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March 2019



Leisure World News

The Official News Publication of Leisure World Arizona



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Pillowcase Project Helps Young Girls in Need

"Every girl deserves at least one dress," says Rachel Eggum Cinader, founder of Dress a Girl Around the World.

In 2009, Rachel started a Christian ministry to provide pillowcase dresses for young girls in Uganda—all from her home in Rockwood, Michigan. The idea spread throughout the country and emerged into various ministries, all with the same mission: to provide dresses for girls in need. At Leisure World, this labor of love is called the Pillowcase Project.

A Local Mission with Heart

Resident Linda Morgan was inspired to start The Pillowcase Project at Leisure World five years ago after learning about it from a classmate at a watercolor painting class.

"I thought it would be a good opportunity for retired women who like to sew," explains Linda. "It makes them feel good to donate their time while keeping up with their sewing skills."

Linda oversaw the project for three years until a bad back prohibited her from continuing. She's proud of the group and all the work it has accomplished.

"Most of the dresses go to Africa and Third World countries where they are needed," Linda adds. The missionaries tell us how much these girls love the dresses and take wonderful care of them, thanks to our amazing volunteers who provide this gift."

When Darlene Footh heard about the project after moving to Leisure World in 2014, she wasted no time in volunteering!

"It's a great way of doing things for others," Darlene shares. "And, it's good to know that the dresses are going someplace where they are needed.

Darlene worked alongside Linda for a year before taking over a leadership role after Linda stepped down. Since then, the Pillowcase Project continues to thrive, in large part, because of Darlene's love of sewing and helping others.

"I'm passionate about it because the pictures I get show the girls with their pillowcase dresses," Darlene adds. "And they're smiling! It's a wonderful mission to be a part of."

Sewing With Purpose

Darlene's volunteers consist of 10 women—all Leisure World residents—who pick up pillowcases and other supplies every Monday (except during summer months) between 8:30 a.m. to 10 a.m. in the Anniversary Room. All supplies are donated or purchased by group members.

The women work on the dresses from home and bring them back when finished. From November 2017 to April 2018, the group sewed 450 dresses, including 100 completed by resident Carolin Lowy, who makes most of her dresses in the summer.

"I enjoy creating the dresses because it's such a worthwhile project," Carolin shares. "Darlene is in charge, and she's very creative. She'll help you get started, has everything you need and gives you the freedom to create what you like. Darlene is efficient and a very nice lady to work with!"



Pillowcase Project ladies Julie Roering, Darlene Footh and Lyn Erickson.



Young girls enjoying their dresses!

Resident Julie Roering also volunteers and enjoys being part of this project with Darlene.

"Darlene is a hard worker," says Julie. "She sews every day and is definitely enthusiastic. She coordinates getting the pillowcases and fabrics and makes sure all the dresses get to the missionaries to be delivered. She's wonderful."

The dresses only take one to one-and-a-half hours to make because the pillowcase is already hemmed and can be made for all ages. But Darlene favors doing them for teens.

"I encourage my volunteers to focus on making dresses for teenage girls because I think they need them more," Darlene explains. "Dressing modestly helps them to avoid being abused. These might be the only dresses they'll ever get."

Three or four times a year, the dresses are taken to Darlene's contact in Mesa, who opens her home as a base camp for local volunteers to meet, pick up or donate material and package the dresses. Local missionaries then pick them up to deliver to Peru, Guatemala, Haiti, Mexico, Cambodia and Africa.

Dresses and britches are also donated to Helen's Hope Chest in Mesa, an organization that provides Arizona foster youth clothing and other items.

"I want to thank everyone who has donated material, lace, thread and machines, and to those who have participated in this project," Darlene says gratefully.

You, too, can spread hope by volunteering or donating supplies, especially good quality pillowcases. It's never too late to get involved and be part of this labor of love!

For more information, contact Darlene at 701-339-8491.

Box Tops for Education: Turn Clippings into Cash

Would you like to help a local elementary school prosper and achieve their best for the students they serve? Leisure World, in partnership with Jefferson Elementary – a Title I school in Mesa – have teamed up for the Box Tops for Education program to turn clippings into cash! It's fun, easy and makes a huge difference in student's lives.

Supporting Education

Box Tops for Education was started by General Mills in 1996 to help support education in America's schools. People simply purchase products that contain the box tops image, cut off and bring them to one of the conveniently located drop boxes throughout the community. Boxes are located in the Administration Building, Fitness Center, the Heron Lakes Pro Shop and Coyote Run Clubhouse.

Residents Lori Hines and Sherry Larson collect the box tops once a week, cut them to size, if needed, and take them to the school on a monthly basis. The school will then submit the box tops to General Mills, who mails a check directly to the school to be used by the school as needed. The money is usually used to purchase school supplies for students and computers. Funds also support school organizations, including a scholarship fund for former students.

Products to Look For

Each box top is worth 10 cents. Multipacks can be worth more! Examples of products include:

- Nestle Pure Life water
- General Mills cereal
- Ziplock bags
- Lysol toilet bowl cleaner
- Kleenex bundle packs
- Annie's boxed food
- Hefty plates, cups and garbage bags

For a complete list of products, visit www.boxtops4education.com. There you will find a list of hundreds of products that qualify, product coupons and an app that enables you to scan your receipts, turning your everyday purchases into cash for your school! Make sure you designate Jefferson Elementary as the recipient school.

Jefferson Elementary is thrilled that the residents of Leisure World want to help. The school's next big mailing to General Mills will be in May, so please clip your box tops now! Start turning your clippings into cash!

For more information on the Box Tops project, please contact Lori at 480-247-2956.



Lori Hines

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
Landscape/Maint. Department	Ext. 223 landscape@lwca.com
Communications / LW News	Ext. 248 news@lwca.com
Recreation Department	Ext. 224 recreation@lwca.com
Security Department	832-0000 security@lwca.com
RE/MAX Classic	480-832-7451
Outreach Office	Ext. 207



Wednesday Morning Coffee

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Michael George	2091
1809404 Alberta LTD., an Alberta Corporation	2731
Evelyn Guehr	804
Lydia Citron	27
Jeannette Childers	501
Gayle and Karen Lane	1857

Don't forget to schedule a

NEW RESIDENT ORIENTATION!

Learn what Leisure World is all about, get your photo I.D. card and order your name badge!

Call (480) 832-0003 ext. 210

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Leisure World Arizona

Leisure World News

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Administrative Announcements



New Member Breakfast!

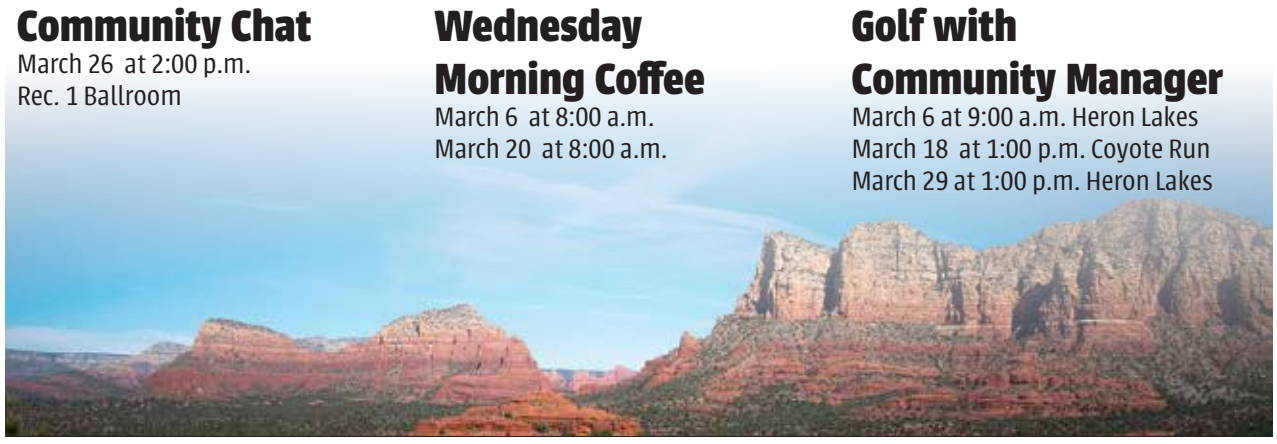
We would like to invite all new members of the Association to a breakfast hosted by Leisure World Community Manager Bob Kimble. We will share important information with our residents about Leisure World during this fun and informative breakfast.

The breakfast will be in the Ballroom at Rec. 1 and will be on the following dates for the 2018-2019 season:

March 14 at 8 a.m.
April 4 at 8 a.m.

All new members are encouraged to attend and learn more about Leisure World and what we have to offer. There is also room for other residents who would like to attend. Please choose one of the dates above that will best fit your schedule.

Please RSVP to Executive Assistant Becky Cole at bcole@lwca.com or call 480-832-0003 ext. 218.



Community Chat
March 26 at 2:00 p.m.
Rec. 1 Ballroom

Wednesday Morning Coffee
March 6 at 8:00 a.m.
March 20 at 8:00 a.m.

Golf with Community Manager
March 6 at 9:00 a.m. Heron Lakes
March 18 at 1:00 p.m. Coyote Run
March 29 at 1:00 p.m. Heron Lakes

March Board and District Meetings

Meeting	Date	Time	Location
Board of Directors Work Session	March 5	8:30 a.m.	Ballroom
Open Board Meeting	March 20	1:30 p.m.	Ballroom
District 1	March 13	10:00 a.m.	Ballroom
District 3	March 12	4:30 p.m.	Ballroom
District 4	March 14	4:00 p.m.	Theater
District 5	March 12	4:00 p.m.	Hopi
District 6	March 13	4:45 p.m.	Hopi
District 7	March 14	4:00 p.m.	Ballroom
District 8	March 12	5:30 p.m.	Pima



Meeting Minutes

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





Administrative Announcements

COMPLIANCE CORNER

Permits First!



If you need work done to your home, be sure to get a permit!

According to the ACC Rules and Procedures, "It is the manor owner's responsibility to obtain a Maricopa County permit when necessary to complete the work prior to construction start. Approval of an ACC permit does not replace the requirement to obtain a construction permit from Maricopa County, nor does it indicate the proposed work is in compliance with – or will be approved by – Maricopa County as complying with their building codes when a permit is requested.

All manor owners and/or contractors are obligated to obtain a building permit for all construction for which they are required. Any questions regarding county permits should be directed to the Maricopa County Planning and Development Department by calling 602-506-3301 or visiting http://www.maricopa.gov/1674/Residential-Construction."

Please note that any work that is done prior to receiving a Leisure World permit (orange card) will automatically be fined.

Thank you for your cooperation!

New Bus Service for Residents!



From left to right: Marc Chief Development Officer Norm Duve, Marc President Justin Ogburn, Fellowship Square Executive Director John Scott Williams, LW Community Manager Bob Kimble and Long-Range Planning Committee members Bob Lehrkind and Doug Cuthbert

Fellowship Square and Marc Community Resources (operators of the Rendezvous Café) are teaming up to provide Leisure World residents with bus service beginning in early March. Stay tuned for start date!

Residents who don't drive and want to go to the local grocery store or run errands nearby will soon have a way to do so—free of charge! Service will be on Wednesday mornings at 9 a.m. and in the afternoons starting at 1 p.m. Bus pickup will be at the Administration Building and at Rec 2.

Information bus times and stops will be available at the front desk of the Administration Building. To use this service, residents must reserve their seat by calling the front desk at 480-832-0003 ext. 210.

The Long-Range Planning Committee was asked by the Governing Board to develop a transportation program for residents with limited or no driving ability. This collaboration between Leisure World, Marc Community Resources (Marc) and Fellowship Square will be on a trial basis and is a work in progress.

Marc will also have a bus available to take residents from their homes and bring them to the Administration Building or Rec. 2. Volunteer bus drivers are needed. For a resident to qualify to do so, he/she must attend a four-hour driver-training program at Marc. A regular driver's license and proof of insurance is required.

If you are interested in becoming a volunteer bus driver, please contact Jeff Bayer at 650-533-4949.



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Please take advantage of the many businesses and services that are advertised in the Leisure World newspaper. Thanks to these generous patrons, we are able to keep you informed and up-to-date on the latest happenings around Leisure World. You also get the added benefit of receiving the newspaper free of charge. So let's go local and encourage our advertisers as we give back to the community!

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Foundation Flashes

Continuing to Thrive with Giving

The Tennis Fun Day, "Hollywood Nights," the Pickleball Carnival Day and Billards' Club Super Bowl Football Board were successful fundraisers for the Leisure World Foundation to support a variety of charitable organizations. We are extremely grateful and thank all participants!

By participating in these events, money is raised to support local charities that are making a difference in the lives of those who need it most! The 2019 recipients of Challenge Days Grants are: Sunshine Acres, House of Refuge and Child Crisis Center of Arizona.

Charitable Friends Unite

The Friends of the Foundation is a separate committee dedicated to promoting generosity within Leisure World. Its goal is to build an endowment fund to allow the work of the Foundation to continue into the future.

Friends of the Foundation was established in 2012 by then-President Chuck Krueger and retiring Director Beverly Locke, along with Ralph Mueller, Kay Eakin, Marv Deide and Mike Atkinson. Peggy Dittberner, Sandra Lackore, Joann Sheerin and Eleanor McLester have also been a part of our growth. Our long-term goal is to have $1,000,000 invested so that every year, interest can go towards improving the lives of residents.

Leaving a Legacy

Legacy Giving is a way that an individual can contribute and make a difference in the community with a charitable gift in the future. If you would like more information, please contact Sandra Lackore at 480-696-0779.

You can also get involved by joining the Board of Directors or volunteering for an activity or event. Contact Dennis O'Grady at 480-888-5018 to learn more about ways to support worthy causes in Leisure World and the community at-large

Looking forward to the March 21 "Fun on the Greens plus a Banquet" event on Coyote Run Golf Course. Sign up at the pro shop.

LW Foundation Volunteers Needed: Make a Difference!

Are you new to Leisure World? Maybe you have been here for a while and now you want to get involved.

The Leisure World Foundation is looking for potential committee and board members who have the time and talent to make a difference in our community. The Foundation's mission is to provide charitable relief to meet the needs of elderly, disabled and distressed persons in the Mesa, Arizona, and East Valley areas, including Leisure World.

The Foundation Board would like to meet residents with board/governance experience, in particular, with backgrounds in bookkeeping and accounting, journalism, and an interest in photographing Leisure World events or charitable organizations.

For more information, please call Bob Lehrkind at 406-223-8489 or Dennis O'Grady at 480-888-5018.

Ten Percent off at Dillard's March 15!

Proceeds go to LW Foundation!



On March 15, Leisure World residents will get 10 percent off purchases* at Dillard's at the Superstition Springs Mall. Simply show your Leisure World resident photo ID for your discount. Dillard's will then give 10 percent back of items sold to the Leisure World Foundation! What are you waiting for? It's time to go shopping!

**some exclusions may apply*

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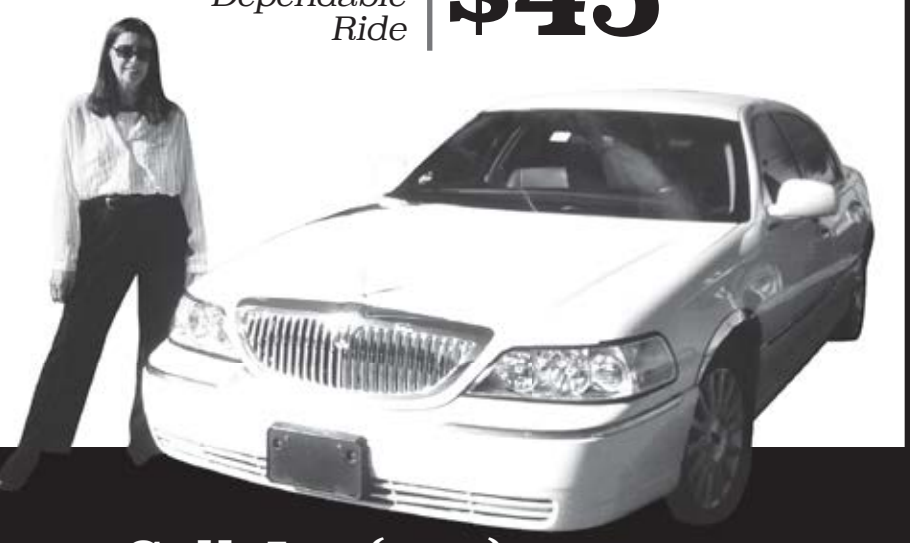


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Administrative Announcements

STAFF INSIDER

Indra Polk: On a Mission to Excel

Residents have come to enjoy the beautiful landscape of our community! But this doesn't happen overnight. It's thanks to the hard work of dedicated employees like Landscape Irrigation Technician Indra Polk this is possible.

"I have high standards," Indra explains. "I'm a perfectionist. I'm big on details, and if a job takes longer so it looks good, then it's worth it. I don't just fill holes. I make sure everything is level and put back right. I pay attention to the details."

It's this attention to detail that makes Indra stand out.

"Indra is one of the hardest workers at Leisure world," says Leisure World Golf Course Superintendent/ Landscape Manager Ryan Standifird. "She has been a great asset to the Landscape Department and always has a positive attitude."



Indra hard at work.

Unbridled Enthusiasm

A native of Oakland, California, Indra and her life partner, Ben, moved to Dubuque, Iowa, for work. But after four years, they left for Mesa at the urging of a friend who lived here. It didn't take much convincing since Indra and Ben were tired of the cold.

Before Indra joined Leisure World, she helped Ben install gutters and roofs. She also worked for three years as an assistant manager in the custom framing department at Old America, a craft store in Tempe. Her love of the outdoors led her to look for work elsewhere. Thankfully, she found Leisure World!

Indra began working for Leisure World in 1999 after Leisure World's former Landscape Supervisor Fred Avelar—who also happened to be her neighbor—recommended her for a job. She was promptly hired as a technician and has been happily doing her job for a decade.

Exceeding Expectations

Indra loves what she does, including the variety and challenges that pop up. She does everything from repairing irrigation leaks and broken lines to ensuring contractors meet required work specifications. Since jobs come up unexpectedly daily, Indra is a master organizer who knows how to get things done.

Indra's also not one to sit on her laurels. When she notices something needs work, she takes action.

"I'm on a mission to prune the old deadwood out of the oleanders," Indra explains. "That's something no one pays attention or notices, but I do it to improve the plant. No one asks me to do it, but I want the plant to look better."

Indra's desire to keep the community in tip-top condition continues to impress community members.

"Literally, every week I get stopped by residents who tell me how helpful Indra has been," shares Travis Fish, Leisure World Director of Golf and Landscape Travis Fish. "They always tell me how great she is at communicating their issues and how she's going to fix them. Indra really cares about Leisure World, and it shows in her work and in her attitude with residents."

When Indra's not working, she and Ben enjoy camping and fishing at Apache Lake. She also enjoys planning trips. But her favorite pastime is being one with nature and listening to the sound of the wind brushing through the pine trees.

Perhaps it's Indra's serene, exuberant nature that residents find so attractive.

"All the residents talk to me! They are so nice and friendly," Indra says smilingly. "They know if they flag me down, I'll get whatever they need done. And it's always my pleasure."

So, the next time you see Indra, please thank her for her hard work and positive attitude. And don't be surprised if she stops to see if you need anything done!

Genoveva Mejia Honored with Employee of the Quarter Award



Genoveva receives award from Community Manager Bob Kimble.

Leisure World is happy to announce Housekeeper Genoveva Mejia as the Employee of the Fourth Quarter for 2018! Genoveva's strong work ethic and cheerful attitude were key factors in earning her the award.

A Housekeeper in the Facilities Department since 2006, Genoveva's commitment to excellence and keeping everything immaculately clean is her top priority. She also assists with training new employees and provides translation services for employees who primarily speak Spanish.

With a humble attitude, Genoveva is always looking for ways to be of service and goes above and beyond her job description.

Congratulations, Genoveva! Thank you for outstanding work!

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Administrative Announcements

Welcome to the Block

Sherry Green



New resident Sherry Green traveled across the country for two reasons: to be closer to family and to move to Leisure World! Sherry comes from Jefferson County, West Virginia, where she's lived since 1974.

Sherry was born in Chicago Heights, Illinois and moved with her family to Whippany, New Jersey, for her dad's teaching job. And when it came time for Sherry to decide on a career, the answer was obvious!

"My dad was a teacher, and I think he always knew I would follow. Education was a given," Sherry explains. "He taught social studies and was a physical education coach. My mom taught at one time, too, and two of my five sisters are teachers as well."

Sherry combined her love of art and education into a teaching career. She attended Shepherd University in Shepherdstown, West Virginia, where she earned a Bachelor of Arts and a Master's in Communications.

"Art was my thing and still is," Sherry says. "I loved teaching children, so it was a perfect match. I taught over 600 children a week in grades K-5 at Bass-Hoover Elementary School in Stephens City, Virginia."

It was so perfect that Sherry spent 42 years teaching before she retired in June 2018. She then decided to move to Arizona to be closer to her daughter, Manieka Green, DDS, and her family, who live in Gilbert. Manieka and her husband recommended Leisure World after previewing it. And once Sherry toured the community, she knew it was meant to be.

"I've met all the neighbors around me. Everyone is very friendly," Sherry says. "What's funny is that the woman who owned my manor before me taught interior design, and her name was Sherry. I taught art, and my name is Sherry, too!"

Once Sherry completely moves into her manor, she plans to join the Quilters and Art Club. She has brought all her art supplies to her new home and can't wait to find her next inspiration. She is also interested in photography.

"Now that I'm here, I'll have time to produce art of my own," she says. "I'm excited to join the Leisure World community and enjoy the wonderful Arizona sunshine!"

Richard and Bert Boothby



Richard and Bert Boothby are no strangers to Arizona. These two snowbirds spent several years at Mesa Regal RV Resort before buying a manor at Leisure World, where they plan to live October through March. Choosing Leisure World proved to be an easy decision!

"We like the secured gates," Richard says. "And we have lots of friends."

Originally from Cherokee, Iowa, Richard retired from the family business – Boothby Funeral Home – in 2017 where he worked as a Funeral Director for 47 years. This family-owned, full service business is well-known in Cherokee, due to its 90-year history.

"I started working with my dad when I was 12-years-old," Richard says. "I helped families during the worst times of their lives. Hopefully, we created an experience they cherished. We're a personalized family business, so we take care of the little things that the bigger companies don't do."

Now that he's retired, Richard relaxes by restoring cars—a lifelong passion that led to his collection of nine classic cars. He and Bert participated in car shows across the country for 10 years.

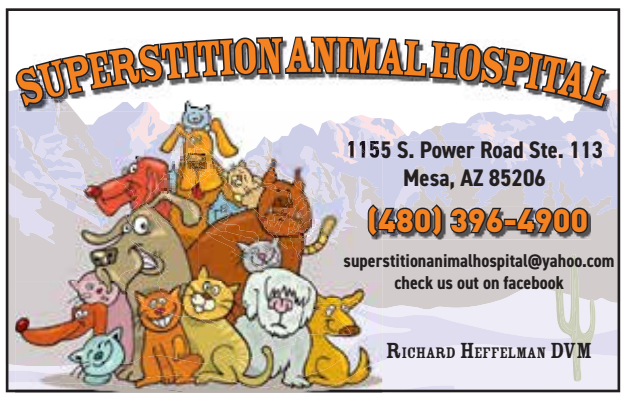
After Bert raised their two sons, she joined the family business and primarily worked in the office.

"The customers became part of our family," Bert explains. "I did the photo tributes for them where I scanned all the pictures into the computer and created a DVD."

Married for 46 years, Richard and Bert look forward to living in Leisure World.

"We made the right choice," Bert says. "Everything we want is within a 10-minute drive, like the doctors, stores and shopping. We've got all the facilities we need right here. And best of all, many great friends!"







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VETERANS SPOTLIGHT

John Lord: A Heroic Navy Cross Vietnam Veteran

By John Latus

John Lord and his wife Alinda recently became residents of Leisure World last June. As busy as it can get in Leisure World, it is pretty tame considering what Vietnam veteran John's been through in his life.

John's heroism and valiant service didn't go unnoticed. On July 28, 1968, Sgt. John Lord was bestowed the second highest award for valor: The Navy Cross. Since its inception in 1919, only 6900 people have earned this award.

"My greatest source of pride in receiving this award is that my comrades fought for 50 years to honor me with this," John says.

John's comrades, led by former company commander, Lt. Col. Mike Sweeney, petitioned the Navy to award John the Navy Cross. Mike visited hospitals obtaining letters from the wounded who described what John had done, how he turned the battle around and saved their lives. The petition required the signature of five Marine Corp generals, five Navy admirals and Navy Secretary.

John's adventure began in 1965 when he joined the Marines the after graduating from high school in Whiteville, North Carolina. His first stop was in South Carolina for 12 weeks of recruit training at Paris Island. Then off to Camp Geiger, North Carolina for infantry training and then advanced infantry training, which included gunnery, tactics and jungle warfare fighting.

John's first duty station was at Camp Pendleton in California in 1966 where he underwent five months of military police training before being shipped to Vietnam. He landed at Da Nang. After two months, he was transferred to a marine rifle company which moved north to Khe Sanh to provide security for the Navy Seabees while they built an air field. This involved going out in squad-sized patrols of eight to 10 marines for seven to 10 days to intercept North Vietnamese Army troops coming down from the north.



John Lord (center front) and 3 soldiers carry a mortally wounded comrade off the battlefield.

Conditions were very difficult. They slept on the ground and leeches were their constant bed companions, along with elephant grass, which grew as high as 10 feet and had razor sharp leaves that inflicted nasty cuts. Daytime temperatures were around 100 degrees with high humidity. In the mountain areas, the temperature would drop to 60 degrees at night—all while carrying a 60 to 70-pound pack.

After four months, John's unit was sent to Okinawa in Japan for additional jungle training and getting familiar with the new M-16 rifle. A month later, they boarded a ship bound for Vietnam as a special landing team. Whenever a unit was in trouble, they would be dropped in by helicopter to assist. These missions would last from 10 to 14 days with the objective to seek, find, engage and eliminate the enemy. John did this for five months. By then, John's 13-month tour of duty was complete and he was assigned to Marine Barracks Charleston in South Carolina as a security guard for the Polaris missiles. After a year in Charleston, he was sent back to Vietnam for his second tour.





First Sergeant John Lord in Marine Barracks, Hawaii and current.

By this time, the war had intensified. The United States had over 200,000 troops attempting to halt the advance of the North Vietnamese Army and Viet Cong fighters headed south. John was assigned to the 7rd. Marine Battalion in a rifle company in an area around Da Nang called The Rocket Belt. Their objective was to patrol and stop rockets into Da Nang. Hoping to avoid detection, the enemy traveled at night. John's platoon sprang 33 ambushes in a 30-day period saying, "We owned the night."

They had just come off a 30-day operation, when John's company was ordered to go on a five-day reconnaissance mission in a village in a very dangerous area. After searching the village, they continued their patrol route, not realizing they were heading into an L-shaped ambush. When they were within 50 meters of a tree line bordering the rice paddy they were crossing, all hell broke loose. From behind the trees, well-concealed North Vietnamese Army troops in bunkers unleashed machine gun and rifle fire, inflicting heavy casualties including John's platoon leader who was seriously wounded.

Sgt. Lord was summoned to the command post by the company commander. As he and his radio man made their way towards the meeting under heavy gunfire, his radio man was mortally wounded. John reached the commander who was on the radio trying to summon help. At that moment, both the commander and the senior enlisted leader were hit by incoming fire and were seriously wounded.

John took the radio, reached battalion headquarters and told them the company commander, the senior enlisted man and the platoon leader were down. He also informed them he was assuming command and requested immediate reinforcements.

Sgt. Lord then ordered "danger close" artillery fire and air support. He skillfully deployed the company under heavy fire and helped the corpsmen bring in the wounded as he tried to figure out how 113 men could fight off a North Vietnamese battalion of 500 to 700 soldiers.

The battle raged for seven hours with John directing air strikes and deploying his men. Reinforcements finally arrived by 9 p.m. and they cleared the area of enemy fighters. John called in helicopters to evacuate the 69 wounded, many of them critical, and the 22 dead. The remaining 33 troops, including 20 "walking wounded," walked to headquarters three miles away.

Shortly after John's second tour of duty, he returned to America. For the rest of his career, he served several positions at Paris Island, South Carolina, Portland, Oregon, Okinawa Island (twice), Albany, Georgia, Hawaii and Camp Pendleton, California. John then retired in 1985 and returned to Portland, Oregon. There, he earned a college degree in accounting and finance law.

John's civilian career was with Consolidated Freightways as a staff accountant overseeing the Emery Air Freight assets. When UPS purchased Emery, he accepted a job with them before retiring. John and Alinda bought an RV and traveled throughout the United States for four years before settling down in Mesa and eventually Leisure World. John likes woodworking and his wife is enjoys Pickleball and line dancing. They are both involved in their church, Bible studies and New Hope Community Center.

Thank you, John, for your service! We are honored to have you here!

-John Latus is a Leisure World resident and Air Force veteran.

**If you are a veteran or know of a veteran (male or female) in Leisure World who would like their service featured, please contact news@lwca.com.*

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A DOSE OF PROSE

The Gift of Reading: Support Library Fund Drive!

There is a "New Kid on the Block" on the Library Board of Directors. That's me: Renée A. Menard, a longtime Leisure World resident and seasoned library volunteer. I am honored to accept the position of Publicity Chair. Transition is always difficult, so please be patient!

Dollars for Books

As March blows in and spring arrives, the Annual Library Fund Drive is in full swing. The Library is self-funded, so it is imperative that adequate money be raised to cover the rising cost of books. New up-to-date volumes create a positive, casual reading library that adds to Leisure World amenities.

Our Library volunteers work very hard at collecting our own funds, but your donations make our job easier by providing residents with a superb reading experience. Fortunately, we do not have to purchase paperbacks since residents are very generous in donating their books. Donating your hardcover books also increases resident's reading pleasure. Thank you for sharing and for your continued support! You are helping spread the love of reading and enhancing our Library!

Personal and memorial donations can be made at the Library by filling out an envelope and depositing them into the wooden box on the counter. If you wish to make a larger tax-deductible contribution, it can be made through the Leisure World Foundation. Simply ask the librarian for a mail-in envelope and be sure to designate the funds to the Library. Also, please attend your District meetings this month to encourage your councils to continue or start donating to this endeavor.

Open-Air Book Sale and Craft Fair

Don't miss our Open-Air Book Sale and Craft Fair on Saturday, March 16 from 9 a.m. - 2 p.m. at Recreation 1. The event marks the annual celebration of Leisure World talent and a chance to attend the biggest and best book sale of the season. Hardcovers, paperbacks, fiction and non-fiction, and coffee table books are available for surprisingly low prices.

Come early and run to the Promenade with friends and guests to get the best choice of books. (Note that our next annual sale will be in November 2019.)



J.A. Jance Returns

The mystery writer, J.A. Jance, who has appeared here in Mesa before, will be back at Leisure World on April 4 from 3 - 5 p.m. in the Recreation 1 Ballroom. She will make this appearance for free. Jance's book tour and lecture will promote her new book, "The A List," an Ali Reynolds mystery. Ali Reynolds is a sleuth who lives in Sedona. This book will be available for purchase.

Jance is an entertaining speaker and someone worth spending an afternoon listening to. This free event requires no tickets or sign-ups; seating will be limited to the first 250 people to arrive. Come early because we are listed on her website schedule (www.jajance.com), but it does specify residents and guests only.

Some New Books

"Champion Mindset, Refusing to Give up Your Dreams" is an interesting non-fiction book written by Scott Gregory, an Olympic skater with a positive can-do attitude. What is a champion mindset? It is being "committed to persevere." This story gives insight to the challenges of being an Olympian skater. It details Scott's trials, doubts and obstacles that could have forced him to give up on his dreams.

This book was donated to the Library Scott's family who moved to Leisure World in 1985. Bayne Gregory says they enjoyed living here in the winter. They were a fantastic support system for their son. I recommend this for visiting teens this month because it is positive and shows the importance of persevering and following your dreams no matter what.

We also have a mind-boggling fiction book called "Final Shadows" by Kay Hooper, which reveals her main character, Sasha Solomon's psychic abilities. Sasha becomes hunted like an animal. John Brodie, a guardian, is devoted to saving the lives of psychics being taken or killed. Sasha eventually saves people she doesn't even know. How did she get here and why?

I hope to see you at our Annual Fund Drive or reading in the Library!

-Renée A. Menard is Publicity Chair of the Library Board.

Statistics for January 2019

2,472: Total number of books checked out
1,257: Large print books
1,215: Regular print books
297: Paperback books checked out
4,595: Total volunteer hours

Leisure World Memorial Donations January 2019

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Bells of the Master Practice: Vicki Bennett, Director of Music Ministries
Tuesdays—6PM to 7:30PM in the Sanctuary. Ring with us for Easter!
Chancel Choir Practice: Vicki Bennett, Director of Music Ministries
Wednesdays—6PM to 7:30PM; Sundays—8AM. In the Choir Room.
the MIDWEEK—Wednesdays: A series on: "The Ten Commandments"
Dinner—5:15PM; Bible Study for all ages!—6PM
Ash Wednesday Service—March 6th at 5:15PM Soup Supper & Service.
Lunch Bunch—St. Paddy's Day at The Harp Pub—Thursday, Mar. 14th:
RSVP to the church office & meet us at 11:30AM (1744 S. Val Vista Dr.)
Pairs & Spares—Dinner at Midwestern Meats—Friday, March 15th:
RSVP to Ruth (612-382-3638) & meet us at 5:00PM (4308 E. Main St.)
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We also include day trips around Arizona, and more!
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5 Great Must-Read American Novels

There's no denying the value of a good book. From informative to entertaining, eye-opening to jaw-dropping and everything in between, books have the power to change our perspective. And without a doubt, American novels deliver.

If you haven't read these five great American books, or if years have passed since your last read, now is the perfect time to do so. Find them at the Leisure World Library!

Here are five must-read American novels:

1. Moby Dick



American writer Herman Melville's classic novel, "Moby Dick," was published in 1851 and based on his whaling voyage on the Acushnet. Narrated by sailor Ishmael, it details Captain Ahab's mission to kill a white whale (Moby Dick) for biting off Ahab's leg at the knee.

Melville draws on literary inspirations from Shakespeare and the Bible. The realistic descriptions of whale hunting and sailing with a culturally diverse crew, brings to life issues of class and social status, good and evil, and the existence of God.

Moby Dick was deemed a commercial failure, selling only 3,200 copies and out of print by Melville's death in 1891. The novel's reputation as a "Great American Novel" was established only in the 20th century after receiving praise from renown American writers William Faulkner and D.H. Lawrence.

2. The Great Gatsby



In 1925, American writer F. Scott Fitzgerald tells the tale of a mysterious millionaire, Jay Gatsby, who pursues a beautiful former debutante, Daisy Buchanan. The novel depicts life during the Roaring Twenties, inspired by Fitzgerald's life attending social gatherings in Long Island's North Shore.

The novel explores themes of decadence, idealism, resistance to change, social upheaval and excess. Fitzgerald paints a portrait of the Roaring Twenties that has been described as a cautionary tale regarding the American Dream.

Upon its release, The Great Gatsby received mixed reviews and only sold 20,000 copies. But during World War II, the novel experienced a revival. In the following decades, it became part of American high school curriculum and numerous stage and film adaptations. As of 2013, over 25 million copies were sold worldwide, proving that timing is everything!

3. Catcher in the Rye



J.D. Salinger shares his rebellious, malcontent protagonist, Holden Caulfield, a blunt, cynical young man who experiences life in the only way he sees fit—through unfiltered honesty and disrespect for himself and everyone else.

Published in 1951 and originally intended for adults, the book has gained popularity with younger audiences. They identify with Holden's teenage angst, alienation and rebellion. Since its publication, over 65 million have sold, proving that young people still face the same complex issues.

4. To Kill a Mockingbird



This classic novel by Harper Lee published in 1960 became an overnight success because of its profound controversial themes. Set in the deep South during the Great Depression, the book deals with two major issues: racial inequality and rape.

When Tom Robinson, a black man, is accused of raping a white woman, he is immediately deemed guilty due to ignorance and prejudice. A local attorney named Atticus Finch defends Tom and is besieged by the community's wrath for doing so. The complex themes of racism, rape, addiction and death still resonate to this day and offer many invaluable lessons.

The plot and characters are loosely based on Lee's observations of her family, neighbors and an event that occurred near her hometown of Monroeville, Alabama, in 1936, when she was 10 years old. The story is told by the six-year-old Jean Louise Finch.

Winning a Pulitzer Prize, To Kill a Mockingbird was translated into 10 languages after its first year of publication. Since then, it has sold more than 30 million copies and been translated into 40 languages.

5. The Adventures of Huckleberry Finn



Commonly named among the Great American Novels, Huckleberry Finn is the first in major American literature to be written in vernacular English. It is told in the first person by Huckleberry "Huck" Finn, as he narrates his boyhood adventures along the Mississippi River. It covers many themes, including natural man versus civilized society, the evils of slavery, and the innate value and dignity of human beings.

This classic novel sold over 20 million copies since it was first published in the United Kingdom in 1884 and in United States in 1885. Over 100 years later, this novel continues to resonate with readers for its unforgettable characters and its raw depiction of racism, prejudice and poverty.

These classic novels reveal remnants of American history—both good and bad. But most importantly, they provide important life lessons. Ultimately, reading is a gift that opens the mind, enthralls the heart and broadens your horizons to places and eras unknown. Stop by the Leisure World Library today to start your next literary adventure!

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Don't Miss Parade of Homes!

One of Leisure World's favorite events is around the corner! Sponsored by the Lions Club, the 15th Annual Parade of Homes will showcase a selection of recently remodeled homes within Leisure World. The parade will display the creative flair of owners and skilled contractors who execute their vision. But better still, you will be supporting a good cause!

"The Lions Club is proud to be part of Leisure World and help with a variety of wonderful causes that help those in need," says RE/MAX Classic agent Cherie Lauro, who is organizing the event. "All funds collected go to Lions Clubs projects, benefitting our community. It's win-win for everyone!"

This is a great opportunity to see what upgrades can do for the appearance, functionality and value of your home! As you view homes on the tour, you will get a first-hand look at manor modernization and improvements. It's the perfect combination: Get great renovation ideas while giving!

The event is on Saturday, March 23 from 12 p.m. to 4 p.m. Ticket prices are $15 and available in the RE/MAX Classic office. Don't miss it!

Get on Board the Recycling Train!

Live an environmentally conscious lifestyle by recycling! The simple act of recycling does so much more than reduce landfill wastes. Recycling conserves our natural resources, creates jobs in the recycling and manufacturing industries, prevents pollution by collecting raw materials, conserves valuable resources and saves energy. It's the one thing you can do where little effort leads to great rewards. And thanks to our local Lions Club, recycling is easier and more convenient than ever!

Leisure World residents are superstars when it comes to recycling. Last year, the recycling program collected a whopping 6,500 pounds of aluminum cans and over 200 tons of paper, cardboard and plastic and metal containers. Your efforts helped reduce the cost of trash collection and raised money for our community. It's a win-win!

Leisure World provides two sizes of recycling bins for designated recyclables for a variety of items.

Large Recycling Bins

- Marked for paper or plastic/steel cans.
- Acceptable paper items include paper, newspapers, magazines, flattened boxes (remove inners), phone books, shredded paper (leave in a plastic bag). The bins are located in the Via Norte Yard and Rec. 2 parking lot closest to the Southern gate.
- Acceptable plastic/steel items include aluminum cans, plastic bottles, empty plastic food containers and steel cans (cleaned of food debris). Plastic/steel bins are located at the Via Norte Yard.

Small Recycle Bins

- Marked for aluminum cans.
- Located near the trash compactor site at Rec. 2, by the Pickleball Courts parking lot in a small building and in the Via Norte Yard.

Do Not Use Bins for these Items

- Styrofoam products, glass, non-aluminum cans, coated containers used for milk and juice, plastic grocery bags, household metal or plastic items, such as laundry soap jugs.
- Scrap Metal, light bulbs, ceramics, building materials, household appliances.
- Batteries, hazardous waste, electronics, plastic furniture

Got Toxic Items?

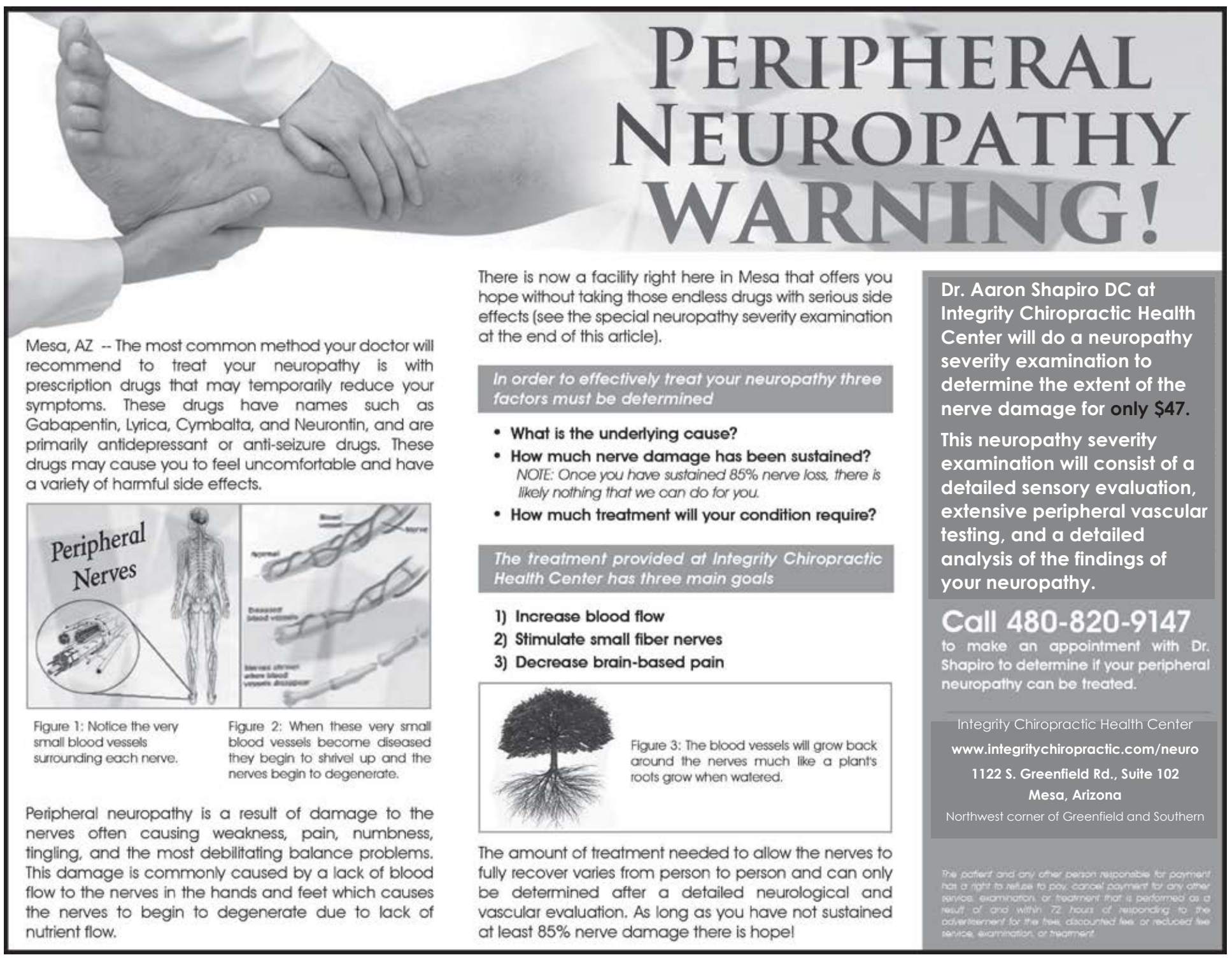
The city of Mesa has a "Too Toxic to Trash" facility that accepts many household hazardous materials, so please take advantage of this great resource. The facility is located at 2412 N. Center Street and is open Wednesday through Saturday, from 7 a.m. to noon. Please only drop off items during business hours.

Hazardous materials include:

- Appliances
- Batteries (home and auto)
- Paints (latex and oil-based)
- Electronics (televisions, computer equipment, phones, etc.)
- Household products (adhesives, cleaners, detergents, putties)
- Automotive fluids (gasoline, oil, antifreeze, etc.)
- Fluorescent light bulbs
- Gardening products (pesticides, weed killer, fertilizers)

Now that you're on board the recycling train, keep going! And don't forget, Earth Day is right around the corner on April 22! Join others in their efforts to preserve the planet.

For more information on earth-friendly programs, visit www.mesaaz.gov/sustainability.



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

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

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

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

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

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

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

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

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

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

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

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

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

Call 480-820-9147
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Saint Patrick's Day: A Treasure of a Holiday

"May your blessings outnumber the shamrocks that grow. And may trouble avoid you wherever you go." The Irish people love to share their blessings, considered as treasures. And every March 17, they also enjoy sharing the celebration of their patron saint: Saint Patrick.

Saint Patrick's Day, also known as the Feast of St. Patrick, began in the early 17th century to commemorate Saint Patrick and the arrival of Christianity in Ireland. Today, it remains a popular religious and cultural event across the world, celebrated by Irish and non-Irish alike.



A Christian Hero

Born as Maewyn Succat, Saint Patrick is one of Ireland's most beloved treasures. He was born in 385 A.D. in Roman Britain. Unfortunately, at 16-years-old, he was captured by Irish raiders and taken as a slave to Gaelic Ireland. While working there as a shepherd for six years, Patrick found God.

In Patrick's spiritual biography, "Confessio," he shares how God told him to flee to the coast, where a ship would be waiting to take him home. After making his way home, Patrick followed in his father and grandfather's footsteps by entering the church. He carved his own path by becoming a Romano-British Christian missionary.

Upon returning to Ireland, Patrick converted the pagan Irish to Christianity. He spent years evangelizing the northern half of Ireland and converted thousands, earning him the respect and love of fellow Christians. This Apostle of Ireland died on March 17, 461 A.D., which became a popular feast day in the Catholic Church.

Fun, Festive Traditions

Saint Patrick's Day is celebrated in more countries than any other national festival. And over the years, many traditions and symbols emerged to celebrate this fearless saint. Here are some of the most emblematic of this unique holiday!

- **Parade Bonanza:** Many cities host parades to celebrate the holiday. It's a great opportunity for people to gather together to honor Saint Patrick and show their support of this Irish saint. This public celebration often includes a marching band, floats, music, food and drink. These parades are a "sea of green!"
- **Lucky Shamrock Charms:** One familiar symbol of Saint Patrick's Day is the shamrock. According to legend, Saint Patrick used this three-leaf green clover to explain the Holy Trinity: the Father, Son and Holy Spirit. Rare four-leaf clovers were also considered Celtic charms, representing faith, hope, love and luck. People believed they could ward off evil spirits and bad luck.
- **Green Galore:** The green associated with this Irish holiday is attributed to Ireland's lush green landscape, which is why Ireland is referred to as the Emerald Isle. People celebrate by wearing green shamrocks and green clothing. And surprisingly, you can even find green beer!
- **Guinness, Anyone?:** People consume alcohol on Saint Patrick's Day to toast their favorite saint and to celebrate the history, culture and traditions of the Irish people. Because Christians are allowed to put aside their Lenten restrictions on food and drink, drinking beer at the local pub is an indulgence many people enjoy, so drink up!
- **Leprechauns, Rainbows and Gold:** These small fairies of Irish folklore have come a long way since their inception. Leprechauns were described as mean and capricious little men with magical powers they could use for your benefit or demise! Today, leprechauns are portrayed as cute creatures donning big smiles, pointy hats and smoking pipes. They are also believed to hide pots of gold, which might just be found at the end of a rainbow.
- **Irish Food Feast:** Saint Patrick's Day wouldn't be the same without its food! It's the one day of the year where people who haven't eaten Irish food are in for a delicious surprise! Besides the traditional fare of corned beef and cabbage, people feast on Irish stew, soda bread and of course, colcannon, better known as mash potatoes with scallions.

This Saint Patrick's Day, celebrate the saint who the Irish hold dear with these fun traditions. Who knows, you might just find your very own pot of gold!

To learn more about the man who changed a nation, watch "The True Story of Saint Patrick" at www.youtube.com/watch?v=ZTYQyv8e-x4.



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Celebrate Fun Saint Patrick's Activities!
Enjoy parades, food and more!

The saying goes, "If you're lucky enough to be Irish, then you're lucky enough!" Whether you're of Irish descent or not, people throughout the world celebrate St. Patrick's Day the only way one can–with a pint of beer and some great Irish food!

On Sunday, March 17, wear your green and join the festivities because everyone is Irish on St. Patrick's Day. Start your day with these popular traditions!

Public Parades

Be part in the greenest day of the year at the St. Patrick's Day Parade in Phoenix! Held on Saturday, March 16, the parade begins at 10 a.m. at 3rd Street and Sheridan and heads south through downtown Phoenix. Take a seat and watch the marching band, Irish dancers and other entertainers perform to the iconic melody of Irish bag pipers. Get the parade route here: https://stpatricksdayphoenix.org/.

Irish Faire

Don't leave when the parade is over because the Irish Faire is next! It features three stages of Irish music, plus Irish step dancing, bag pipers, food and drink. And be sure to stop by the Irish crafts and merchandise booths, and visit the Irish Clubs, Genealogy and the VIP Pub hosting Arizona craft beers. Admission tickets cost $12 for adults, $10 for military members and ages 55 and over. Children under age 12 are free. It's fun for the entire family at a great price!

Irish Food

If you haven't eaten Irish food lately, now is the time. Besides the local pubs and restaurants that offer Irish dishes, try to make a few things on your own. Popular items like Irish stew, soda bread and corned beef and cabbage are easy to prepare and delicious. So invite your friends and family to join you! For a list of Irish-inspired recipes, visit www.bonappetit.com/recipes/slideshow/classic-irish-recipes.

Religious Observances

Although Saint Patrick's Day is not a holy day of obligation for Catholics, many choose to attend Mass to show their love for this popular saint. Saint Patrick teaches us the importance of faith, dedication, forgiveness and love. Many people enjoy the simple act of observing and meditating upon his image because he, like all saints, symbolizes love and sacrifice.



Wearing Green

It's a longtime tradition to wear green on Saint Patrick's Day! Besides green clothing, both men and women have lots of other options to share their Irish spirit. Women can wear green jewelry, such as earrings, rings and pins, and also headbands, scarves and nail polish. Men like to show off their green bowties, neckties, socks and even shoes. If all else fails, visit your local dollar or craft store for strands of green beads!

There's no excuse to sit this holiday out. Whether you're of Irish descent or not, attend some local events, have fun and get into the spirit. Thankfully, on Saint Patrick's Day, everyone is lucky enough to be Irish!

10 Senior Scams to Avoid

Beware of scammers who prey on seniors. Since most baby boomers have large retirement savings, they are prime candidates for scammers. In fact, older Americans lose $36.5 billion every year to financial scams and abuse. And seniors with cognitive impairments and other health issues are especially vulnerable.

Here are 10 scams to be aware of so you become a victim:

1. **Tax Refund Theft:** Last year's Equifax breach led to the compromise of millions of Social Security numbers. Scammers use e-file services and these stolen numbers to collect refunds. Consumers don't find out until they file a return, so file early.
2. **Mail Pirates:** If you use "snail mail" to receive mail, use a locked mailbox or have the Post Office hold your mail. Sign up for a free USPS service called "Informed Delivery," which emails you a digital image of incoming letter-sized envelopes. To get started, visit https://informeddelivery.usps.com/box/pages/intro/start.action.
3. **Email Links:** If you use email, you've probably already received emails with clickable links. Even if the sender is familiar, don't click on them unless you verify the sender. Don't fall for fake URLs, emails or texts (supposedly) sent by your bank, either. Scammers are masters at posing as financial institutions.
4. **Bank Account Thieves:** Take advantage of your financial institution's free alerts to notify you whenever a transaction or withdrawal is made. If you don't want the constant alerts, request a "Card Not Present" notice. You'll be alerted of all charges made by phone or online.
5. **Password Pirates:** Although it takes more work, set up a different password for every account you have. Use an assortment of different letters, symbols and numbers. Protect your passwords using a cloud-based password manager, such as LastPass, Dashlane or 1Password. These gatekeepers store your passwords in a secure digital space, and only one master password is needed to access your list.
6. **Phony Pop-Up Virus Alerts:** Don't assume pop-up warnings on your computer that say, "You've

Continues on Page A22











The Questers: A Fun Historical Pursuit

"It's fun to search and a joy to find." That's the motto of The Questers, a non-profit organization that seeks to learn, collect and share information about anything historical, including antiques, historical sites, buildings and landmarks.

But that's not all. The Questers are also involved in their community's restoration and preservation projects. Their mission is to spread their love of history and to preserve it through education and action.

"We restore things of the past to benefit the future," explains Leisure World Questers' President Robyn Morin. "My grandmother and mother always told family stories and brought the past to life. They taught me the value of understanding how the present always stems from events of the past."

A Wisconsin native, Robyn moved to Leisure World two years ago. Her love of history makes her perfect for leading the club. She collects antiques, including a sampler dating back to 1802 and hand-painted dishes from her great-great grandmother.

"I'm excited to be part of this group and to carry it on," says Robyn. "In the process, we're creating our own history at Leisure World."

A Colorful Pitcher Sparks Interest

The Questers inauspiciously started in 1944 when Elizabeth Bess Bardens purchased a syrup pitcher during her lunch hour. The pitcher was colorful, old and interesting, so Elizabeth decided to set it on her desk. It quickly captivated her coworkers, who wanted to hold it and learn more. Because of the interest, Elizabeth formed a lunch group to share and discuss the historical items people collected. And before long, it caught on and many others wanted to do the same.

Today, The Questers have chapters in 41 states and two provinces. In Arizona, there are 30 Questers chapters, and one—named Lost Dutchman No. 1244—is right here at Leisure World! Our Questers group began 25 years ago and is still going strong thanks to its dedicated members.

Leisure World Questers consists of 10 members who meet monthly from October through April in private homes. They share their collections, stories and historical knowledge. They also visit local antique shops, museums and historic homes. Recently, they visited the Frank Lloyd House in Scottsdale and the Niels Petersen House in Tempe.



Kathleen Hilger, Robyn Morin, Julie Roering, Jill Vicchy Heimpel and Bea Ball

The Questers also give back by preserving the past for the future. One of their projects was replacing and reframing old, damaged photo frames and their mattings at Superstition Mountain – Lost Dutchman Museum in Apache Junction. The photo frames contained original images of by-gone celebrities who filmed at the Apache Land Barn, such as James Stewart, Audie Murphy and Elvis Presley. The group also provided funds to renovate an old bench they donated to the museum.

A Unique Love Affair

The Questers enjoy finding and collecting unique items. But sharing their collections with fellow members is what these ladies love most. Member and RE/MAX Classic agent Jill Vicchy Heimpel is no exception.

"I thought it would be interesting to learn about history," Jill shares. "I collect old seltzer bottles because I wanted to decorate with them, which led me to collect even more! I also collect fairy lamps because they intrigue me. All members own amazing collections that are fun to learn about."

Treasurer Julie Roering has been a snowbird at Leisure World for 14 years and spends her summers in Minnesota. She joined The Questers in 2010 to meet new people and learn about their collections.

"I own antiques and some stuff from my grandparents," Julie explains. "I also have Depression-era glassware and recently passed down a doll cupboard to my niece, which was made by my grandfather in the early 1900s."

Secretary Kathy Hilger has lived at Leisure World for five years and has been a Quester for four. She joined because she's passionate about antiques, mostly kitchenware. But instead of displaying them, she puts them to good use by baking with them. She especially loves her collection of Fire-King bakeware with the blue Philbe pattern, manufactured in the early 1940s.

"I have a lot of one-of-a-kind items," says former Questers' former president Bea, who is the longest-standing member at 18 years. "I collect whatever I can get my hands on, like handkerchiefs, aprons and marbles. I even have salt and pepper shakers in the shape of Ball canning jars" She smiles, "After all, my last name is Ball!

Last month, The Questers enjoyed a presentation by member Renée Menard, who gave a talk on the early history of the Chandler Airport. On March 11, they will hold their annual planning meeting at 3 p.m. in the Anniversary Room and will celebrate The Questers' 75-year anniversary.

Join The Questers' in their pursuit of history. As Robyn wisely notes, "How do you know which way is forward if you don't know where you have been?"

For more information, contact Robyn at 715-308-2354 or Kathy at 763-670-0804.



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LEGACY FILES

Options in Administering a Trust



By Rilus Dana

We are often asked, "What needs to be done after I pass away? Is this something my children can do themselves? Do they need to hire a lawyer after I am gone?"

After the loss of a loved one, I meet with families in a free Family Administration Session to determine if there is a trust that needs to be administered.

Although the administration of every trust is unique, the process generally breaks down into fiduciary services and legal services. The trustee is responsible for upholding the fiduciary duty owed to the beneficiaries of the trust. The trustee has many responsibilities, including obtaining a tax ID number and providing proper notice to beneficiaries according to the Arizona Trust Code. In administering the trust, the trustee can either do it alone or hire an attorney or a third-party company to administer the trust.

DIY vs. Legal Expertise

The administration of an estate is like a car repair. When you have an issue with your car, you may be tempted to search the internet to see if you can diagnose and fix the problem yourself. A DIY repair might even seem like a success until you are driving with your loved ones and discover the brakes are not working and you are heading down a steep hill.

This case scenario may seem extreme, but it is a good analogy for DIY Trust Administration. Trustees often think they have done a great job, until they are served with a lawsuit and suddenly realize they made a mistake and their own personal assets may be at risk.

Administering a trust comes with tremendous responsibility and liability. It might seem easy on the surface, but problems usually go unnoticed until things have gone horribly wrong. Often clients come to me half way through the trust administration process with pending beneficiary lawsuits, creditors breathing down their necks and/or excessive and unexpected gift taxes.

When I have issues with my car, I hire a mechanic because I want peace of mind to ensure my safety and the job is properly done. What is *easy* for my mechanic because of his expertise is not necessarily easy for me.

The same can be said for hiring an attorney to assist with a trust administration. A trustee is obligated to follow the laws of the Arizona Trust Code, which are complicated. When administering an estate, a trustee can hire a lawyer to help with fiduciary responsibilities and ensure the trustee follows the law.



A lawyer can also ensure that the beneficiaries are properly notified and estate taxes correctly filed. Hiring an attorney helps insulate the trustee from the potential pitfalls and legal liabilities associated with trust administration.

Third-Party Fiduciary Companies

When my car isn't working and I don't have time to drop it off at the mechanic because I am running late for work, I call a rideshare like Uber. If your trustee is unwilling or unable to administer the estate, they can resign their role and hire a third party such as a bank, investment company or law firm.

When considering your choices for professional trustees and comparing prices, it is important to distinguish between "estate settlement" services and "trustee" services. Estate settlement is the process after the death of the last trustor of collecting all the assets and distributing them to the beneficiaries.

Trustee services is the process of serving as the trustee after the trust has already been set up. Sometimes, this is done for the trustor if he or she can no longer manage the assets themselves. Trustee services are also necessary when assets are held for a beneficiary until they reach a certain age.

These companies are also entitled to reasonable compensation and often charge a percentage of the total value of the trust or estate.

The fee for trustee services is much less than the fee for "estate settlement," depending on what your bank calls this. It is important to understand the difference and what exactly is covered. Many families are surprised by the amount charged by a professional trustee because they thought the fee was only the "trustee" services fee.

After the last trustor passes away, a trust must be administered either by a trustee, an attorney or a third-party company. Although each option has benefits and drawbacks, it is important to consider these options while setting up your trust. Make sure you choose a trustee who is knowledgeable and willing to assume the time liability entailed with this responsibility.

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

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YOUR POCKETBOOK

Putting a Price Tag on Your Health

Being healthy makes you feel good and may help you financially.

By David McBride



We constantly hear how important it is to maintain a healthy lifestyle. That is not always easy, especially in the face of temptation or the easy option of procrastination. For some, the monetary benefits of maintaining a healthy lifestyle may provide an incentive.

Being healthy not only makes you feel good, but it may also help you financially. For example, a recent Johns Hopkins Bloomberg School of Public Health study determined that a 40-year-old who simply goes from being obese to overweight could save an average of $18,262 in health care costs over the rest of his or her lifetime. If that person maintains a healthy weight, the average potential savings increase to $31,447. [1]

If you're wondering how your health habits might be affecting your bottom line, consider the following:

An Ounce of Prevention: Regular preventative care can help reduce potential health care costs. Even minor illnesses can lead to missed work, missed opportunities, and potentially lost wages. Serious illnesses often involve major costs like hospital stays, medical equipment, and doctor's fees. Preventative dentistry may help you reduce dental costs as well.

Fit for Work: In a way, staying healthy helps our potential to save for retirement. If your health declines to the point where you cannot work, that hurts your income and your ability to contribute to retirement accounts. The threat is real: the Social Security Administration notes that a quarter of us will become disabled at some point during our working years. [2]

Fat Wage Gap: Overweight workers may be subjected to wage discrimination. A LinkedIn study of almost 4,000 full-time and part-time workers found that workers whose weights were greater than normal earned an average of $2,512 less annually. [3]

Prescriptions Costs: Higher weight seems to be a factor in overall health care costs for many. Ask the Centers for Disease Control and Prevention. The CDC notes that per-year health care expenses are about 41 percent higher ($4,870) for an obese individual than for a person of normal weight ($3,400). The biggest factor in this difference: prescription drug costs. [4]

Expensive Unhealthy Habits: Some habits that lead to poor health can be expensive in themselves. Smoking is the classic example. A pack of cigarettes costs anywhere from $5-14, which means ballpark expenses of $2,000-5,000 or more a year in expenses for a pack-a-day smoker. Smokers also pay higher premiums for health, disability and life insurance. [5]

By focusing on your health, eliminating harmful habits and employing preventative care, you may be able to improve your self-confidence and quality of life. You may also be able to reduce expenses, enjoy more of your money and boost your overall financial health.

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

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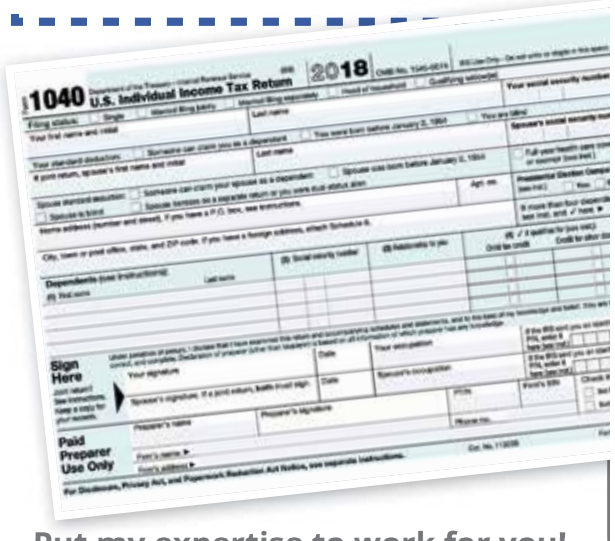
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All information deemed reliable but not guaranteed.

10 Senior Scams to Avoid

continued from page A15



Got a Virus!" are real. These warnings are meant to scare you into calling their help number or clicking on their link. If you do, you could lose your identity or other personal information. Close your browser or shut down your system. Then, restart and run your full anti-virus scan. To review some of the best antivirus software for 2019, visit www.pcmag.com/article2/0,2817,2372364,00.asp.

7. **Phone Call Phonies:** Be aware of all incoming calls, even the ones that look familiar. Con artists know how to spoof any number or name (even the government) to entice you to answer. Their goal is catch you off guard, so you reveal your valuable information. No bank or other institution will ever call you for personal information. If you receive these bogus calls, try scam-blocking apps such as Hiya, Truecaller and Nororobo.
8. **Grandparent Scam:** The phone rings and you're greeted with the words of "Hi, Grandpa" or "Hi, Grandma." The caller then pleads with you to send money for an emergency and pleads for you to act quickly. Don't! Instead, hang up and call another relative who can confirm the caller's identity and emergency.
9. **Fake Mobile Banking Apps:** Fraudsters mimic banking apps from banks such as Wells Fargo, Chase and Citibank to separate consumers from their money. Before installing any app, confirm its validity. Only download apps from official stores like Google Play and the Apple store, which take security measures to eliminate malware. You can also protect yourself by installing the latest security updates to your operating system.
10. **Home Improvement Scam:** Springtime brings the desire for home improvement. But unfortunately, not all contractors are honest. Before hiring anyone or providing a deposit, research the company by visiting the Better Business Bureau at www.bbb.org/. Confirm whether the contractor is licensed, bonded and insured for the job. For more tips, visit www.thisoldhouse.com/ideas/top-8-pro-tips-how-to-hire-contractor.

Unfortunately, criminals constantly work on new ways to get your money. If you do get scammed, contact your financial institution (if applicable), your local Better Business Bureau and local police department.

Make it your mission to be one less victim!

For more tips to protect against scams, visit www.aarp.org/money/scams-fraud/info-2015/scams-and-frauds-to-avoid.html.

RE/MAX Classic Recent Home Sales

511 Leisure World	$200,000.00	Dennis Heimpel	Buyer
388 Leisure World	$212,000.00	Babs Shadoan	Seller
475 Leisure World	$210,000.00	Dan Callahan	Seller
27 Leisure World	$200,000.00	Mary Jane Burns	Seller
2731 Leisure World	$200,000.00	Babs Shadoan	Seller and Buyer
2091 Leisure World	$275,000.00	Mary Jane Burns	Seller and Buyer
239 Leisure World	$235,000.00	Sheila Popeck	Seller
1061 Leisure World	$214,000.00	Dan Callahan	Seller
2789 Leisure World	$335,000.00	Babs Shadoan	Buyer
2684 Leisure World	$254,000.00	Babs Shadoan	Seller
246 Leisure World	$158,000.00	Dan and Jill	Seller and Buyer
1575 Leisure World	$233,000.00	Dan Callahan	Seller and Buyer
2142 Leisure World	$274,000.00	Babs Shadoan	Seller
1845 Leisure World	$287,000.00	Babs and Sheila	Seller and Buyer
1172 Leisure World	$352,000.00	Babs Shadoan	Seller and Buyer
633 Leisure World	$270,000.00	Babs Shadoan	Seller
2425 Leisure World	$385,000.00	Babs and Mary Jane	Seller and Buyer
2150 Leisure World	$140,000.00	Anna Jonsson	Seller and Buyer
248 Leisure World	$232,000.00	Dan and Babs	Seller and Buyer
2190 Leisure World	$230,000.00	Dan Callahan	Selller
1730 Leisure World	$230,000.00	Sheila Popeck	Buyer
65 Leisure World	$190,000.00	Babs and Dan	Seller and Buyer
1415 Leisure World	$355,000.00	Dan Callahan	Buyer
2635 Leisure World	$290,000.00	Judy and Dan	Seller and Buyer

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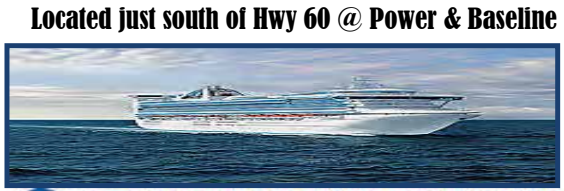
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RE/MAX CLASSIC EXPERTS

Judy O'Malley: Leisure World Enthusiast

Do you believe in fate? RE/MAX Classic agent Judy O'Malley does! After all, it was about 30 years ago when she discovered Leisure World while visiting when she was working as a Branch Manager at Western Savings & Loan in Tucson.

At the time, Leisure World had a Western Savings branch located by Rec. Center 1. Little did Judy know that one day, her path would lead back to Leisure World—both as a real estate agent and a resident since 2013.

With RE/MAX Classic since 2018, Judy loves working in the community where she lives.

"I love it here, so I want to share my enthusiasm," Judy explains. "I especially love giving tours because retired people want to live in an active community with people they can relate to. I like to show them the Rendezvous Café, the golf courses, and the bulletin boards listing all the clubs and activities."

Originally from Coleman, Texas, Judy grew up in Bisbee, Arizona. At age 20, she began a long and successful career in banking when she started working as a teller at Bank of America. After years of hard work, she became the Assistant Vice President/Branch Manager at Western Savings and Loan. A job promotion then led to a new opportunity as a Director at La Mesa RV in Mesa.



But in 2013, Judy was ready for another change. Her husband of 27 years, Martin O'Malley, encouraged her to get her real estate license so she could join him at his company, Arizona Best Homes. Once she did, she worked there for four years but craved the camaraderie of a larger office. Luckily, she didn't have to go far to find one!

Working for RE/MAX Classic was an obvious choice given Judy's love of the community. She is a member of the Lions Club, works out at the Fitness Center, takes dance classes and participates in the motorcoach trips.

"I love working for Leisure World because we give back to the community," Judy shares. "As a resident, that's important. And as an agent, the best part of my day is meeting people and getting to know their families.

Judy would love to meet you and help find your perfect home! Call her now at 602-571-6125.

Sue Lorentzen: A Pillar Exceeding Expectations

RE/MAX Classic agent Sue Lorentzen thrives on fulfilling her clients' needs and exceeding their expectations.

"I love when people share their wants because I want to find the home that perfectly matches their needs," Sue says. "They tell me certain things they want, and I can find it. People are like, 'Oh my gosh,' you found it. I can't believe you did that!'"



A realtor since 2000, Sue worked for four years but took a break to be a stay-at-home mom. But in 2017, she was ready to jump back into the workforce and joined RE/Max Classic because she loves Mesa and Leisure World.

"The people at Leisure World are so friendly, have a generous spirit and are easy to talk to," Sue shares. "They get into your heart. And my office has a really great group of realtors. We share ideas and support. I love being here!"

A native of Seoul, Korea, Sue attended Yonsei University in Seoul for a year before transferring to St. Thomas Aquinas College in Sparkill, New York, where she pursued a degree in Special Education. Sue lived in New York for 25 years before moving to Mesa for her former husband's job. She has been in Mesa for 20 years and currently resides in Gold Canyon.

Sue spent 14 years as a gate agent at America West, now called American Airlines. When her work hours decreased, she decided to pursue a career in real estate because she's passionate about showing and selling houses. But most of all, Sue loves working with clients and providing excellent customer service.

Sue is now working on obtaining her Graduate, REALTOR® Institute designation which nationally recognizes expertise in her field.

Besides selling real estate, Sue enjoys spending time with Steve, her significant other of 10 years, and her 4-year-old grandson. She likes to play golf, listen to audio books, snorkel, quilt and travel. But no matter where she goes, real estate is always on her mind.

"I'm the pillar who gets you where you want to be," Sue says smiling. "I'll be your biggest cheerleader."

Call Sue now at 602-740-9879 to have a winning force on your side!

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Top Water-Saving Tips

A tall glass of water is extremely refreshing—especially during Arizona summers. And I'm sure you drink lots of water a day without even thinking about, including the coffee you brew with it daily for your caffeine fix. You do this along with so many other things like washing your hands, taking a shower, cooking meals, doing laundry and cleaning your home—all without ever thinking twice.

Water is in fact one of the most important substances on earth. All humans, plants and animals need water to survive. If there was no water, there would be no life on earth. Unfortunately, this precious resource is something we take for granted.

March 22 is World Water Day and a great time to start supporting water preservation if you aren't already! Officially adopted in 1993 by the United Nations, the goal of this international observance is to inspire people to learn more about water-related issues and take action to make a difference!

Join forces with other water-conscious heroes by following these easy tips to conserve our most precious resource.

Kitchen

- Replae your old dishwasher with the Energy Star label to save energy and water.
- Prior to placing in dishwater, scrape plates and pots instead of rinsing them.
- Shut off the faucet between rinses when washing dishes by hand.
- Wash fruits and vegetables in a pan instead of rinsing them.
- Use the minimum amount of water when boiling. After use, set aside for watering houseplants.
- Bathroom
- Turn off the water while brushing your teeth or shaving.
- Shorten your showers. If taking a bath, fill the tub with only the water you need.
- Install a water-efficient showerhead.
- Replace toilets installed prior to 1994 with a water-saving EPA WaterSense toilet.
- Install water-efficient aerators and repair leaky faucets to save up to 140 gallons of water per week!

Laundry Room

- Run your washing machine only with a full load.
- For average clothing use, use shorter wash cycles.
- Replace your older machine with the Energy Star labeled models, which only use 18-20 gallons of water per load versus up to 50 gallons.
- Use cold water and a cold-water cleaner like Tide Coldwater Clean which contains cleansing enzymes designed to clean clothes at lower temperatures.

Landscaping

- Instead of concrete for walkways, use porous materials like bricks to help water remain where it does the most good – your yard!
- To avoid overwatering, group your plants with the same watering needs close together.
- Check your irrigation system regularly to catch leaks.
- Leave the lower branches of your shrubs and trees alone. This allows leaf litter to cover the soil and reduce water evaporation.
- Rather than washing your patio or driveways, sweep instead.

Pool

- Invest in a pool cover to reduce evaporation.
- Choose a variable-speed pool pump.
- Check your pool for leaks. View this video to learn how: www.youtube.com/watch?v=Lvysxkx_q9E&feature=youtu.be&rel=0

Other Tricks

- Instead of using the tub or sink, wash your pet on the lawn. It's a win-win for your pet and the environment!
- Choose a commercial facility for car washes. Commercial car washes use less water and often recycle their water. And, to keep pollutants from entering the storm sewer system, commercial washes treat their water before discharging it.
- Only order water in restaurants if you plan to drink it.

To learn more about energy and water efficiency, attend one of these free SRP-sponsored events:

Date: March 9
Time: 9:15 a.m. to 3 p.m.
Place: Costco, 1415 N. Arizona Ave., Gilbert

Date: April 6
Time: 9 a.m. to 1 p.m.
Place: Home Depot, 425 S. Val Vista Dr., Mesa

By following these easy tips to conserve water, you'll be a water-conscious superhero! Our beautiful state and planet will thank you!

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Discover Happiness Within

One thing we all have in common is the desire to be happy. Happiness lifts our spirits, brightens our day and makes us grateful. Some people spend their entire lives waiting for happiness to find them. They mistakenly believe that happiness comes from material things like buying a new car or taking a dream vacation. It doesn't. True long-term happiness comes from within.

Take some time right now to explore all the wonderful possibilities of life. No matter your age or social and financial status, it's never too late to pursue happiness. Here are three keys to getting you on that blissful road!



1. **Follow Your Passion:** We are all passionate about something! It might be animals, reading the current best seller or playing tennis. Whatever your passion, don't ignore it. Live your passion daily and allow it to evolve and grow. For example, if you're a dog lover, become an expert in breeds, temperament and care. But don't limit yourself to one interest. Instead, discover new topics and ideas.

To live a passion-filled life, follow these tips:

- Keep learning
- Find like-minded people
- Live life based on your values and beliefs
- Share your passion with others

You will fuel your passion by continuing to grow and surround yourself with others who share your values.

2. **Find Your Purpose:** Former President John F. Kennedy once said, "Efforts and courage are not enough without purpose and direction." Research shows that people who have a purpose are more likely to live longer, happier lives. Having a purpose sets your path and influences your decisions. Make this your life's mission.

Here are some tips to discovering your purpose:

- Listen to your heart. What is it telling you? Is it to make new friends, spend more time alone or volunteering and getting involved in your community?
- Assess your life's experiences. How have they led you to this point? What do you look back on and get excited about?
- Think outside the box and liberate yourself from self-doubt and negativity. Believe in yourself and in new possibilities.

3. **Let Go:** Are past or current events disrupting your happiness? It doesn't have to be that way! Believe it or not, we have control over how we process and handle information. Letting go of our hurts and disappointments is a conscious decision that reaps immeasurable rewards, including reducing stress and anxiety and finding inner peace.

If you need help letting go, try the following:

- Use positive self-talk to crush that negative internal naysayer. A positive mantra, such as "I can do this" helps you move forward with the right attitude.
- Practice mindfulness by being in the moment. Focus on the here and now and stop yourself when you begin to think of that next thing you need to do today, tomorrow, next week—you know the drill! Just stop and smell the roses. Everything else can wait.
- Be kind to yourself. We often forget to be patient and compassionate with ourselves, so instead of blaming yourself for a painful situation, treat yourself as you would a friend. Give yourself the same helpful and compassionate advice you would to them.
- Surround yourself with loving people. Leaning on loved ones to help carry you through your suffering is a positive way to heal. Our loved ones fill us with hope and support.

Letting go isn't easy, but you can do with acceptance, positive affirmations and surrounding yourself with unconditional love!

So, don't worry, be happy! Worrying stifles our happiness and sense of well-being. Let go of your worries by focusing on the present joys of life, such as your family and friends, an unexpected phone call from a loved one, beautiful weather or the flowers outside your window. It's the simple, everyday pleasures of life that can lead to an abundance of happiness!

The good news is that whatever your age, happiness is within reach. Live a conscious life by discovering your purpose. Grow and learn by pursuing your passions and focusing on the present. This way, you will embark on a magical journey filled with meaning!

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Antiquer's Questers

Our passion is the history, collecting, preservation and restoration of antiques. Quester State President Daphne Davis attended our meeting on Feb. 11. The event included Renée Menard's presentation on the history of the Chandler Airport.

Our March 11 meeting will be held in the Rec. 1 Anniversary Room at 3 p.m. We will be planning our next year's events, which will include visiting antique shops, historical places and have antique and collectable presentations.

For more information, contact Robyn Morin at 715-308-2354 or Kathy Hilger at 763-670-0804.

Alzheimer/Dementia Support Group

Submitted by Kim Wolf

According to the Alzheimer's Association, one in 10 people ages 65 and older have Alzheimer's dementia. If you are caring for or are concerned about someone with Alzheimer's disease or any of the related types of dementia, you need information and reassurance. Our group provides a supportive environment where you can share your concerns and questions. Learn effective strategies to cope daily. We meet at Leisure World every second Wednesday throughout the year.

Alzheimer's Counselor Susan Kasprak provides her expertise, and Leisure World Outreach Specialist, Marguerite Huspen, offer leads to many resources. Join us on Wednesday, March 13 at 10 a.m. in the Rec. 1 Banquet Room to enjoy coffee, refreshments and to share concerns and useful techniques.

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

American Association of University Women East Mesa Branch

The American Association of University Women (AAUW) will hold their March meeting on Wednesday, March 6 in the Rec. 1 Clubroom at 1 p.m. The speaker will be Amy Sailors, Crime Prevention Specialist, with the Mesa Police Department, Fiesta Division. Sailors will speak on Personal Safety, Best Practices. All AAUW members and non-members who are visiting Leisure World for the winter are welcome.

AAUW membership is open to women and men who hold an associate or equivalent degree, baccalaureate or advanced degree from a qualified institution.

For membership information, please contact Betsy Flaten at 218-491-1777 or katperson@msn.com.

Computer Club

Submitted by R. Aubrey La Foy

Knock, knock. Who's there? Yah. Yah who? Yahoo, let's party!

March programs are held at Rec.1 Ballroom at 8:45 a.m. and include:

- March 4: Social Security 101 by Jack Burns.
- March 11: OSHA Lifetime Learning Institute – Learn about their courses.
- March 18: Volunteer Breakfast and Election of Directors.
- March 25: Special Interest Groups – Phones, Streaming TV, etc.

Used and discarded computers, printers, etc., can be left at the Computer Lab for pickup and donated to Arizona schools. The Computer Lab will continue to operate by our wonderful volunteers.

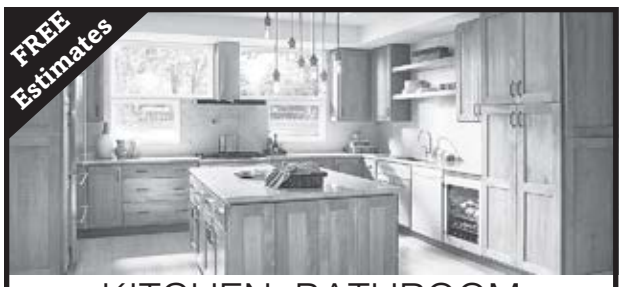
Don't forget the number of movies you can check out at the Computer Lab.

The smartphone has many uses. Recently, we have had to wait in various places and booting up Facebook can fill that time. If nothing else, old black and white comedy flicks are fun to watch. Our son placed an Uber app on my phone, and we had an occasion to use it recently. Our other son had to go to Gateway Airport at 3:30 a.m. Boot Uber up, place destination and time, and the ride comes. Unfortunately, the Uber driver

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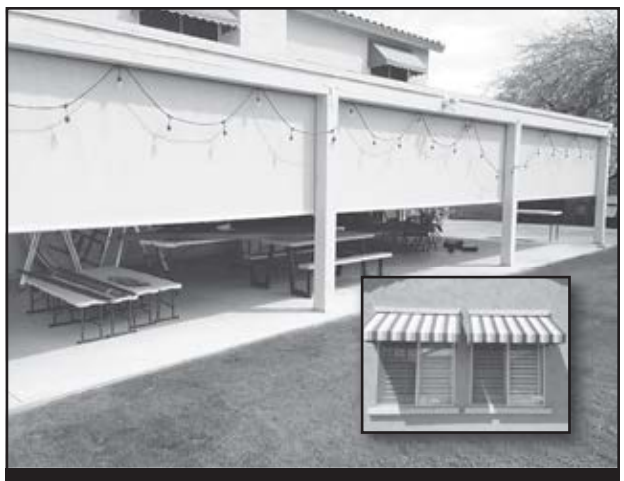
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Clubs

came in the wrong gate but called, and we directed him to Power Gate. He was late, so the fee was reduced. The bill was about $10 and our son arrived on time.

Join the Computer Club if you haven't already. We strive to provide you with new information in the ever-changing world of computers and smartphones. Dues are only $10 per manor.



Dakota club

It is time to wear the green and join the Dakota Club members for fun and a traditional St. Patrick's Day menu. We will gather on Thursday, March 21 at the Rec. 2 Rendezvous Café at 5 p.m. for a BYOB social and 6 p.m. for dinner with entertainment provided by Judy Anne, a local vocalist who does many styles of music.

Please leave your checks at the Beckwith's 646 or Savelkoul 1342 by March 15. The cost is $12 per person, and your house guests are welcome to attend. Now where can you get a corned beef and cabbage meal with dessert, beverage, tip and entertainment for that price? We look forward to seeing you!

The club is attempting to get a good group email system up and running. So, please make sure we have your email address. This will eliminate phone calls for the committee.

Democratic Club

Submitted by Marilyn Kunde

The Leisure World Democratic Club invites the public to attend their March meeting on Wednesday, March 13 at 7 p.m. in the Rec. 1 Ballroom.

The speaker will be Sarah Richardson, the State Education Outreach Director for Save Our Schools Arizona. Richardson will share what is happening in Arizona education now, including the effects of vouchers on public education. Her PowerPoint presentation will help people understand the issues surrounding the funding of public education in Arizona. She will answer questions following the presentation.

If you need transportation, please call 480-832-7012 or 602-689-5622.

Friday Morning Knitters and Crocheters

Submitted by Carolin Lowy

Do you enjoy knitting and crocheting or working with a loom? The Friday Morning Knitters and Crocheters meet every Friday from 9 a.m. to 11 a.m. in the Rec. 1 Queen Card Room to create items for ourselves and to donate to charity. Need help with a project or would like to learn a new technique? We are happy to help. We have a limited amount of yarn and are happy to accept donations that will be put to good use. Our current project for "Warm Up America" creates rectangles that are then made into items for many other organizations.

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

Genealogy Group

In honor of St. Patrick's Day, the Genealogy SIG is planning to make the month of March a celebration of the Irish!

We will meet on Thursday, March 7 and Thursday, March 21. The first session will be a brief webinar, followed by a group discussion about basics for searching records in Ireland.

On March 21, we will work to arrange a group tour of the McClelland Library – Irish Cultural Center in Phoenix. There will be a nominal fee for the tour. The details of this outing will be shared as they become available. We also hope to carpool to this event.

We welcome all Leisure World residents to our group. The meetings are held in the Computer Lab each first and third Thursday of the month from 3:30 p.m. to 5 p.m. Please join us.

Illinois Club

Submitted by Janice Rehmus

The March meeting will be held on Wednesday, March 13 at 5 p.m. at Rec. 1 Promenade. All Leisure World residents from Illinois, including families, visitors and guests are welcome to attend. Guests are requested to bring a dinner dish (main, side dish or dessert) to share. A $4 charge per person will be collected at the door for table service items, plus coffee and ice water. If you wish, BYOB. A short business meeting is planned to discuss future plans. Comments may be sent to Frank and Sue Strainis at frasues2001@yahoo.com or call 847-902-8583. Join us for an evening of fun! The BBQ grills will be going!

Iowa Club

Over 60 Iowans or those with Iowa connections enjoyed an evening of mingling, dinner and laughter on Thursday, January 17!

The evening began with a round of Iowa Friends Bingo, where lots of connections—old and new—were made. A delicious smoked pork chop meal was catered by Midwest Meats, followed by revealing the responses to Bingo calls discovered earlier i.e., where the guests were born, worked, Iowa sites they visited. Door prizes were awarded to participants. The evening was interspersed with some favorite, "You might be from Iowa if …" lines that brought head nods, chuckles and a few belly laughs!

We recognized the 98th birthday of Delford Benson and finished the night with friendly chatter.

Please join us for the next Iowa Club meeting on March 14 in the Clubroom. We just might be having our own "Iowa March Madness" competition. You won't want to miss it! You can wear your favorite college gear if you like! Social hour starts at 5 p.m. with dinner at 6 p.m. The cost is $15 per person BYOB.

To RSVP or get on our list, please contact Blaine and Lori at wborland@wiatel.net.

Jewelry/Lapidary Club

Submitted by Colleen Bodnar

The Leisure World Jewelry and Lapidary Club shop is open Monday through Friday from 9 a.m. to 4 p.m. The club still has some openings for selected classes. Check to see if what you would like to learn is still available.

A full array of classes will resume in the fall. If you are interested, come in November and sign up. Classes fill up very fast. Class instruction time may be in the morning, evening or Saturday. If you are not a member, our yearly dues are $20 and are payable at the time you take the class, along with the class fee.

We will have a demonstration on Tuesday, March 12 at our monthly meeting. Club member Maxine Rosenthal will demonstrate many techniques that are taught in our shop that can be used within one piece of Jewelry. The most common is cutting a stone and putting it into a plain sterling silver setting. But the opportunities are endless. Come in and see Maxine's presentation! This is our last monthly meeting for the season, so we invite all members and interested guests to attend.

Our next general meeting will be Tuesday, November 12 at 7 p.m. in the Jewelry/Lapidary shop. Our meetings are held the second Tuesday of the month. All interested residents are invited to join us. Hope you will come by the shop for a tour or attend our meeting to learn more about Jewelry and Lapidary possibilities.

Leisure World Art Association

Submitted by Carol Pope

Leisure World Art Association has been busy with classes this winter. All classes were a huge success.

During March, a one-day class on painting Mandela dots will be offered. Come by the Art Studio and sign up.

The spring Art Show will be held on Saturday, March 16. Come see what your resident artists have on display. We appreciate you voting for Best in Show and taking advantage of a raffle to support the Leisure World Art Association.

Leisure World Quilters

Submitted by Carol Stickling

March will be a busy month. We will be getting ready for the Art and Craft Fair and learning how to make a lattice quilt from one of our members. We will also have our spring luncheon with entertainment.

A picture of our raffle quilt for the Craft Fair will be posted in the Sewing Room. Tickets are available from any quilt group member.

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

Continues on page A28



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Clubs continued from page A27

Leisure World Rovers

The Leisure World Rovers are a group of people who travel together and share planned activities and meals monthly during the season. On February 4, we had a Roadmaster demonstration, a dinner catered by Moreno's Mexican Restaurant, a business meeting about upcoming trips, and best of all, entertainment by "Cats & Jammers." We give an enthusiastic thumbs up to our vice president, Henry Percy, who planned this event.

In February, the Rovers camped at the White Tank Mountains Regional Park where there was opportunity for lots of fellowship, hiking and sightseeing, with arts and crafts shows nearby. Wagon Masters Janelle Shadwick and Kathleen Wheaton were in charge of this great time near Surprise, Arizona.

A trip to Palm Springs is planned by Wagon Masters Dennis and Sharon Smith for March 5 - 10. Our annual end of season Round-up is planned for April 4 - 7 in Tucson, Arizona, with Wagon Masters Mac and Sue McCoy.

If you are a resident and own an RV, we welcome you to attend our next meeting on March 4. We have a catered dinner, business meeting and a program each month.

For more information, contact Marcia Rupright at 480-807-8998 or Kathleen Wheaton at 480-390-8559.





Let's Do Something Club

Submitted by Betty Pagano

Welcome one and all to Let's Do Something! I've been told that March comes in like a lion and out like a lamb. And this year is no exception. This month, the entertainment will knock your socks off! The acclaimed Turley family will bring sweet sounds to nourish your inner soul after the potluck meal that will nourish your body. What a great joy to start out the month with great food and entertainment!

The Turley family is 41 strong. They have been singing together for 45 years. Many hours have been spent singing around the piano, in the car on trips or gathered around a campfire. One of their family favorite traditions is to attend a musical. Their program on Monday evening is a combination of sacred, choral, barbershop and musical theater.

For a magical evening, join us on Monday, March 4 at 5:30 p.m. in the Rec. 1 Ballroom. Dinner is at 6 p.m. After dinner, approximately 30 members of the Turley family will sing their hearts for you. Everyone is welcome. Please bring a dish to share, your dinner service, silverware and a smile.

For more information, call VellaRose Smith at 602-616-3121 or Charlotte McLaughlin at 480-476-6007.

Minnesota Club

Submitted by Dutch Schulz

If you missed our January dinner, 68 members enjoyed a very tasty meal, great friendship, dancing and singing.

Save the date for an outdoor cookout and beach party! "Brats, Burgers, Beer and the Beach Boys" will be held on Monday, March 18 in the Rec. 2 Pavilion. The evening begins with a social hour at 5 p.m. (BYOB), followed by a catered dinner by Rendezvous Café. Brats, burgers, beans, cole slaw and a dessert will be served. To enhance the party fun, we ask that you bring along a couple extra beers to share and taste.

Entertainment for the evening and back by popular demand is Dragonfly. Dragonfly will play music from the Beach Boys and 60s era, so wear your flowered shirts, dancing shoes and sing along to your favorite tunes. We will also have a 50/50 drawing.

Tickets will be sold Friday, March 8 and Saturday March 9 from 10 a.m. to noon in Rec. 2 Lobby. Cost is $16 per person. All are welcome, so bring your friends and neighbors.

For more information, contact Dutch Schulz at 763-370-1781 or lwmngettogether@gmail.com.

Music Therapy

Join us in our Music Therapy class if you are a caregiver of a loved one with any form of neurological disease, including Alzheimer's, Parkinson's or stroke-induced memory loss. We enjoy gathering every second and fourth Monday from 1:30 - 2:30 p.m. in the Lakeside Clubhouse to sing our favorite old songs to bring joy into our lives.

We sing with our outstanding music therapist, Sun Joo Lee, who leads us with her guitar and beautiful voice. We even add some rhythm to the songs with instruments she shares with us. We get to share old memories, make new friends and end the hour with visiting and some tasty treats! How can you resist? See you there!

Open Door Social

Submitted by Jackie Jooyan

We had great entertainment at the Open Door Social in February. Talented pianist Anna Chepikova and her pianist husband, Paul Sherman, were here again, playing their terrific music on the piano and keyboard. They love what they do and are truly great entertainers.

We had a large turn-out and a good time was had by all who attended. This is our goal—to get people together to socialize and relax for an hour. We believe that "people need people." And we have served our purpose when we see happy faces and animated conversations during our monthly programs.

After the program, we will recognize March birthdays by presenting them with corsages and taking their pictures. Refreshments will be served with coffee, tea or water. If you've been thinking about coming, don't put it off any longer; you'll see what a good time we have! Open Door Social is free, fun and a great way to meet new folks and see old friends!

This month, we will have the pleasure of having Kathy Peak as our performer. Kathy has entertained us in the past and is an accomplished vocalist. The theme of this month's Open Door will be the celebration of St. Patrick's Day. Mark your calendars for Friday, March 8 at 10 a.m. in the Rec 1 Ballroom. This is a wonderful opportunity for newcomers and long-time residents alike to see what the Open Door Social is all about!

For more information, call Don Murphy at 480-807-8663.

PEO Group

Submitted by Gayle Butler

The Leisure World PEO Group will hold their March meeting in the Rec. 1 King Card Room on Friday, March 1. Light refreshments will be served at 9 a.m., followed by a business meeting. All PEOs living in Leisure World are welcome to attend the monthly meeting.

Jane Triplet, Rae Farley, Eunese Roberg and Shirley Fauth will present a program following the meeting. The group has formed a book club and arranges trips to museums in the Phoenix – Mesa area for their members.

All PEOs living in Leisure World are invited to join the group for fellowship and fun activities.



Clubs



Photography Club

Submitted by Jan Kelly

It's March already! This is our final month of activities for the 2018-19 winter season. On Friday, March 15, we will have the Hanging Party for all artists participating in the Spring Art Show. March 16 is the Leisure World Art and Craft Show, where our club will display photos in the Rec. 1 Ballroom.

Come and see the winners and pick your favorites for The Viewer's Choice Award. Also come and see all the wonderful talent in Leisure World. It's a show worth visiting! On March 23, our photo group will have a guest speaker, professional photographer Colleen Minluk-Sperry. She will discuss her work and explain the art of flower photography. During March, we will also be going on another photo shoot with the location to be decided. Sign up will be at our Saturday meeting.

Our final day together will be on March 30. There is no meeting but a restaurant outing or venue that will hold our final winter season photography celebration. There are no meetings in the Theatre on March 16 or March 30.

Thanks to all for a great season. We look forward to next season starting on Saturday, October 19. Have a wonderful summer filled with shooting great photos!

Pottery Club

Submitted by Bonnie Rausch

Pottery Club members are putting the final touches on items they will have for sale in the Spring Arts and Crafts Fair and Book Sale. Be sure to stop by the club's display in the Clubroom. And don't forget to purchase your tickets for the turtle raffle.

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. Clay and glazes are at additional charges.

Republican Club

Submitted by Diane Andersen

"The proper role of government is to protect equal rights, not provide equal things."- 28 Principles of Liberty

It is the goal of the Republic Club to educate, encourage and inspire. This month's featured speakers will include Congressman Andy Biggs, one of the few conservative voices representing us in Washington. Also featured will be newly-elected Chairman of the Arizona Republican Party, Dr. Kelli Ward.

The latest Dinesh D'Souza movie, "Death of a Nation," was shown in the Ballroom on Saturday, February 9 by a large crowd. Another movie is planned in the near future. Please check your email and The Post for the time and date.

The meetings are called to order at 7 p.m. on the third Monday of each month in the Rec. 1 Ballroom. This month, the date is March 18.

We encourage all conservative-minded residents—either temporary or permanent—and guests to attend our monthly meetings.

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

For questions, suggestions or to join our email list, please contact Diane Andersen at 480-395-5515 or aspatriot13@yahoo.com.

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 this season, the club meets every third Thursday of the month. The March meeting on Thursday, March 21 at 9:30 a.m. in the Computer classroom, which is across from the Theater in Rec 1, at 9:3.

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

Singles Club

Submitted by Katie McFarland

The Singles Club meets the first Wednesday of each month in the Rec. 1 Clubroom from 4 p.m. to 6 p.m. We also gather every Tuesday morning at the Leisure World Rendezvous Café for breakfast at 8:30 a.m. If you are single, you are welcome to join us. Our purpose is to have events for singles.

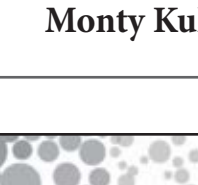
Events:

March 6 - Singles Club Pot Luck, and it's Mardi Gras! Come enjoy a Mardi Gras theme from 4 p.m. to 6 p.m. in the Rec. 1 Clubroom. Bring a dish to share, $3, BYOB. New Orleans red beans and rice, setups, ice, sodas and place settings provided.

Continues on page A30

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March 14 - Community Dance: 7 p.m. to 10 p.m. in the Rec. 2 Hopi/Pima Room, $8 tickets at Rec. Office. Ask for singles table.

March 22 - Fish Fry at Rec. 2 Leisure World Café: 5:30 p.m. in Rec. 2 Rendezvous Café. For reservations, sign up on the café wall.

March 24 - Dinner and Happy Hour at Fibber Magee's, 1989 W. Elliot Rd., Chandler: We will meet in the Rec. 1 parking lot and car pool at 3:30 p.m. Come and enjoy the fun at this authentic Irish Pub and hear Ginny Paden's son's band, who will be playing Irish instruments and songs!

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



Twiddlers

Submitted by Carolin Lowy

The Twiddlers meet every Monday from 9 a.m. to 11 a.m. in the Queen Card Room. We are a group of folks who enjoy working with hooks and needles to create items of interest. Need help with a project? Want to learn something new? We are the folks who can help! Many of the items are donated to local charities. We have some supplies for participants to use and are grateful for donations of yarn.

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



Wisconsin Club

Submitted by Lynn Peters

The last gathering of the season is on Wednesday March 13. The social begins at 4:30 p.m. and dinner at 5:30 pm. We are meeting in the Rendezvous Café at Rec. 2 for a catered dinner.

Since this is before St Patrick's Day, Chef Grant is making corned beef and cabbage, potatoes, carrots and grasshopper pie for dessert. Soda and setups for BYOB are available before the meal. The cost is $14.

Checks should be made to the Leisure World Wisconsin Club. Reservations are made by dropping off checks or cash at manor 988 by March 6. Please put your checks in the slot in the walk-in door to the garage, which is off the front patio. This way, your payment is in a secure place. Please include the names of all attendees, manor numbers, phone numbers and email addresses.

Everyone is welcome to come, whether you are from Wisconsin or not. Socialize with friends and neighbors and friends, and maybe even make some new friends. If anyone has an idea for a game or a mixer, please let us know. Please wear your name tags and your green! Hope to see you there!

For more information, call Dave Wunsch at 480-671-5699, Marlene Johnson at 602-619-0051 or Lynn Peters at 262-853-4870.

Woodworking Club

Submitted by Judy Jackson

This month is the annual springtime Arts and Crafts Fair on Saturday, March 16. The woodshop needs our members to make wood craft items and donate them to our sale. Please drop your donations off with a monitor at the front desk of the woodshop.

Our annual election of officers will take place at our general meeting on Tuesday, March 19 in the Rec. 1 Theater. Our current slate of new officers, subject to change, are: President Dick Bogart, 1st Vice President Bob Williamson, 2nd Vice President Vince Dermon, Secretary Mike Swedor and Treasurer Alan Yapp.

The wood carving class has started meeting on Thursday afternoons. Cheeseboards, pen making classes and general woodshop orientation have signup sheets on the bulletin board. These classes are for club members only. You will be called by the instructor regarding dates and times. Please be patient while the instructors work their way through the lists.

For more information on the Leisure World Woodshop, please visit our website: https://sites.google.com/view/lwwoodworkers.

Zoomers

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

All events are $25 per person, which includes dinner, dancing and surprises. Tickets are available at the RE/MAX Classic office. For more information, call Babs at 480-225-4308.

Street Dance
Date: March 23
Place: Rec. 1 parking lot
Time: 5 p.m. - 9 p.m.
Dinner: BBQ, BYOB and mix
Band: Johnny K & Kompany

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Sports Clubs

Gun Club

Submitted by David Larson

The March meeting is on Wednesday, March 6 at 7 p.m. in the Rec. 1 Theater. Please bring three non-perishable food items to donate to the food bank.

The first sporting clays this month are on Friday, March 1 at Picacho Sporting Clays in Eloy. Meet at 6:45 a.m. in the Rec. 1 parking lot for carpooling to the event and departing at 7 a.m., so don't be late. The course fee for 100 birds is $30, and the carpool fee is $5 per person. Be sure to bring some extra money to pay for lunch after the shoot.

The rest of the sporting clays events will take place on Thursdays, March 7, March 14, and March 21 at Rio Salado. The starting time is 7:30 a.m. unless otherwise notified. The cost is $25 for 100 birds or $13 for 50. Breakfast follows the shoot.

There will be no sporting clays on Thursday, March 28. Instead, we will be going to Payson on Wednesday, March 27 to shoot skeet with Randy Sneed. Check e-mails for details.

Target building is on Wednesday, March 13 at 7 a.m. in the utility building at Rio Salado. Our rim fire event immediately follows.

March's Practical Pistol event is on Friday, March 15 at Rio Salado's pistol bay #2. Please be there by 7 a.m. for setup and the safety meeting.

Monday, March 25 at 11:30 a.m., is the club luncheon at B.J.'s Superstition Springs. Please join us for some good food and company.

The schedule is always subject to change, so check your e-mail for updates.

For more information, contact Bob Clark at captsteptoe@gmail.com.

Lap Swimmers/ Water Walkers Club

Submitted by Dave Speyer

From the President's pen: We encourage all those who exercise by swimming or walking in either pool to sign up on rosters on the bulletin boards at the pools. Then log in laps according to instructions posted.

We are going to have a potluck dinner on Sunday, March 31 at 5 p.m. in the Rec. 1 King Card Room. We will be posting sign-up sheets at both pools. Please sign up with what you will bring (main dish, side dish or dessert). Drinks, plates and utensils will be provided.



Swim Club

Submitted by Barbara Jones

The Swim Club has scheduled our 2019 winter/spring potluck dinner for Sunday, March 24 at 5 p.m. at the Rec. 1 King Card Clubroom. The club will provide the entrée of either meat or vegetarian lasagna casseroles. Participants must bring one of the following side dishes to share: appetizer, salad, veggie or dessert, and their own table service. The club will provide water and coffee.

The dinner is no charge for club members, but the cost for guests and non-members is $5. Sign-up sheets will be available at both the Rec. 1 and Rec. 2 pools. Please sign up or call one of the officers to reserve your seat.

Beginning Monday, May 1, the water exercise class at the Rec. 1 pool will be at 9 a.m. Remember that every person is required to shower before using pools or hot tubs to rinse off the dust or sweat before entering the water.

The first Tuesday of the month social is on May 7 following the 9 a.m. class at the Rec. 1 pool. The Swim Club will provide refreshments, and members are invited to bring a treat to share.

Officers for 2019 are President, Mary Gardner; Vice President, Cathi Fisk; Secretary, Barbara Jones; and Treasurer, Rudy Mockel.

Tennis Club

Submitted by John Latus

Congratulations to all who participated in the "Bring a Friend" event, especially Pat Von Trapp, Judi Vogelsang, Janet Chabot and all the volunteers who organized it. A record number of residents—53–turned out and had a great time. One week after the event, seven 'friends" signed up for the Tennis Academy! For the potluck, in addition to the usual 7:30 times, we've added a 1:30 p.m. to 3 p.m. slot on courts 9 and 10 on Mondays, Tuesdays and Thursday. Tell your friends.

Upcoming tournaments:

March 11-16: Men and Women's doubles at SVE. Sign up was Feb. 15. Come out and support our teams.

March 18 -23: SSV is holding a mixed doubles event. $30 per person. Sign up by March 2.

Oct. 29 - Nov. 2: The Venture Out Fall Classic. Registration open until March 31. For details and to register, go to votennisclub.com or call Arlene Ott at 480-924-3108.

Our club is having casual tennis on Sunday, March 3 from 3 p.m. to 4:30 p.m. BYOB and a snack or appetizer to share on the pavilion afterwards.

Finally, our wrap-up party is on St. Patrick's Day, March 17, in the Rec. 2 Hopi/Pima Room. It is an Irish theme with socializing at 5 p.m., dinner at 6 p.m. and lots of fun activities. Don't miss it!

Don't forget to come to the March 13 club meeting at 4 p.m. at the Rec. 1 Card Room.

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Music and Dance Clubs

Desert Belles Chorus

Submitted by Katie McFarland

It's concert time! Please come and enjoy the Desert Belles' spring show, "No Rhyme or Reason," on Sunday, March 3 at 3 p.m. Hear many oldies but goodies such as "Book of Love" and "At the HOP." "Yesterday" and "All My Loving" are on the program, too, since who doesn't like the Beatles? Tickets are only $7 and can be purchased in the Recreation Office and from any of the Desert Belles singers.

The Desert Belles are an all ladies' Barber Shop Chorus, where all the songs are sung in four-part harmony with tenor, lead, bass and baritone. We practice Mondays from 12:30 p.m. to 3 p.m. in the Rec. 2 Music Room. All ladies are welcome to come and join the fun. Planned for next year is a cruise where the Belles will perform! A new director, Jim Yancy direct the Belles next year, so it should prove to be a very exciting year!

This a very warm and friendly group! If you have any questions, please call Katie McFarland at 623-551-6218. Singing together always makes it a better day!



Casual-Aires

Submitted by Allen Cziok

For our final Casual-Aires dinner dance this season, "Come Back Buddy" has a return engagement on March 23. Their extensive repertoire of Buddy Holly and 50s favorites is just the right mix to bring back fond memories and make you want to dance.

Your evening will begin with BYO cocktails at 5:30 p.m. in the Hopi/Pima Ballroom followed at 6 p.m. with a scrumptious dinner prepared and served by Premier Catering. You will have a choice of beef tenderloin or salmon, so be prepared with your selection when you call Nancy and Gary Smith for your reservation at 480-854-1435.

This evening, we will distribute your invitations to rejoin Casual-Aires for next season. We hope you continue to believe that we offer a terrific value for four great live bands and four delicious sit-down dinners.

If you are attending as a guest, please let us know if you would like to receive information about becoming a member.

For current members, please give some thought to volunteering for our membership, reservations, decorating, music or food committees. We need your talents to keep Casual-Aires as the most fun and successful dance club in Leisure World!

Leisure World Cloggers

Submitted by Joyce Loland

The Leisure World Cloggers continue to meet on Fridays to enjoy dancing, music and the exercise involved in clogging.

All clogging classes are with instructor Anne Mills and are held in the classroom next to the Fitness Center. Beginners meet from noon to 1 p.m. Beginner lessons are free through March!

Easy Intermediate meets at 1 p.m., Intermediate 2 at 2 p.m. and Intermediate 3 at 3 p.m. Those interested in more advanced clogging can attend the "Intro to Advanced" on Wednesdays at 3:30 p.m. and the Advanced class at 4:30 p.m. Cost for all classes beyond Beginners is $8.

We invite everyone to join the fun!

Mixed Chorus

Submitted by Bruce Collier

Love is all you need, and we got it! About 13 years ago, the Leisure World Chorus was blessed with a young, vibrant Tennessee diva named Ann Adams. She and her husband Leighton joined Leisure World in 2000. Ann ended up directing our Chorus in 2005.

When Leighton passed away six years ago, Ann's immediate, adopted family became even more important. The best example is during our concert seasons, when everyone's e-mail inbox overflows from Chorus member's health to practice scuttlebutt, and all from Ann, who kept us informed and interested.

So, after we sing all about love at our March spring concert, Ann's life will be less hectic. Although she'll still be around, we'll bid a fond farewell to a special part of our Chorus community.

Cue a fanfare!

Enter new Leisure World resident and Chorus Director Donna Mahan! Joining Ann and Assistant Director Mary Carty, you will experience Donna in action for our last song, "All You Need is Love."

Please join us for our two upcoming afternoon concerts: Saturday, March 9 at 3 p.m. or Sunday, March 10 at 3 p.m. in the Rec. 2 Hopi/Pima Rooms. Tickets are on sale through chorus members or the Rec. 1 Recreation Office.

Join us! You will love our concerts for the romantic music and more!

Moonlight Serenade Dinner Dance Club

Submitted by Clarice and Joe Chism

"Pack" on your evening clothes and get ready for the March 16 "Nairobi Safari Dance" at Moonlight Serenade Dinner Dance Club! Danny Kealey Orchestra will provide music from 5:30 - 9:30 p.m., while members and guests enjoy a delectable meal catered by Premier. BYOB with setups provided. Dancers will enjoy all the safari animals that surround Hopi Ballroom!

The March dance will close the season for Moonlight Serenade Dinner Dance Club dances. We hope all have enjoyed a spectacular year of dancing, fellowship and food! Note the season of 2019-2020 will begin in November: Saturday, Nov. 16; Thursday, Jan. 23; Thursday, Feb. 20; and Saturday, March 21.

Dues are due as your membership in Moonlight Serenade Dinner Dance Club is vital to its existence. There are limited openings for the club membership. Annul membership dues are $240/couple. Guests are always welcome: $78/couple/per dance. Please send check to Shirley Rake, Membership, at 1560 Leisure World, Mesa, AZ 85206 or drop a check to Ron Litzenberger at 2596 Leisure World, Mesa, AZ. Advanced payment is required to help defray overhead costs. Thank you.

For more information and photos, please check our website at http://moonlightserenade.yolasite.com. Have you a wonderful summer. We look forward to seeing you in the fall!

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Card and Game Clubs



The Billiard Club

Submitted by Steve Hanson

The Billiard Club members hope folks will join us for fun and games throughout the year. Remodeling over the last couple of years has turned our room into one of the finest facilities in the area.

We truly value new players of all skill levels. Come by the Billiard Room and check us out. Men and women are invited to join us in practice sessions, tournaments and try out for our various traveling leagues. The annual membership is $15, with dues spent on equipment maintenance. Membership is not required for open play, but if you are using the equipment, we encourage you to join our club.

Tournament play continues throughout the year. Tuesday 9-ball at 12:30 p.m. (arrive early to sign up), $3 buy-in, open to members only. Thursday night 1 - 15 tournament at 6:30 p.m. Saturday 8-ball tournament at 12:30 p.m., $1 buy-in. All entry fees are paid to the winners. Both men and women are welcome to play in our weekly tournaments.

For club members, it's that time of year to elect new club officers. Please give some thought to nominations or volunteer yourself for one of the positions.

Our men's leagues play on Wednesday mornings and Friday mornings. For information, contact Dennis Vogts. The women's league is Thursday afternoon. For more information, contact Billy Bob Glover at 480-290-1067 or Barb Vert at 480-278-1065.

Bunco

Submitted by Patti Okoniewski

Happy Saint Patrick's Day! From donning the "green" to eating corned beef and cabbage, whatever you do, enjoy the holiday!

Congratulations to our February winners: Dana Bourque, Patti Okoniewski, Sharon Zimmerman, Barbara Young, Verna Mullen, Dick Rost and Ruth Winberg. We had great fun, lots of laughs and lots of yummy Valentine sweets and goodies.

The next Bunco night is Thursday, March 7 at 6:30 p.m. in the Rec. 1 King Card Room. The cost is $3 per person. Please do not bring anything larger than a five-dollar bill. All money collected is paid out in cash prizes, and there are six cash prizes. If you have never played Bunco, it is an easy dice game that is enjoyed by both men and women. No experience necessary. Bring your own drink, wear your Leisure World name tag, and come early. We are set up for 40 players max.

For more information, call Patti Okoniewski at 480-474-8115. No need to RSVP.



Scrabble Club

Submitted by Carolin Lowy

The Leisure World Scrabble Club is happy to welcome winter visitors. We play every Monday at 6:30 p.m. in the Rec. 1 Lakeside Clubhouse. Scrabble and Upwords are offered. The club has all the supplies needed, including the official dictionaries and word lists.

We play strictly for fun and help each other when needed. Some letters are harder to place!

We meet year-round, so come join us for an evening of fun and fellowship!

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

Thursday Night Party Bridge

Everyone is welcome to join our Thursday Night Party Bridge group in the Apache Room in Rec. 3. Bridge begins at 6:30 p.m., so please be there 15 to 20 minutes early so we have time to call if we need additional people. Bring 50 cents to play and pennies for sets. We have coffee and cookies. Contributions of cookies and snacks are always appreciated.

High Scores for January/February:

- Lynn Peters: 5740
- Arlene Rexine: 5100
- Merlin Faulth: 5060
- Criss Best: 4530
- Iris Berger: 4180
- Marilyn Peters: 4120
- Diane Walth: 4090
- Linda Spurlock: 3840
- Judy Lawrence: 3800
- Trudy Grisham: 3740
- Shirley Seiffert: 3570

Also, if you would like to join us at Thursday afternoon bridge, please call Phyllis Hallatt at 480-396-7398 at least three days in advance. We start at 12:15 p.m. so please come at noon. We play in Rec. 1 Queen Card Room, and the cost is 50 cents.

I would like to thank Shirley Edmonds for taking over the Thursday Bridge while I was away. I am glad to be back and looking forward to seeing all Thursday bridge players.

For more information, please call Lynn Peters at 262-853-4870.





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ASTROLOGY

March Horoscope

ARIES (March 21 to April 19) Try to say as little as possible about the work you're doing through the end of the month. Then you can make your announcement and accept your well-deserved plaudits.

TAURUS (April 20 to May 20) You face a more difficult challenge than you expected. But with that strong Taurean determination, you should be able to deal with it successfully by week's end.

GEMINI (May 21 to June 20) Before you act on your "feelings" about that upcoming decision, it might be wise to do a little fact-checking first. You could be very much surprised by what you don't find.

CANCER (June 21 to July 22) A recent workplace success can open some doors that were previously closed to you. On a personal level, expect to receive some important news from a longtime friend and colleague.

LEO (July 23 to August 22) Put your wounded pride aside and do what you must to heal that misunderstanding before it takes a potentially irreversible turn and leaves you regretting the loss of a good friend.

VIRGO (August 23 to September 22) One way to kick a less-than-active social life into high gear or rebuild an outdated contacts list is to throw one of your well-organized get-togethers for friends and associates.

LIBRA (September 23 to October 22) Getting out of an obligation you didn't really want to take on can be tricky. An honest explanation of the circumstances can help. Next time, pay more attention to your usually keen instincts.

SCORPIO (October 23 to November 21) Use your Scorpion logic to push for a no-nonsense approach to a perplexing situation. This could help keep present and potential problems from creating more confusion.

SAGITTARIUS (November 22 to December 21) A friend's problem might take more time than you want to give. But staying with it once again proves the depth of your Sagittarian friendship and loyalty.

CAPRICORN (December 22 to January 19) The Sea Goat can benefit from an extra dose of self-confidence to unsettle your detractors, giving you the advantage of putting on a strong presentation of your position.

AQUARIUS (January 20 to February 18) You might want to ask a friend or relative for advice on an ongoing personal matter. But be careful not to give away information you might later wish you had kept secret.

PISCES (February 19 to March 20) Use the weekend for a creativity break to help restore your spiritual energy. Once that's done, you'll be back and more than ready to tackle whatever challenge you need to face.

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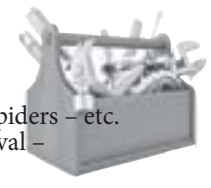
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- Garage Clean-Out
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- Old Tires
- Storage Clean-Out
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- Remodeling Debris
- Hot Tub Removal
- Concrete Slab
- Landscape
- Light Demolition

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Dave Ellsworth
480-360-JUNK (5865)
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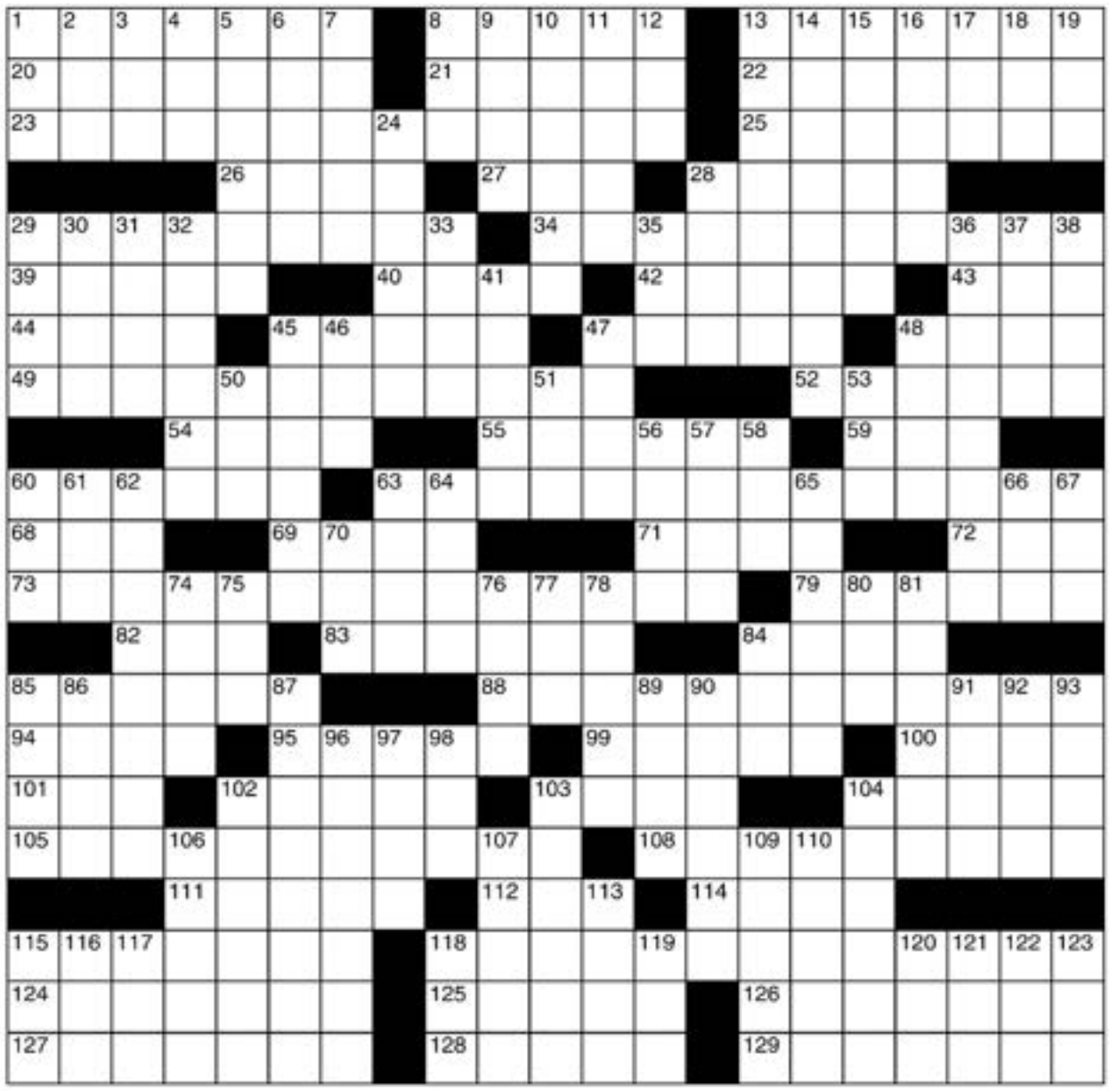


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- One-time cleaning
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SUPER CROSSWORD

Bands Together



ACROSS

1 Not meant to be heard by the audience, in a way
8 Blend in
13 Maker of stringed instruments
20 Author Huffington
21 Nary a soul
22 In a group
23 Give a nonnative a smooch?
25 Causes of sudden fear
26 Env. alerter
27 Small drink
28 Make up for
29 Defeat Dorothy's dog decisively?
34 Trip to an underworld river?
39 Singer Buddy
40 Egg
42 Stools, say
43 Actress Mendes
44 Certain Siouan
45 "The Jerk" actor M. -- Walsh
47 "Well well!"
48 Use a pool
49 Specialty of Windy City bakeries?
52 Uses Dixie diction
54 Door turner
55 Expire, as a subscription
59 Ballpark fig.
60 New princess of '81
63 One who doesn't succumb to a potent toxin?
68 Clean energy org.
69 Bombard with e-junk
71 "Zip- -- -Doo-Dah"
72 Hard wood
73 Glorious state of bliss?
79 Military units
82 Prefix with hazard
83 Achieve
84 Obi-Wan Kenobi, e.g.
85 Rob
88 Desert haven mentioned in the first book of the Bible?
94 Guitars' kin, for short
95 Actor Rob
99 Bits of matter
100 Car for a VIP
101 Mr., in India
102 Have a cow, with "out"
103 Ltr. insert
104 Arrangement
105 Ruler of the Sunflower State?
108 Palpitation?
111 Menu fish
112 Audiotapes' successors
114 Cato's 1,052
115 Main female character
118 Stuff hauled by Beantown trash collectors?
124 Not ceasing
125 Homer work
126 St.- -- (capital of Loire)
127 Mice and whales, e.g.
128 "The Rose" singer Midler
129 Plunder

DOWN

1 Hard wood
2 Wk. day
3 Hi- -- (old LP players)
4 Moms
5 Notoriety
6 Noted berry farm founder
7 Turn a deaf -- (ignore)
8 Musical artist DiFranco
9 Barking pets
10 Doctrine that reality is one organic whole
11 Ham-handed
12 Gen --
13 Certain boxing punch
14 Not firmly implanted
15 Pre-liftoff term
16 Jenna Bush --
17 "Kinda" suffix
18 Ballpark fig.
19 Scale notes
24 Lay to rest
28 Skating leap
29 Ice cream flavor, briefly
30 Writer Philip
31 H.G. Wells race
32 Smart- -- (cocky)
33 At an end
35 Fashion inits.
36 Synthpop artist, say
37 Sinister
38 They may be candied
41 Wombs
45 Self-conceit
46 Unruly crowd
47 Social Security fig., e.g.
48 Delhi dress
50 Not only that
51 Vienna loc.
53 Crank (up)
56 -- upswing
57 Meat stamp letters
58 Wk. day
60 The, in Paris
61 "The Simpsons" store clerk
62 Work at as a dilettante
63 Breathe hard
64 Leave out
65 Intermission
66 Bullfight cry
67 Apt. units
70 Stew veggie
74 Eye covers
75 Bettor's note
76 Tatty clothes
77 Strive (for)
78 U.N.'s Kofi
80 Hubbub
81 Call placer
84 Actor Parsons
85 Corn cover
86 Stew veggie
87 Part of PIN
89 Carve
90 Somber
91 In -- (as found)
92 Don of radio
93 Last year's frosh
96 "Part II" films
97 Tightly strung
98 Squeak (out)
102 Cereal meal
103 Breaks up
104 Add to the batter, say
106 Charge at
107 School, in Nice
109 Writer Horatio
110 Calf catcher
113 ESPN datum
115 -- and haw
116 Greek vowel
117 Dream-time acronym
118 Baby's wear
119 Lyric tribute
120 Wanna- -- (aspirants)
121 Santa -- (hot wind)
122 Big health supplement chain, familiarly
123 "I see mice!"

Sudoku

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

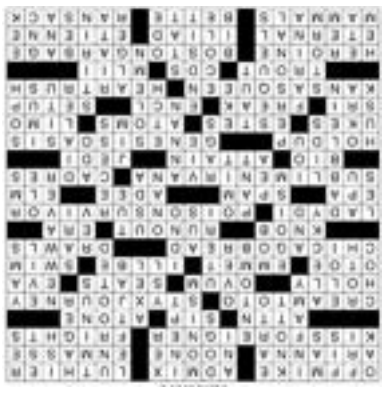
St. Patrick's Day

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

CELTIC
CLOVER
COINS
DOWN
FESTIVAL
FOLKLORE
GAELIC
GOLD
GREEN
IRELAND
LEGEND
LIMERICK
LUCK
PARADE
PATRON
PATRICK
RAINBOW
SHAMROCK
TRINITY

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Puzzle Answers



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

Comics

The Spats

By Jeff Pickering



They'll Do It Every Time

By Al Scaduto



Amber Waves

By Dave T. Phipps



Just Like Cats & Dogs

By Dave T. Phipps



Grin and Bear It

By Fred Wagner



"You gotta admit, there IS something about a uniform!"

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Life Tributes

Elvin Koon



Elvin (Ted) Koon, 89, of Mesa, Arizona, passed away on February 6, 2019 at his home in Leisure World.

Ted was born on December 28, 1929 in Bismarck, North Dakota to William E. and Leona (Tice) Koon. He grew up in Driscoll, North Dakota. After high school, Ted enlisted in the United States Air Force for four years. He was honorably discharged and began working at Amoco Oil Refinery in Mandan, North Dakota in 1955. He retired in 1988.

Ted married Wilomeen Nissen in 1953 in Bismarck, North Dakota. They were happily married for 65 years. He enjoyed traveling in his motor home throughout the United States, visiting his family and friends. Ted was the nicest man ever! He always did the right thing. Everyone loved him.

Ted is survived by his spouse, Wilomeen, his two children, Merle Koon and his spouse Marilyn (Mosser) Koon, and Joan (Koon) Niles, his five grandsons and two great-grandsons.

There will be a memorial service at the National Memorial Cemetery of Arizona at 23029 N. Cave Creek Road, Phoenix, Arizona on March 22 at 10:30 a.m.

William S. Lukrafka



William S. Lukrafka, 73, passed away suddenly on January 19, 2019. Bill was born in Birmingham, Alabama, on November 23, 1945. He retired after 34 years from his position as section manager at Inland Steel Company in East Chicago, Indiana.

Upon retiring, Bill and his wife Denise lived in Leisure World for 17 wonderful years. Bill loved to golf and enjoyed the camaraderie of his golfing buddies. He also monitored in the wood shop and did other volunteer activities. He was a protector and champion to his family. Bill is survived by his wife Denise, son William R. Lukrafka, daughter Danielle (Dan) Lawson, and grandchildren Luke, Quinn, Sloane and Chase.

William Winslow



William "Bill" Winslow 79 passed away on February 11, 2019 at his home in Leisure World. He was born in Kirksville, Missouri. Bill graduated with a pharmacy degree from the University of Missouri at Kansas City. With his business partner, Don Poe, he owned and operated Rider Drug Pharmacy in Kirksville for 30 years.

Bill and his wife Norma, of 57 years, were snowbirds for 10 years at Leisure World before purchasing a permanent home here. Bill was known as the guy in the "fancy wheelchair." Bill was diagnosed with ALS (amyotrophic lateral sclerosis) and had other health concerns.

Bill is survived by his wife Norma, two children Dennis and Anita, and five grandchildren. A memorial service will be held in Kirksville, Missouri.



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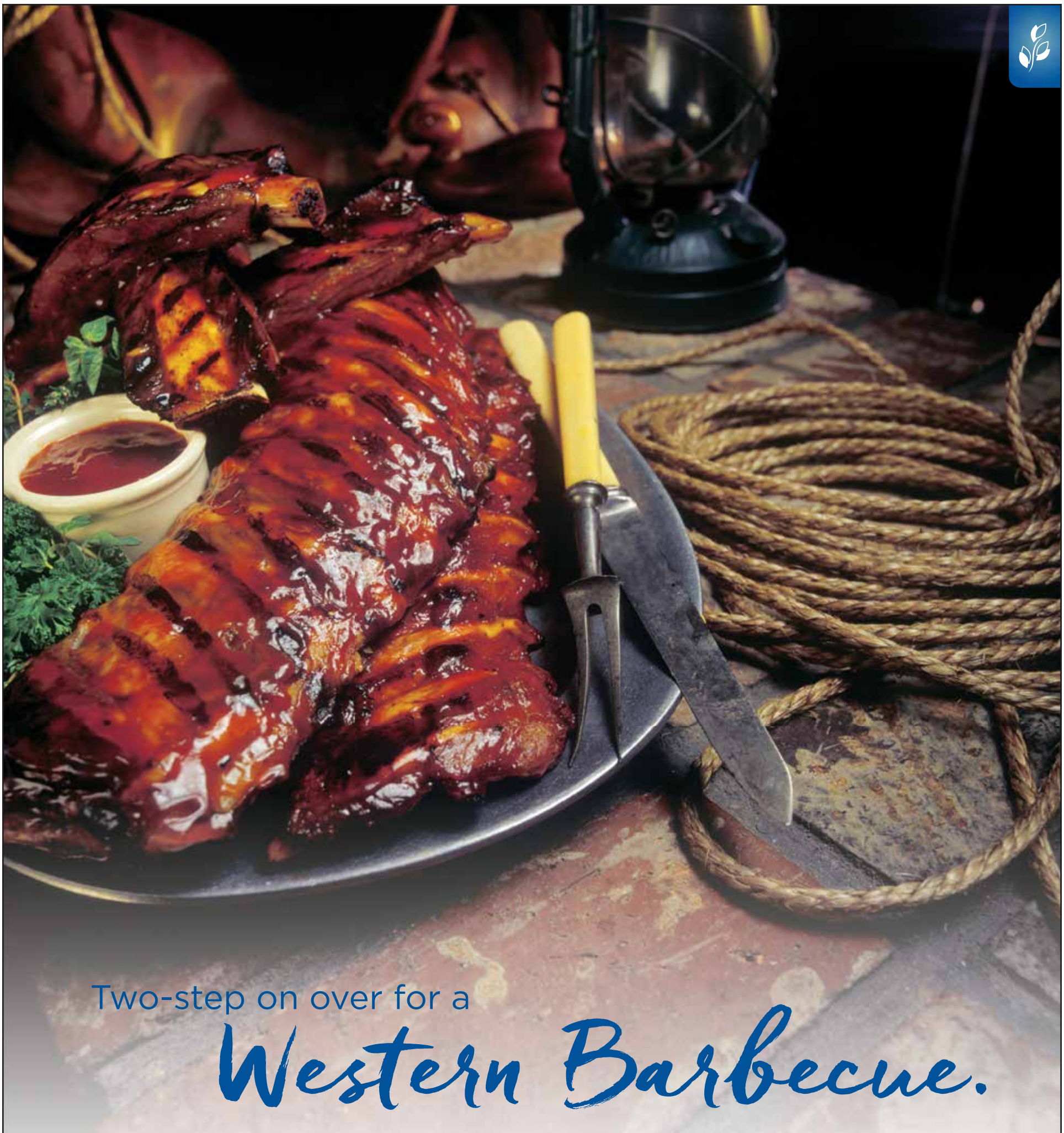
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Western Barbecue.

We can't wait for you to kick your heels and sop up your plate at a special event hosted by Brookdale Springs Mesa. Our Western barbecue will have all the fixins' including ribs, chicken, hot dogs, cornbread, apple pie and an ice cream sundae bar. Plus, there'll be carriage rides and live music from The Singing Cowboy. Y'all come join us for an evening the whole family will enjoy.

Brookdale Springs Mesa
Independent Living
Assisted Living
6220 East Broadway Road
Mesa, Arizona 85206

Thursday, March 14 | 4 to 6 p.m.
RSVP by March 11
Complimentary admission
For reservations, call **(480) 985-8900**.

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Leisure World

LIFESTYLE

Recreation, Wellness and Golf

Blood Drive
Page B18

Spring Fine Arts & Crafts Fair & Book Sale
Page B2

CPR Training Class
Page B20



Movie on the Green!

"Instant Family"

Join family, friends and neighbors to enjoy a lovely evening at the Rec. 2 Golf Practice Range. Bring your appetites to indulge at one of these mouth-watering food trucks: Der Wurst Hot Dogs, Grilled Addiction and Wandering Donkey. Don't forget to bring lawn chairs or a blanket. Be sure to thank and visit with Crockett Dental and Paul Kelly Maxilloficaial, this year's event sponsors who makes it possible for this to be free!

About the movie: In this comedy, married couple Pete and Ellie Wagner decide to adopt a teenager from foster care and find out that she has two younger siblings who they would also need to take in. Upon doing so, they find themselves in over their heads. Hijinks ensue and they all grow to love each other. It's a sweet premise "inspired by a true family!"

Remember to bring a flashlight for after the movie since it will be dark!

Date: Friday, March 22
Time: 6:30 p.m. food trucks, meet and mingle! 7:30 p.m. movie
Place: Rec. 2 Golf Practice Range
Cost: Free!
Sign up: Recreation Office

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CROCKETT DENTAL

March is National Nutrition Month!

Test your nutritional IQ by picking up for a free and fun weekly quiz in the Fitness Center. Submit the correct answers by the end of business day Friday of each week to enter a drawing for weekly prizes! Boost your nutritional IQ while earning a chance to win prizes! Now that demonstrates a high IQ!



Important Events

Food Delivery Options
New Partnership with Chef Phoenix! His food delivery service uses organic, locally grown, farm to your door, delicious weekly variety food options.

Date: March 5
Time: 1 - 2 p.m.
Place: Rec. 1 Ballroom

Nutrition and Pharmaceuticals Quackery
Get the skinny on nutrition and pharmaceutical myths! Get a preview by reading article below.

Presenters: Ronda Gates, MS, and Joe Carson
Date: March 28
Time: 1 - 2 p.m.
Place: Rec. 1 Ballroom

LONGEVITY

Debunking Pharmaceutical Quackery

By Ronda Gates



New dietary fads and supplements are ubiquitous—all with the promise of helping you achieve optimal health. Nowadays, celebrities and many others are trying to market everything from a Keto diet, no sugar to going gluten-free to lose belly fat. We are told to try turmeric to reduce inflammation and an array of other supplements to make you healthy, lose weight or give you more energy.

Think about it. These statements are part of everyday marketing lingo. But consumers should beware that many of these fads and products are not endorsed by the U.S. Food and Drug Administration (FDA), the governmental agency responsible for protecting public health by regulating the safety of foods.

For decades, the FDA protected the public from mislabeled and unsafe products by regulating as foods dietary supplements that included only essential nutrients, compounds that the body can't make. But in 1994, when the Dietary Supplement and Health and Education Act (DSHEA) passed, the FDA lost its regulatory power except when a product poses a direct health threat or if adverse effects from consumption have occurred.

DSHEA expanded the definition of dietary supplements beyond essential nutrients. That is why dietary supplements are no longer considered food additives and are exempt from pre-screening or any safety studies before being released for public use.

Nevertheless, in the United States six out of every 10 people use dietary supplements Many people confuse them with prescription or over-the-counter (OTC) medicines and assume they are regulated.

Indeed, the field of nutrition is rife with deception. Savvy marketing professionals try to hoodwink consumers into handing over money for worthless and potentially dangerous dietary supplements and nutrition advice. So it is important to beware of fraudulent health scams and products, which are not scientifically based and pure quackery.

Here are a few signs to identify quackery:

- **The Magic Fix:** Avoid products with solutions that sound "magical" or that present enticingly simple solutions to complex problems. For example, "Flat Belly Herbal Tea," marketed as a "product that contains peppermint and hibiscus promises to "satisfy any afternoon urge to splurge." The product is not harmful, but having a flat belly is takes more than just drinking tea and would require a comprehensive diet and exercise plan.
- **Secret Medical Information:** Beware of anyone claiming to have a secret the medical establishment is hiding! There are many health hacks and books on the market that claim your doctor doesn't know or won't tell you the truth about something pertaining to your health. In the early 1990s, Kevin Trudeau misled millions of people through a series of infomercials to market "Natural Cures 'They' Don't Want You to Know About." He also peddled "The Weight-Loss Cure 'They' Don't Want You to Know About," which advocated for a 500-calorie a day diet

Continues on page B14

Leisure World

Recreation Department

Performing Art Series

2019-2020 Season Ticket Sales Appointment Card Pickup

This is the time to start the process of purchasing your Performing Arts Series season tickets. Come to the Ballroom to obtain your appointment card which will give you the date and time to select seats and purchase your season tickets for the two fall 2019 pre-season shows and the six spring 2020 series.

If you want to come early, the Ballroom will open at 5:30 a.m. When you arrive at the Ballroom, sign in with Recreation Department staff to receive a number for your place in line. Starting at 7:30 a.m., staff will begin calling these numbers to schedule your appointment time. *If you are not there when your number is called, you will need to get a new number and go to the back of the line.* Appointments will be scheduled on March 11-13. If you would rather wait and stop by the Recreation Office to schedule your season ticket appointment, you may do so after 1 p.m. on Thursday, March 7. If you are unable to wait in line to make an appointment, come to the Recreation Office starting Friday, March 15 during regular business hours. All remaining seats will then be sold at the Recreation Office.

Date: March 7
Time: 7:30 a.m.
Place: Rec. 1 Ballroom

Let the Good Times Roll



Direct from Nashville comes Jimmy Travis and The Delta Show Band! Take a high-octane journey of music from Memphis to New Orleans with this award-winning singer, songwriter and comedian singing blues, country, rockabilly, Dixieland and jazz favorites!

Date: Monday, March 11
Time: 7 p.m.
Place: Rec. 2 Hopi/Pima Rooms
Tickets: $16 and $14

The Glen Campbell Story



With 50 years in the music business, this show is a spectacular concert celebrating the life and music of Glen Campbell. From the Beach Boy's "Pet Sounds" album to the movie, "True Grit," or with the unforgettable "Rhinestone Cowboy," Glen Campbell has influenced pop culture and the music scene. He is a true music legend with a soaring voice that keeps you entranced for hours.

Date: Monday, March 25
Time: 7 p.m.
Place: Rec. 2 Hopi/Pima Rooms
Tickets: $16 and $14



Flea Market Fun!

Discover used household items, handmade crafts and so much more! Commercial sellers pay 10 percent of gross sales.

Date: Friday, March 1
Time: 10 a.m. - 11:30 a.m.
Place: Rec. 1 Ballroom
Cost: Sellers, $5 per table. Racks $1 each.
Sign Up: Rec. Office

"No Rhyme or Reason"

Presented by Desert Belles



Date: Sunday, March 3
Time: 3 p.m.
Place: Rec. 2 Hopi Room
Tickets: $7 from any chorus member, Recreation Office, or at the door

"All You Need is Love!"

Presented by Leisure World Mixed Chorus



Date: Saturday, March 9 and Sunday, March 10
Time: Sat. 7 p.m., Sun. 3 p.m.
Place: Rec. 2 Hopi Room
Tickets: $7 from any chorus member, Recreation Office or at the door



Spring Fine Arts & Crafts Fair & Book Sale

Browse an array of items from handmade jewelry and pottery to stained glass, t-shirts to paintings, and everything in between! There will be something for everyone, including great gift ideas! Also, don't miss the book sale benefiting the Leisure World Library! Food court will offer coffee and pastries in the morning and lunch in the afternoon!

Important Exhibitor Information:
Registration forms are available in the Recreation Office.
Deadline to sign up is Friday, March 8. Table locations posted outside Sewing Room on Friday, March 15.
Be sure to wear your name badge to gain entrance to the sale area.
Questions? Contact Library Chairperson Diane Tyndal at 480 924-0876 or d.tyndal@cox.net.

Date: March 16
Time: 9 a.m. - 2 p.m.
Place: Rec. 1 Complex

Leisure World Recreation Department Staff



Rhonda Cap
Lifestyle Director



Pene Mathison
Scheduling/Office Manager



Boyd Harpst
Recreation Facilities Supervisor



Jamie Knowlton
Recreation Programmer



Carla Nicely
Administrative Assistant

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



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- Pulmonary Function Testing
- Vision Screening
- Imaging and Ultrasound

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April 17–19

Appointments available
8 a.m. to 2:30 p.m.

CALL TO MAKE AN APPOINTMENT

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VISIT US ONLINE

CWA.HEALTH

Rock Out at Community Dances!

Tickets on sale for $8 in Recreation Office. Showtime is 7-10 p.m. in the Rec. 2 Hopi Room.
Soda, water, ice included. Popcorn .50¢, sponsored by RE/MAX Classic!

Midnight Confessions



This band is a walking, talking, singing, playing jukebox full of classic hits from the 50s thru 70s and one-hit wonders, providing great entertainment for a fun evening.

Date: Thursday, March 14

Johnny K & Kompany



This band has an unforgettable vibe that will take you back in time with the greatest hits of the 50s, 60s and standards.

Date: Thursday, March 28

Soul Impression



A band known for their strong harmonies and musicianship. This band can take you thru a musical journey. From Marvin Gaye's, "What's Going On" to Frank Sinatra's, "Come Fly With Me" to Dion's, "The Wanderer" and Brooks and Dunn's, "Boot Scootin Boogie." This band will make you boogie on down.

Date: Thursday, April 11

Take Me Out to the Ball Game!

Cheer on our Diamondbacks in our new seating at field level, up-close in section 110. Our deluxe motor coach transportation departs in time to get you to the game early to see all the special opening day activities.

Game: Arizona vs. Boston – Opening Day!
Date: Friday, April 5
Cost: $95 per person, non-refundable
Motor Coach Departs: 2:15 p.m.
Game Time: 4:10 p.m.
Deadline: Monday, March 4
Sign up: Recreation Office

Other Diamondback games with motor coach transportation:

- **Sunday, April 28:** Arizona vs. Chicago
- **Sunday, June 23:** Arizona vs. San Francisco
- **Tuesday, August 20:** Arizona vs. Colorado
- **Sunday, September 15:** Arizona vs. Cincinnati

Ticket prices may vary and include transportation. Sign up now in the Rec. Office!

Garage Sale: Have Fun as a Seller or Treasure Hunter!

A list of all garage sale locations and maps for all shoppers will be available Thursday, March 21 in the Recreation Office, reception area in Administration and the back of the Library. To have your manor listed, please sign up in the Recreation Office by noon on Tuesday, March 19.

Date: Saturday, March 23
Time: 8 a.m. - 1 p.m.
Place: Rec. 1 Complex
Deadline: Noon on Tuesday, March 19
Sign up: Recreation Office

Ladies' Fashion and Watch Sale



Last chance this season to freshen up your spring wardrobe with styles from New Image Fashions and new vendor, Jan's Collections. Shop 1000s of brand-name fashions without leaving Leisure World! Enjoy 25 to 75 percent off brand names such as Alfred Dunner, Lu Lu B, Toni Morgan, Ruby Road, Maxine Swimwear and more. Get coordinates and separates: shorts, capris, skirts, pants, jackets, blouses and swimwear, size small to 2XL. There will be purses and jewelry, plus watch batteries replaced while you wait!

Date: Tuesday, April 16
Time: 10 a.m. - 2 p.m.
Place: Rec. Center 2 Hopi/Pima Rooms



PROMO PLUS:
New LW News Referral Program!
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**Only residents who refer a new advertiser who agrees to advertise qualifies for prize. When contacting LW News, the advertiser must provide the name of the resident who referred them.*

For PROMO PLUS referrals, contact us at 480-832-0003 ext. 248 or news@lwca.com.

Volunteers Needed for Easter Egg Hunt!

The Easter Egg Hunt is coming up and we need your help with this fun event!

We need volunteers, some with food handler cards, to help stuff the eggs on Wednesday, April 17 in the Rec. 1 Ballroom from 9 a.m.

We also need help on Saturday morning, April 20, to run games on the Promenade and sport court, scatter eggs for the hunt and work the token redemption tables. This does not require a food handler's card. Please come to the Recreation Office for more information and to sign up. Thank you!

Date: Wednesday, April 17
Time: 9 a.m.
Place: Rec. 1 Ballroom
Sign up: Recreation Office

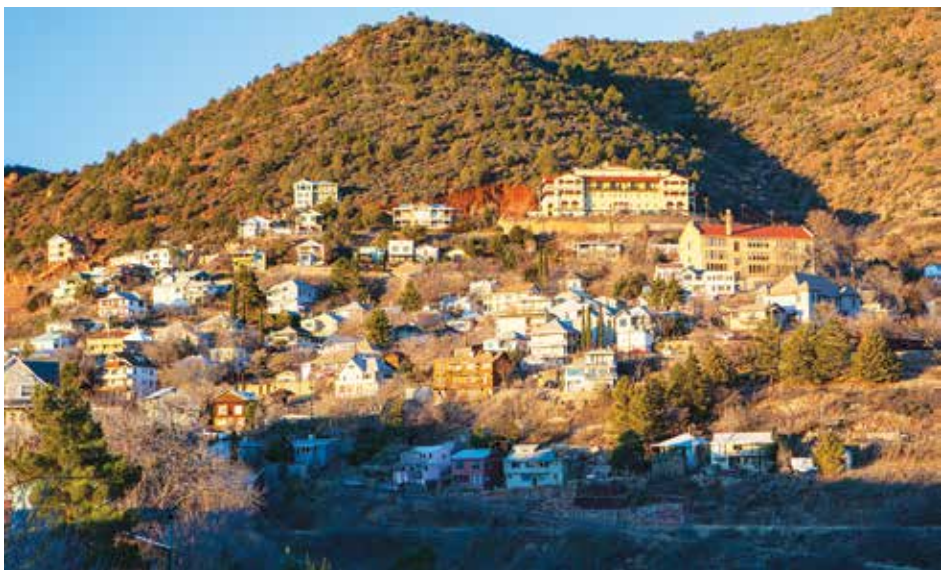
Date: Saturday, April 20
Time: 8 a.m.
Place: Promenade
Sign up: Recreation Office

Kick Back and Relax at Rustler's Rooste!



Rustler's Rooste was founded in 1971 and is still family owned and operated. The legend goes that the original site, atop a butte in the foothills of South Mountain, was a hideout for cattle rustlers. Today, it is firmly established as the Valley's highest and brightest beacon of the cowboy western experience. The building is bordered on the north side by plate glass windows so there is a view form every seat in the house. Dinner and entertainment are included. So, let's enjoy the view and evening together!

Date: Sunday, May 5
Motorcoach departs: Between 3-5 p.m.
Place: Rec. 1 Ballroom
Cost: $99 per person, cancellation fees apply
Deadline: Monday, April 8
Sign up: Recreation Office



Explore Historical Homes in Jerome

Recently voted as one of "America's Coolest Small Towns" by BudgetTravel.com readers, the former mining town is one of the most popular sites in northern Arizona to visit. Upon arriving in Jerome, you will board the tour vans and travel to several historic homes. Some homes are within walking distance right in town. **Please note:** This tour is not handicap accessible and walking is involved.

Date: Saturday, May 18
Motorcoach departs: Between 6-8:30 a.m.
Place: Rec. 1 Ballroom
Cost: $99 per person, cancellation fees apply
Deadline: Monday, April 15
Sign up: Recreation Office

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Announcing Leisure World's 3rd Annual Cruise!

All-Inclusive Cabo San Lucas Getaway

Your Leisure World Cruise is back! Travel in luxury for five days on the high seas with Royal Princess to Cabo San Lucas, Mexico. Leaving from Los Angeles, spend a day relaxing as you journey to Cabo where you will spend two days under the sun. This incredible deal includes roundtrip airfare from Phoenix-Los Angeles (including transportation to Sky Harbor Airport), a mid-ship deluxe balcony stateroom, all port charges, government fees and taxes, pre-paid gratuities, travel insurance, and all meals and entertainment. Grab a friend and reserve today! Register early, exclusive cabins are limited!

Date: February 1-6, 2020
Transportation Departure: TBA
Cost: $1,750 per person double
Deposit Deadline: September 16, Balance Due: October 14
Deposit Amount: $250 per person, non-refundable, due at time of booking
On Sale: Rec. Office

Learn to Play the Guitar and Piano!



Have you always dreamed of learning the piano and/or guitar? Now is your chance!

Craig Coffman, a private piano instructor, will help you do so at Leisure World. Craig has successfully taught piano and guitar to over 25,000 students in 15 states and overseas.

The following classes will be offered this March:

March 29: Instant Guitar for Hopelessly Busy People - 6:30 p.m., Banquet Room
March 30: Instant Piano for Hopelessly Busy People - 9 a.m., Ballroom
March 30: How to Play the Piano by Ear - 1 p.m., Ballroom

You can learn at the incredible price of only $20 per class. If you choose to take both piano classes, the price drops to $35. Required materials fee of $29 for the book and online videos will be collected in class. Please sign up at the Recreation Office.

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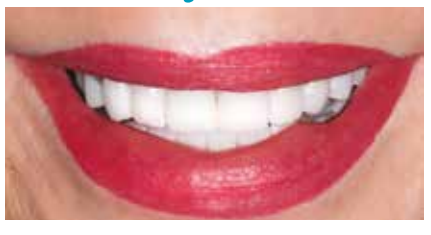
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Cards and Games

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

Poker Groups

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

Bridge Groups

ACBL (CLR) Contact: Marilyn Stavros, 480-737-9279
Sunday 1 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
Friday, 8:15 a.m.
Partner (LC) Contact: Lynn Peters, 262-853-4870
Sunday, 6:15 p.m.
Party (APA) Contact: Lynn Peters, 262-853-4870
Thursday, 6:30 p.m.
Progressive (QCR) Contact: Phyllis Hallatt, 480-396-7398
Thursday, 12:15 p.m.
Progressive (QCR) Contact: Marilyn Peters, 480-292-3639
Monday and Saturday, 6:30 p.m.
Wednesday Shufflers (NAV) Contact: Phil Johnson, 480-664-4814
Wednesday, 12:30 p.m.

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
Wednesday, 1 p.m.
Euchre (APA) Contact: Bob Coleman, 480-474-7732
Tuesday, 6:45 p.m.
Euchre: Advanced (NAV2) Contact: Don Negro, 815-219-3071
Thursday, 6:30 p.m.
Game Night (LC) Contact: Lillian Carlson, 480-684-2441
Friday, 6:15 p.m.
Hand and Foot (LC) Contact: Lillian Carlson, 480-684-2441
Wednesday, 6:15 p.m.
Hand and Foot (LC) Contact: Sandy Callahan, 480-988-2655
Tuesday, 1 p.m.
Hand and Foot: Samba (LC) Contact: Lillian Carlson, 480-684-2441
Thursday, 6:15 p.m.
Mah Jong (APA) Contact: Neesa Galanti, 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
Tuesday and Wednesday, 12:45 p.m.
Pinochle (QCR) Contact: Lillian Carlson, 480-684-2441
Sunday, 6:15 p.m.
Rummikub (NAV) Contact: Barbara Young, 480-273-2536
Thursday, 6:15 p.m.
Scrabble (LC) Contact: Carolin Lowy, 480-641-4626
Monday, 6:30 p.m.



Classic Movie Night: King Kong



Host Jim Politano, award-winning movie director/producer and new Leisure World resident, is presenting "King Kong," starring Fay Wray, Robert Armstrong and Bruce Cabot. In preparation for a film, they arrived at a mysterious island. Fay Wray as Ann is taken hostage by natives who prepare her as a sacrifice to the enormous ape Kong who rules over their jungle. But when Ann is rescued and Kong is captured, the real trouble begins.

Join us on select Wednesdays each month while we visit the Classics of the Silver Screen and other amazing films from Jim's extensive library. He is extremely knowledgeable in the cinematic field. Jim loves older black and white classics and is a lifelong film buff. After each film, Jim will share interesting facts and trivia, followed by a Q&A session.

It's fun and free! See you at the movies!

Date: Wednesday, March 27
Time: 6 p.m.
Place: Rec. 1 Ballroom
Cost: Free – popcorn included

Free Sunday Movie Matinee

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.

March 3 The Promise (PG13) – 2hr 13m
As the Ottoman Empire is waning and the population of Constantinople stands on the brink of World War I, a love triangle develops among a veteran American journalist, an unassuming doctor-to-be and a beautiful Armenian artist.

March 10 Crazy Rich Asian (PG13) – 2hr 1m
This movie follows native New Yorker Rachel Chu as she accompanies her longtime boyfriend, Nick Young, to his best friend's wedding in Singapore. Excited about visiting Asia for the first time but nervous about meeting Nick's family, Rachel is unprepared to learn that Nick has neglected to mention a few key details about his life. It turns out that he is not only the scion of one of the country's wealthiest families, but also one of its most sought-after bachelors. Being on Nick's arm puts a target on Rachel's back, with jealous socialites and, worse, Nick's own disapproving mother taking aim. It soon becomes clear that while money can't buy love, it can definitely complicate things.

March 17 Summer 1993 (NR) – 1hr 36m
Shaken by her mother's death and confused by her sudden transfer to her uncle's care, 6-year-old orphan Frida is unable to open up to her new family. Meanwhile, her relatives begin to wonder who it is they've welcomed into their home.

Special Feature: MOVIE ON THE GREEN
Rec. 2 Golf Practice Facility

Friday, March 22 Instant Family (PG13) – 2 hrs
In this comedy, married couple Pete and Ellie Wagner decide to adopt a teenager from foster care and find out that she has two younger siblings who they would also need to take in. Upon doing so, they find themselves. Hijinks ensues but they all grow to love each other. It's a sweet premise, and Instant Family is "inspired by a true family!"

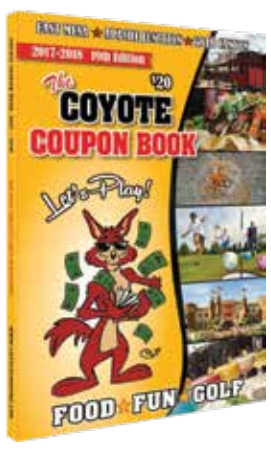
March 24 Keeping Up with the Joneses (PG13) – 1hr 45m
After moving into a sleepy suburban cul-de-sac, a married couple starts to suspect that their new neighbors are undercover government agents—suspicions that are confirmed when the couple gets entangled in a case of global espionage.



March 31 Searching (PG13) – 1hr 41m
After David Kim's 16-year-old daughter goes missing, a local investigation is opened and a detective is assigned to the case. But 37 hours later and without a single lead, David decides to search the one place no one has looked yet, where all secrets are kept today: his daughter's laptop. In a hyper-modern thriller told via the technology devices we use every day, David must trace his daughter's digital footprints before she disappears forever.



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Arts and Crafts

Decorative Arts

Art Assoc. (AS) Contact: Lynnea Perry, 480-388-2921
Art Lessons: Each class series cost: $10 members, $20 non-members
Jewelry and Lapidary (LAP) Contact: Maxine Rosenthal, 302-593-3380, Thursday, 9 a.m. - 12 p.m.
Photography Club (AS/T) Contact Jan Kelly, 480-634-8878
Sunday, 1 p.m. - 4 p.m. (AS)
Saturday, 10:15 a.m. - 12 p.m. (T)
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
Open Studio**:** Monday and Wednesday, 8:30 a.m. - 12 p.m.

Fabric Arts

Knit-A-Long (QCR) Contact: Carolin Lowy, 480-641-4626
All interested knitters, beginners to experienced, join in. We teach beginners to knit and help those who having difficulty with a pattern. We'd love to have you join us and knit-a-long; no charge. Friday, 9 a.m. - 11 a.m.
Open Sewing (SR) Contact: Carolin Lowy, 480-641-4626
Open to all residents who do hand sewing Friday, 1 p.m. - 3 p.m.
Pillowcase Dresses (AR) Contact: Darlene Footh, 701-339-8491
Make little girls dresses out of pillowcases for charity. Monday 8:30 a.m. - 10 a.m.
Quilters (BR/CLR/SR) Contact: Merrilly Strom, 480-699-9352
If you are interested in quilting, join the group. Quilters make projects for charity. New projects every month. Thursday, 9 a.m. - 12 p.m.
Twiddlers (QCR) Contact: Carolin Lowy, 480-641-4626
Any hand work done with a needle or needles, i.e. knitting, crocheting, cross stitch, needle point 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
Class with instructor Larron Lerdall: Monday and Thursday, 9 a.m. -12 p.m.

Music and Dance



Ballroom Dance Classes - (C) Contact: Bill Goss, 480-275-4647. Learn to dance Country Swing on Wednesday evenings from 7:00-8:00 p.m. Current session runs through March 27. Six sessions at only $48/person. Sign up in the Leisure World Rec. Office.
Clogging Classes (C) Contact: Fran Dusek 480-641-2040 or Joyce Loland at 480-588-5789
Fridays, noon - 4 p.m. and Wednesdays at 4:30 p.m. through March. New beginner classes are noon to 1 p.m. Free in December. Intermediate 1 classes 1 - 2 p.m., Intermediate 2 classes 2 - 3 p.m., and Intermediate 3 classes 3 to 4 p.m. All Intermediate classes are $8 and that covers as many classes as you want to do in a day!
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
Come enjoy the fun as each dance is taught, pre-cued, walked through and reviewed! Dee Dee cues you through each step/move to each dance so you can learn and dance to many more dances! A great way to meet new friends, stay fit, keep your heart healthy and your mind sharp! Exercise in disguise! You'll Love it! Sundays: Brand-new Beginners 1:30 p.m., Beginners 2 p.m., and Easy Intermediate 3 p.m. $5 per person.
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. Tuesdays at 3:15 p.m.
Round Dance Classes (BR) Contact: Bill Goss, 480-275-4647.
Learn to Dance - Waltz on Thursday afternoons from 2:00 - 4:00 pm. Next session begins January 3rd. and runs through February 14th. Dark on January 24. Sign up in the Recreation Office. $48 per person.
Shall We Round Dance – (HPG) Contact: Larry Tracht at 480-325-1054, or email rddancer@aol.com. Sundays, 6 p.m., Wednesdays and Fridays at 9:40 a.m.
Tap Dancing – (C) Contact: Judy Free, 480-396-3103.
Free open workshop. Monday, Wednesday and Friday, 8-9:30 a.m.
Ukulele Practice Group – (MR) Contact: Peggy Jefferson, 480-654-2878
Like to play the Ukulele or always wanted to learn? Come and join up with others who love to play this amazing instrument. Fridays at 10 a.m.



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

March Bingo Boosters!

March 1 Caller – D. Callahan, Pay Out – M. Matteson, Ex. Game – B. Sayers
March 8 Caller **–** N. Okoniewski, Pay Out –D. Callahan, Ex. Game – P. Okoniewski
March 15 NO BINGO – Art and Craft Fair setup
March 22 Caller **–** B. Renke, Pay Out – G. Bowers, Ex. Game – D. Renke
March 30 Caller **–** D. Callahan, Pay Out – B. Renke, Ex. Game – B. Sayers
Bingo volunteers hand out lucky cash prizes!

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New England Clam Chowder





Our Springtime Sensation of Seafood includes New England Clam Chowder, Seafood Gumbo, Shrimp Creole, Fisherman's Kettle, Shrimp and Crab Louie Tossed Salad, and others!

$8.39 adult buffet
Limit 4 buffet meals. Not valid with other offers. Tax and beverage not included. Offer valid for dine-in and take-out. Must surrender coupon upon redemption. Valid only at the Mesa/Superstition location.
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$7.49 senior buffet
Limit 4 buffet meals for Seniors 60+. Not valid with other offers. Tax and beverage not included. Offer valid for dine-in and takeout. Must surrender coupon upon redemption. Valid only at the Mesa/Superstition location.
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Upcoming Activities

March 1 (F) Flea Market
10 - 11:30 a.m. Rec. 1 Ballroom
Take this opportunity to sell those used household items, handmade craft items, or residents may sell commercial items like Tupperware, Avon and other similar items. Sellers sign up for $5 per table. Racks $1 – *limited supply*. Residents selling commercial items will be required to pay 10 percent of their sales back to Leisure World. Sale reconciliation sheets will be provided by Leisure World. Tables are on a first-come basis and limited to two per manor. Sign up for a table in the Recreation Office no later than the day prior to the event.

March 3 (Su) Desert Belles Spring Concert "No Rhyme or Reason"
3 p.m. Rec. 2 Hopi/Pima Rooms
Tickets $7 each from any member, in the Recreation office and at the door.

March 7 (Th) Performing Art Series/2019-2020 Season Ticket Sale Appointment Card Pick-up
7:30 a.m. Rec. 1 Ballroom
This is the time to start purchasing your Performing Arts Series season tickets. Come to the Ballroom to obtain your appointment card which will give you the date and time to select seats and purchase your season tickets for the two fall 2019 pre-season shows and the six spring 2020 series. Those who wish to come early, the Ballroom will open at 5:30 a.m.

When you arrive at the Ballroom sign in with Recreation Department staff to receive a number for your place in line. Starting at 7:30 a.m., staff will begin calling these numbers to schedule your appointment time. *If you are not there when your number is called, you will need to get a new number and go to the back of the line.*

Appointments will be scheduled for the mornings of March 11-13. If you would rather wait and stop by the Recreation Office to schedule your season ticket appointment, you may do so after 1 p.m. on Thursday, March 7. If you are unable to wait in line to make an appointment, come to the Recreation Office starting Friday, March 15 during regular business hours. All remaining seats will then be sold out of the Recreation Office.

March 9 (S) Do It Yourself Kitchen, Closet and Garage Organization Update
9-11 a.m. Rec. 1 Ballroom
The professionals from Home Depot will be here to show you what's new in kitchen, closet and garage organization plus they'll answer all your questions. Best of all – it's ***free***! Refreshments will be served, and door prizes will be given away.
Sign up in the Recreation Office.

March 9 (S) at 7 p.m. and March 10 (Su) at 3 p.m.
Mixed Chorus Concert "All You Need is LOVE"
Rec. 2 Hopi/Pima Rooms
The 60-voice mixed chorus has been working since January on this show so let them entertain you! Tickets are available in the Rec Office, from members of the chorus or at the door.
Tickets $7 per person

March 11 (M) PAS – "Let the Good Times Roll!"
7 p.m. Rec. 2 Hopi/Pima Rooms
Let Jimmy Travis and the Delta Show Band take you on a rollicking journey down the mighty Mississippi. From the legendary blues, country, rockabilly sounds of Memphis to New Orleans and its toe tapping Dixieland jazz, this powerhouse show features a perfect blend of musical favorites and clean, fresh comedy that has brought them many awards. Music and comedy—an unbeatable combination!
Tickets $16 and $14 per person.

March 12 (T) Smart Driver Tek Vehicle Technology Workshop
9:00 a.m. Rec. 1 Theatre
This free, 90-minute workshop, led by a trained AARP facilitator, includes an overview of vehicle technology, a step-by-step guide of how these technologies work and how they can benefit drivers, and time for people to interact with each other. If you are in the market to purchase or lease a new car, need to rent a car or if you have recently purchased or leased a car, this workshop will help you be "in the know." Preregistration is required and can be done on line at: www.aarp.org/findaworkshop8 or call 1-877-805-4115 or sign up in the Leisure World Recreation Office.

March 14 (Th) Community Dance w/ Midnight Confessions
7 – 10 p.m. Rec. 2 Hopi/Pima Rooms
Midnight Confessions are coming back to play their music all night; the best of the 50s, 60s and 70s "AM" radio hits are their specialty. They are a walking, talking, singing, playing, jukebox full of classic hits and one hit wonders. Reserved tickets are on sale now in the Rec. Office and include BYO set-ups. Fresh popped popcorn only .50¢/ box, sponsored by RE/MAX Classic!
Tickets $8 per person



March 16 (S) Spring Fine Arts & Crafts Fair & Book Sale
9 - 2 p.m. Rec. 1 Complex
There will be ceramics, pottery, clothing, jewelry, woodcarvings, art works, china painting, stained glass and every other craft you can think of! The Library will have a book sale featuring hundreds of books! The food court will be offering coffee and pastries in the morning, followed by Jack Daniels BBQ sandwich, and chips and soda for lunch. **Don't miss this one-day only sale!**

Resident crafters can pick up registration forms in the Recreation Office. The last day to register is Friday, March 8. Table locations will be posted Friday, March 15 on the bulletin board outside the Sewing Room. Questions about exhibiting or the Fair? Contact Chairperson Diane Tyndal at 480 924-0876 or email d.tyndal@cox.net. See You There!

March 20 (W) LW Foundation Premier Lecture Series
"Belly Up to the Bar! Saloons of the Arizona Territory"
6 p.m. Hopi Room
For 75 years, saloons were the very heart of the Old West! They were the gathering places of rawhide-rough cowboys, ragged miners, itinerate railroad men, shady gamblers, edgy gunfighters, shifty politicians and the very cream of the local community. The saloon not only offered thirsty men potent liquor to wash away trail dust, there was also food to fill a growling belly, spirited music to sooth and excite plus the joy of willing women! Live entertainment was common at Arizona saloons; some establishments offered opera singers, acrobats, banjo players, cancan dancers and even plays by William Shakespeare! All saloons in Arizona had gambling games to separate men from their money. In addition to exploring the unique architecture of saloons and magnificent Brunswick back bars, we will also visit four of the most famous saloons in Arizona.
Sponsored by the Leisure World Foundation and Recreation.
Free!

March 22 (F) Movie on the Green!
Rec. 2 Golf Practice Range
6:30 p.m. Food Trucks, meet and mingle
7:30 p.m. Movie "Instant Family" PG-13
Join family, friends and neighbors to enjoy a lovely evening at the Rec. 2 Golf Practice Range. Bring your appetite to indulge yourself at one of these mouth-watering food trucks: Der Wurst Hot Dogs, Grilled Addiction and Wandering Donkey. Don't forget to bring lawn chairs or a blanket or to thank and visit with Crockett Dental and Paul Kelly Maxillofacial, this year's event sponsors!

About the Movie: In this comedy, married couple Pete and Ellie Wagner decide to adopt a teenager from foster care and find out that she has two younger siblings who they would also need to take in. Upon doing so, they find themselves in over their heads. Hijinks ensue and they all grow to love each other. It's a sweet premise, and Instant Family is "inspired by a true family!"
Remember to bring a flash light for after the movie since it will be dark! **Movie is free thanks to our sponsors: Crockett Dental and Paul Kelly Maxillofacial!**

March 23 (S) Community Wide Garage Sale
8 a.m. - 1 p.m. Leisure World
Interested in being a part of Leisure World's community-wide garage sale? Great! Sign up in the Recreation Office by noon; Tuesday, March 20 to be sure you get on the list. A listing, by district, of all garage sale locations, and

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Upcoming Activities

maps of the community will be available in the back of the Library, the reception desk in Administration and the Recreation Office starting Thursday, March 21 for you to plan your day of shopping!

March 25 (M) PAS – The Glen Campbell Story
7 p.m. Rec. 2 Hopi/Pima Rooms
A spectacular tribute concert celebrating the life and music of Glen Campbell. From the Beach Boy's "Pet Sounds" album to the movie,"True Grit" or with the unforgettable "Rhinestone Cowboy," Glen Campbell has influenced pop culture and the music scene more than most. He is a true legend of music and one of the best guitarists in the world, with a soaring voice that can keep you entranced for hours.
Tickets $16 and $14 per person.

March 27 (W) Classics of the Silver Screen Movie Night "King Kong"
6 p.m. Rec. 1 Ballroom
Host Jim Politano, award-winning movie director/producer and new Leisure World resident, is presenting "King Kong," starring Fay Wray, Robert Armstrong and Bruce Cabot. Every month, we will visit the Classics of the Silver Screen and other amazing films from his extensive library. Jim is extremely knowledgeable in the cinematic field. He loves older black and white classics and is a lifelong film buff. After each film, Jim will share interesting facts and trivia. There will then be a Q&A session. See you at the movies! Keep April 17 open for the next classic movie!
Free, including popcorn!

March 28 (Th) Community Dance w/ Johnny K & Kompany
7 - 10 p.m. Rec. 2 Hopi/Pima Rooms
Dance the night away to the greatest hits of the 50s and 60s, plus the best of the standards like "Stand by Me," "Unchained Melody," "Rock Around the Clock," "Splish Splash," "Proud Mary," "Brown-Eyed Girl," "Can't Help Falling in Love" and more! Johnny K & Kompany are a popular band with an unforgettable vibe that takes you back to yester-year, playing all the music that brings back great memories. Reserved tickets will be available in the Rec. Office and includes BYO set-ups. Fresh popped popcorn only .50¢ /box, thanks to RE/MAX Classic!
Tickets $8 per person

March 29 (F) Instant Guitar for Hopelessly Busy People
6:30 - 9 p.m. Rec. 1 Banquet Room
Have you ever wanted to learn the guitar but can't find the time? In just a few hours, you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Bring your acoustic guitar. Class limited to 15 students. For more information, visit www.chordsarekey.com. Sign up in Recreation Office.
Cost: $20 one class; two classes $35 - per person
Materials: $29 for book/online videos

March 30 (S) Instant Piano for Hopelessly Busy People
9 - 12 p.m. Rec. 1 Ballroom
Some music teachers may not want you to know this, but you don't need years of weekly lessons to learn piano. In just a few hours, you can learn secrets of the trade to give you years of musical enjoyment. How do we do it? While regular piano teachers teach note reading, piano professionals use chords. And you can learn all the chords you'll need to play any song in this one session. Any song. Any style. Any key. If you can find middle C and know the meaning of Every Good Boy Does Fine, you already know enough to enroll in this workshop. For more information, visit www.chordsarekey.com. Sign up in Recreation Office.
Cost: $20 one class; two classes $35 - per person
Materials: $29 for book/online videos

March 30 (S) How to Play the Piano by Ear
1 - 3:30 p.m. Rec. 1 Ballroom
Learn one of music's deepest mysteries: how to play songs without relying on music. A very practical presentation of music theory that includes predicting chord progressions, learning from recordings, and transposing-all expressed in everyday language. This is an ideal follow-up to the "Instant Piano" class and is open to anyone who has a basic understanding of chords on any instrument. Expand your musical horizons, and free yourself from sheet-music dependence, and be the life of the party! Prior experience with chords recommended. For more information, visit www.chordsarekey.com. Sign up in Recreation Office.
Cost: $20 one class; two classes $35 - per person
Materials: $29 for book/online videos

April 11 (Th) Community Dance w/ Soul Impression
7 - 10 p.m. Rec. 2 Hopi/Pima Rooms
Get your groove on with this premier Phoenix dance band. A band known for their strong harmonies and musicianship. This band can take you thru a musical journey. From Marvin Gaye's, "What's Going On" to Frank Sinatra's, "Come Fly With Me" to Dion's "The Wanderer" to Brooks and Dunn's "Boot Scootin' Boogie," this band can make you boogie on down.
Reserved tickets will be available in the Rec. Office and include BYO set-ups. Fresh popped popcorn only .50 / box, *thanks to support by RE/MAX Classic*!
Tickets $8 per person

April 16 (T) Ladies Fashions and Watch Sales
10 a.m. - 2 p.m. Rec. 2 Hopi/Pima Rooms
Last chance this season to freshen up your spring wardrobe with style from New Image Fashions and new vendor, Jan's Collections. Shop 1000s of brand name fashions without leaving Leisure World! Enjoy 25 - 75 percent off brand names such as Alfred Dunner, Lu Lu B, Toni Morgan, Ruby Road, Maxine Swimwear and others. Get coordinates and separates: shorts, capris, skirts, pants, jackets, blouses and swimwear, size small to 2XL. There will be purses and possibly jewelry plus watch batteries replaced while you wait! Best of all, 15 percent of all sales go back to Leisure World!

April 17 (W) Egg Hunt Volunteer Egg Stuffing
9 a.m. Rec. 1 Ballroom
Now is the time for volunteers to come help the toy eggs with candy in preparation for the Egg Hunt on Saturday. Volunteers with food handler cards please sign up in the Recreation Office. We also need volunteers who do not have food handler cards. We also need help at the event, Saturday morning, April 20 to run games on the Promenade and sport court, scatter eggs for the hunt and work the token redemption tables. This does not require food handler's card. Sign up at the Recreation Office.



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$69.99 Radiator Flush
Includes new coolant plus tax
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With this coupon. Most Cars. Not valid with other offers or prior services. Expires 5-31-19

$129 Premium semi-metallic pads
$149 Premium ceramic pads
PERFORMANCE AUTOMOTIVE & TIRE CENTER
480-924-7444
Pads or shoes, includes machining rotor drums. Lifetime warranty on pads. With this coupon. Most Cars. Not valid with other offers or prior services. Expires 5-31-19

Upcoming Trips and Tours

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

Deadlines are fast-approaching for April events!



April 5 (F) Arizona Diamondbacks -vs- Boston Red Sox "Opening Day!"**
Motorcoach Departs at 2:15 p.m. (Game Time 4:10 p.m.) $95 per person
Come enjoy new up-close seating at field level section 110. Cheer on our D-Backs as they take on the 2018 World Series Red Sox! Our deluxe motorcoach transportation departs in time to get you to the game early see all the special opening day activities!
Deadline: Monday, March 4.

April 9 (T) Tombstone*
Motorcoach departs between 6-8:30 a.m. $99 per person
Relive the reality and legends of one of the West's most famous towns. Belly up to the bar in Big Nose Kate's Saloon and walk the streets of the Old Wild West. Enroute back to Phoenix, visit the White Dove of The Desert, San Xavier del Bac Mission.
Deadline: Monday, March 4

April 28 (Su) Arizona Diamondbacks -vs- Chicago Cubs**
Motorcoach Departs at 12 Noon (Game Time 1:10 p.m.) - $85 per person
Come enjoy new up-close seating at field level section 110. Cheer on our D-Backs as they take on the Chicago Cubs! Deluxe motorcoach transportation included.
Deadline: Monday, March 25.

May 5 (Su) Rustler's Rooste*
Motorcoach departs between 3-5 p.m. $99 per person
Rustler's Rooste was founded in 1971 and is still family owned and operated. The legend goes that the original site, atop a butte in the foothills of South Mountain, was a hideout for cattle rustlers. Today it is firmly established as the valley's highest and brightest beacon of the total cowboy western experience. Dinner and entertainment are included.
Deadline: Monday, April 8



May 18 (S) Jerome Historical Homes Tour*
Motorcoach departs between 6-8:30 a.m. $99 per person
Recently voted as one of "America's Coolest Small Towns" by BudgetTravel.com readers, the former mining town is one of the most popular sites in northern Arizona to visit. Historic homes will be open for touring. Upon arriving in Jerome, you will board their vans and travel to several of the homes. Others are within walking distance. Please note: This tour is not handy cap accessible and walking is involved.
Deadline: Monday, April 15

June 9 (Su) Mystery Tour*
Motorcoach departs between 6-8:30 a.m. $99 per person
Back by popular demand! Our Mystery Tours always sell out! We will travel down the road and stop somewhere where you don't want to miss. Then we will continue to our lunch stop, which we know you will enjoy. There's another stop right around the corner. And then we'll return home.
Deadline: Monday, May 13

June 23 (Su) Arizona Diamondbacks -vs- San Francisco Giants**
Motorcoach Departs at 12 Noon (Game Time 1:10 p.m.) - $70 per person
Come enjoy new up-close seating at field level section 110. Cheer on our D-Backs as they take on the San Francisco Giants! Deluxe motorcoach transportation included.
Deadline: Monday, May 27.

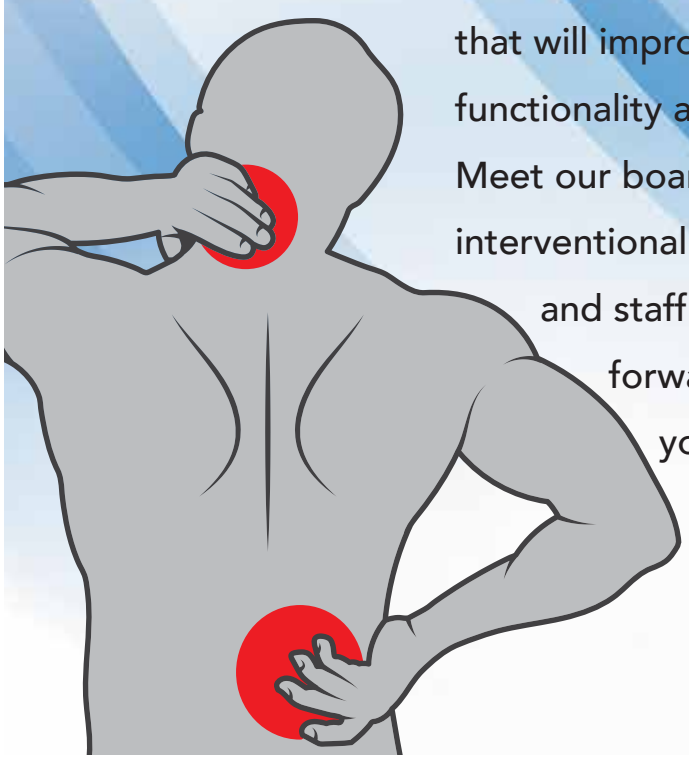


July 9 (T) Payson Getaway*
Motorcoach departs between 6 - 8:30 a.m. $99 per person
Get out of the heat and travel to the White Mountains and the Mogollon Rim. Tour Zane Grey's Cabin and Tonto Natural Bridge. Lunch is included.
Deadline: Monday, June 10

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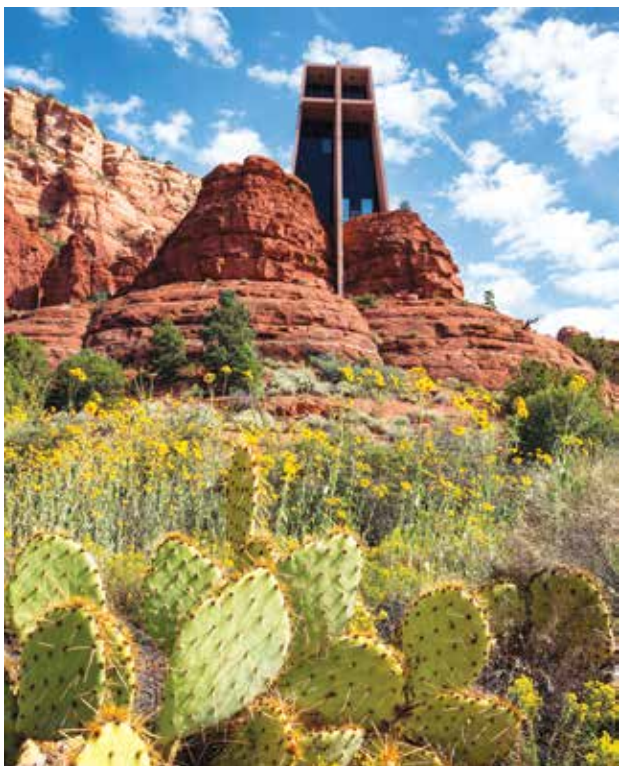


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Upcoming Trips and Tours



August 9 (F) Sedona and Lunch*
Motorcoach departs between 6-8:30 a.m. $99 per person
Travel to Sedona, home to over 300 artists that show the quiet, colorful and spectacular physical environment. The red rocks, drifting clouds and sheer canyon walls are beautiful. Shop in the many shops and galleries. Lunch is included.
Deadline: Monday, July 8

August 20 (T) Arizona Diamondbacks -vs- Colorado Rockies**
Motorcoach Departs at 5:30 p.m. (Game Time 6:40 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 Colorado Rockies! Deluxe motorcoach transportation included.
Deadline: Monday, July 22.

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.

February 1-6, 2020 (S-Th) Leisure World's 3rd Annual Cruise:
5 day Cabo San Lucas Getaway roundtrip from Los Angeles aboard the Royal Princess*
Transportation Departs: TBA - $1750 per person Double
After a long wait your Leisure World Cruise is back! Travel on the high seas' luxury to Cabo San Lucas, Mexico on the wonderful Royal Princess. Leaving from Los Angeles spend a day relaxing as you journey down to Cabo where you will spend 2 days under the sun. Price includes a Deluxe Balcony Stateroom, Mid-Ship, all port charges and government fees and taxes, pre-paid gratuities and the standard travel insurance, all meals and entertainment on ship and all transfers beginning with Leisure World to/from Sky Harbor Airport and roundtrip air from LAX to/from the ship. The $250 per person deposit is due at time of booking in the Recreation Office. Grab a friend, reserve today! Register early, exclusive cabins are very limited!

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





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QUACKERY ...continued from page B1

and hormone treatments. He made millions before being convicted of fraud in 2013 and sentenced to 10 years in prison.

- **Lofty Promises:** Claims from celebrities and companies should be verified. For example, Metabolife International, which manufactured dietary supplements, claimed it was the first herbal product to achieve the A.C.E.R.I.S Quality Assurance Seal, a seal that any manufacturer can buy without any quality assurance. But Metabolife 365, one of the company's best-selling products, contained ephedra, an herb that can dangerously increase heart rate and blood pressure.

Metabolife's founder Michael Ellis was convicted of lying to the FDA and concealing evidence of ephedra's dangers. A congressional investigation found that Metabolife had received thousands of reports of serious adverse events, many occurring in young and otherwise healthy people, and that Metabolife hid the reports and acted with "indifference to the health of consumers." The company and Ellis were also convicted of income tax evasion.

Information you read or that is peddled in the media may be incomplete or downright flawed. Rather, become a savvy consumer and do research before trying new products and diets.

Ultimately, you should beware of quick fixes and shortcuts for achieving optimal health. Instead, opt for a healthy balanced diet, consisting of whole foods. By juxtaposing this with exercise, you will be on your way to sustained long-term health.

During National Nutrition Month, you can learn more about nutrition, dietary supplements and strategies for a healthy life. The Leisure World Fitness Center invites you to participate in weekly health quizzes with prizes beginning the first week of March. The event ends on March 28 at 1 p.m. in the Rec. 1 Ballroom with a dynamic presentation by yours truly and a grand raffle drawing. Don't miss it!

-Ronda Gates, MS, is a Leisure World resident with an eclectic education in pharmacy, nutrition, fitness and counseling.

25 Things You Don't Know About Me



Sue Patt
Fitness Specialist

1. If you had to eat only one food for 10 days, what would it be?
Tacos! Or any kind of Mexican food!

2. If you could meet one celebrity, who would it be?
I have no celebrity idols, but I think Ellen DeGeneres is hilarious and love how she highlights the good in so many people.

3. **What is something that no one knows about you?**
I am the youngest of five kids and the only girl. Because of this, I wanted to be a boy when I grew up so I would get to do all of the same things my brothers did. Haha.
4. **If you won a million dollars, what would you do?**
I would probably retire and volunteer at a rescue shelter.
5. **If you could travel anywhere, where would it be?**
I would love to explore Italy.
6. **What is your favorite U.S. state and why?**
Wisconsin, because it is where I raised my children and have the most memories!
7. **Where were you born?**
Indianapolis, Indiana
8. **Do you have a nickname? If so, what and why?**
My dad called me Bunny when I was really little was because I was busy like a bunny trying to keep up with my older brothers.
9. **What is your favorite TV show?**
It used to be Grey's Anatomy because I am a medical show junkie, but the current season is awful!
10. **What is your favorite movie of all time?**
The Blindside
11. **What do you love to talk about the most?**
How exercise enhances your life in every way!
12. **What's the most embarrassing thing that's ever happened to you?**
Throwing up on my future in-law's dinner table. They were amazing!
13. **What is your favorite food?**
Ice cream, hands down! The bigger the bowl, the better!
14. **What is your favorite sport?**
Football. Go Packers, Go Badgers!
15. **What is your perfect weekend**
Having nothing scheduled to do so that I am free to do whatever I want, when I want.
16. **What is the last book you read?**
A Dog's Purpose
17. **What is one thing you would never settle for?**
A job that didn't make me happy.
18. **What could you not live without?**
Living near at least one of my four children
19. **What song do you sing in the shower? On your commute?**
I do not sing but drum my fingers on the steering wheel to the music. I love all types of music except rap!
20. **What do other people do that drives you nuts?**
Leaving their turn signal on
21. **If you had to join the circus, what would you do?**
Animal trainer (tigers, lions, elephants)
22. **What sound drives you crazy?**
Nails on a chalkboard
23. **What fictional character would you love to meet in real life?**
Snoopy
24. **What is your favorite quote?**
"You're braver than you believe, stronger than you seem and smarter than you think."
– Christopher Robin to Pooh
25. **If you could start any business, what would it be?**
A dog park that has a food truck to promote socialization for people and their beloved dogs.



Snapshots of Billionarie's Masquerade Ball

Murder Mystery Dinner - January 28, 2019



Mystery Guests



Ela Vada, the perp, and Maid Luna Tic



Patting partners down to check for weapons.



Detective Travis



Maid Luna and the Butler



Jessica's Hussies - Crime-Solving Winners!

Hourly Care & Respite Stays



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March Calendar

FRI 1
9:00 a.m. P.E.O. (CLR)
10:00 a.m. Flea Market (BR)
2:30 p.m. Lawn Bowls Social (LC)
4:00 p.m. Friday Social (CLRG)
7:00 p.m. Bingo (BR)

SAT 2
8:30 a.m. Desert Belles Rehearsal (HPG)

SUN 3
11:00 a.m. Guys and Dolls Golf (APA)
3:00 p.m. Desert Belles Concert "No Rhyme or Reason" (HPG)
4:00 p.m. Movie Matinee "The Promise" (T)
7:00 p.m. Round Dance (HPG)

MON 4
8:30 a.m. Computer Club Mtg (BR)
9:00 a.m. "Matter of Balance" (CLR)
5:30 p.m. Let's Do Something (BRG)
5:30 p.m. Leisure Rovers (HOPI)

TUE 5
7:00 a.m. Catalina Island Adventure Starts (MC)
8:30 a.m. Work Session (BR)
9:00 a.m. Chronic Disease (QCR)
11:00 a.m. Heron Lake Ladies 18 (APA/NAV)
1:00 p.m. Chef Phoenix (BR)
1:00 p.m. District 3 Landscape (BQ)
1:00 p.m. Mixed Chorus Rehearsal (HPG)
1:00 p.m. New Frontiers "Criminal Law" (T)
3:00 p.m. Heron Lake Ladies 9 Hole (NAV)
4:00 p.m. Coyote Run Women's Golf (PAV)

WED 6
8:00 a.m. ACC Committee (QCR)
8:00 a.m. Wednesday Coffee (CLR)
9:00 a.m. Lawn Bowls Social (LC)
11:00 a.m. Aroma Therapy (T)
1:00 p.m. AAUW (CLR)
4:00 p.m. Pickleball Mtg (BRG)
4:00 p.m. Singles Mingle (CLRG)
7:00 p.m. Gun Club (T)

THUR 7
7:30 a.m. Performing Art Series Appt. Card Pick-Up (BR)
6:30 p.m. Bunco (CLR)

FRI 8
10:00 a.m. Open Door (BRG)
1:00 p.m. Mixed Chorus Rehearsal (HPG)
2:30 p.m. Lawn Bowls Social (LC)
4:00 p.m. Coyote Run Women' Golf (PAV)
4:00 p.m. Friday Social (CLRG)
7:00 p.m. Bingo (BR)

SAT 9
8:00 a.m. Bridge Fundraiser (CLRG/AR)
9:00 a.m. Do It Yourself ((BR)
4:30 p.m. Jewelry/Lapidary Social (LC)
7:00 p.m. Mixed Chorus Concert "All You Need is Love" (HPG)

SUN 10
3:00 p.m. Mixed Chorus Concert "All You Need is Love" (HPG)
4:00 p.m. Movie Matinee "Crazy Rich Asians" (T)
4:00 p.m. Tartans Golf (PAV)

MON 11
8:30 a.m. Computer Club Mtg. "Lifelong Learning Institute - ASU" (BR)
12:00 p.m. Performing Arts Ticket Sales (Need Appt. Card) (CLR)
1:00 p.m. AAUW March Movie (T)
1:30 p.m. Music Therapy (LC)
3:00 p.m. Questers (AR)
4:00 p.m. Coyote Run Men's Club (PAV)
7:00 p.m. Performing Arts "Let the Good Times Roll" (HPG)

TUE 12
7:30 a.m. Lions Club Bkfst (BRG)
7:30 a.m. Performing Arts Ticket Sales (Need Appt. Card) (CLR)
9:00 a.m. District 6 Advisory (BQ)
9:00 a.m. Smart Driver Tek (T)
11:00 a.m. Coyote Run Women's Golf (PIMA)
1:00 p.m. Grief Support (BQ)
1:00 p.m. New Frontier's "Criminal Law" (T)
4:00 p.m. Coyote Run Women's Club (PAV)
4:00 p.m. District 5 (HOPI)
4:30 p.m. District 3 (BR)
5:00 p.m. Men's Billiards (BQ)
5:30 p.m. District 8 (PIMA)
6:30 p.m. Lions Induction (T)

WED 13
7:30 a.m. Performing Arts Ticket Sales (Need Appt. Card) (BR)
8:00 a.m. Wednesday Coffee (CLR)
9:00 a.m. Lawn Bowls Social (LC)
10:00 a.m. Alzheimer/ Dementia (BQ)
10:00 a.m. District 1 (BR)
10:00 a.m. "Dizziness and Imbalance" (T)
1:00 p.m. Green Bananas (T)
4:00 p.m. Tennis Club (PIMA)
4:45 p.m. District 6 (HOPI)
5:00 p.m. Illinois Club (PROM)
7:00 p.m. Democratic Club (BRG)

THUR 14
8:00 a.m. New Member Bkfst (BR)
9:30 a.m. San Tan Investment (QCR)
11:00 a.m. Coyote Run Men's Club (PIMA)
12:00 p.m. Mini Book Club Sales (LIB)
2:00 p.m. Model Railroaders (T)
3:15 p.m. Art Assoc. Mtg. (AS)
4:00 p.m. Coyote Run Men's Club (PAV)
4:00 p.m. District 4 (T)
4:00 p.m. District 7 (BR)
5:00 p.m. Iowa Club (CLRG)
7:00 p.m. Dance Party "Midnight Confessions" (HPG)

FRI 15
9:15 a.m. "Tovrea Castle" (MC)
2:30 p.m. Lawn Bowls Social (CLRG)
4:00 p.m. Coyote Run Men's Club (PIMA)
4:00 p.m. Friday Social (CLRG)
No Bingo

SAT 16
9:00 a.m. Fine Arts and Crafts Fair (Rec. 1 Complex)
5:30 p.m. Moonlight Serenade (HPG)

SUN 17
11:00 a.m. Guys and Dolls Golf (APA)
4:00 p.m. Movie Matinee "Summer 1993" (T)
5:00 p.m. Tennis Club Social (HPG)
6:30 p.m. Shalom Mtg. (CLRG)

MON 18
7:30 a.m. Cathedral Health (PIMA)
8:30 a.m. Computer Club Mtg "Volunteer Bkfst" (BR)
5:00 p.m. Minnesota Club (PAV)
7:00 p.m. Republican Club (BRG)

TUE 19
9:00 a.m. Chronic Disease - Diabetes (QCR)
11:00 a.m. Dementia Care (T)
12:00 p.m. Heron Lakes Women's 18 (APA/NAV)
5:00 p.m. Western States & Canada (HPG)
6:15 p.m. Gammage "The Play That Goes Wrong" (MC)
7:00 p.m. Woodworkers Social (T)

WED 20
8:00 a.m. ACC Committee (QCR)
8:00 a.m. Harmony Health (R1PL)
8:00 a.m. Wednesday Coffee (CLR)
9:00 a.m. Lawn Bowls Social (LC)
11:30 a.m. Theatre Club Mtg. (CLRG)
12:00 p.m. Nutrition Program (BQ)
1:30 p.m. Open Board (BR)
6:00 p.m. Foundation Lecture "Belly up to the Bar! Saloons of the AZ Territory" (HPG)

THUR 21
5:00 a.m. "Antelope Canyon "Trip (MC)
8:00 a.m. Harmony Health (R1PL)
9:00 a.m. District 1 Standards (LC)
3:30 p.m. Genealogy SIG (CC)

FRI 22
8:00 a.m. Harmony Health (R1PL)
10:00 a.m. Lions Golf Tourney (PROM)
10:30 a.m. Memory Screenings (CLRG/AR)
4:00 p.m. Friday Social (CLRG)
4:00 p.m. Coyote Cup Golf (HPG)
6:00 p.m. Movie on the Green "Instant Family" (R2PL)
7:00 p.m. Bingo (BR)

SAT 23
8:00 a.m. Community Garage Sale
1:00 p.m. Desert Landscaping (T)
4:00 p.m. Coyote Cup Golf (PAV)
5:00 p.m. Zoomers (R1PL)
5:30 p.m. Casual Aires (HPG)

SUN 24
4:00 p.m. Movie Matinee "Keeping Up with the Joneses" (T)
4:00 p.m. Tartans Golf (PIMA)
5:00 p.m. Swim Club Social (CLRG)

SUN 31
4:00 p.m. Movie Matinee "Searching" (T)
5:00 Lap Swimmers Social (CLR)

MON 25
8:30 a.m. Computer Club Mtg (BR)
1:30 p.m. Music Therapy (LC)
7:00 p.m. Performing Arts "Glen Campbell Story" (HPG)

TUES 26
7:30 a.m. Blood Drive (BR)
7:30 a.m. Lions Club Bkfst. Mtg. (PIMA)
9:00 a.m. Chronic Disease - Diabetes (QCR)
8:00 a.m. Heron Lake Ladies 18 Hole (APA/NAV)
1:00 p.m. Grief Support (BQ)
2:00 p.m. Community Chat (BRG)
4:00 p.m. Lions Club Awards Picnic (PROM)

WED 27
8:00 a.m. Wednesday Coffee (CLR)
5:00 p.m. Pickleball Social (PROM)
6:00 p.m. Classic Movie Night "King Kong" (BR)

THUR 28
1:00 p.m. CPR Class (BQ)
1:00 p.m. "Advanced Care Planning" (T)
1:00 p.m. Nutrition Program - Pharmaceutical Quackery (BR)
7:00 p.m. Dance Party "Johnny K and Kompany"

FRI 29
7:15 a.m. "Tovrea Castle" (MC)
1:00 p.m. AAUW March Movie (T)
2:30 p.m. Lawn Bowls Social (CLRG)
4:00 p.m. Friday Social (CLR)
7:00 p.m. Bingo (BR)

SAT 30
9:00 a.m. Insteant Piano Lessons (BR)
1:00 p.m. Play Piano by Ear (BR)

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

Recreation Center 3

Located at Heron Lakes Golf Course

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

Regular Weekly Events March 2019

SUNDAY

9:00 a.m. Pottery Open Studio (POT)
1:00 p.m. ACBL Bridge (CLR)
1:00 p.m. Photography Club (AS)
1:30 p.m. Line Dance: Brand New Beginner (BR)
2:00 p.m. Line Dance: Beginner (BR)
3:00 p.m. Line Dance: Easy Intermediate (BR)
4:00 p.m. Movie Matinee (T)
6:15 p.m. Sunday Pinochle (QCR)
6:15 p.m. Partner Bridge (LC)

MONDAY

6:45 a.m. Early Bird Stretch (C)
8:00 a.m. Tap Dancers (C)
8:30 a.m. Computer Club Meeting (BR)
8;30 a.m. Pillow Case Dresses (AR)
8:30 a.m. Stained Glass Open Studio (CER/SG)
9:00 a.m. Heron Lakes Men's Golf (APA/NAV)
9:00 a.m. Ladies Billiards League (B)
9:00 a.m. Pottery Class (POT)
9:00 a.m. Shuffleboard (SHB)
9:00 a.m. Twiddlers (QCR)
10:00 a.m. Big Data Analytical (T)
10:00 a.m. Computer Lab Open (CC)
12:00 p.m. Pottery Open Studio (POT)
12:30 p.m. Desert Belles (MR)
12:45 p.m. Texas Hold 'Em (QCR)
1:00 p.m. Computer Lab Open (CC)
1:00 p.m. Fused Glass Open Studio (CER/SG)
1:00 p.m. Lawn Bowls (LBG)
1:00 p.m. Ragtime to Rock (T)
1:00 p.m. Swim Exercise (P)
1:30 p.m. Beginning Mah Jong (APA)
2:00 p.m. Water Volleyball (P)
6:30 p.m. Penny Poker (NAV)
6:30 p.m. Progressive Bridge (QCR)
6:30 p.m. Rubber Stamper Card Making (AS)
6:30 p.m. Scrabble (LC)

TUESDAY

8:00 a.m. Ping Pong (C)
9:00 a.m. Ceramics Open and Firing (CER/SG)
9:00 a.m. Pottery Open Studio (POT)
9:30 a.m. Big Band (HOPI)
10:00 a.m. Computer Lab Open (CC)
10:00 a.m. Longevity (MR)
10:00 a.m. Torah Study (AR)
12:30 p.m. ACBL Bridge (CLR)
12:45 p.m. Pinochle (QCR)
1:00 p.m. Computer Lab Open (CC)
1:00 p.m. Hand and Foot (LC)
1:00 p.m. Lawn Bowls (LBG)
1:00 p.m. Mixed Chorus (MR)
1:00 p.m. Swim Exercise (P)
3:15 p.m. Music Makers (MR)
4:00 p.m. Wine Tasting (LC)
6:30 p.m. 5 and 10 Cent Poker (LC)
6:30 p.m. Men's Poker (QCR)
6:45 p.m. Euchre (APA)

WEDNESDAY

6:45 a.m. Early Bird Stretch (C)
8:00 a.m. Tap Dancers (C)
8:00 a.m. Wednesday Coffee (CLR)
8:30 a.m. Stained Glass Open Studio (CER/SG)
9:00 a.m. Donut League (APA/NAV)
9:00 a.m. Porcelain Painting (POT)
9:00 a.m. Shuffleboard (SHB)
9:30 a.m. Round Dance (HPG)
10:00 a.m. Computer Lab Open (CC)
12:00 p.m. Pottery Open Studio (POT)
12:30 p.m. Shufflers (NAV)
12:45 p.m. Pinochle (QCR)
1:00 p.m. Afternoon Bridge (APAZ)
1:00 p.m. Computer Lab Open (CC)
1:00 p.m. Cribbage #2 (QCR2)
1:00 p.m. Fused Glass Open Studio (CER/SG)
1:00 p.m. Lawn Bowls (LBG)
1:00 p.m. Swim Exercise (P)
2:00 p.m. Line Dance (C)
2:00 p.m. Water Volleyball (P)
3:30 p.m. Advanced Clogging (C)
6:15 p.m. Hand and Foot (LC)
6:30 p.m. Penny Poker (NAV)

THURSDAY

8:00 a.m. Ladies Billiards (B)
8:00 a.m. Ping Pong (C)
9:00 a.m. Heron Lakes Men's Golf (APA/NAV)
9:00 a.m. Pottery Class (POT)
9:00 a.m. Quilters (CLR/SR/BR)
9:30 a.m. Christian Fellowship (T)
9:30 a.m. Desert Belles (MR)
10:00 a.m. Computer Lab Open (CC)
10:00 a.m. Ladies Billiards League (B)
12:00 p.m. Pottery Open Studio (POT)
12:15 p.m. Progressive Bridge (QCR)
12:30 p.m. Duplicate Bridge (CLR)
1:00 p.m. Mah Jong (APA)
1:00 p.m. Mixed Chorus (MR)
1:00 p.m. Lawn Bowls (LBG)
1:00 p.m. Poker – Dealers Choice (NAV2)
1:00 p.m. Swim Exercise (P)
6:15 p.m. Hand and Foot - Samba (LC)
6:15 p.m. Rummikub (NAV)
6:30 p.m. Euchre – Advanced (NAV2)
6:30 p.m. Billiards – Mixed (B)
6:30 p.m. Men's Poker (QCR)
6:30 p.m. Party Bridge (APA)

FRIDAY

6:45 a.m. Early Bird Stretch (C)
8:00 a.m. Tap Dancers (C)
8:15 a.m. Practice Bridge (APA)
9:00 a.m. Ceramics Class (CER/SG)
9:00 a.m. Drop in Art (AS)
9:00 a.m. Knit-A-Long (QCR)
9:00 a.m. Porcelain Painting (POT)
9:00 a.m. Shuffleboard (SHB)
9:40 a.m. Round Dance (HPG)
10:00 a.m. Computer Lab Open (CC)
10:00 a.m. Ukulele Practice (MR)
10:00 a.m. Medical Myths (T)
12:00 p.m. Pottery Open Studio (POT)
12:00 p.m. Beginning Clogging (C)
1:00 p.m. Computer Lab Open (CC)
1:00 p.m. Cribbage (QCR)
1:00 p.m. Intermediate I Clogging (C)
1:00 p.m. Lawn Bowls (LBG)
1:00 p.m. Open Sewing (SR)
1:00 p.m. Swim Exercise (P)
1:00 p.m. What is Not Good (T)
2:00 p.m. Intermediate II Clogging (C)
3:00 p.m. Intermediate III Clogging (C)
4:00 p.m. Friday Social (CLRG)
4:30 p.m. Happy Hour Music (PROM)
6:15 p.m. Game Night (LC)
7:00 p.m. Bingo (BR)

SATURDAY

8:00 a.m. Ping Pong (C)
9:00 a.m. Computer Club Q & A (T)
9:00 a.m. Pottery Open Studio (POT)
10:00 a.m. Computer Lab Open (CC)
10:15 a.m. Photography Club (T)
12:30 p.m. Billiards Mixed (B)
1:00 p.m. Swim Exercise (P)
2:00 p.m. Water Volleyball (P)
6:30 p.m. Progressive Bridge (QCR)

Bring a Friend Party Aces Tennis Fun!

By John Latus

Recently, the Leisure World Tennis Club sponsored a special event for non-members and anyone interested in learning how to play tennis. It was a two-hour afternoon of fun and games with pizza and soft drinks after the event.

The Tennis Club supplied tennis rackets and provided instruction on how to hold a racket, serve, and hit a backhand and forehand. There were also some fun drills. There was even tennis volleyball with an oversized sponge ball. The participants received both individual and group instruction.

Afterwards, participants, sponsors, instructors and volunteers retired to the bleachers for pizza and drinks. There were over 100 participants, including 53 new resident-friends, who took advantage of the event and had a really good time.

The event will be held again next season. Be on the lookout for next year's announcement.



Up to six players on each side of the net played a version of volleyball using a soft oversized sponge ball. Scoring was volleyball rules.

There's never any pressure to join the Tennis Club. Later, you can choose just to play social tennis or join the Tennis Academy for free lessons once a week for the entire season. You can then decide whether you want to join a team, continue social playing or play potluck where anybody from any level can just show up on any weekday and play for fun. It's up to you! No matter what, you'll stay active and meet nice people.

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



Leisure World

Oasis Health Spa

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

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

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

April Group Fitness Class Registration Begins March 1.

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

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

Aromatherapy and Benefits



Find out how essential oils work holistically and their benefits! Join us for an uplifting time! The session is presented by Leisure World Outreach Specialist Marguerite Huspen CCHT, CRM, a graduate of Southwest Institute of Health Arts, who has a degree in Transformation Psychology. As a certified clinical hypnotherapist and Reiki Master Practitioner, Marguerite trained in the use of essential oils and is excited to share her passion about their health benefits with you! For more information, call 480-832-0003 ext. 207.

Date: Wednesday, March 6
Time: 11 a.m. - 12 p.m.
Place: Rec 1 Theater
Sign up: Health Office or call 480-832-0003 ext. 222



Mark your calendars for these upcoming activities:

Wednesday, March 6	11 a.m. - 12 p.m.	Aromatherapy
Wednesday, March 13	10 - 11 a.m.	Dizziness and Imbalance
Monday, March 18	By Appointment	Health Screening
Tuesday, March 19	9 - 10 a.m.	Diabetes Self-Management Workshop
Tuesday, March 19	11 a.m. – 12 p.m.	Epigenetics
March 20-22 (W-F)	By Appointment	Harmony Health On-site Mobile Lab
Friday, March 22	By Appointment	Memory Screening
Tuesday, March 26	7:30 a.m. - 12 p.m.	Blood Drive
Thursday, March 28	1 - 2 p.m.	Prepare or Beware: Advanced Care Planning
Thursday, March 28	1 – 3 p.m.	CPR and AED Training Class
Thursday, April 4	1 – 2 p.m.	Cataracts and Glaucoma
Wednesday, April 10	10 - 11 a.m.	Back, Foot and Neuropathy Pain?
Tuesday, April 16	11 a.m. - 12 p.m.	Emergency Preparedness for Seniors



Give Blood and Save Lives!

Date: Tuesday, March 26
Time: 7:30 a.m. – 12 p.m.
Place: Rec. 1 Ballroom
Sign up: Health Office or call 480-832-0003 ext. 222
Appointment necessary. If time permits, United Blood Services will allow for walk-ins.

Nutrition and Pharmaceuticals Quackery



Get the skinny on nutrition and pharmaceutical myths!

Date: March 28
Time: 1 - 2 p.m.
Place: Rec. 1 Ballroom
Presenters: Joe Carson and Ronda Gates

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



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BUY 1 GET 1 50% OFF

OF EQUAL OR LESSER VALUE. MUST PRESENT COUPON. NOT VALID WITH ANY OTHER OFFER. *LIMIT 1 PER TABLE*

LUNCH SPECIAL

BUY 1 GET 1 50% OFF

OF EQUAL OR LESSER VALUE. MUST PRESENT COUPON. NOT VALID WITH ANY OTHER OFFER. *LIMIT 1 PER TABLE*

DINNER SPECIAL

BUY 1 GET 1 50% OFF

OF EQUAL OR LESSER VALUE. MUST PRESENT COUPON. NOT VALID WITH ANY OTHER OFFER. *LIMIT 1 PER TABLE*

NEW HOURS: Mon – Thurs: 8 a.m. – 9 p.m. Fri – Sat: 8 a.m. – 9 p.m. Sun: 8 a.m. – 8 p.m.

CPR and AED Training Class



Anyone can learn CPR – and everyone should! Join us in learning these lifesaving techniques. This class is geared to teach a variety of rescuers to respond appropriately to a cardiovascular emergency. To sign up, stop by the Fitness Center or call 480-832-0003 ext. 261.

Date: Thursday, March 28
Time: 1 - 3 p.m.
Place: Rec. 1 Banquet Room
Cost: $35 per person

Volunteer at the Fitness Center!

Make a Difference!



Quality of life is among the top priorities for most people, especially during retirement. At the Oasis Health Spa Fitness Center, it is our mission to integrate quality of life and a sense of community into our programs. We want to create a culture that is enriching, enjoyable and productive for all residents.

You can help us achieve this by volunteering. By doing so, you will influence the community and positively impact fellow residents. Volunteering will also allow you to productively use your skills or develop new ones—all while helping neighbors enjoying our amazing amenities, services and events. Some of the volunteer positions we currently have available include: front desk customer service, class assistant, special events and services.

In exchange for a few hours of your time, you will help facilitate first class programs, events, and assure great experiences for participants. You will also enjoy special perks from our staff as a token of appreciation for your help.

To make a difference and some new friends, please complete a volunteer application form at the Oasis Health Spa. We will then contact you to coordinate opportunities that best fit your interests, skills and schedule.

We look forward to having you be part of our team!

Ride Your Heart Out

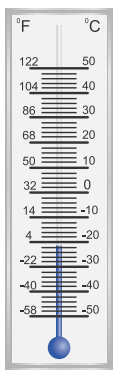
Wrap up Heart Healthy month by bike riding one, three or five laps on Leisure World Blvd.

Mesa Police Department Crime Prevention Team will also be on-site to register and etch your bike for free! Stop by the Fitness Center for a bike registration form to submit to Mesa PD.

Sign up to ride in the Fitness Center!

Date: March 1
Time: 10 a.m. - 1 p.m.
Place: Promenade
Cost: $5 to ride and acai bowl treat!

Chill Factor Safety for Outdoor Classes



For safety purposes, the Fitness Center abides by the guidelines of the America Council of Sports Medicine and Aquatics Exercise Association. If the ambient temperature is below 64 degrees, Fahrenheit Aqua classes will not be held. The Fitness Center uses www.weatherbug.com to check temperatures and lightning strikes in Mesa. Please note that the HydroRider® class time has been changed to 12 -12:45 p.m. on Tuesday and Thursday to accommodate.

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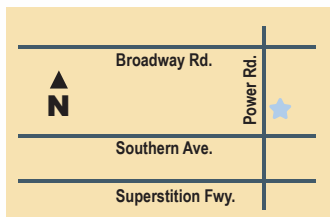
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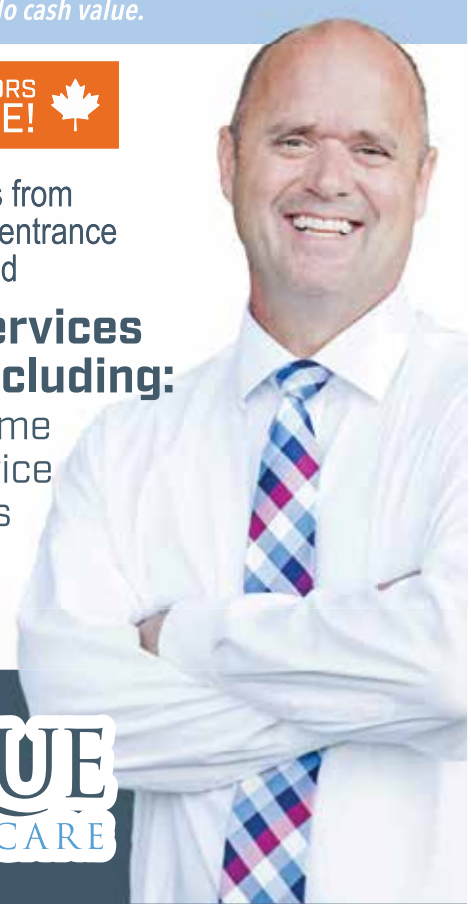
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Class Descriptions



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

˜* **Aqua Fitness** - This class provides a water workout that includes cardio conditioning and muscle strengthening exercises using a variety of equipment with the water's natural resistance.

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

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

***Easy Yoga** - A gentle Hatha Yoga class focusing on the basics of this ancient art for the beginner and beyond. This class takes you through the therapeutic and spiritual aspects allowing for growth in strength, balance, flexibility, calm, concentration and peace within. Participants will be asked get up and down from the floor. Bring your mat and blanket or towel and a smile!

˜***Functional Circuit** - 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.

***Gentle Yoga Challenge** - A gentle Hatha Yoga for those who lead an active lifestyle and are ready to enhance their yoga practice. Class includes instruction for a myriad of poses and practices that can be as easy or as challenging as your practice desires. Bring your mat, blanket and smile and let's have some fun.

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

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

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

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

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

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

T'ai Chi Chih- A simple style of T'ai Chi which consists of 19 movements and one pose. It is practiced as a slow-motion movement done in a relaxed and flowing manner, which deepens breathing and stimulates circulation. This gentle art appears effortlessly easy yet is quite profound. A great way to alleviate stress and improve posture, breathing and improve balance.

˜***TRX® Level 1** - This class is designed to teach you how to properly use the TRX suspension trainer. This tool is excellent for increasing strength and improving body awareness. Your instructor will break down form, technique, and introduce exercises that will improve daily function.

˜***TRX® Level 2** - Enjoy a suspension training body-weight workout that develops strength, balance, flexibility and core stability simultaneously. This advanced TRX class will introduce progressions for the exercises learned in TRX Level 1. This class will also include TRX exercises on the floor. Must have approval from a fitness specialist to participate.

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

Key Code: ˜Silver&Fit® and Renew Active® Approved
*Silver Sneakers FLEX® Program Approved

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March Equipment Orientations



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

Equipment

2:00 p.m. - 3:00 p.m. Wednesday, March 13, Cardio
2:00 p.m. - 3:00 p.m. Wednesday, March 20, Strength

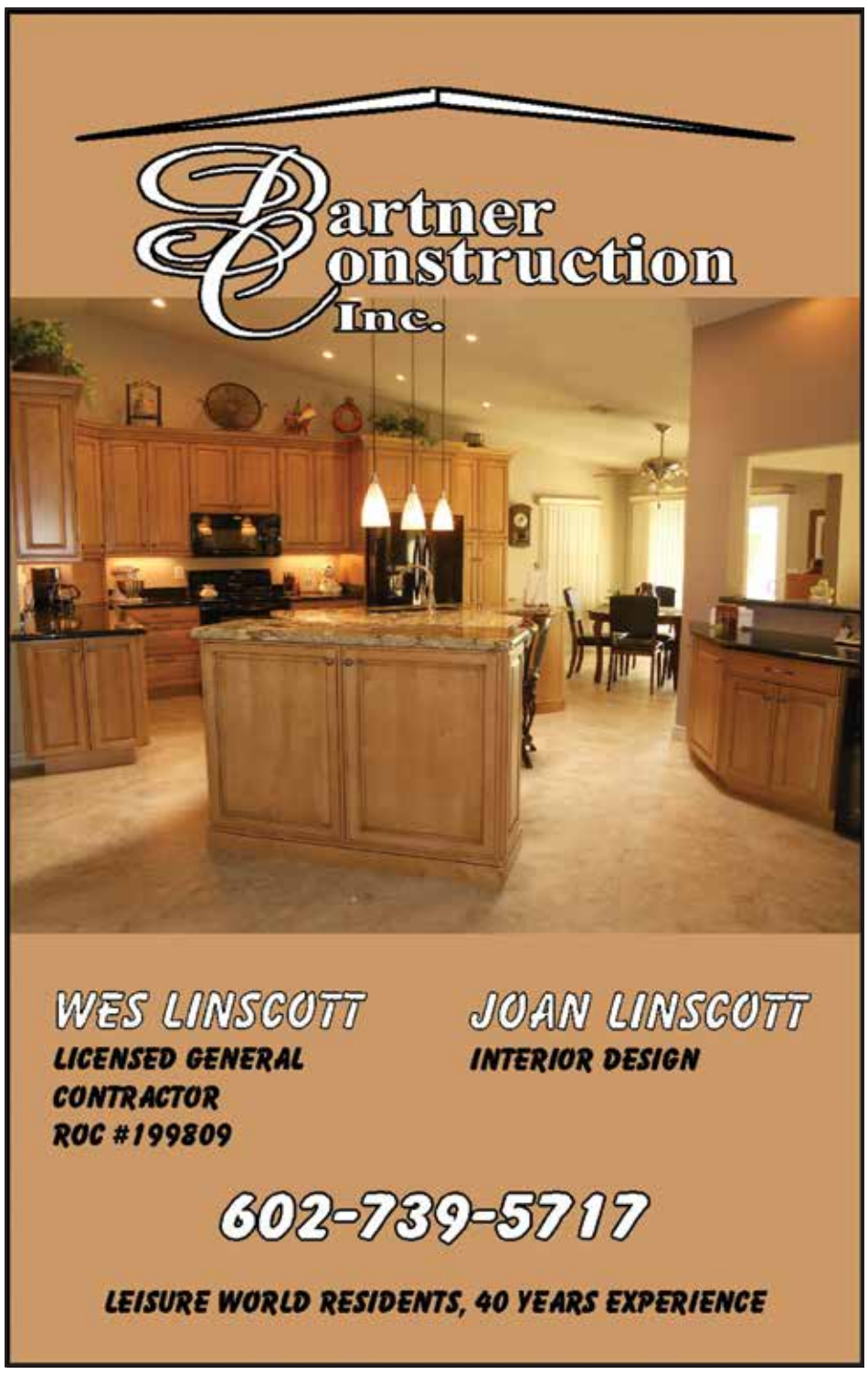
Power Plate Safety Workshop

9:30 a.m. - 10:30 a.m. Tuesday, March 26
Free Training!
$20 to purchase Key Tag Access to Power Plate

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

Group Exercise Classes

CLASS	DAYS	TIMES	PRICE	LOCATION
A.M. Yoga	Mon/Wed/Fri	8:00 - 9:30 a.m.	$5 per class (Pay Instructor)	Rec. 2 Pima
Aqua Fitness	Mon/Wed/Fri	12:00 - 12:45 p.m.	$22 Monthly $4 Drop-In	Rec. 1 Pool
Core Conditioning	Mon/Wed/Fri	6:00 - 6:30 a.m.	$20 Monthly $4 Drop-In	Rec. 1 Classroom
Counter Punch	Mon/Wed/Fri	9:30 - 10:15 a.m.	$22 Monthly $4 Drop-In	Rec. 1 Classroom
Easy Yoga	Tue/Thurs	4:00 - 5:00 p.m.	$5 per class (Pay Instructor)	Rec. 1 Classroom
Functional Circuit	Mon/Wed/Fri	4:00 - 5:00 p.m.	$22 Monthly $4 Drop-In	Rec. 1 Fitness Center
Gentle Yoga Challenge	Tues/Thurs	5:20 - 6:20 p.m.	$5 per class (Pay Instructor)	Rec. 1 Classroom
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	12:00 - 12:45 p.m. or 12:00 - 12:45 p.m.	$22 Monthly one day per wk.	Rec. 2 Therapy Pool
Silver&Fit® Excel	Monday	2:00 - 3:00 p.m.	$10 Monthly $4 Drop-In	Rec. 1 Classroom
Strength	Tues/Thurs	7:00 - 7:30 a.m.	$17 Monthly $4 Drop-In	Rec. 1 Classroom
Strength & Balance Level 1	Mon/Wed or Tues/Thurs	11:30 a.m. - 12:00 p.m. or 11:00 - 11:30 a.m.	$13 Monthly $4 Drop-In	Rec. 1 Classroom
Strength & Balance Level 2	Mon/Wed/Fri	10:30 - 11:15 a.m.	$22 Monthly $4 Drop-In	Rec. 1 Classroom
T'ai Chi Chih	Monday	3:30 - 4:30 p.m.	$10/Class	Rec. 1 Classroom
TRX® Level 1	Tues/Thurs	2:45 - 3:30 p.m.	$17 Monthly $4 Drop-In	Rec. 1 Classroom
TRX® Level 2	Mon/Wed/Fri OR Tue/Thurs	8:00 - 8:45 a.m.	$22 Monthly or $17 Monthly $4 Drop In	Rec. 1 Sport Court
Zumba® Gold	Mon/Wed	12:45 - 1:45 p.m.	$5/Class (Pay Instructor)	Rec. 1 Classroom





Health Screenings: Is Your Health at Risk?

A screening could save your life!



Abdominal Screenings
(All Ultrasound)
Liver
Kidney
Gallbladder
Pancreas
Spleen
Abdominal Aortic Aneurysm

Cardiovascular Screenings
Heart Ultrasound
Atrial Fibrillation
Stroke Screening
(Carotid Artery Ultrasound)
Thyroid Ultrasound
Peripheral Arterial Disease (PAD)

Blood Pressure, pulse and oxygen saturation level FREE with all screenings.

For more information, visit: www.cathedralhealthservices/screenings.htm.

Date: Monday, March 18
Place: Rec. 2 - Pima Room
Cost: All 11 screenings for only $200.
Appointment required by calling 602-254-7130. No walk-ins allowed!

Cataracts and Glaucoma



Come "see" what you might be missing! Find out your options for cataracts and glaucoma.

Speaker: Yuri McKee, MD, MS
Date: Thursday, April 4
Time: 1 - 2 p.m.
Place: Rec. 1 Theater
Sign up: Health Office

EAST VALLEY OPHTHALMOLOGY EVO

Feeling Dizzy or Off-Balance?



This seminar reveals how to naturally heal dizziness and imbalance for good. The workshop is strategically designed to answer common questions and address concerns that dizziness and imbalance people may experience.

This workshop is for you if you can answer yes to any of the following questions:

- Do you suffer with dizziness or leg weakness when you stand or walk?
- Do you feel off-balance with standing?
- Do you experience loss of balance or weakness in your legs with walking?
- Does your back ever "go out" if you move the wrong way?
- Are you afraid you will fall or lose your balance?
- If you have answered, "yes," to any of the above questions (or have a stubborn spouse who is in denial) – this seminar may change your life!
- You will learn the following:
- The single biggest No. 1 mistake dizziness and imbalance sufferers make which stops them from healing.
- The three most common causes of dizziness and imbalance.
- A sure-fire way to pick the right treatment for you, saving you lots of time and money!
- How a problem in your back and neck can cause dizziness, imbalance and weakness in your legs.
- How a problem in your inner ear can cause severe vertigo, imbalance and loss of function
- A critical treatment that provides quick, natural and long-lasting relief.
- What successful treatment and permanent relief looks like without the side effects of medications, injections or surgery.

Speaker: Sarah Hanna, PT, MPT, FAAOMPT
Date: Wednesday, March 13
Time: 10 -11 A.M.
Place: Rec. 1 Theater
Sign up: Health Office.

OneAccord PainCenters

Prepare or Beware: The Importance of Advanced Care Planning

Advance directives are far more than health care documents filed away for emergent purposes. The true objective of deciding for your future health care is so that your family and friends know what you want in times of declining physical and mental vitality. This presentation will compare the many advance directive documents that exist. But more importantly, it will provide guidance on how to begin the important conversation with those who need to fully understand your health care wishes.

Speaker: Cameron Svendsen, LCSW
Date: Thursday, March 28
Time: 1 - 2 p.m.
Place: Rec 1 Theater
Sign up: Health Office

Faith HOSPICE



Friday Night Fish Fry!
Come down to the Café to sign up for your Friday night dinner reservation!

Rendezvous Café

Hours: Mon-Thurs 7 a.m.-2 p.m. • Fri 7 a.m.-7 p.m.
Phone: 480-431-1826

The Café is open for breakfast and lunch.

Daily Specials

Meatloaf Monday	$7.00
BBQ Beef Tuesday	$7.00
Liver & Onions Wednesday	$7.00
Pot Roast Thursday	$7.00
Fish Fry Friday	$7.50

Come down to the Café to make your Friday night dinner reservation!

Epigenetics and Your Future Health

Do your genes predict our future health and wellness? Current research sheds some light on whether we can count on our genes to help or hurt us as we learn about the science of epigenetics and what it means to your future health.

Speaker: Brian Browne of Dementia Care Education
Date: Tuesday, March 19
Time: 11 a.m. to 12 p.m.
Place: Rec. 1 Theater
Sign up: Health Office



Diabetes Self-Management Program

Presented by Leisure World with Dignity Health East Valley



Take control of your pre-diabetes or diabetes and get your life back! This free seven-week workshop series is ideal for adults with diabetes or pre-Diabetes It is also good for caregivers and/or family members or anyone interested in learning more about diabetes self-management and overall health and well-being.

The Diabetes Self-Management Program is a workshop designed to empower you to become an active self-manager of your pre-diabetes or diabetes. We give you the tools you need to improve your health and quality of life. You will learn the following:

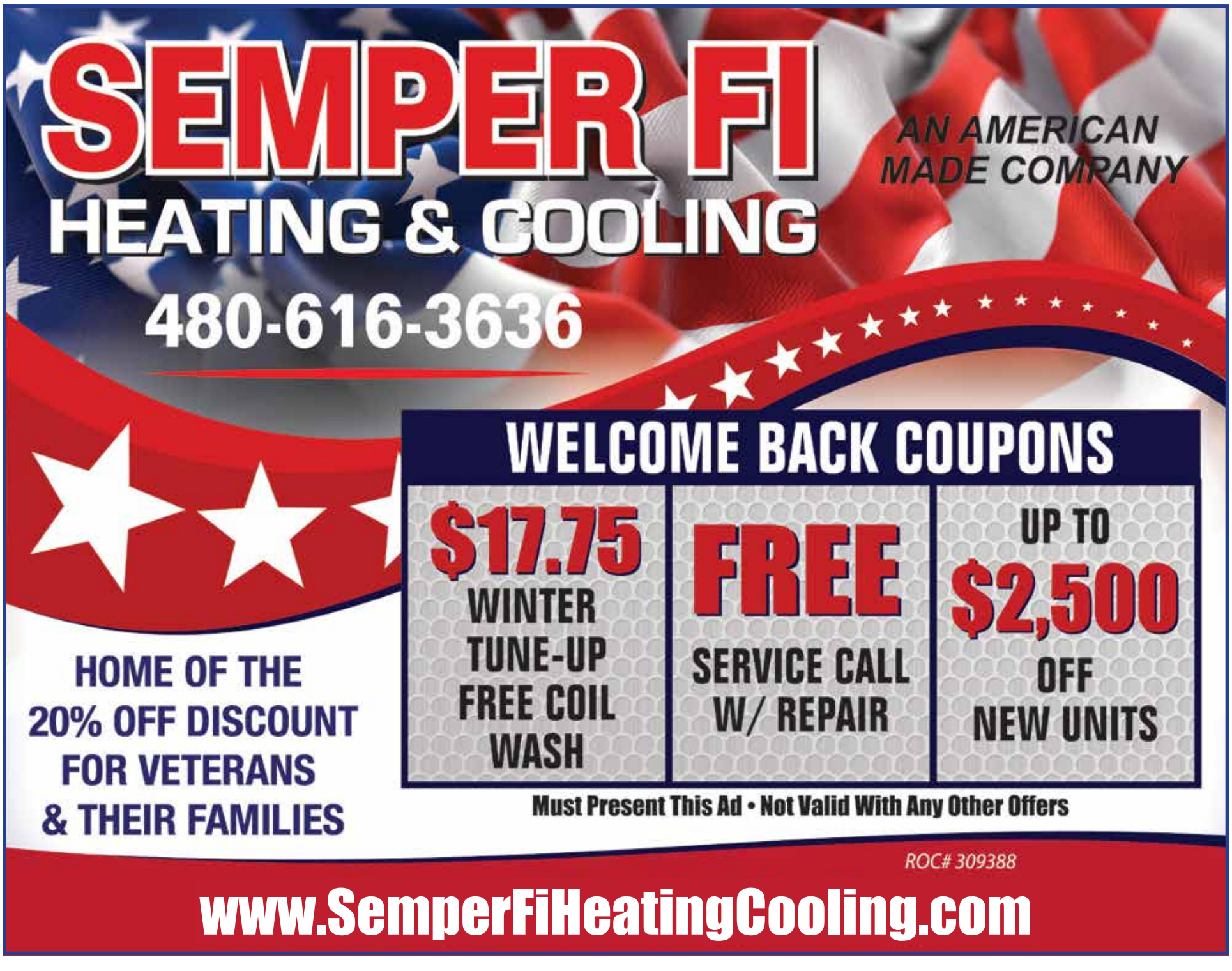
- Healthy eating
- Relaxation/stress reduction
- Dealing with symptoms of diabetes
- Dealing with hyper/hypoglycemia
- Decision making
- Problem solving
- Appropriate medication usage
- Working with health care providers
- Setting weekly goals
- Exercise and fitness
- Pain/fatigue/symptom management
- Better breathing

Managing diabetes can be complex and sometimes frustrating. Let us help!

Dates: Tuesdays, March 19, 2019 - April 30, 2019
Time: 9 a.m. - 11:30 a.m.
Place: Rec. 1 Queen Card Room
Sessions are 2.5 hours each, and meet once per week for 7 consecutive weeks
**The first week, March 19 is a one-hour "Session Zero."
Register early! Space is limited!
Light refreshments will be served and all participants who complete the series receive:

- Certification of Completion
- "Living a Healthy Life with Chronic Conditions"

To register for this ***free*** workshop, sign up at the Health Office or call 480-832-0003 ext. 222.



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Dr. Craig Hollis Dr. Weston Hollis

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Health and Fitness Expo Huge Success!

On February 22, 2019 the sun shone brightly as temperatures warmed to the mid-70s while crowds of enthusiastic residents and guests enjoyed approximately 50 vendors and service provider booths and attended nine interesting educational seminars!

Our thanks go out to all our vendors and everyone who donated to our raffle. We also would like to thank the Marc Community Resources and the Rendezvous Café at Rec. Center 2 for providing a wonderful breakfast and lunch service to all our vendors and participants.

Lastly, we can't forget to thank all the staff members who worked hard to make this event successful, especially those from Security, Building Maintenance, Housekeeping, Landscaping, Golf and Recreation! Together, with the help of volunteers, things turned out fabulously!

Many vendors commented on how happy they were with the abundant traffic at their booth. They were also grateful for how helpful and accommodating all the volunteers and staff were during the event. Thanks to the support of all the volunteers and community members who attended, this event was another success!

Remember, we have an expo every year. The next one is sponsored through the Recreation Department and will be the Expo and Home Show on Saturday, February 8, 2020! Save the date!

Thank you to all the vendors who participated in the Health and Fitness Expo!

Advance Ankle and Foot
Amazing Dental
Anvels Cremation & Burial
Athletico
AZ MediQuip
BackFit Health + Spine
Bemer International
Bret Massage
Brookdale Retirement Communities
City Health Services
Clear Captions
Comfort In The Sun
Connect Hearing
Crockett Dental
Dentistry at Power Ranch
Dignity Memorial/Mariposa Gardens
Discovery Point
Dispatch Health
East Valley Hearing Center
Emerald Glen Memory Care Plus
Endeavor In-Home Care
Fellowship Square
Harmony Medical Care
Health Insurance Choices
Hollis Family Dental
Home Care Assistance
Home Instead Senior Care
Hospice At Home Of AZ
Hospice of the Valley
Legacy Home Care
Lions Club
Medical Super Center
MiCasa Nursing Center
My Dental
NextCare Urgent Care
Oasis Health Spa
Optimal Spine & Health Center
OsteoStrong
Outreach
Ride Your Heart Out
Right at Home
Rita Massage
Sante
Silver Creek Inn
Southeast Valley Urology
Southwest CardioVascular Associates
Springdale Village
Swagel Wooton Eye Institute
The Summit / Sunland Home Care
Unique Dental
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NURSE'S BEAT

A Salty Prediction

By Randi Rich, RN

We all use it and love it! It is tasty, addictive and prevalent in almost everything we eat. But too much salt in your diet can raise your blood pressure, which can increase your risk for heart disease and stroke.

Unfortunately, approximately 90 percent of Americans eat too much salt, which is made up of sodium and chloride. Most of the sodium we consume each day is hidden in packaged foods. More than 40 percent of the sodium we get each day comes from the following 10 foods:



1. Breads and rolls
2. Cold cuts and cured meats
3. Pizza
4. Fresh and processed poultry
5. Soups
6. Sandwiches
7. Cheese
8. Pasta dishes
9. Meat mixed dishes, such as meatloaf with tomato sauce
10. Snacks, such as chips, pretzels and popcorn

Also, beware that approximately one-quarter of the sodium we eat each day comes from restaurant foods, including fast foods.

The 2015-2020 Dietary Guidelines for Americans recommend that we consume less than 2,300 mg. of sodium each day. Here are some tips to decrease your sodium intake:

- Many chain restaurants offer nutritional information on their website. Search for more than 150,000 restaurant foods on www.MenuStat.
- Scan the menu for items labeled "low sodium."
- Ask that no salt be added to your food.
- Ask for dressings and sauces on the side.

Shop wisely:

- Check the label and choose foods lower in sodium.
- Compare brands.
- Buy low sodium, lower sodium, reduced sodium or no–salt versions of products.
- Buy fresh, frozen (no sauce), or no–salt canned vegetables.

Cook healthy:

- Season meals with spices, herbs or lemon juice.
- Eat more foods with potassium. Foods low in sodium and high in potassium can help reduce the blood pressure. Some examples are bananas, dried apricots, spinach, low- or no-fat yogurt, beans (other than green beans), and potatoes.

World Salt Awareness Week is from March 4-10. Take advantage of this time to learn more about the dangers of salt overconsumption. To learn more, visit: http://www.worldactiononsalt.com/awarenessweek/world-salt-awareness-week-2019/

Research shows that reducing sodium intake by 400 mg per day could avert 28,000 deaths and save 7 billion health care dollars each year. So, the next time you reach for the salt shaker, think twice! Your health depends on it!

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

Member Spotlight: John Mullen



My wife and I have been residents of Leisure World for over 14 years. After leaving the snow and cold of Maine for warm, sunny Arizona, we were very impressed with all the activities available in Leisure World.

In addition to the two great golf courses—which I use on a weekly basis—I have enjoyed using the state-of-the-art Fitness Center. We both use the modern and updated equipment there. I especially have enjoyed taking several classes during the last few years. These classes have provided exercises for every muscle in the body.

The staff who teach these classes are well-trained and very professional. They are not only great at what they do, but fun to be around. They always have a smile and are eager to help modify a particular exercise if necessary.

I have really enjoyed working with the "super trainers" through the years and look forward to working with them in the future!



Leisure World

Golf

Heron Lakes Derby Day

5th Annual 9-Hole Horse Race



Don't miss the 5th Annual Derby Day Horse Race! Limited to the the first 18 participants! Non-participants come bet and cheer on your horse!

Win: $175 - Place: $100 - Show: $85

Date: March 13
Time: Registration at 2 p.m.
Cost: $20.00 per person

Please contact the Heron Lakes Golf Shop.

GOLF RULES

New Rule: No Penalty Area Restrictions

By Scott Van Engelen

According to new USGA Rule 17, there are no longer any special restrictions when a ball is in a "penalty area" (the expanded designation for the area that includes what were previously called water hazards).

A player is now allowed to touch or move loose impediments and touch the ground with hand or club (such as grounding the club right behind the ball) for any reason, subject only to the prohibition on improving conditions for the stroke (see Rule 8.1a).

Reasons for the Change:

A strict prohibition on touching or moving loose impediments or touching the ground in a water hazard has never been practical. Therefore, a series of exceptions had to be recognized in previous Rule 13-4 (see Exception 1), Rule 12-1 and various Decisions.

This created confusion and complications in applying the Rules, such as needing to decide when a player had or had not "tested," what constituted touching "as a result of or to prevent falling," and similar questions about applying the many exceptions.

The previous prohibitions led to penalties that some viewed as overly harsh, such as:

- Where the breach was so inconsequential that the player could not have gained any advantage or where even a careful player could not have avoided the penalty. And in a televised competition, where the breach could not have been detected by the player or others on the course and was discovered only through later video review.
- Treating a penalty area the same as the general area for these purposes simplifies the Rules, reduces confusion and eliminates unnecessary penalties.

Removing these restrictions is consistent with the purpose of a penalty area and addresses the practical need to give the player appropriate relief options. This is important because it is often difficult or impossible to play a ball from the penalty area (such as when the ball is under water).

- Scott Van Engelen, PGA, is Manager of Heron Lakes Pro Shop.

HOT TIPS

Fixing That Pesky Overswing

By Shane Romesburg

Many golfers have a problem with overswinging or taking too big a backswing. Overswinging encompasses a lot of different pieces and parts but is generally thought of in terms of taking the club shaft beyond the point where it is parallel to the ground at the top of the backswing.

These moving parts may include the following:

- too big a body turn, a collapsing lever arm (i.e., severely bending the left elbow for right-handers),
- cupping or overcocking the wrists
- opening the fingers of the lever arm hand
- collapsing or totally straightening the rear leg
- a reverse pivot (leaning the spine toward the target with the weight on the forward leg at the top of the swing).

Overswinging is usually a problem because the more moving parts one has, the farther out of position one gets. This makes it more difficult to bring the club back to the appropriate place at the appropriate time—let alone do it consistently (or even the same way twice).

This being said, if you can perform well—and consistently in spite of an overswing—then keep doing what you're doing! There are a few notable supposed overswingers who are great like John Daly and Nancy Lopez. And I'm sure there are more. I don't think many golfers would argue with their results. But you wouldn't want to teach the golf swing this way, since overswinging drastically reduces the odds of being consistently successful.

The Backswing Fix

So, if we you have an overswinging problem, what can you do about it? If you check the following areas at the top of the backswing, one at a time, you will discover where the problem occurs and be able to correct it. These things can all be checked by watching yourself swing in a mirror.

At the top of your backswing ensure the following:

- Both eyes can see the ball (Close your eye closest to the target to test this. Make sure your open eye never loses sight of the ball.)
- Your spine angle is still relatively vertical from the face-on view, and not leaning toward the target.
- Your weight is noticeably heavier on your rear leg and that your rear knee maintains at least some degree of flexion. Also, check to see that your knee has not moved to a position, nor points in a direction, outside the foot.
- Your lever arm (left arm for right-handers) is relatively extended, rather than collapsed or severely bent at the elbow.
- Your hands and wrists are under control. Make sure the fingers of the lever arm hand have not opened and that the butt end of the grip is still in contact with the fleshy pad of the hand. Also, make sure that the wrist is not dramatically cupped (back of hand bent back toward top of forearm).

If those points are met, it is not possible to overswing. By following these tips, you will be able to curb your overswing and have more control of your shots.

-Shane Romesburg is Head Golf Professional at Leisure World.

Master a Fat-Free Golf Game



By Peter Longo

Waist-conscious people eliminate fat from their diet. It's no different in golf, since a "fat" shot is a waste of a stroke.

The fat golf shot occurs when the club strikes the ground before the ball, producing a large divot that often goes further than the ball.

The problem is the arms are lowering the club too steeply on the downswing, causing the low point to occur before impact rather than at the ball.

The solution is to pull the arms at the target—not at the ball—as you approach impact. This will force the club forward rather than downward, eliminating the fat shot.

A good practice drill is to set five balls in a horizontal line, about five inches apart, and then place a long towel six inches behind that line. Addressing each ball, hit them with an added arm pulling motion toward the target—again not at the ball—missing the towel before impact on each one.

This is an easy and very effective way to cure the heavy hit and go fat-free in your golf game.

-Peter Longo is a PGA Life Member and Golf Teaching Professional at Leisure World.

Leisure World Golf Staff



Travis Fish
Director of Golf



Shane Romesburg
Head Golf Pro



Jonathan Kinser
Assistant Golf Pro



Scott Van Engelen
Manager,
Heron Lakes



Dan Yoder
Assistant Golf Pro

HERON LAKES EXECUTIVE COURSE
480-664-0761 • **18 HOLE • PAR 62 • YARDAGE 4,124**
Shotgun starts at 9 a.m. and 1 p.m.
Wednesdays 11 a.m. and 3 p.m.
Golf Shop Hours: 8 a.m. - 4 p.m.

COYOTE RUN CHAMPIONSHIP COURSE
480-634-4370 • **18 HOLE • PAR 73 • YARDAGE 6,174**
Open 7 a.m. – 4 p.m.
Shotgun starts at 8 a.m. and 12:30 p.m.

LW Foundation Golf Tournament: Fun on the Grass



Submitted by Carlyn Jokinen

Attention Golfers! The Leisure World Foundation is once again sponsoring "Fun on the Grass," a charity fundraiser on March 21 on Coyote Run Golf Course. The entry fee is $50 per person and includes 18 holes of golf and a meal afterwards. For non-golfers, banquet tickets alone are $25.

All golfers need to check in by 11:30 a.m., with play beginning at 12:30 p.m. The format will be an unrestricted scramble with multiple prizes. If you don't have a foursome, the Pro Shop will pair you up. All reservations must be made and paid for by March 17 at the Coyote Run Pro Shop.

To add to the "Fun," chances will be sold at various holes on the course to increase your success for birdies and pars. A hole-in-one at 9 will award you a Lexus! Before play, mulligans and a seven-foot string (per foursome) for shortening your distance to the hole will be sold and 50/50 raffle tickets. Arrive early to get in on the fun!

After golf, there will then be a delicious banquet of ham, meatballs, cod, vegetables, salads and desert. During the meal you will have the opportunity to bid on silent auction items, find out if you've won a prize and listen for your winning raffle ticket.

Remember that this amazing event benefits the House of Refuge, Sunshine Acres, Child Crisis of Arizona and Leisure World's Music Therapy class!

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Golf Clubs



President's Cup Flight Winners: Ardie Vandenbos, Peggy Findlater, Nancy Gerlach, Sue Kolankowski, Donna Townsley and Lulu McQueen.

Coyote Run Women's Golf Association

Submitted by Linda Anhorn

The busy season in Leisure World continues. Sometimes we are so busy with all the events that are available in our community that we forget to write an article for the Leisure World News. My apologies for not writing for the February issue!

The women of Coyote Run competed in a two-day President's Cup tournament which began the end of January. This tournament used the net scores for each player and players were divided according to handicaps. Day one was on January 29 and it was a beautiful day for golf and for celebrating the birthday of a much-loved member, Leona Matz.

February 5 was the final day of the President's Cup and it required some gear for colder weather and the ability to play in a strong wind. The overall winner of this event was Ruth Anne Atnip with a score of 132, which is 14 below par. The other winners were: Flight 1: Ardie Vandenbos 138; Flight 2: Peggy Findlater 138; Flight 3: Nancy Gerlach 135; Flight 4: Sue Kolankowski 138; Flight 5: Donna Townsley 138; Flight 6: Lulu McQueen 136. Great job, women!

February 19 was the CRWGA Invitational which is an event that registration fills quickly. This year's theme was "Whiskey and Woman." The committee headed by Shelley Lehrkind and Kay Taylor, once again, provided a fun and challenging event for the golfers. This event was also a tune-up for the "Battle of the Sexes" which was held on February 28. The men are the defending champions and the hosts for this event. A new format is being used this year and the results of the competition will be reported in the April Leisure World News.

March concludes our winter season but it is not too late to become a member. Our events begin with the Club Champion Tournament which is held on March 5 and 8. This tournament uses a total of gross scores instead of net scores. March 12 is the Election of Officers, followed by "Fun Day" on the 19. We continue to play in the afternoons throughout March but will make our switch to mornings on April 2.



President Jan Mitchell congratulates Ruth Anne Atnip for winning the President's Cup.

Guys and Dolls

Submitted by Janet McMaster

Guys and Dolls is a fun couples (one man and one woman) golf group that plays 18 holes of golf at Heron Lakes on the first and third Sundays from November to March. Golf play is an afternoon shotgun start, followed by a social. The cost is generally $5 per couple, BYOB and a snack to share. There are additional costs for special events.

We had a sunny day and a large turnout of 56 golfers on January 20, followed by a lively social time and some delicious snacks provided by our members. The game was "Best of the Guys/Gals" with many winners, including two new couples who were playing in their first Guys and Dolls event:

- First place at 93 ($11 each): Shane and Deb Budvarson, Waynea nd Shirley Seiffert
- Second place at 98 ($10 each): Bob and Carol Weik, Mac and Sue McCoy
- Third place at 100 ($8 each): Lynn and Wendy Hayes, Tom Byttynen and Janet McMaster
- Fourth place at 102 (tie - $3 each): Curry and Sharon Brundrett, Jack and Lois Stockton; and Paul and Marsha Mansfield, Dick and Mary Haas

Our remaining events for this season will be March 3 and our special St. Patrick's Day golf and Irish dinner is on March 17.

If you would like to join us, sign up in the lounge at Heron Lakes by the Friday before play on Sunday. Payment is made in the Pro Shop on the day of play, except for special events. All players must have a handicap in order to play in this league. If you do not have an established handicap, please see the staff in the Heron Lakes Pro Shop before the day of play to obtain a provisional handicap. Results are posted in the Heron Lakes golf lounge on the Monday following golf.

For more information, please call Tom Byttynen and Janet McMaster at 480-656-3759; Dave and Carol Foley at 480-264-6027; or the Heron Lakes Pro Shop at 480-664-6027.

Heron Lakes Donut League

Submitted by Gwen Johnson

It is surprising how many people are coming out to play golf during this cold winter weather we are having. I guess it shows we really like the golf and the coffee and donuts afterwards!

January 16 Results Front Nine:

1st place at 17.25: Andy and Susan Kolankowski, Hank and Judy Sinning

2nd place at 18.25: John and Sue Hustad, Wayne and Penny Dixon

3rd place at 18.75: Vince and Betty Horner, Gary and Susie Kramer

January 23 Results Front Nine:

1st place at 62: Andrew and Susan Kolankowski, Wayne and Penny Dixon

2nd place at 62 (tie) Jim and Linda Gleason, Wayne and Shirley Seiffert

3rd place at 64: Bill and Trudy Artz, Bill and Irene Turner

January 30 Results Front Nine:

1st place at 82: Andrew and Susan Kolankowski, Ken and Carol Erickson

2nd place at 83: Jack and Lois Stockton, Marcia Steele and Don Reville

3rd place at 85: Shane and Debi Budvardson, David and Carol Foley

February 6 Results Front Nine:

1st place at 24: Mike Anderson and Peter Morin, Bill and Trudy Artz

2nd place at 24: (tie) Bob and Kay Richey, Bob and Bev Krusemark

3rd place at 24: (tie) Don Reville and Marcia Steele, Wayne and Shirley Seiffert

January 16 Results Back Nine:

1st place at 17.75: Bob and Carol Weik, Marcia Steele and Punk Salburg

2nd place at 18: Bill and Trudy Artz, Les and Jan Wahl

3rd place at 18.50: Carlyn Jokinen and Donna Bailey, Gwen Johnson and Bob Wilkins

January 23 Results Back Nine:

1st place at 56: John and Sue Hustad, Vince and Betty Horner

2nd place at 58: Gwen Johnson and Bob Wilkins, Donna Bailey and Carlyn Jokinen

3rd place at 58 (tie) Duane Dehne and Jackie Schaitel, Mike and Kay Anderson

January 30 Results Back Nine:

1st place at 79: Roger and Bev Dillon, Sharon Cziok and Xenia Johnston

2nd place at 80: Larry and Pam Schmitt, Dennis McKay and Judy Dubois

3rd place at 80 (tie) Duane Dehne and Jackie Schaaitel, Hank and Judy Sinning

February 6 Results Back Nine:

1st place at 20: Jim and Linda Gleason, John and Sue Hustad

2nd place at 21: Tom Byttnen and Janet Mcaster

3rd place at 21 (tie) Les and Jan Wahl, Punk Salburg and Mac McCarl

Heron Lakes Men's 9-Hole Golf Club

Submitted by R. Aubrey La Foy

"Golf should be fun!" This is the motto of the Heron Lakes Men's 9-Hole Golf Club. We meet each Thursday morning, check in and get hole assignments, pay $1-$3 for coffee and donuts and $2 for prizes. We play a different game each week chosen by the pro. It is a great group of men and the camaraderie is wonderful.

The results for January are as follows:

January 10: Game 10-12-1, 13-15-2 and 16-18-3: 1st at 47: Dave Babb, Dave Foley, Les Wahl and Bill Artz (BD); 2nd at 49-Bob Wilkins, Gene Vitetta, Ron Maclean and Greg Smith.

January 17: Game 4 Net 17/2 Net Rest: 1ST at 53: Dennis McKay, Herb Fish, Roger Dillion and T Stone; 2nd at 55: Don Duesenberg, Jim Gleason, Jack Dechellis and Bob Weik.

January 24: Game 4 Net: 1st at 110: Joe Miola, Herb Fish, Ray Hag and Mac McCarl; 2nd at 114: Gene Vitetta, Ken Meidle, Ron Maclean and T Stone.

January 31: Game Texas Two-Ball: 1st at 34-Loren McKenzie, Bill Turner Bob Dunbar and Lee Nixon; 2nd at 37-Barry Budvarson, Mike Anderson, Roger Dillon and Dale Peppel.

Come on out and enjoy a great game of golf with a wonderful group of golfers!

Heron Lakes Men's 18 Hole Golf Club

Submitted by Jim Pasek

The team of John Mullen and Jack DeChellis won the annual Member-Member competition in January with a two-day score of 87.5. The team of Lee Nixon and Greg Smith was second, three strokes behind. Brian Gottslig and Ken Meidl came in third with a score of 96. Five other teams finished in the money. Forty percent of the field was paid.

The foursome of "Money" Mullen, Rich Blum, Butch Lang and Les Wahl won the competition the last Monday in January with a score of 19 under par. Two strokes behind were Wayne Seiffert, Rod Heim, "Putt, Putt" Perkins and Tomy Mitchell. The last foursome paid was the foursome of Andy Kolankowski, Bill Klepacki, "Mighty" Meidl and Bob Dunbar.

All four balls counted on February 4. The foursome of Rich Blum, Don Reville, Dean Gray and "Mac" McCarl came in first with a score of 13 under par. Two foursomes tied for second at four under par. They were: Tom Byttynen, Bob Wilkins, Larry Schmitt, Tobby Baca, and Brian Gottselig, Bill Klepacki, Ray "Sarge" Haug and Tomy Mithchell.

Don't forget to sign up for the Beat the Pro competition on March 11!

Heron Lakes Roadrunners Golf

Submitted by Gwen Johnson

We are hoping for some warmer weather soon, like maybe an early summer? So many of our golfers are bringing snacks, which is really appreciated. The Roadrunners supply snacks every time we play golf, but a larger variety is greatly appreciated!

We still play golf the second and fourth Sunday at 1 p.m. and appreciate new members. We always play nine holes of golf on the back nine.

January 13 Results:

1st place at 115: Jack and Galene Sobolik, Martin and Patricia Lese

2nd place at 117: Les and Jan Wahl, Hank and Judy Sinning

3rd place at 125: Roger and Bev Dillon, Harold Jensen and Judy Lawrence

January 27 Results:

1st place at 46: Martin and Patricia Lese, Paul and Thelma Maccioli

2nd place at 51: Vince and Betty Horner, John and Verlie Donald

3rd place at 51: (tie) Roger and Bev Dillon, Harold Jensen and Judy Lawrence

We had two new people join the Roadrunners. They are Tom Scherwenka and Kandice Theisen. Welcome!

Heron Lakes Ladies 9-Hole Golf League

Submitted by Janet McMaster

In additional to our weekly league play, our annual Golf Invitational was held on January 22, 2019. The tournament was sold out once again with 37 members participating from our league and 35 outside players from Apache Wells, Fountain of the Sun, Painted Mountain, Sunland Village and Sunland Village East.

Tournament Chair Peg Babb and her hard-working committee did a wonderful job organizing the tournament. This year's theme was "Around the World in

Golf Clubs

a Round of Golf," representing nine different countries. This theme was evident in the colourful table decorations, the nine overflowing gift baskets (one for each country) that were awarded the lucky raffle prize winners, and the decorated carts and outfits.

Grant Oakley and his staff from the Rendezvous Café prepared a buffet lunch that reflected our theme, with one delicious dish chosen from each country. For dessert, we had a selection of homemade cookies and treats from each country, including the very popular Nanaimo bars from Canada. The committee worked hard to obtain many sponsors and there were additional treats provided on some holes.

The format for the tournament was a Step Aside Scramble. The winners were:

Front Nine: Cheryle Wenck, Denise Haala, Mindy Vallone and Gloria Wilson

Back Nine: Jill Freedman, Verlie Donald, Joan Thayer and Pam Gorman

Looking ahead, March will be another busy month for our league. In addition to league play on Tuesdays, our Member-Guest Tournament and lunch will be held on March 12.

Heron Lakes

Women's 18-Hole Golf Club

Congratulations, Vera Jenkins! On Friday, January 11, Vera got a hole-in-one on Hole 16! Great shot, Vera!

On our first play day after the holidays we had team match play. The winners were: 1st Place: Wendy Weber and Mary Bell; 2nd place: Marilyn Thordason and Dee Bowyer; and 3rd Place: Bev Budvarson and Dianne Decker. Congratulations.

On January 15, we hosted the Home and Home with Coyote Run. The rain threatened but only a few light sprinkles tried to dampen our fun. We played a scramble brought to us by the ladies from Saskatchewan so that's what we called it. Winners of that fun game were for 1st Place: Ardis Vandenbos, Susan Kolankowski, Nancy Kain and Dianne Decker; 2nd Place: Jackie Spencer, Cindy Gee, Carolyn Vickerman and Carole Foley; and 3rd Place: Cindy Brassfield, Linda Gleason, Debi Budvarson and Donna Lewis were third. Congratulations to all the winners!

On January 22, the game was 1 best ball even, two best balls odd. Winners with 76 were Trish Bowers, Lynn Peters, Carol Erickson and Vera Jenkins. Second place winners were Rita Folk, Dee Bowyer, Sue Husted and Dianne Decker with 78.

On January 29, the game was 2 best balls net on par 4's and par 5 holes, one best ball gross on par 3 holes. First place with a score of 82 was the team of Trish Bowers, Bonnie Franke, Sue Husted and Nita Calow. In second place was the team of Diane audit, Dorothy Kemp, Kathie Renpenning and Carolyn Roth with a score of 83.

On February 5, our game was Cha Cha Cha. The first place winners were Diane Gaudet, Dorothy Kemp, Clara Anderson and Sue Husted with a score of 102. Second place winners were Peggy Jefferson, Lynn Peters, Carol Weik and Vera Jenkins with a score of 107.

The Tartans

Submitted by Jeanne Gardin

Our results for Sunday's play on January 13 were as follows:

Red Division: Gerry and Diane Coole and Dale McLean and Bunny McDonald teamed up to win 1st with a score of 133. A close 2nd was the team of Bruce and Nancy Gerlach, and Sonny and Lillie Chafin with 134. Duane and Carolyn Vickerman and Joe Rowbatham and Gerri Cousineau took 3rd with 139.

Blue Division: Mike and Cherie Nunes and Bill and Mary Rhea scored a 137 for 1st place. Ted and Betty Reider and Bob and Joanne Weiss took second with 141. Third place was won by Andy and Sue Kolankowski and John and Linda Shostak with a score of 143. The longest putt on #1 for the women was Rita Porthan with 11' 11" and Dave Caves won it for the men with 23' 2." Closest to the pin on Hole 13 was Peggy Findlater with 10' 7" and Jerry McDonald with 12' 2."

January 27 was a very exciting day, especially for Bryan Hayes who had a hole-in-one on Hole 13! We all cheered him on when he returned after play. Obviously, he was closest to the pin for the men on that hole. You can't get closer than that. Rita Porthan got closest for the women with 7' 10." The longest putt on Hole 1 was Dick McQueen with 15' 4" and Sharon Scott with 10' 4."

The Blue Team winners were Jim and Laurie Brinkman and Rick and Cindi Brassfield with a score of 125. In 2nd was Jim and Phyllis Nell and David and Shelley Burnett with 133. Third place with a score of 135 was the team of John and Linda Shostak and Bob and Rita Porthan.

The Red Team winners in 1st were Bryan and Mary Hayes and Dick and Lulu McQueen with 128. The team of Curry and Sharon Brundrett and Jim and Jeanne Gardin took 2nd with 131. There was a tie for third place with a score of 133 between team Andy and Sue Kolankowski and Craig and Debbie Anderson and the team of Mac and Sue McCoy and Dave and Margie Caves.

Play days for the Tartans in March will be the 10 and 24. For any questions, please call Gardins at 509-539-2371 or Nells at 559-760-5871.



Brian Hayes aces hole-in-one!



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