Caution

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

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

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

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

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



Protect Your Health and Home

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

These storms are known for their heavy winds, which can lift and carry objects like trees, lawn chairs and road signs. If you have any loose items of value outside, you may want to bring them inside for safekeeping.

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

Leisure World

Recreation Department

Fly the Coop Pot Pie Luncheon



With both a bottom and a flaky top crust, come hungry and enjoy some savory, chicken pot pie. These home-made pies from PIEfection will delight your taste buds. For dessert, we'll tempt your palate with a summer treat! Fun and prizes after lunch!

Date: Tuesday, August 6
Time: 12 p.m.
Place: Rec. 2 Hopi/Pima Rooms
Tickets: $8 per person
Deadline: Thursday, August 1

Summer Social Fun!

Join us for everyone's favorite summer program of sweets and entertainment. You will enjoy delicious apple pie topped with a scoop of vanilla ice cream. Fresh fruit cups in place of the cake will be available if requested when you purchase your ticket.

If you like bluegrass, Texas swing and Gospel music, then you'll enjoy the four sisters of **The Arizona Wildflowers**. These talented girls, ages 7-18, learned to play the fiddle at age 3 and will amaze you with their lively bluegrass music and high-energy fiddle tunes!

Remember this event is open seating with no seat saving. Tickets on sale in the Rec. Office.



Date: Thursday, August 15
Time: 2 p.m.
Place: Rec. 2 Hopi/Pima Rooms
Tickets: $6 per person in advance or $7 at door

Summer Potluck: A Night of Fortune!



The Recreation Department will be preparing orange chicken as the main dish for this Asian dinner. We will also provide soda, lemonade, water and ice, and you potluck the rest. Sign up to bring an appetizer, salad and rolls, side dish, or dessert! All service items will be provided. After dinner sit back and enjoy the evening visiting with friends.

Date: Wednesday, August 28
Place: Rec. 1 Ballroom
Appetizers: 5:30 p.m.
Dinner: 6 p.m.
Deadline: Monday, August 26
Tickets: $5 per person

All Aboard to Broadway!

Announcing the Leisure World 2019-2020 Broadway Across America season at ASU Gammage. All shows include round-trip transportation with show tickets in Orchestra A seating and are on sale now at the Recreation Office. If you are away for the summer, don't worry, you can purchase tickets via credit card by calling the Recreation Office at 480-832-0003 ext. 224. Sign up today, limited seats!



"Miss Saigon" - $95 per person
September 24, 2019 (T) depart at 6:15 p.m. for 7:30 p.m. show
In the last days of the Vietnam War, 17-year-old Kim is forced to work in a Saigon bar run by a notorious character known as the Engineer. There, she meets and falls in love with an American G.I. named Chris, but they are torn apart by the fall of Saigon. For three years, Kim goes on an epic journey of survival to find her way back to Chris, who has no idea he's fathered a son.
Deadline: Monday, August 26



"Fiddler on the Roof" - $95 per person
January 28, 2020 (T) departs at 6:15 p.m. for 7:30 p.m. show
Tony®-winning director Bartlett Sher and the team behind South Pacific, The King and I and 2017 Tony-winning Best Play Oslo, bring a fresh vision to this beloved theatrical masterpiece from Tony winner Joseph Stein and Pulitzer Prize winners Jerry Bock and Sheldon Harnick. Featuring a talented cast, lavish orchestra and stunning movement and dance from Israeli choreographer Hofesh Shechter, based on the original staging by Jerome Robbins, Fiddler on the Roof will introduce a new generation to the uplifting celebration that raises its cup to joy, love and life!
Deadline: Thursday, December 26



"Beautiful – The Carole King Musical" - $110 per person
February 23, 2020 (Sun) departs at 5:15 p.m. for 6:30 p.m. show
From the string of pop classics she wrote for the biggest acts in music to her own life-changing, chart-busting success with tapestry, Beautiful takes you back to where it all began – and on the ride of a lifetime. Featuring over two dozen pop classics, including "You've Got a Friend," "One Fine Day," "Up on the Roof," "You've Lost That Lovin' Feeling," "Will You Love Me Tomorrow," and "Natural Woman," this crowd-pleasing international phenomenon is filled with the songs you remember – and a story you'll never forget.
Deadline: Monday, January 20



"Come From Away" - $95 per person
May 27, 2020 (W) depart at 6:15 p.m. for 7:30 p.m. show
This New York Times Critics' Pick takes you into the heart of the remarkable true story of 7,000 stranded passengers and the small town in Newfoundland that welcomed them. Cultures clashed and nerves ran high, but uneasiness turned into trust, music soared into the night, and gratitude grew into enduring friendships. Don't miss this breathtaking new musical written by Tony® nominees Irene Sankoff and David Hein, and helmed by this year's Tony-winning Best Director, Christopher Ashley. On September 11, the world stopped. On September 12, their stories moved us all!
Deadline: Monday, April 27



"The Lion King" - $130 per person
June 23, 2020 (T) depart at 6:15 p.m. for 7:30 p.m. show
Giraffes strut. Birds swoop. Gazelles leap. The entire Serengeti comes to life as never before. And as the music soars, Pride Rock slowly emerges from the mist. This is Disney's The Lion King, making its triumphant return to Gammage! More than 90 million people around the world have experienced the awe-inspiring visual artistry, the unforgettable music, and the uniquely theatrical storytelling of this Broadway spectacular – one of the most breathtaking and beloved productions ever to grace the stage. The Lion King also features the extraordinary work of Broadway's most recognizable music, crafted by Tony Award®-winning artists Elton John and Tim Rice.
Deadline: Monday, May 18

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- **Sunday, September 15:** Arizona vs. Cincinnati

Ticket prices may vary and will include transportation. Please see page B9 for details. Sign up now in the Rec. Office!

Free Dive-In Movie



We are ending our summer pool parties with a big splash. Stay cool and float along as we watch an American classic, "Grease," starting John Travolta and Olivia Newton-John. This ***free*** event is possible, thanks to our sponsor, Sandstorm Dental Group. Advanced sign-up requested due to pool capacity.

Date: Thursday, September 12
Time: 7:30 p.m.
Place: Rec. 1 Pool

Lesson Plans to Late Night Comedy Show

This one-man comedy show of Lucas Bohn is about transitioning from an elementary school teacher to a national touring comedian. "Lesson Plans to Late Night" is truly a one-of-a-kind comedy experience combining live stand-up comedy and visual images. This show has been compared to "Defending the Caveman" and was called "a comedic multimedia masterpiece" and "hysterical" by *Parade Magazine*. If you have ever worked with children or have kids or grandchildren, you don't want to miss this hilarious show.

Includes BYO setups, plus one free popcorn per ticket! Other pre-performance and intermission snacks like soft pretzels, nachos with cheese and sweet treats will also be available for purchase. Our sincere thanks to our event sponsor, Norris Air!



Date: Monday, September 30
Time: 7-8:45 p.m.
Place: Rec. 2 Hopi/Pima Rooms
Tickets: $10 per person in advance or $12 at door

Rock Out with Southwest Surfers on Saguaro Lake



Come join The Southwest Surfers for a rockin' good time aboard the Desert Belle on the beautiful Saguaro Lake! This fabulous 90-minute ride provides awesome scenery while listening to great live music. Included in the trip is one snack bar voucher. Please bring credit card for other purchases. Escorted tour includes deluxe motorcoach transportation.

Date: Thursday, October 24
Motorcoach Departs: 4 p.m.
Tickets: $55 per person
Deadline: Monday, October 7

Back by Popular Demand: Hockey!

After a long break, we are heading back to the ice! You'll be hooting and hollering as our Arizona Coyotes take on the Edmonton Oilers!

The motorcoach will depart early so you can enjoy a meal on your own at the Westgate Entertainment District. Then meet at the arena to find great seats in sections 111, center ice. Escorted tour includes deluxe motorcoach transportation.

Limited seats, so sign up fast!

Date: Tuesday, February 4
Motorcoach Departs: 4 p.m.
Game Time: 7 p.m.
Tickets: $165 per person
Deadline: Friday, January 3

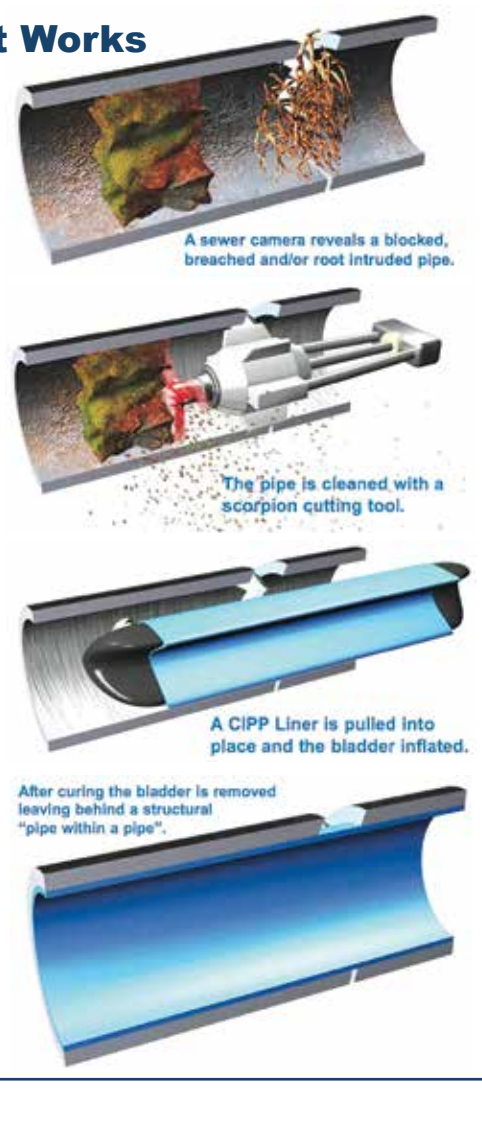
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Classic Movie Night: "Road to Morocco"



Having accidentally caused a merchant ship to blow up, stowaways Orville (Bob Hope) and Jeff (Bing Crosby) are shipwrecked on the African coast. Commandeering a convenient camel (who takes time to ad-lib a spit in Hope's eye!), Bob and Bing are off on the road to Morocco. You will definitely enjoy their crazy adventures!

Every month, we will visit a classic of the Silver Screen and other amazing films from the extensive library of our host, Jim Politano, an award-winning movie director/producer and Leisure World resident. A lifelong film buff, he is extremely knowledgeable in the cinematic field. After each film, Jim will share interesting facts and trivia, followed by a Q&A. It's fun! It's free! *Popcorn included.* See you at the movies!

Date: Wednesday, August 21
Time: 6 p.m.
Place: Rec. 1 Theater

Free Sunday Movie Matinée

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



August 4 Mamma Mia! Here We Go Again (PG13) - 1hr 54m
In this sun-soaked sequel, a pregnant Sophie (Donna's daughter) is now running the family villa on Kalokairi and worried about impending motherhood without her mom's guidance. But Donna's best friends reassure Sophie with tales about Donna's experiences.

August 11 The Commuter (PG13) - 1hr 44m
Insurance salesman Michael MacCauley quiet train ride home turns into a terrifying situation when a mysterious woman forces him to find a specific passenger before the last stop, entangling him in a deadly conspiracy.

August 18 6 Below: Miracle on the Mountain (PG13) - 1hr 38m
This harrowing survival drama chillingly depicts the true-life ordeal of Olympic athlete Eric LeMarque. After getting lost in a winter storm while snowboarding in the Sierra Nevada, LeMarque struggles for days to stay alive with no food or shelter.

August 25 Growing Up Smith (PG13) - 1hr 43m
This genial coming-of-age tale chronicles the tribulations of 10-year-old Smith Bhatnagar as he tries to maintain a balance between his traditionally oriented Indian family and his embrace of American culture and suburban life.

Performing Arts Series

Get Season Tickets Going Fast!



Get your Performing Arts Series Tickets now until Friday, September 13, 2019. All remaining season ticket seats are on sale, with a limit of two per manor.

Remember, by purchasing season tickets, you will save 25% off single seat ticket prices and conveniently have all your tickets in advance and the comfort of the same seat location for every show!

2019-2020 Entertainment Lineup:

- **November 18, 2019** - First Ladies of Song: Songs of Aretha Franklin, Donna Summer, Ella Fitzgerald, Whitney Houston and Tina Turner
- **December 9, 2019** - Surfin' Holiday: A Beach Boys Christmas
- **January 13, 2020** - Uptown: Songs from The Temptations, vocals like Marvin Gaye and Stevie Wonder and the contemporary feel of Bruno Mars.
- **January 27, 2020 -** Voyager: A Journey Tribute
- **February 10, 2020 -** Eric Buss: Inventive Comedy Magic
- **February 24, 2020 -** Ted Vigil as John Denver
- **March 9, 2020 -** Take it Easy – Folk Rock of the '70s
- **March 23, 2020** - Fairchild Blues: A Blues Brothers Tribute

Don't delay! Secure your reserved seating, today!







Bingo

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

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

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

August Bingo Boosters!

August 2 Caller– N. Okoniewski, Pay Out – W. Lund, Ex. Game – L. Kraver
August 9 Caller – G. Bowers, Pay Out – T. Bowers, Ex. Game – B. Sayers
August 16 Caller– M. Mattenson, Pay Out – N. Okoniewski, Ex. Game – P. Okoniewski
August 23 Caller – T. Bowers, Pay Out – G. Bowers, Ex. Game – T. Roland
August 30 Caller – B. Reinke, Pay Out – W. Lund, Ex. Game – D. Reinke

Bingo volunteers have cash prizes for you!

Arts and Crafts

Decorative Arts

Art Assoc. (AS) Contact: Carol Pope, 480-628-4134
Classes: Watercolor by Sebastian, Tuesday, 1:00 p.m.
Oil Painting by Lori Pilato, Thursday, 9:30 a.m. Sign up in Art Studio.
Jewelry and Lapidary (LAP) Contact: John Heald, 503-867-1745, Thursday, 9 a.m. - 12 p.m.
Photography Club (AS/T) Contact Jan Kelly, 480-634-8878
Rubber Stamping (AS) Contact: Mickey Dent, 480-634-4574
Monday, 6:30 p.m. - 8:30 p.m.
Stained Glass (CER/SG) Contact: Kay Eakin, 480-641-8719

Fabric Arts

Knit-A-Long (QCR) Contact: Carolin Lowy, 480-641-4626
All interested knitters, beginners to experienced, join in. We teach beginners to knit and help those who having difficulty with a pattern. We'd love to have you join us and knit-a-long. No charge. Friday, 9 a.m. - 11 a.m.
Open Sewing (SR) Contact: Carolin Lowy, 480-641-4626
Open to all residents who do hand sewing Friday, 1 p.m. - 3 p.m.
Pillowcase Dresses (AR) Contact: Darlene Footh, 701-339-8491. Make little girls dresses out of pillowcases for charity.
Quilters (BR/CLR/SR) Contact: Merrilly Strom 480-699-9352
Come join our group of quilters to experience the fun of sewing a class project, learning new quilting techniques, and more. We are proud of the projects we make, some of which are donated to organizations in the East Valley and beyond. Their appreciation is overwhelming. Great food at our "Hello" and "Goodbye" luncheons and great group work setting up and selling our items at the Spring and Fall shows. Hope to see you. Thursday 9 to 11:30 a.m.



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

Fired Arts

Ceramics (CER/SG) Contact: Dave Clegg, 480-854-0991
Beginners, newcomers, everyone welcome!
Open Workshop and Firing: Tuesday, 9 a.m. - 12 p.m.
Pouring: Thursday, 12 p.m. - 5 p.m.
Ceramics Class: Friday, 9 a.m. - 12 p.m.
Fused Glass (CER/SG) Contact: Kay Eakin, 480-641-8719
Open Studio: Monday and Wednesday, 1 p.m.- 4 p.m.
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.- 12 p.m.
Pottery (POT) Contact: Marcia Steele, 480-641-9082
Open Studio: Sunday, Tuesday and Saturday, 9 a.m. - 10 p.m.
Open Studio: Monday, Wednesday, Thursday and Friday,12 p.m. - 10 p.m.
Firing and Unloading: Monday and Thursday

Music and Dance

Ballroom Dance Classes - (C) Contact: Bill Goss, 480-275-4647
Clogging Classes (C) Contact: Fran Dusek 480-641-2040 or Joyce Loland at 480-588-5789 - Friday 1-4 p.m.
New beginner classes are noon to 1 p.m. Call to reserve. Intermediate 1 classes 1 - 2 p.m., Intermediate 2 classes 2 - 3 p.m., and Intermediate 3 classes 3 to 4 p.m. All classes are free!
Line Dance (C) Contact: Gramma 480-984-3791
Check out the variety of music and dances on You Tube "Line Dancing with Gramma Jones." Wednesdays, 2 p.m.- 3 p.m. $3 per person
Line Dance (C or BR) Contact: Dee Dee Dougherty, 480-510-3318
www.dancewithdeedee.com
Music Makers – (C) Contact: Marty Maciejewski, 480-307-8061
This fun group is open to anyone who plays or wants to play an instrument.
Round Dance Classes (BR) Contact: Bill Goss, 480-275-4647.
Shall We Round Dance – (HPG) Contact: Larry Tracht at 480-325-1054, or email rddancer@aol.com.
Tap Dancing – (C) Contact: Judy Free, 480-396-3103.
Ukulele Practice Group – (MR) Contact: Peggy Jefferson, 480-654-2878
Do you like to play the ukulele or always wanted to learn? Come and join up with others who love to play this amazing instrument!



Cards and Games

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

Poker Groups



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

Bridge Groups

ACBL (CLR) Contact: Marilyn Stavros, 480-737-9279
Monday, 12:30 p.m., and Cathy Lindholm, 317-902-9094
Tuesday, 12:30 p.m.
Duplicate (CLR) Contact: Marilyn Stavros, 480-737-9279
Thursday, 12:30 p.m.
Int. Duplicate Practice (APA) Contact: Bobbie Stearns, 480-218-5918
Partner (LC) Contact: Lynn Peters, 262-853-4870
Party (APA) Contact: Lynn Peters, 262-853-4870
Progressive (QCR) Contact: Phyllis Hallatt, 480-396-7398
Progressive (QCR) Contact: Marilyn Peters, 480-292-3639
Monday and Saturday, 6:30 p.m.
Wednesday Shufflers Contact: Joyce McClanahan 480-243-8145 (NAV) Wednesday, 12:30 p.m.

Other Card And Game Groups

Bunco (CLR) Contact: Patty Okoniewski, 480-474-8115
1st Thursday, 6:30 p.m.
Cribbage (QCR) Contact: Gary Musselman, 480-279-0237
Friday, 1 p.m.
Cribbage 2 (QCR2) Contact: Gary Musselman, 480-279-0237
Euchre (APA) Contact: Bob Coleman, 480-474-7732
Euchre: Advanced (NAV2) Contact: Don Negro, 815-219-3071
Game Night (LC) Contact: Lillian Carlson, 480-290-9396
Friday, 6:15 p.m.
Hand and Foot (LC) Contact: Lillian Carlson, 480-290-9396
Wednesday, 6:15 p.m.
Hand and Foot (LC) Contact: Sandy Callahan, 480-988-2655
Tuesday, 1 p.m.
Hand and Foot: Samba (LC) Contact: Lillian Carlson, 480-290-9396 Thursday, 6:15 p.m.
Mah Jong (APA) Contact: Neesa Galanti, 206-356-2727
Thursday, 1 p.m.
Mah Jong: Beginning (APA) Contact: Donna Thompson, 303-594-0124 Monday, 1:30 p.m.
Pinochle (QCR) Contact: Jackie Anderson, 480-985-8503
Pinochle (QCR) Contact: Lillian Carlson, 480-290-9396
Sunday, 6:15 p.m.
Rummikub (NAV) Contact: Barbara Young, 480-273-2536
Thursday, 6:15 p.m.
Scrabble (LC) Contact: Carolin Lowy, 480-641-4626
Monday, 6:30 p.m.

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Upcoming Activities

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

August 6 (T) "Fly the Coop" Pot Pie Luncheon
12 p.m. Rec. 2 Hopi/Pima Rooms

With both a bottom and a flaky top crust, come hungry and enjoy a delicious lunch as the Recreation staff and volunteers serve up savory chicken pot pies. These home-made pies from **PIEfection** are sure to please your taste buds. For dessert, we'll tempt your palate with a summer treat! After lunch, we'll have some fun and you might even win a prize!
Tickets: $8 per person
Deadline: Thursday, August 1



August 8 (Th) Summer Dance Party with Whiskey Rose
7 – 10 p.m. Rec. 2 Hopi/Pima Rooms

Join the fun for a hopping good time with friends and neighbors. Step out on the dance floor with a new band, **Whiskey Rose,** playing a variety of songs from country, rock, classic rock and pop music. Featuring outstanding female and male vocals, rockin' guitar and an amazing rhythm section, this collection of seasoned musicians brings classic and popular tunes to a new level of excellence. Bring your dancing shoes and let Whiskey Rose entertain you! Reserved tickets are on sale now in the Rec. Office and include soda, water, ice and cups. Fresh popped popcorn just 2 for $1 sponsored by RE/MAX Classic!
Tickets: $10 per person in advance or $12 at door

August 15 (Th) Summer Social - The Arizona Wildflowers
2 p.m. Rec. 2 Hopi/Pima Rooms

It's time again for everyone's favorite summer program of sweets and entertainment. We'll start with a generous piece of delicious apple pie and top it with a scoop of vanilla ice cream. Fresh fruit cups in place of the ice cream will be available if requested when you purchase your ticket. Do you like Bluegrass, Texas Swing, Old Time and Gospel music? Then you're really going to enjoy these four sisters of **The Arizona Wildflowers**. All learning to play the fiddle at age 3, these girls, ages 7-18, will amaze you with their lively bluegrass music and high-energy fiddle tunes!
Tickets: $6 per person in advance or $7 at door

August 19 (M) Aloha Hula Party
6 – 8 pm Rec. 2 Pool

Beat the heat with a *cool* hula show. The Aloha Yoga & Hula studio brings you a tropical experience with some of the most spectacular performers to entertain and amaze you with an unforgettable display of songs and dances of Hawaii and Polynesian culture. You'll have the opportunity to learn a dance instructed by the group and participate the limbo contest, too. Rendezvous Café will dish up pulled beef, mac and cheese salad and a cookie.
Tickets: $35 per person
Deadline: Thursday, August 15

August 21 (W) Classics of the Silver Screen Movie Night: "Road to Morocco"
6 p.m. Rec. 1 Theater

Having accidentally caused a merchant ship to blow up, stowaways Orville (Bob Hope) and Jeff (Bing Crosby) are shipwrecked on the African coast. Commandeering a convenient camel (who takes time to ad-lib a spit in Hope's eye!), Bob and Bing are off on the road to Morocco, an event they celebrate in song. With nary a penny in their pockets, the boys try various methods to scare up a meal. Old reliable Jeff shows up with the necessary funds. When Orville asks where the money came from, Jeff informs his pal that he's been sold into slavery. Orville is dragged off to parts unknown. Searching for his partner after an attack of conscience, Jeff discovers that Orville is now engaged to the gorgeous Princess Shalmar (Dorothy Lamour), whose astrologers have told her that her first husband will die violently, leaving her free to marry her beloved Sheik Mullay Kasim (Anthony Quinn). But when the princess falls for Jeff, things get complicated.

Join us each month as we visit Classics of the Silver Screen and other amazing films from the extensive library of our host, Jim Politano, an award-winning movie director/producer and Leisure World resident. A lifelong film buff, Jim is extremely knowledgeable in the cinematic field. After each film, Jim share interesting facts and trivia, followed by a Q&A. It's fun! It's free! *Popcorn included.*

Save the date, September 18, 2019, for the next classic movie "High Noon," starring Gary Cooper.

See you at the movies!

August 28 (W) Summer Potluck - "A Night of Fortune"
5:30 p.m. – Appetizers & BYO 6 p.m.-Dinner
Rec. 1 Ballroom

Recreation will be preparing Orange Chicken. We will also provide coffee, lemonade, water and ice, and you will potluck the rest. Sign up to bring an appetizer, salad & rolls, side dish, or dessert! All service items will be provided. After dinner sit back and enjoy the evening visiting with friends.
Tickets: $5 per person in advance
Deadline: Monday, August 26

September 2 (M) Wildest Labor Day of the West - Dinner & Dance!
5:30 p.m. - BYO Social 6:00 p.m. - Buffet Dinner
5:30 - 8:30 p.m. - Entertainment
Rec. 2 Hopi/Pima Rooms

It's time to breakout your Western wear 'cuz we're kickin' it country-style. We're pulling out the stops for you to enjoy the entertainment from DJ Steve Smith's Interactive Night Music featuring a variety dance of music to kick your heels up to. So, find your best britches or dress and boots to come down and enjoy a fabulous buffet with your partner and friends. Dinner includes Sloppy Joe's, fried chicken with gravy, fried potato wedges, coleslaw, baked beans, watermelon wedges, corn bread, dbusch24@gmail.com and apple and peach cobbler with whipped cream. Soda, ice, water and cups will also be available.
Tickets: $28 per person
Deadline: Thursday, August 30

September 12 (Th) FREE Dive-In Movie
7:30 p.m. Rec. 1 Pool

We are ending our summer pool parties with a big splash. Stay cool and float along as we watch an American classic, "Grease", starting John Travolta and Olivia Newton-John. This ***free*** event is a big thanks to our sponsors, Sandstorm Dental Group.
Advanced sign-up requested due to pool capacity.

September 30 (M) Lesson Plans to Late Night – Comedy Show
7-8:45 p.m. Rec. 2 Hopi/Pima Rooms

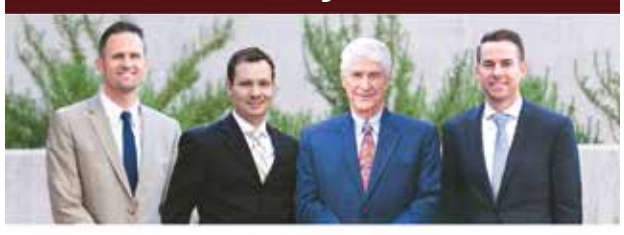
This one-man comedy show of Lucas Bohn is about transitioning from being an elementary school teacher to a national touring comedian. "Lesson Plans to Late Night" is truly a one-of-a-kind comedy experience combining live stand-up comedy and visual images. It has been compared to "Defending the Caveman" and was called "A Comedic Multimedia Masterpiece" and "Hysterical" by *Parade Magazine*. "Lesson Plans to Late Night" is one of the highest-rated stage shows on Norwegian Cruise Lines and is hailed as "a total crowd pleaser" by cruise directors and entertainment coordinators. If you have kids or worked with them, you don't want to miss this hilarious show.

Includes BYO setups plus, one free popcorn per ticket! Soft pretzels or nachos with cheese will be available for purchase along with some sweet treats. Our sincere thanks to our event sponsor, Norris Air!
Tickets: $10 per person in advance or $12 at the door

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Upcoming Trips and Tours

Deadlines are fast-approaching for September events!

August 22 (Th) The Lunch Bunch: Gallo Blanco**
Motorcoach departs at 11 a.m. $36 per person for transportation to and from
When the first iteration of Gallo Blanco debuted at the Clarendon Hotel in midtown Phoenix nearly a decade ago, the restaurant helped fill a void in Phoenix's Mexican food scene: not exactly a mom-and-pop shop, but worlds apart from chain restaurants. The restaurant's Mexican sandwiches are better than ever, thanks to fresh, thick telera rolls, which are now baked in-house. The menu includes huarache campechano, chihuahua, ceviche, street tacos, and so much more.
Deadline: Thursday, August 15



September 9 (M) An Evening with the Stars in Flagstaff*
Motorcoach departs between 4-6:30 p.m. $99 per person
Beat the heat and travel to Flagstaff for an "Evening with the Stars" at Lowell Observatory. The Observatory was discovered in 1894 by Percival Lowell and since that time, Lowell astronomers have discovered Pluto, collected the first evidence of the expanding universe, and measured the motions and properties of stars.
Deadline: Monday, August 5

September 15 (Su) - Arizona Diamondbacks -vs- Cincinnati Reds**
Motorcoach departs at 12 Noon (Game Time 1:10 p.m.) - $65 per person
Come enjoy new up-close seating at field level section 110. Cheer on our D-Backs as they take on the Cincinnati Reds! Deluxe motorcoach transportation included.
Deadline: Monday, August 12

September 17 (T) The Lunch Bunch: All Pierogi Kitchen**
Motorcoach departs at 11 a.m. $36 per person for transportation to and from
The aptly named All Pierogi in Mesa is both a market and a restaurant. The market sells frozen pierogis, sausages, and a variety of pickled and dry goods. Then there's the restaurant. Upon entering a dim dining room, you'll be greeted with Eastern European pop mixed with international club hits. The menu includes other things, from mayonnaise-bound salads to kielbasa, but what sets this place apart is its menu of nearly 20 different types of boiled or fried dumplings: pierogis.
Deadline: Thursday, September 12

September 24-27, 2020 (T-F) San Diego GOLF*
Departs: TBA - $1175 per person Double $1525 per person Single
Golf at Goat Hill Park and play 18 holes at one Bill Murray's favorite golf courses. Golf cart is included and a complimentary drink at the 19th Hole. Experience golf in style at Torrey Pines Golf Course with a full concierge check-in. Tour includes transportation, three nights in Oceanside, two dinners, and breakfast each morning.
Deadline: Monday, August 5

September 24 (T) Gammage Broadway Show – "Miss Saigon"**
See details in ASU Gammage

October 24, 2019 (Th) Desert Belle with Southwest Surfers**
Motorcoach Departs: 4 p.m. $55 per person



Come join The Southwest Surfers for a rockin' good time aboard the Desert Belle on the beautiful Saguaro Lake! On this fabulous 90 minute ride you will see awesome scenery and hear great live music. Included in the trip is one snack bar voucher. Please bring credit card for other purchases. Escorted tour includes deluxe motorcoach transportation.
Deadline: Monday, October 7

November 9 (S) Sonoita Vineyards Wine Festival*
Motorcoach departs between 6-8:30 a.m. $99 per person
After a busy harvest season, Sonoita Vineyards Wine Festival is a prime opportunity to taste their newly released wine, as well as some soon to be released wine, straight from the barrel! Lunch is on your own at the Vineyard.
Deadline: Monday, October 14

December 7 (S) Prescott Christmas Parade and Lunch*
Motorcoach departs between 6-8:30 a.m. $99 per person
Travel to "Arizona's Christmas City," Prescott. In the city's historic downtown, shoppers bundle up in coats and scarves and take a break from bargain hunting to say "Merry Christmas" with a smile. Watch a legendary parade complete with floats, marching bands, and tap-dancing toddlers. Lunch is included.
Deadline: Monday, November 4

December 13 (F) The Nutcracker at Phoenix Symphony Hall**
Motorcoach Departs: 6:15 p.m. $100 per person
The magic of the holidays comes alive with Ballet Arizona's classic The Nutcracker. Surrender to the grand sweep of Tchaikovsky's score and the wonders of childhood. Join Clara and her Nutcracker Prince as they embark on a thrilling adventure of dancing toys, mischievous mice and waltzing flowers. The magic of The Nutcracker illuminates the stage with more than 150 performers, hundreds of costumes, and the beauty and athleticism of Ballet Arizona's nationally recognized dancers. A timeless holiday tradition for all ages. Symphony will join us for the performances of The Nutcracker. Escorted tour includes deluxe motorcoach transportation.
Deadline: Monday, November 11

December 18 (W) Medieval Times Dinner & Tournament**
Motorcoach Departs at 5:45 p.m. - $95 per person
Travel through the mists of time to a forgotten age and a tale of devotion, courage and love—at Medieval Times Dinner & Tournament. Imagine the pageantry and excitement that would have been yours as a guest of the queen ten centuries ago. That's exactly what you will experience at North America's most popular dinner attraction. See an electrifying show featuring heroic knights on spirited horses displaying the astounding athletic feats and thrilling swordplay that have become hallmarks of this unique entertainment experience. Enjoy a "hands-on" feast as the dynamic performance unfolds before you. A sweeping musical score and brilliant lights provide a fabulous backdrop for this spellbinding experience that blurs the boundary between fairy tale and spectacle! Escorted tour includes deluxe motorcoach transportation.
Deadline: Monday, November 18

January 28, 2020 (T) Gammage Broadway Show – "Fiddler on the Roof"**
See details in ASU Gammage Announcement

February 4 (T) - Arizona Coyotes -vs- Edmonton Oilers**
Motorcoach Departs at 4 p.m. (Game Time 7 p.m.) - $165 per person
BACK BY POPLUAR DEMAND. After long break we are heading back to the ice. We will be departing early so you can enjoy a meal on your own at Westgate Entertainment District. Then meet at the arena to find great seat in sections 111, center ice. Escorted tour includes deluxe motorcoach transportation. Limited seats so sign up fast!
Deadline: Friday, January 3

February 23, 2020 (Sun) Gammage Broadway Show – "Beautiful – The Carole King Musical"**
See details in ASU Gammage Announcement

May 27, 2020 (W) Gammage Broadway Show – "Come From Away"**
See details in ASU Gammage Announcement

June 23, 2020 (T) Gammage Broadway Show – "The Lion King"**
See details in ASU Gammage Announcement

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



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25 Things You Don't Know About Me



Payton Cap
Wellness Assistant

1. If you had to eat only one food for 10 days, what would it be?
Chicken salad

2. Who do you admire and why?
My mother, she's a strong selfless woman that makes many happy.

3. If you could meet one celebrity, who would it be?
Adam Sandler because I grew up watching his movies

4. **If you won a million dollars, what would you do?**
Give it to my family members that are in need.
5. **Where were you born?**
McHenry, Illinois
6. **Do you have a nickname? If so, what and why?**
With all the sports I played, my teammates called me P-cap because it was quicker.
7. **What is your favorite TV show?**
"New Girl"
8. **What do you love to talk about the most?**
My family
9. **What's the most embarrassing thing that's ever happened to you?**
Ripping my pants on the playground in 6th grade
10. **What is your favorite sport?**
Soccer
11. **What is your perfect weekend?**
Being on a beach with my boyfriend and having a good time.
12. **What could you not live without?**
Food – because I'm literally always munching on something
13. **If you were stranded on a desert island and could only choose one person or thing to keep you company, who or what would it be?**
My dog, Ninja.
14. **If you had a warning label, what would it say?**
"Warning: high mixture of sarcasm!"
15. **If a genie appeared and gave you three wishes, what would they be?**
Get me through schooling (sports studies for athletic training), help clean up the planet and always be on vacation.
16. **If you had to join the circus, what would you do?**
I would be a clown.
17. **What sound drives you crazy?**
Smacking lips while chewing food.
18. **What do people most compliment you for?**
My eyes
19. **What is your favorite quote?**
"Run you clever boy, and remember me." – Clara Oswald from "Doctor Who"
20. **If you could start any business, what would what it be?**
A sports complex with a small restaurant.
21. **What do you spend most of your time doing?**
Thinking about ways to make my life easier and better.
22. **What's your favorite place to take an out-of-town guest?**
Fat Cats Theater
23. **Are you a good cook?**
My family thinks so
24. **What is the best part of your job?**
Socializing with every one that enters the gym.
25. **Is there an item you collect?**
Rocks that my boyfriend gives me.

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Explore Sights and Sounds of Mesa

Have you explored all Mesa has to offer yet? Although Mesa is a small city, it has many interesting places to see and experience. Why not explore it this summer and go for a drive with friends. Venture out and visit historical sites, see art or enjoy a show. The best part, you don't have to stray too far away.

Here's a list of adventures that are less than 15 miles away.



1. **Arizona Commemorative Air Force Museum** (7 miles away) The only combat aviation museum in the Phoenix area is less than 10 miles away from Leisure World. Head over to McKellips and Greenfield Road to get up close and personal with sea operations from World War II to the present. Climb aboard cargo planes and walk through hangars. You can also book a flight experience in an authentic war aircraft. Learn more at www.azcaf.org.
2. **Mesa Arts Center/Contemporary Arts Museum** (10 miles away) Are you an art fanatic? Drive over to Center Street just south of Main Street and visit the Mesa Arts Center. Enjoy live musical, dance and comedy performances. Take in amazing artwork from paintings to sculptures and much more. It's a great way to stir your creative energies, so you can come back home and create your own masterpiece in the Leisure World art studios. Check it out at www.mesaartscenter.com.
3. **Escape Rooms Mesa** (11 miles away) Want an adventure that's a bit more out of the box? Try an escape room. Escape Rooms Mesa, located University Drive just west of Center Street, has 15 different rooms to check out and explore. In each room you must solve clues, riddles or complete a challenge to escape out of the room. While this activity may not be for those with claustrophobia, the rooms range in levels of difficulty and are a unique experience to shake up your everyday routine. Reserve your room at www.escaproomsmesa.com.
4. **Mesa Historical Museum** (12 miles away) Not to be confused with the Arizona Museum of Natural History, the Mesa Historical Museum preserves regional heritage. Explore Mesa's past and discover its future. From Hohokam artifacts to farming tools from Mesa's earliest settlers, and even Spring Training memorabilia, you'll be sure to learn something new about your city. The Mesa Historical Museum is located on Horne Road between McKellips and the 202 highway. Learn more at www.mesahistoricalmuseum.com.
5. **Mesa Grande Cultural Park** (12 miles away) Time travel is real! Step into history at the Mesa Grande Cultural Park near Country Club Drive and Rio Salado Parkway. This park preserves a group of Hohokam structures that were previously occupied between AD 1100 and 1400. Visitors can walk through the structures and look around. Learn more about the Hohokam tribe that inhabited the Salt River Valley and how the park preserves the adobe walls. Please be respectful while exploring and leave all items as they were when you arrived. Read all about at http://bit.ly/MesaGrande.
6. **Rose Garden at Mesa Community College** (13 miles away) Is gardening and beautiful flowers your special thing? Or are you a nature photographer? Then you must visit the Rose Garden at Mesa Community College on Southern Avenue and Dobson Road. It's not only a Mesa landmark, it's also the Desert Southwest's largest rose garden, home to nearly 9,000 rose bushes. Yes, 9,000. The garden is used as botanical laboratories and even study areas for the community college students. This garden is open to the public and often frequented by artists, photographers and students looking for a beautiful inspiration. Get more information at www.rosegardenmesacc.edu.

Get to know your city and all the wonderful things in your backyard. Don't want to plan it or drive somewhere on your own? Take a friend or make it a field trip for your Leisure World community group. You can also always keep an eye on the Recreation Department's calendar for organized trips to Spring Training games and other cool activities. This summer, beat the heat and have fun!



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We are in network with Medicare and accept most supplemental insurance plans. If you are a cash patient, we offer payment plans if desired.



August Calendar

THUR 1
6:30 p.m. Bunco (CLR)

FRI 2
4:00 p.m. Friday Social (CLRG)
7:00 p.m. Bingo (BR)

SAT 3

SUN 4
4:00 p.m. Movie Matinee "Mamma Mia! Here We Go Again" (T)

MON 5
5:30 p.m. Rovers Potluck (CLRG)

TUE 6
12:00 p.m. Chicken Pot Pie Luncheon (Hopi)

WED 7
8:00 a.m. ACC Committee (QCR)
8:00 a.m. Wednesday Coffee (CLR)
4:00 p.m. Singles Mingle (CLRG)

THUR 8
7:00 p.m. Summer Dance Party "Whiskey Rose" (HPG)

FRI 9
7:00 a.m. "Sedona & Lunch" (MC)
4:00 p.m. Friday Social (CLRG)
7:00 p.m. Bingo (BR)

SAT 10
1:00 p.m. Metaphysical Mtg. (LC)

SUN 11
4:00 p.m. Movie Matinee "The Commuter" (T)

MON 12
1:30 p.m. Music Therapy (MR)

TUES 13
9:00 a.m. District 6 Advisory (BQ)
1:00 p.m. Grief Support (BQ)
3:00 p.m. Shalom Get Together (T)
5:00 p.m. Lions Club Summer Potluck (BRG)

WED 14
8:00 a.m. Wednesday Coffee (CLR)
10:00 a.m. Alzheimer/ Dementia Grp (QCR)

THUR 15
9:00 a.m. District 1 Standards (LC)
2:00 p.m. Summer Social "The Arizona Wildflowers" (HPG)

FRI 16
8:00 a.m. Emergency Preparedness (HPG)
4:00 p.m. Friday Social (CLR)
7:00 p.m. Bingo (BR)

SAT 17

SUN 18
4:00 p.m. Movie Matinee "6 Below: Miracle on the Mountain" (T)

MON 19
4:00 p.m. Hula Pool Party (PO)

TUES 20
5:30 p.m. Woodworkers Social (CLRG)

WED 21
8:00 a.m. Harmony Health Mobile (R1PL)
8:00 a.m. Wednesday Coffee (CLR)
6:00 p.m. Classic Movie Night "Road to Morocco" (T)

THUR 22
8:00 a.m. Harmony Health Mobile (R1PL)
11:00 a.m. "Lunch Bunch at Gallo Blanco" (MC)

FRI 23
8:00 a.m. Harmony Health Mobile (R1PL)
4:00 p.m. Friday Social (CLR)
7:00 p.m. Bingo (BR)

SAT 24

SUN 25
4:00 p.m. Movie Matinee "Growing Up Smith" (T)

MON 26
1:30 p.m. Music Therapy (MR)

TUES 27
1:00 p.m. Grief Support (BQ)
2:00 p.m. Community Chat (BRG)

WED 28
8:00 a.m. Wednesday Coffee (CLR)
5:30 p.m. Summer Potluck "A Fortune Night" (BRG)

THUR 29

FRI 30
4:00 p.m. Friday Social (CLR)
7:00 p.m. Bingo (BR)

SAT 31



Weekly or Monthly Event Calendar Corrections/Changes

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

Recreation Center 1

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

Recreation Center 2

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

Recreation Center 3

Located at Heron Lakes Golf Course

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

Regular Weekly Events August 2019

SUNDAY

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

MONDAY

7:00 a.m. Early Bird Stretch (C)
7:00 a.m. Lap Swimming (PO)
9:00 a.m. Heron Lakes Men's Golf (APA/NAV)
9:00 a.m. Swim Exercise (PO)
9:00 a.m. Twiddlers (QCR)
10:00 a.m. Computer Lab Open (CC)
12:00 p.m. Pottery Open Studio (POT)
12:30 p.m. Desert Belles (MR)
12:30 p.m. Summer Bridge (CLR)
12:30 p.m. Texas Hold 'Em (QCR)
1:30 p.m. Beginning Mah Jong (APA)
2:00 p.m. Water Volleyball (P)
6:30 p.m. Progressive Bridge (QCR)
6:30 p.m. Scrabble (LC)
7:00 p.m. Water Exercise (PO)

TUESDAY

7:00 a.m. Lap Swimming (PO)
8:00 a.m. Ping Pong (C)
9:00 a.m. Ceramics Open and Firing (CER/SG)
9:00 a.m. Pottery Open Studio (POT)
9:00 a.m. Swim Exercise (PO)
10:00 a.m. Computer Lab Open (CC)
12:30 p.m. ACBL Bridge (CLR)
1:00 p.m. Hand and Foot (LC)
6:30 p.m. 5 and 10 Cent Poker (LC)
6:30 p.m. Men's Poker (QCR)
7:00 p.m. Water Exercise (PO)

WEDNESDAY

7:00 a.m. Early Bird Stretch (C)
7:00 a.m. Lap Swimming (PO)
8:00 a.m. Wednesday Coffee (CLR)
9:00 a.m. Donut League (APA/NAV)
9:00 a.m. Porcelain Painting (POT)
9:00 a.m. Swim Exercise (PO)
10:00 a.m. Computer Lab Open (CC)
12:00 p.m. Pottery Open Studio (POT)
12:30 p.m. Shufflers (NAV)
2:00 p.m. Line Dance (BR)
2:00 p.m. Water Volleyball (P)
6:00 p.m. Dealer's Choice Poker (APA)
6:15 p.m. Hand and Foot (LC)
6:30 p.m. Penny Poker (NAV)
7:00 p.m. Water Exercise (PO)

THURSDAY

7:00 a.m. Lap Swimming (PO)
8:00 a.m. Ladies Billiards (B)
8:00 a.m. Ping Pong (C)
9:00 a.m. Heron Lakes Men's Golf (APA/NAV)
9:00 a.m. Ceramics (CER/SG)
9:00 a.m. Quilters (CLR/SR/BR)
9:00 a.m. Swim Exercise (P)
9:30 a.m. Oil Painting Class (AS)
10:00 a.m. Computer Lab Open (CC)
12:00 p.m. Pottery Open Studio (POT)
12:30 p.m. Duplicate Bridge (CLR)
1:00 p.m. Mah Jong (APA)
1:00 p.m. Poker – Dealers Choice (NAV2)
3:30 p.m. Genealogy (CC)
6:15 p.m. Hand and Foot - Samba (LC)
6:15 p.m. Rummikub (NAV)
6:30 p.m. Men's Poker (QCR)
7:00 p.m. Water Exercise (PO)

FRIDAY

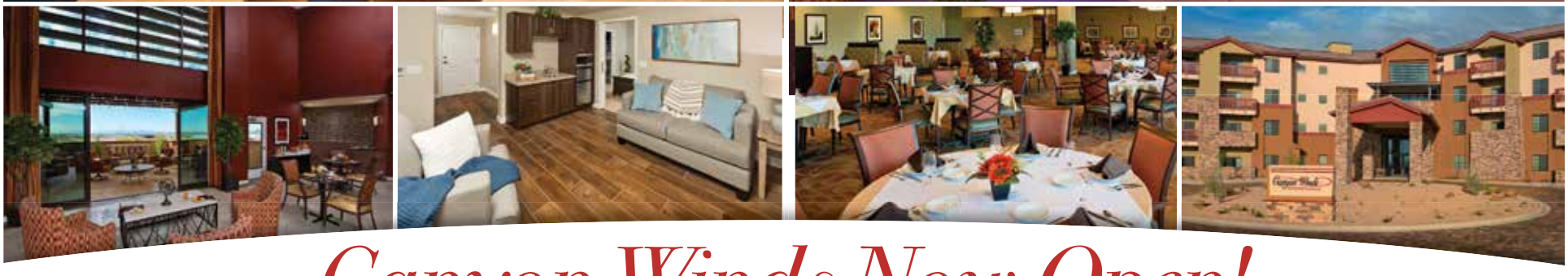
7:00 a.m. Early Bird Stretch (C)
7:00 a.m. Lap Swimming (PO)
9:00 a.m. Ceramics Class (CER/SG)
9:00 a.m. Drop in Art (AS)
9:00 a.m. Knit-A-Long (QCR)
9:00 a.m. Porcelain Painting (POT)
9:00 a.m. Swim Exercise (P)
10:00 a.m. Computer Lab Open (CC)
12:00 p.m. Pottery Open Studio (POT)
12:00 p.m. Beginning Clogging (C)
1:00 p.m. Cribbage (LC)
1:00 p.m. Intermediate I Clogging (C)
1:00 p.m. Open Sewing (SR)
2:00 p.m. Intermediate II Clogging (C)
3:00 p.m. Intermediate III Clogging (C)
4:00 p.m. Friday Social (CLRG)
6:15 p.m. Game Night (LC)
7:00 p.m. Bingo (BR)

SATURDAY

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







Canyon Winds Now Open!

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Assisted Living

Our beautifully designed Assisted Living community is upscale living with first class care for all of our valued residents. Canyon Winds Assisted Living residents will enjoy a wonderful amenity package to include the following:

- 24/7 Care from our licensed and certified staff
- 3 delicious meals per day in our restaurant style dining room
- Spacious activity room with amazing views
- Indoor & outdoor entertaining areas
- Theater room

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Canyon Winds Memory Care is dedicated to assist those with Alzheimer's and Memory Loss. Our caregivers are specially trained to provide personalized attention for our residents. Canyon Winds Memory Care residents will enjoy a wonderful amenity package that includes:

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- 3 delicious meals per day in our restaurant style dining room
- Spacious activity room that will host many daily events
- A beautiful courtyard made for activities and relaxing
- Comfortable sitting/tv areas

Independent Living

Canyon Winds is proud to offer an Independent Living community that will be sure to impress! Let our team at Canyon Winds do all the work, while you enjoy a resort style community with amenities to include:

- Restaurant style dining room with world class food
- 2 spacious activity rooms that will host many daily events
- Indoor & outdoor entertaining areas
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Leisure World

Oasis Health Spa

Outreach Services
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Available by appointment or walk-ins welcome.

Fitness Center
Closed for Construction until August 18.

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8 a.m. - 3:30 p.m.

Closed Weekends and Holidays

New September Group Fitness Classes!

Registration Begins August 1 at 7 a.m.

We have launched a new Group Exercise Calendar with new classes, a progression rating system and workshop. There is something for everyone!
Shallow Aqua (Lvl 2), Hydrorider (Lvl 2), Strength and Balance (Lvl 1), and Deep Aqua (Lvl 2) will begin as scheduled.
All other classes will begin August 20, 2019. Speak with a Fitness Specialist to select the right classes for you!

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

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



Fitness Center Grand Re-Opening August 19!

Join us on Monday, August 19 at 7:00 a.m. for the ribbon cutting to unveil the Grand Opening of the Fitness Center! Our staff appreciates your understanding during this renovatoin period. But we can assure you, it was worth the wait! Your patience will be rewarded with a first-class facility, innovative floor plan, new class offerings, added features (Functional Training and Stretch & Recovery areas), and a few exciting surprises.

A ceremonial ribbon cutting will kick off the Grand Opening at 7:00 a.m., followed by unparalleled hospitality, as your Fitness staff showcases the new Oasis Health Spa features. As a token of our appreciation, the resuming group exercise classes will be complimentary unitl August 31 to allow you to try our new classes and formats!

Join us anytime to have our staff show you around, experience what's new and find your perfect fit right in your backyard! Come see it all!

We look forward to helping you embark on a new journey of health and well-being!

Your Exercise Toolbox Personal Training Promotion

Maximize results by getting personal training. The Fitness Center is offering a special summer promotion to get you in shape. This special exercise toolbox includes the following:

- 8 sessions consisting of 60-minute one-on-one instructional training sessions (2x per week for 1 month)
- Comprehensive consultation and assessment
- Strategic goal-oriented program design
- Full gym equipment orientation with use, safety, program integration (multi-modality training)
- Basic nutrition/hydration support *(Exclusive complimentary bonus item.)*

All for only $499! ($76 savings)



New Classes: The Benefits of Group Exercise!



By Sue Patt

Our Oasis Health Spa Fitness Center is proud to announce a new Group Exercise Calendar beginning August 1, 2019! There's no better time to try a class!

Group exercise classes are more than the music, movements and shouts of encouragement. They offer social physical and emotional health benefits and provide a social outlet. From balance and boxing to building strength and stamina, our professional Fitness Specialists will challenge and improve your well-being.

Social Opportunities: Attending a group fitness class gets you off the couch and out of the same four walls of your home to meet people in your community. You are likely to have more fun exercising in a group than working out on your own. Fitness classes are a wonderful place to meet people who have similar lifestyle goals. Make friends, have adult conversations and discover solutions to problems as you talk with other participants before and after class.

Motivational and Accountability Boost: In class, we encourage you to work toward goals. Participating in a group exercise class challenges you to work out beyond your perceived limitations. Set days and times help keep you accountable to a schedule. We look forward to seeing you and the friends you make, too! These factors encourage you to keep returning to class.

Health and Technique Benefits: We offer a variety of group exercise classes to accommodate numerous exercise goals and levels. Moreover, group exercise participants benefit from using proper form. As a newbie or a regular, you might not know the proper form to use, which increases your risk of injury and decreases the effectiveness of your workout. In a class, we teach and cue correct positioning for maximum safety and effectiveness.

What better time to get into a group exercise program than with the launch of our new group exercise program! Contact us for help finding your perfect fit or to register!

-Sue Patt is a Leisure World Fitness Specialist.

Leisure World Wellness Department Staff



Randi Rich, RN
Health Office Lead



Marguerite Huspen
Outreach Specialist



Quoc Tran
Fitness Manager



Sue Patt
Fitness Specialist



Joe Carson
Fitness Specialist



Susan Kalnas
Fitness Specialist

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NURSE'S BEAT

Why Adults Need Vaccines

By Randi Rich



Vaccines are as important for adults as they are for children. The best reasons to get vaccinated are to protect yourself and those around you.

Here are 12 reasons to get vaccinated:

1. **Overdue and Unprotected:** You may no longer be protected. Some vaccines require a booster if you want to remain protected. Protection may not be lifelong for diseases like pertussis (whooping cough) or tetanus, which is usually given with the diphtheria toxoid. The Centers for Disease Control and Prevention (CDC) recommends a booster for the latter every 10 years after an initial childhood series.
2. **Protect Your Children:** Getting vaccines helps protect your kids–especially babies too young for vaccines. There is no flu vaccine licensed for infants younger than six months old.
3. **Adult-Specific Vaccines:** Some vaccines are just for adults. The shingles vaccine is a good example. Shingles, also known as herpes zoster, is caused by a reactivation of the chickenpox virus. It can cause a severe and painful skin rash. The risk for shingles increases as you age. The vaccine is recommended for adults 50 and older.
4. **Required for Travel:** You may need them when you travel. You can check the CDC's website (https://www.cdc.gov) for details about what you may need for your destination.
5. **Yearly Shot Needed:** Everyone needs a flu vaccine every year. The CDC recommends that anyone six months of age and older should get a flu vaccine annually, unless a medical reason prohibits it.
6. **Follow Your Kids' Example:** Your children have set an example since most don't have a choice about getting shots. Get your vaccine and show them that it prevents getting sick!
7. **Missing Vaccines:** You may not have gotten fully vaccinated as a child. Not everyone was or is fully vaccinated as a child. If you didn't get vaccines for things like measles, mumps and rubella or chickenpox as a child, you need them as an adult.
8. **Newer vaccines Developed:** Some vaccinations recommended for adults are fairly new. For example, the FDA approved the first HPV vaccine and shingles vaccine in 2006.
9. **Back to School:** If you are going back to college to take some classes or complete a degree, you might need to get vaccinated. Some colleges require proof of routine vaccinations and you may not have these records or remember. Your childhood doctor may no longer be practicing. Keep in mind that it is okay to repeat a vaccine but keeping good records will alleviate this problem.
10. **Work in Health Care:** Health care providers are exposed to a variety of potential infections, as well as blood and bodily fluids. Most health care professionals are required to have a complete vaccination series and evidence of immunity. They must also get the annual influenza vaccination.
11. **Sexually Active:** If you are sexually active with numerous partners, the Hepatitis B vaccine is highly recommended. Hepatitis B can be transmitted from person to person through contact with blood, semen, and vaginal fluid. Your partner may not appear ill but could be carrying the disease.
12. **Medical Conditions:** If you have asthma, heart, lung disease, diabetes or other chronic disease, you may need a vaccine. The pneumococcal vaccine helps prevent serious disease such as pneumonia, meningitis, and blood infection caused by the bacterium streptococcus pneumoniae.

Remember, vaccines depend on everything from your age, lifestyle medical conditions, travel plans and past shots already taken. Assess your needs, do some research and then do what's necessary to protect and prevent you and others from getting ill. It's a small shot reaping great benefits.

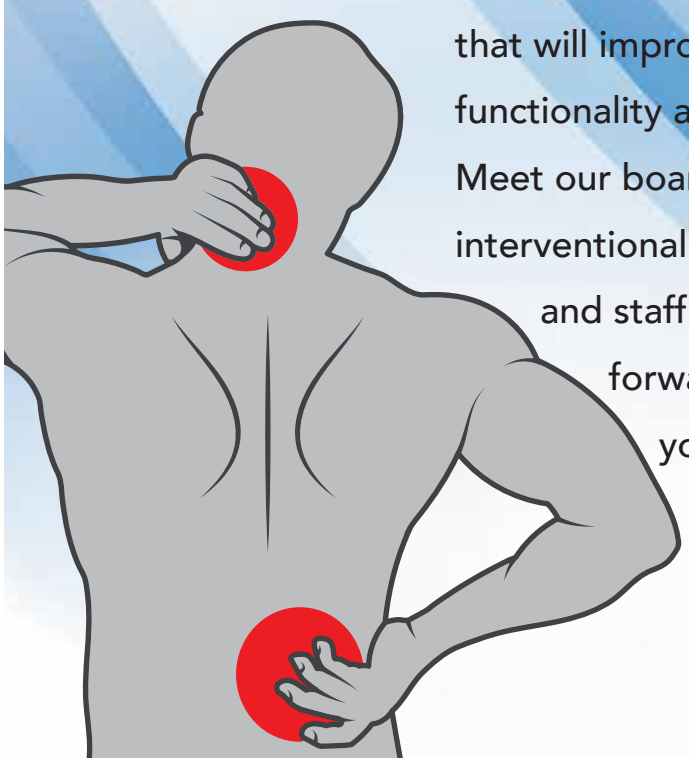
-By Randi Rich, RN, is Health Office Lead at Leisure World.

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There are two primary resources which make up a strong sense of balance, strength and motor skill. Typically, a scenario which has one in place without the other or a deficit in both leaves you feeling unsteady or uneasy on your feet. Whether it is going up or down stairs, transitioning from a soft surface to a hard one, rising from a sitting position, stepping over an obstacle or countless other daily challenges, it is essential to move with confidence in order to prevent a fall.

The Fitness Center is proud to offer a unique six-week workshop series designed to improve upon these resources, regardless of whether you are a little unsteady or want to be proactive in not getting to that point.

With a maximum of only 10 participants, this 60-minute workshop occurring twice a week, takes you through a strategic series of exercises, drills, obstacles and skills. This dynamic program will effectively increase your strength while honing your motor skills.

This Level ll program is a great segue from the Strength & Balance class into the other Level ll and Level lll classes. You must be able to walk with minimal assistance in order to participate and be committed to attend all 12 sessions.

Reserve your spot and register early! Spaces are limited with a maximum of 10 participants! Contact the Fitness Center for more information.

Workshop: September 9 - October 16
Days/Times: Monday & Wednesday 11:30 a.m. - 12:30 p.m.
Place: Rec. 1 Classroom
Registration Begins: Monday, August 26
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Group Exercise Classes

As a reminder, we have launched a new Group Exercise Calendar with new classes, a new class progression rating system and a new workshop. There is something for everyone! Speak with a Fitness Specialist to select the right classes for you!

CLASS	DAYS	TIMES	PRICE	LOCATION
Core Performance	Tues/Thurs	6:00-6:45 a.m.	$20 Monthly $4 Drop-In	Rec. 1 Classroom
Core and More	Mon/Wed	2:00-2:45 p.m.	$17 Monthly $4 Drop-In	Rec. 1 Classroom
Deep Aqua	Tues/Thurs	6:00-6:45 p.m.	$17 Monthly $4 Drop-In	Rec. 1 Pool
Fight Back Boxing	Mon/Wed/ Fri	9:30-10:15 a.m.	$22 Monthly $4 Drop-In	Rec. 1 Classroom
Functional Circuit	Mon/Wed/ Fri	4:00-5:00 p.m.	$22 Monthly $4 Drop-In	Rec. 1 Fitness Center
H.I.I.T. Jams	Tues/Thurs	11:45 a.m.- 12:30 p.m.	$17 Monthly $4 Drop-In	Rec. 1 Classroom
Hydrorider	Tuesday or Thursday	9:30-10:15 a.m.	$22 Monthly $8 Drop-In	Rec. 2 Therapy Pool
Master the Machines	Tues/Thurs	2:00-2:45 p.m.	$17 Monthly $4 Drop-In	Rec. 1 Fitness Center
Mat Pilates	Tues/Thurs	10:00-10:45 a.m.	$17 Monthly $4 Drop-In	Rec. 1 Classroom
Shallow Aqua Fitness	Mon/Wed/ Fri	8:00-8:45 a.m.	$22 Monthly $4 Drop-In	Rec. 1 Classroom
Strength & Balance Level	Tues/Thurs	11:00-11:30 a.m.	$13 Monthly $4 Drop-In	Rec .1 Classroom
Strong & Steady	Mon/Wed/ Fri	10:30-11:15 a.m.	$22 Monthly $4 Drop-In	Rec. 1 Classroom
TRU Strength	Mon/Wed/ Fri	6:00-6:45 a.m.	$22 Monthly $4 Drop-In	Rec. 1 Classroom
TRX® Fundamentals	Tues/Thurs	2:45-3:30 p.m.	$17 Monthly $4 Drop-In	Rec. 1 Classroom
Zumba® Gold	Mon/Wed	12:45-1:45 p.m.	$5/Class (Pay instructor)	Rec. 1 Classroom



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Class Descriptions

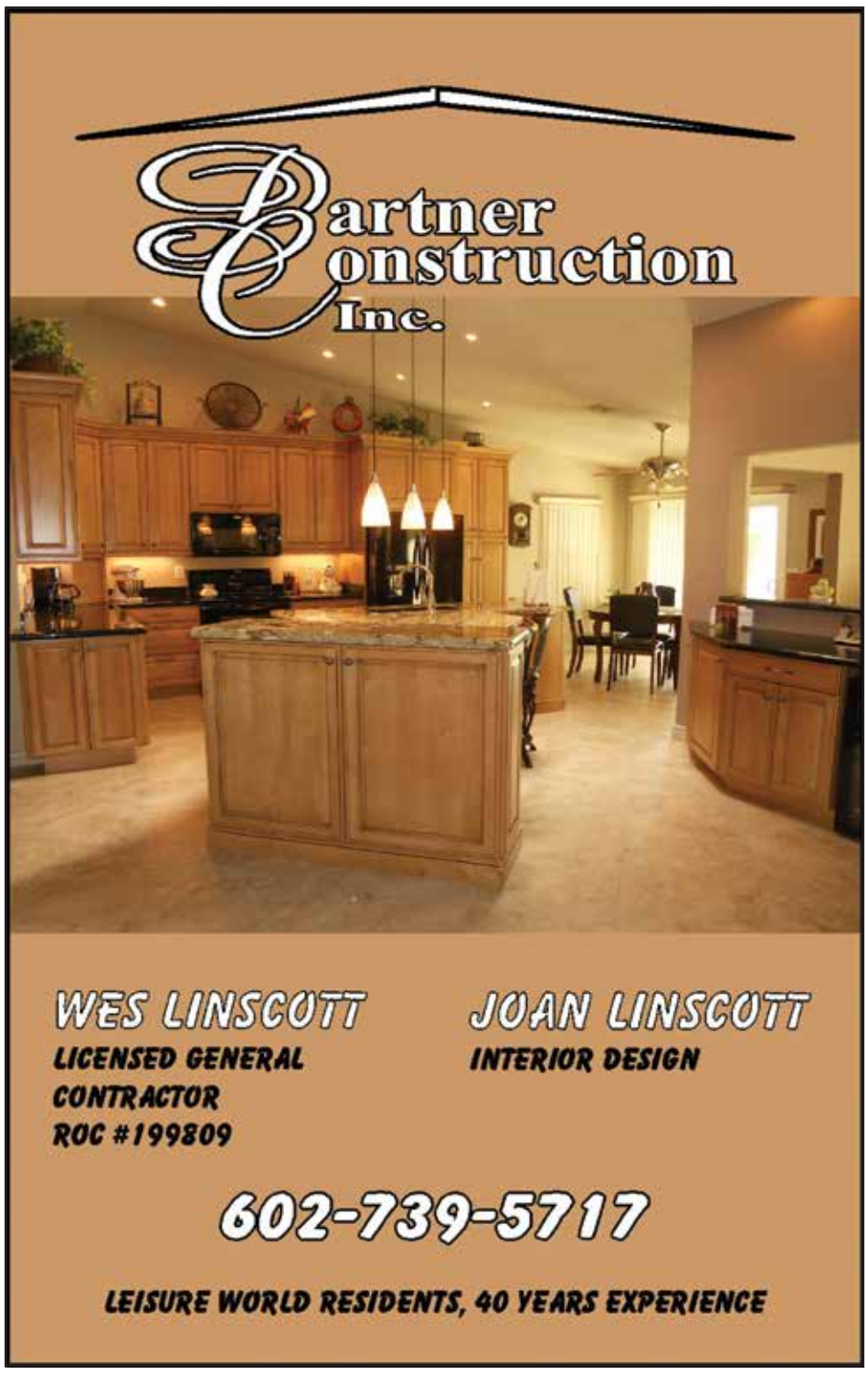
Level 1: Perfect for those new to exercise, seeking to strengthen muscles and establish a routine while having a chair or machine for assistance and support.
Level 2: Suitable for all skill levels. By increasing movement and intensity options, participants can adapt workouts to their levels
Level 3: These classes focus on increasing muscle strength and endurance, cardiovascular and core fitness.
Level 4: Designed for the advance level exerciser who wants to refine their skills and improve their strength and conditioning.
Level 5: High level classes designed to increase athletic performance and enhance fitness levels.

Shallow Aqua (Lvl 2), Hydrorider (Lvl 2), Strength and Balance (Lvl 1), and Deep Aqua (Lvl 2) will begin as scheduled. All other classes will begin on August 20, 2019.



˜***Core Performance** (Lvl. 3) - The ALL-NEW **CORE Performance** class utilizes innovative/progressive program design to produce solid results which improve posture, mobility, agility, movement mechanics, and injury prevention.
˜***Core & More** (Lvl 2) - This class will enhance your core strength, legs and butt through different exercises utilizing your own body weight, bands, weights and bosu. Come prepared for an abdominal and lower body workout!
˜***Deep Aqua Fitness** (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.
˜***Fight Back-Boxing Fitness** (Lvl 2) - This non-contact class is centered around the Rocksteady Boxing for Parkinson's program. Combining the very best approach to improving cardio fitness, balance, agility, motor skill & coordination, and functional strength conditioning. You will need to provide your own gloves and hand wraps (gel wraps recommended).
˜***Functional Circuit** (Lvl 4) - An interval type of physical training (cardio and strength) that involves high intensity exercise alternated with rest periods is highly effective in conditioning the cardiovascular system. Must be able to easily get up and down from the floor.
˜***H.I.I.T. Jams** (Lvl 5) - This high energy, music driven class is powered by heart pumping high intensity interval training and the best beats to keep you motivated! This class will combine strength and endurance components using a variety of equipment and followed by a calming cooldown. Must be able to easily get up and down from the floor. Music volume is set high to maintain high energy throughout the class, if you are sensitive to music volume this may not be the class for you.
˜**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** (Lvl 1) - This beginner class will teach you proper technique, customize seat settings, find proper starting weights, define number of repetitions and sets, and help you learn how to progress a strength training program in our Fitness Center. This class is designed to get you started, build strength, and give you tools to build your fitness program.
˜**Mat Pilates** (Lvl 3) - This class is based on Joseph Pilates principles focusing on connecting breath and core activation. It's designed to build core strength, abdominal endurance and tone muscles. You must be able to get on and off the floor with or without chair assistance.
˜***Shallow Aqua Fitness** (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.
˜***Strength and Balance** (Lvl 1) - Classes will concentrate on range of motion from head to toe along with lifting hand-held weights and using one's own body weight to improve stability and strength.
˜**Strong & Steady** (Lvl 3) – Comprehensive strength conditioning designed to improve strength, posture, and balance fundamentals. Programming includes skills which help to improve daily function, facilitate an active lifestyle, and minimize physical decline associated with aging. Must be willing to learn to get up and down from the floor.
˜***TRU Strength** (Lvl 4) - The ALL-NEW **TRU-Strength** functional strength training class is strategically 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® 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.
Zumba® Gold (Lvl 2) - This fun Latin style dance class helps you improve your cardio fitness, balance, and strength. The design of the class introduces easy to follow Zumba® choreography.

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MEMBER SPOTLIGHT

Penny Dimick Thrives on Exercise

I grew up in the 1950s in Astoria, Oregon, a small town of 10,000 people. Sport options were extremely limited. The YMCA had a pool the size of a bathtub and that is where I learned to swim at 7 years-old. I also played girl's softball in the summer. My sport interests were subject to availability: a little tennis and roller skating. My first coaster bike arrived on my 12th birthday.



In junior high, I decided sports were more my style than Girl Scouts. So, at 14, I swam 2 ½ miles across Spirit Lake at the base of Mount St. Helen's. At 16, I climbed to the top of Mt. St. Helen's (before she blew). At 18, I built a sailboat. And at 19, I was introduced to Women's Crew at the University of Washington and a weight room full of men. I rowed at Nationals with my team for two years in the Lightweight Division, winning in several events. Hence, I learned the mindset and dedication required to excel.

As an adult, I've played women's slowpitch softball for many years, biked through Big Sur on Highway 101 (San Francisco to Santa Barbara), hiked and camped to enjoy nature in the Grand Canyon, the Narrows in Zion, North Cascades and the top of Yosemite Falls and Half Done in Yosemite. Tamer activities along the way were square and round dancing, and quilting.

Like most people who exercise, I have had obstacles to overcome, which is one of the reasons why I continue to stay active. I have several health issues, including a torn meniscus in my left knee, breast cancer and tendonitis in my right shoulder. Each hiccup along the way set me back. I had to pick myself up and keep on trucking.

In 2010, we moved to Leisure World. Over the years, I have participated in a variety of classes and maintain a level of fitness. That's why, if I want to do a 20 mile hike or 100 mile bike ride, I have a base to begin my training. That keeps me coming back! I enjoy taking classes because I don't have to think—a "trained" professional provides the exercises and music. There is accountability to attend a scheduled class, especially if I paid for it. Continual core, strength and cardio classes keep my doctor happy and my physical issues (right shoulder and left knee) in check (who wants surgery?). I also want to play and hike with my grandchildren. They may be fast, but I can still swim better; they sink! Most importantly, exercise makes me feel better and happy!



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LONGEVITY

The Power of Positive Affirmations

By Ronda Gates

In the 19th century, after more than 20 years of study, Émile Coué, a French professor, master hypnotist, psychologist and pharmacist, introduced a now popular method of psychotherapy and self-improvement based on optimistic autosuggestion. He treated hundreds of patients in Europe and North America by teaching them to repeat—every morning and evening—in a mantra-like way, the affirmation: "Every day, in every way, I am getting better and better."

By only using this affirmation, patients were able to improve their health and well-being. Fellow professionals described the results as "nothing less than spectacular!"

Affirmations are a powerful tool used by psychologists who practice cognitive restructuring. This simply means that you use intellectual processes to think and behave in a new, healthier way.

Manifest Destiny



Skeptics aside, affirmations are now recognized as a powerful tool in manifesting our desires. Research shows that our mind has more control over our body—and our belief system—than we ever dreamed possible. It is our subconscious mind, more than our will, which drives behavior. That's because the subconscious mind cannot differentiate between reality and what is suggested to it. The mind processes statements it hears repeatedly as being real. Our nervous system acts on this perceived reality and produces a response that can potentially be life-changing. Affirmations take advantage of this phenomenon.

People from all walks of life—from athletic coaches, sales professionals and religious leaders—promote the practice of affirmations. Affirmations can work for you, too.

Here are some guidelines to create your own life-changing affirmations:

- Begin your affirmation with "I." This demonstrates your personal power.
- Always affirm in the present as if you have already achieved your desire. Instead of, "I am getting healthier every day" say, "I am healthier every day."
- Affirm with, "I have…" or "I am…" rather than "I need…" or "I want…" For example, "I have confidence in every situation or "I am well-balanced."
- Eliminate "should" from affirmations. Say, "I walk 5,000 steps every day" and not, "I should walk 5,000 steps daily."
- Avoid the negative words "no," "non," "not" and "never." Your subconscious does not recognize negative words, so the opposite of what you want may occur. Rather than saying, "I am not clumsy," reframe your affirmation positively. For example, it is more useful to affirm, "I have excellent balance."
- Avoid the words "hope," "wish" and "try." They are illusory and misleading. For example, have you ever *tried* to pick up a set of care keys? No, you reach out and grab them! It takes less energy to do things than "trying" to do them. Instead of, "I am trying to overcome my fear of heights, affirm, "I am safe in high places."

Once you have created an affirmation, repeat it often until you feel comfortable. It takes most people several weeks to generate their first successful affirmation.

Here are some examples to get you started:

- "I am stronger each day."
- "I experience increased energy and vitality."
- "I am full of energy and enjoy exercising every day."
- "I eat only when I am truly hungry."
- "My health is better than it has ever been."

Once you have constructed an affirmation that you are comfortable with, write it several times a day or record it on your cell phone so you can hear it often. The more you reprogram your subconscious with a positive message, the sooner your desire will become your reality. Then you can continue to repeat it or create a new one. Believe in the power of affirmations. It works!

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

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When to Choose Assisted Living

Let's face it, no one is thrilled at the thought of living in a care facility. The of thought of losing your independence, forced to eat bland food and then spend your days sitting around with people who don't know what day it is, is chilling for anyone. But today's assisted living communities are a far cry from your grandmother's nursing home. In fact, many offer resort-style living while providing you with the extra care assistance and security you need without taking away your independence.

So, how do you know when you are ready to make the move? What type of facility will best suit your needs now and in the future? Do I need assisted living or can I live in an independent living facility for a while?

Here is some important information to make an informed decision.



Assisted vs. Independent Living

The main difference between assisted and independent living are your activities of daily living (ADLs). These activities include preparing your meals, personal hygiene, household chores, medication management, etc. Those who chose an independent living facility can perform all their ADL but want the ability to get assistance if needed. Assisted living is more appropriate when you want a maintenance-free lifestyle and help with some of your ADLs – prepared meals, laundry services, transportation and more.

Knowing When

There are tell-tale signs that indicate assisted living is right for you. The most common is whether you can perform any or all your ADLs. Of course, if your overall health is declining and you become reclusive, an assisted living facility can help improve your overall well-being.

Other signs to consider include an increase in depression and/or anxiety, poor nutrition and poor hygiene. Living in the right facility can help combat many of these because they offer the opportunity to socialize through organized activities. The right assisted living facility also provides delicious and nutritional meals while helping you with the ADLs you cannot perform.

The good news is that there are many communities that offer both independent and assisted living, so you can start in independent living and switch to assisted living when it's appropriate. The right facility will also let you stay in your apartment as your care levels increase. This way, you do not have to incur the stress and expense of a move from your independent living apartment to an assisted living one. Many facilities are fully equipped to allow you to age in place, which is ideal for mental, physical and emotional well-being.

-Melissa Stuckey, MBA, and her husband, Jay, are senior advisors and own Assisted Living Locators of Mesa—a free senior placement agency. For more information, visit www.assistedlivinglocators.com/Mesa or call 480-685-9822.

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Leisure World

Golf

Heron Lakes Labor Day Golf Scramble



Don't miss our upcoming Golf Scramble on Labor Day! There'll be food, beverages and prizes—and lots of fun! Sign up at Heron Lakes Golf Shop or call 480-664-0762.

Date: Monday, September 2
Time: 7 a.m. Shotgun Start
Game: Modified 4-person scramble
Cost: $15 per person

Golf Attire Sale!



Don't miss the Coyote Run Golf Shop closeout sales on men and women's select golf attire, including shirts, shorts and skorts—all for $35 or less. Only a few sizes left in each.

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HOT TIPS

Bunker Play—the Easy Way

Here's your greenside sand lesson in two words: speed and bounce. Splashing the ball out of a bunker takes more power than you might think–that's the speed part. To use this speed effectively, the club must slide through the sand without getting stuck–that's the bounce part!

Focus on the following keys:

1. Lower the handle at address, feeling more bend in your wrists. When your hands are low, the heel of the club is more exposed. This helps the clubhead glide through at a consistent depth. Setting the hands higher raises the heel and can cause the toe of the club to dig too deep into the sand, which stops the swing short.
2. Hinge the wrists more on the backswing. This is used as a lever to generate speed quickly and helps create a steeper angle as you descend down into the sand and eventually to the golf ball.
3. Stay centered as you take your backswing and then swing to the left through impact. To maintain the club's bounce, don't let the shaft rotate counterclockwise as you swing through. Your trail hand should stay under the shaft, with the knuckles on your lead hand pointing up.

Use these useful tips to hit quality bunker shots!

For more help on bunker shots and others, visit www.lwca.com and click on my Quick Tips tab in the golf section of the website.



Selecting the Right Putter for Your Game



Are you in the market for a new putter? If so, should you choose a blade putter or a mallet putter? Selecting a new putter for your golf game will provide you with many options. Blade and mallet putters are the two most common, with both having their own design and benefits for a distinct style of putting stroke.

Blade Putter

The blade putter gets its name because it has a straight, blade-style clubhead attached to the end of the shaft. The shaft attaches either to the heel of the blade or closer to the center of the blade.

Mallet Putters

Mallet putters have more elaborate designs and are notable for their large clubheads. Although the clubface of a mallet putter is square like a blade putter, mallet putters have large clubheads that come in various shapes, including square, semi-circle or even more abstract designs. The bulk of the weight of a mallet putter is away from the clubface, providing golfers with a different feel while putting.

Each style of putter is more suitable for certain styles of putting strokes. If your putting stroke is straight back and through, a mallet putter is ideal because of the club's center of gravity, which is toward the back of the club. With this design, it's easier to keep the clubface square. If you have an arc in your putting stroke, a blade putter is better because this putter is easier to twist slightly during the stroke.

Keep this in mind the next time you are thinking of buying a new putter. If you do, you might just improve your equitable stroke control.

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