

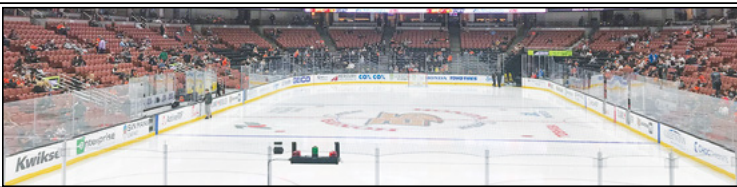


January 10, 2019

LW Weekly

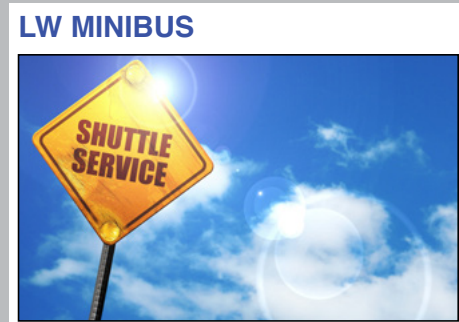


Recreation is planning an excursion to see the 'Life Could Be a Dream' at the Beverly O'Neill Theater. **Page 12**



Recreation is hosting a trip to see the Anaheim Ducks vs. the Winnipeg Jets on March 20. **Page 17**

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Shopper shuttle starts tomorrow

The Leisure World Minibus will provide Friday service to Old Town Seal Beach and the 99 Cents Only Store on Valley View Street in Garden Grove beginning tomorrow, Jan. 11.

The Golden Rain Foundation is offering the services on a trial basis to replace the Thursday Senior Shopper that was recently eliminated by the City of Seal Beach.

The Minibus will depart from the Amphitheater Hub at 9:30 a.m., 10:15 a.m., 11 a.m., 11:45 a.m., 12:30 p.m. and 1:15 p.m. The bus will depart from Old Town at 9:45 a.m., 10:30 a.m., 11:15 a.m., noon, 12:45 p.m., 1:30 p.m. and 2:15 p.m. Pick-ups at the 99 Cents Only Store will be at 10 a.m., 10:45 a.m., 11:30 a.m., 12:15 a.m., 1 p.m., 1:45 p.m. and 2:30 p.m.

The shuttle will go to the 99 Cents Only Store after dropping off passengers at Von's Pavilion, Pacific Coast Highway at Main Street, and at Eisenhower Park at the SB Pier, Main Street and Ocean Avenue.

Those who take the shuttle to Main Street and want to extend their trip past 2:30 can return to Leisure World on the OCTA Bus 42A that picks up on Electric Street at Main Street, across from the Red Car Museum and SB Senior Center. The senior, one-way fare is 75 cents.

CITY OF SEAL BEACH

Thomas Moore is the new city mayor

The Seal Beach City Council reorganized at the Dec. 10 meeting. The new mayor is Thomas Moore, representing District 2, which includes Leisure World, College Park West and Rossmoor Center. His term expires in 2020.

The mayor pro tem is Schelly Sustarsic, who represents District 4, covering College Park East and Town Center.

Council members include Mike Varipapa of District 3, covering Marina Hill, the Coves, Bridgeport and Heron Pointe; and Sandra Massa-Lavitt of District 5, covering Leisure World. Her term expires in 2022.

A run-off election is scheduled for Jan. 29 to determine the council representative for District 1, which includes Old Town and Surfside. Ellery A. Deaton held the seat for two terms. The runoff is between Joe Kalmick and Peter Amundson.

COUNCIL, page 2

Thriving Through Exercise

Get fit and find friends at LW gym

by Ruth Osborn
rutho_news@lwsb.com

As 10,000 baby boomers turn age 65 each day, the demographics of America are changing. This expanding group is redefining the senior lifestyle with unique perspectives on aging and how to get the most from this chapter of their lives.

In a 2015 United States of Aging Survey, baby boomers and beyond said their top priorities are maintaining physical health (40 percent); and preventing mental decline (32 percent).

One of the best ways to do both is to incorporate regular exercise into Leisure World living. It's so easy to do. Among dozens of fitness amenities in this community, one stands out as a beacon pointing people toward a fit and healthy retirement. It is the Leisure World Exercise Room in Clubhouse 6. It's a well-equipped gym, featuring free weights, weight machines, treadmills, yoga mats, exercise balls, upright, recumbent and hybrid stationary bikes; a pilates machine, a Total Gym, rowing machines, step machines, a punching bag and a speed bag.

One of five fitness attendants is available to answer questions and help people get started on equipment. Admission is free for residents, and it's open weekdays from 6 a.m.-8 p.m. and weekends from 7 a.m.-5 p.m.

On Monday, the place was packed with cheerful people getting in a workout on a rainy day.

"The best thing is that it makes me feel really healthy," said Jane Brittingham. She's a vivacious second-generation LWer who moved into Mutual 12 about a year-and-a-half ago.



Ruth Osborn

Jane Brittingham of Mutual 12 looks fully refreshed as she leaves the gym after her workout on Monday.

GYM, page 3

Four Myths About Activity and Aging

Myth 1: *There's no point to exercising. I'm going to get old anyway.*

Fact: Regular physical activity helps you look and feel younger and stay independent longer. It also lowers the risk for Alzheimer's and dementia, heart disease, diabetes, certain cancers, high blood pressure and obesity. And the mood benefits of exercise can be just as great at 70, 80 or 90 as they were at 20 or 30.

Myth 2: *Exercise puts me at risk of falling down.*

Fact: Regular exercise, by building strength and stamina, prevents loss of bone mass and improves balance, actually reducing your risk of falling.

Myth 3: *It's too frustrating. I'll never be the athlete I once was.*

Fact: Changes in hormones, metabolism, bone density and muscle mass mean that strength and performance levels inevitably decline with age, but that doesn't mean you can no longer derive a sense of achievement from physical activity or improve your health. The key is to set lifestyle goals that are appropriate for your age.

Myth 4: *I can't exercise because I'm disabled.*

Fact: Chair-bound people face special challenges but can lift light weights, stretch and do chair aerobics, chair yoga and chair tai chi to increase range of motion, improve muscle tone and flexibility and promote heart health. Leisure World offers chair exercise classes and more (see the Health section, page 8).



The LW Exercise Room has lots of options for every level of ability.

The Benefits of Exercise for Older Adults

A recent Swedish study found that physical activity was the No. 1 contributor to longevity, adding extra years to your life—even if you don't start exercising until your senior years. But getting active is not just about adding years to your life, it's about adding life to your years. You'll look and feel better.

Physical Health Benefits

- Helps you maintain or lose weight. As metabolism naturally slows with age, maintaining a healthy weight is a challenge. Exercise helps increase metabolism and builds muscle mass, helping to burn more calories.
- Reduces the impact of illness and chronic disease. People who exercise tend to have improved immune and digestive functioning, better blood pressure and bone density, and a lower risk of Alzheimer's disease, diabetes and heart disease.
- Enhances mobility, flexibility, and balance. Exercise improves your strength, flexibility and posture, which helps with balance and coordination.

Mental health benefits

- Improves sleep. Quality sleep is vital for overall health. Regular activity can help you fall asleep more quickly, sleep more deeply and wake feeling more energetic.
- Boosts mood. Exercise is a stress reliever and the endorphins produced can actually help reduce feelings of sadness, depression or anxiety.
- Revitalizes brain function.



Juanita Townsend and Marcia Moriarty will be ready to help shoppers at the club's March 2 rummage sale.

Y SERVICE CLUB

Donations sought for rummage sale

Y Service Club members are now gratefully accepting donations for their next rummage sale on Saturday, March 2.

Jewelry, glassware, books, kitchenware, small appliances, tools, linen, shoes, purses, holiday decorations, lamps, pictures and small furniture items are needed for the sale.

To arrange for a pick up, call one of the numbers in the club's classified ad in the LW Weekly under the heading "Leisure World Helping Leisure World."

The new year is a great time to decide which items you no longer need while supporting a good cause.

The club's rummage sale is a major funding source for supporting the YMCA "Kids to Camp" program and projects that benefit the Leisure World community.

—Maureen Habel

PATHWAYS

Friendly volunteers are needed to visit with LW shut-ins

Pathways, a local non-profit that works with clients in Leisure World, is looking for volunteers who want to befriend a neighbor and help them to stay independent in their home. A "Friendly Visitor" is someone who visits weekly, giving an hour or two for conversation, social support and/or assistance with errands.

Pathways will host a one-hour informational session on Jan. 16 at 10 a.m. in Building 5, Room C, to go over the organization and share about what it would be like to help someone in the neighborhood feel supported. For more information, contact Tammie Ottenad at Pathways at 531-3031 or Cynthia Tostado, LCSW, at 431-6586, ext. 317.

AMERICAN LEGION

Post 327 will meet Jan. 21 in CH 4

American Legion Post 327 will have its first meeting of the New Year on Monday, Jan. 21.

The executive board will meet at noon, and the general meeting will begin at 1:30 p.m. in Clubhouse 4, Room A.

All veterans are welcome to attend.

Members will be planning activities for 2019 such as the pancake breakfast in February.

—Sandy Esslinger

RECREATION DEPT

Martin Luther King Jr. event is Jan. 21

The Recreation Department will host the second annual Martin Luther King Jr. Day event on Jan. 21 in Clubhouse 2 at 11 a.m.

The observance will feature Mutual 17 GRF member and soloist Ruby Johnson. She will open the event.

A PBS documentary will be shown.

Light refreshments will be served. Seating is limited, and a large turnout is expected.

For more information, contact events@lwsb.com.



Ruby Johnson

Y SERVICE CLUB

CSULB nurse to explain innovative community nursing program in LW

by Maureen Habel
LW contributor

The Y Service Club will meet Wednesday, Jan. 16, in Clubhouse 3, Room 2.

The meeting starts at 7:30 a.m. with a continental breakfast hosted by Bonnie Freund and Jeannine Leon.

That will be followed by a short business meeting conducted by President Margaret Humes.

This month's speaker will be CSULB faculty member Phyllis Cooper, RN, DNP, PHN, CNS.

Dr. Cooper will discuss the voluntary home visit program offered to Leisure World residents by community health nursing students.

CSULB nursing students are available to provide health education information and referrals in individual shareholder homes.

Come learn how this exciting new program can help you and your neighbors with disease prevention and healthy aging.

All Leisure World shareholders are welcome to attend the presentation and learn more about the club's activities in Leisure World.



Sam the Deer, at the corner of St. Andrews and Glenview, is ready for the new year. He is decked out for almost every holiday. So drive by and check it out.

COUNCIL
from page 1

The Seal Beach City Council is comprised of five council districts. Each council member is elected by the voters of the district that they represent.

The city council meets the second and fourth Mondays of each month. Meetings are held in the City Council Chambers, 211 Eighth St. at 7 p.m. Meetings can be viewed on cable television on SBTv-Channel 3 or on the city's website, www.sealbeachca.gov, through the "Agenda, Notices & Meeting Videos" option through the Government menu option.

The oral communications/public comments portion of the meeting is toward the beginning of the meeting. During this time anyone may address the city council on any issue for a maximum of five minutes.

The City Council meetings are rebroadcast on the city's cable television station the following Sunday at 4 p.m.

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CITY OF SEAL BEACH

Grant provides qualified LWers with free bathroom upgrades

Leisure World residents who have trouble stepping into the shower for any reason are most likely eligible for a free bathroom upgrade. Applications for 2019 are now being accepted for the Leisure World Bathroom Accessibility Grant, which converts tub/shower combinations to showers only for safer access. The tubs are refinished to look like new, and a new glass shower door enclosure is installed. Toilets can be replaced with high-boy models. The City of Seal Beach selects approved contractors to perform the cut-down to the shower and install a new glass door enclosure and the high boy toilet, if needed. The program is made through a possible grant from HUD, Orange County and Seal Beach. The OC Housing and Community Development Department allocates the federal grants from HUD every year.

This year the City of Seal Beach applied to Orange County for a grant in Leisure World and received \$180,000. To qualify, applicants must be over 55 years of age and have an annual income not to exceed \$61,250 for one person; \$70,000 for two people; and \$78,750, for three.

For the shower cut-down, a licensed medical doctor must complete the Doctor's Analysis Form rating the physical condition of the applicant with respect to mobility problems, pain with movement or trouble with balance. This rating helps prioritize the most needy applicants until the funds are all spent. All information is kept confidential. No Doctor's Analysis Form is needed for the high-boy toilet only.

Applications and doctors forms are available online at sealbeachca.gov or at www.civictone.com (services tab, Seal Beach section) or people can call CivicStone at (909) 364-9000 to have one mailed.

CivicStone was hired by the City of Seal Beach 12 years ago to administer the city's Bathroom Accessibility Program. CivicStone has been successfully running the program ever since and has helped hundreds of residents with bathroom improvements.

"Many residents get confused on the application process," said Monique Eliason, program administrator. "Others don't realize you can have substantial savings and still qualify for the free upgrade. We are just a phone call away and can help residents apply for the complete free upgrade. But don't delay completing your application, because funds are limited."

STOCK TRANSFER

Notary services now available in LW

by Nancy Ray
Stock Transfer Manager

Leisure World residents now have notary services available by appointment in the Copy & Supply Center in Building 5. For an appointment, call 431-6585, ext. 345. The Copy & Supply Center also carries small items, such as small batteries, shower heads, fire extinguishers, emergency vests and other items, from the Purchasing Department.

Finbars in LW

Naples Rib Company will be on hiatus in January, but Finbars Italian Kitchen will bring dinner service to Leisure World on Monday, Jan. 21. No reservations are required, just stop by Clubhouse 1 between 4:30-6 p.m.

Menu—Jan. 21

Finbars Italian Kitchen will be in Clubhouse 1 on Jan. 21 to serve diners that include the appetizer of the day, a green salad with a choice of dressings and three entrée options, ranging from \$13-\$15 (tax included). Dessert and soft drinks are available for an additional charge. Dinner service is from 4:30-6 p.m. Reservations are not required.

Jan. 21
Appetizer
Bruschetta

Roma tomatoes, basil, garlic, extra virgin olive oil; drizzled with raspberry balsamic vinaigrette on grilled Italian bread.

Entrees

Spaghetti with Meatball or sausage, \$13

Authentic slow-simmered "Sunday gravy" tomato sauce.

Chicken Parmigiana, \$14

Chicken breast rolled in seasoned breadcrumbs and baked with mozzarella and Parmesan cheeses in a light tomato sauce. Served with pasta marinara and vegetables or rice.

Poached Salmon, \$15

Served with pasta and vegetables or rice

GRF Weekly Movie

"The Book of Love," rated PG-13, will be shown at 2 p.m. on Sunday, Jan. 13, in Clubhouse 4.

Henry (Jason Sudeikis) is a widowed architect who strikes up a friendship with Millie (Maisie Williams), an independent but troubled teen. Hoping to find her long-lost father, Millie asks Henry to build her a raft that can sail across the ocean. After agreeing to do so, the unlikely duo embark on an incredible adventure that deepens their bond and lifts their spirits.

Some scenes and language may be offensive to some viewers.

GYM from page 1

Although she has exercised on and off her whole life, she resumed regular exercise in earnest at the LW facility to help her recover from an illness. Now it's an intentional part of her weekly routine. "Exercise helped me so much," she said. The elliptical and bicycle are her machines of choice, "but people do all sorts of things. And it's been great for social interaction. I've met some great friends here."

Terry Morriss of Mutual 9 is an 81-year-old who looks like he's in his 60s, especially his 100-watt smile. He's also a regular at the Exercise Room, putting in 20 minutes of cardio on the bike, 30 minutes of weights and stretching three times a week.

He's a lifelong fitness buff and swears that it has been a major factor in staying youthful in body and mind.

"Sometimes I walk in feeling low, but I always walk out with a sense of accomplishment," he said.

He's one of hundreds of LWers who make use of the facility every month. The Recreation Dept. records between 7,000-8,000 visits every month, and gym attendant



Terry Morriss of Mutual 9 makes it to the LW Exercise Room three times a week. He says it keeps him young.

David Campbell says attendance has been averaging about 250 a day, with the expected uptick at the new year. "I've seen a lot of new faces in the last week," he said.

Experts agree that getting more exercise is a great goal for everyone.

"We want to stress that the Exercise Room is for people of every level of fitness, not just for gym rats," said Kathy Thayer of the Recreation Dept. "There is even

a sit-down elliptical Nu Step machine for people in wheelchairs."

The Exercise Room is indeed designed for everyone, the younger baby-boomer 55-68 crowd, the Depression-era babies who are between 69-89 and the stalwart members of the Greatest Generation, the youngest of whom are in their 90s.

It's a place for the young at heart, no matter how many birthdays they've had.

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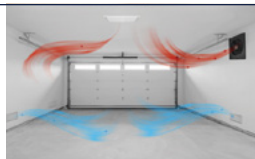
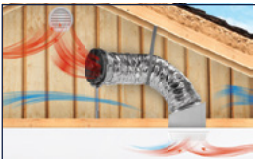


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Perspectives

WATCH YOUR STEP

Microsoft scam makes some return appearances in LW

by Jim Breen
jimb_news@lwsb.com

A resident who requests anonymity is anxious to alert residents about a Microsoft scam circulating in the community. Thieves impersonating Microsoft have been calling or sending emails to people, alerting them that their home computers have been hacked or picked up a virus. The goal is to convince intended victims that their valuable, personal information is at risk. Those who accept the offer are told to open their computers and complete a simple set of instructions to gain remote access. Then a fee, usually in the \$200 range, is requested that can be charged to intended victims' credit cards. When that occurs, some thieves have been known to charge thousands of dollars of goods on the cards, usually within the hour. It's a scam that has been attempted in LW several times the past few years. "Please inform residents that Microsoft never makes such calls," said the resident. "There are thousands of scammers out there looking to freeze up, infect or gain control of your computers, so be careful." The LWer suggests that anyone similarly contacted should call one of the computer repair professionals who serve the community and advertise in the classified section of LW Weekly.

...

A Mutual 5 resident was concerned by a letter he received last week from American Stock Transfer & Trust Co. (AST). "Our records indicate that you have not updated your holdings by exchanging/tendering your shares in accordance with the company's mandatory exchange or tender offer. As a result, your account has been declared dormant," it read. He was requested to fill out a form at the bottom of the letter and return it to the sender in an envelope provided. The twist is that LWer doesn't have an account with AST. "I have no affiliation with them whatsoever," he said.

Have you been the victim of a scam attempt? Send details to Jim Breen at the email address above or call 431-6586, ext. 387, Wednesday- Friday between 8:30 a.m.-4:30 p.m.

Letter to the Editor

Editor: Since moving to Leisure World, we have had consistently poor cell coverage with Verizon. Calls have been dropped and text messages fail despite Verizon's coverage map listing our area as having "good (4G) coverage." It turns out that the reason for this poor service is our proximity to the Naval Weapons Station and the strength of its radio signals. I contacted Verizon and explained the problem. After a review of our account verified the number of calls dropped etc., they sent us a cell booster at no cost. The device amplifies the cell signal via the Internet (don't ask me how) which increased our signal strength from just one bar to full strength four bars. I hope this may help others with the same issue.

Lee Howell
Mutual 5

Remember When

Editor's note: Remember When is presented by the Leisure World Historical Society. Help make history live, tell your story, donate memorabilia, join the Historical Society. For more information, call Linda Johnson, vice president, at 594-9274, or visit the LW Museum in Clubhouse 1 from 2-4 p.m., Thursdays.

Jan. 4, 1979 - A new, no-fare transportation service between Leisure World and Los Alamitos General Hospital began Jan. 15. The program was designed as a convenience to LW residents who wanted to visit patients, volunteer or use services at the hospital.

Jan. 5, 1989 - A photograph in The News showed workers breaking up the concrete decking around the Leisure World pool. It was the beginning of a six-week project to modernize the pool area.

Jan. 7, 1999 - Paul Snow of Mutual 11, a former Golden Rain Foundation Board president, was selected to the Seal Beach City Council. He would complete the term of George Brown of Mutual 14, who had been elected to the Coast Community College Board.

JUST A COMMENT: For more information on the Leisure World Historical Society, go to www.lwhistory.org



Victor Rocha

SECURITY CORNER

Former LAPD officer to head GRF security

Victor Rocha is the new Security Services Director for Leisure World Seal Beach. Rocha has over 30 years of law enforcement, security, and safety experience. He served as a police officer and detective with the Los Angeles Police Department. In addition, he has provided security assessments for businesses, schools, and homeowners associations throughout the United States. Beginning next week, Victor will share weekly tips on how residents and the community can remain safe and secure. In addition, each month he will provide information regarding incidents that have occurred in the community. For those with questions or concerns about security, contact Rocha at 431-6586, ext. 371, or by e-mail at victorr@lwsb.com

Credits & Kudos

Credits & Kudos must include the writer's name and mutual number, and will be edited for brevity. Mention of a business or service is not an endorsement or recommendation by LW Weekly or the Golden Rain Foundation.

Mutual 16 resident Lita Lewis thanks Carl Kennedy of the Golden Age Foundation for the exceptional Christmas program presented at the Clubhouse 6 Hospitality Room. Carols and "Hava Nagila" were sung and Hui O Hula performed. "It was special for everyone," said Ms. Lewis.

GOLDEN RAIN FOUNDATION

New year brings a fresh beginning, new season

by Cynthia Tostado
Member Resource and Assistance Liaison



I love new beginnings, new seasons, a new year. They give me a chance to renew existing goals and establish new ones to guide myself to new and better paths. This outlook helps kindle a sense of purpose. As I read "We Resolve" (LW Weekly, Dec. 27), I realized that a common resolution among us all is to make each year better than the last. Cynthia Tostado There are many ways to do that. We can live in the moment, cultivate compassion in ourselves and extend kindness to others and stay active in our community. Studies have shown that the following resolutions can add joy and purpose to life:


- Staying physically active.
- Eating a balanced diet.
- Finding ways to practice kindness every day.
- Keep a daily gratitude list.
- Get involved in your community.
- Tackle clutter.
- Create an advance directive, a legal document that generally includes a living will and names a health care proxy.
- Advocate for yourself when you need help.
- Make your home a safe space.

This year, I will resolve to continue my service to others, preserve social justice, respect the dignity and worth of each person, draw attention to the importance of human relationships and adhere to integrity and competence in my practice. In my personal life, I will make more time for my family and friends, spend time in my garden and clean out my closet. Happy New Year! Let's make 2019 the best yet!

Y SERVICE CLUB


Members help with light tasks

The Y Service Club handles small jobs for residents, such as cleaning filters and replacing light bulbs. Every week, the club's phone numbers are listed in the classified section of LW Weekly "Leisure World Helping Leisure World."



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LW Weekly is delivered every Thursday to every Leisure World residence. Opinions expressed in articles, columns or letters do not necessarily reflect the opinions or policies of the Golden Rain Foundation or Board of Directors, members, staff or this publication. The publishing of advertisements in any GRF publication does not indicate any recommendation or endorsement, nor any opinion of capability or quality of any advertiser's work. GRF will not knowingly publish any advertisement it deems to be untruthful or misleading. GRF reserves the right to refuse any ad for any reason.

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Government

DEMOCRATIC CLUB

Special election candidates will be topic Jan. 16

Longtime friend of the LWSB Democratic Club, Brandon Love, will be the featured speaker at the club's next membership meeting on Wednesday, Jan. 16, at noon in Clubhouse 4.

Highly regarded for his perceptiveness regarding politics in Orange County, Love will focus on the importance of the upcoming special election to replace Todd Spitzer on the Orange County Board of Supervisors as well as the Seal Beach City Council District 1 special election to replace Ellery Deaton.

Joe Kaimick is the endorsed Democratic candidate running for the Seal Beach City Council. The best known candidate for the Board of Supervisors is former Congresswoman Loretta Sanchez.



Loretta Sanchez

chez. Andy Thorburn, who had originally planned to run, has withdrawn from the race. This

contest could have razor-thin margins. The county's last two special elections for supervisor were decided by a combined 50 votes.

Sanchez, who represented central Orange County in Congress for two decades, has indicated that she decided to run for the seat as a chance for her to address interconnected regional problems — housing unaffordability and homelessness.

The Jan. 16 meeting will also be the last chance for members to reserve a seat on the club sponsored bus to the Orange County Women's March on Jan. 19. The suggested donation is \$20 per person. As in the past, scholarships for club members are available upon request.

LEISURE WORLD

Republican Club meets Jan. 16

The Leisure World Republican Club will meet on Jan. 16 at 7 p.m. in Clubhouse 3, Room 2.

The speaker has not been confirmed, but one is promised. Several important announcements will be discussed as well.

—David Harlow, president

GRF Board of Directors Meetings

Golden Rain Foundation committee and board meetings are open to Leisure World residents. Conference Room B is located downstairs in Building 5. The Administration Conference Room is upstairs in the Administration Building. The following is a tentative schedule of meetings on the Golden Rain Foundation master calendar, maintained by Administration:

Thursday, Jan. 10	Communications Committee Conference Room B 1 p.m.
Friday, Jan. 11	Executive Committee Conference Room B 1 p.m.
Monday, Jan. 14	Mutual Administration Committee Conference Room B 1 p.m.
Thursday, Jan. 17	Finance Committee Conference Room B 10 a.m.
Thursday, Jan. 17	Information Technology Committee Conference Room B 1 p.m.
Friday, Jan. 18	Roundtable with Mutuals & GRF Conference Room B 1 p.m.
Wednesday, Jan. 23	Architectural Design Review Committee Conference Room B 1 p.m.
Thursday, Jan. 24	Service Maintenance Committee Conference Room B 1 p.m.
Friday, Jan. 25	Facilities and Amenities Review Ad Hoc Conference Room B 1 p.m.
Monday, Jan. 28	Management Services Review Ad hoc Conference Room B 1 p.m.
Tuesday, Jan. 29	GRF Board of Directors Clubhouse 4 6 p.m.
Thursday, Jan. 31	Torch Run Subcommittee Conference Room B 1 p.m.

Schedule of Mutual Meetings

Mutual meetings are listed below. Mutual residents are invited to attend the open meetings of their mutual boards as follows:

Thursday, Jan. 10	Mutual 12 Conference Room B.....9 a.m.
Friday, Jan. 11	Mutual 3 Conference Room B.....9 a.m.
Monday, Jan. 14	Mutual 9 Clubhouse 3, Room 2 9:30 a.m.
Monday, Jan. 14	Mutual 10 (special) Clubhouse 3, Room 2 2:30 p.m.
Tuesday, Jan. 15	Mutual 14 Conference Room B..... 1 p.m.
Wednesday Jan. 16	Mutual 5 Conference Room B.....9 a.m.
Wednesday, Jan. 16	Mutual 7 Conference Room B..... 1 p.m.
Thursday, Jan. 17	Mutual 2 Clubhouse 3, Room 29 a.m.
Thursday, Jan. 17	Mutual 11 Clubhouse 3, Room 9 1:30 p.m.
Friday, Jan. 18	Roundtable with GRF & Mutuals Conference Room B..... 1 p.m.
Tuesday, Jan. 22	Mutual 15 Conference Room B.....9 a.m.
Wednesday, Jan. 23	Mutual 10 Conference Room B.....9 a.m.
Thursday, Jan. 24	Mutual 1 Conference Room B.....9 a.m.
Friday, Jan. 25	Mutual 6 Conference Room B..... 9:30 a.m.
Monday, Jan. 28	Mutual 8 Conference Room B.....9 a.m.

CARPORT CLEANING 2019

President's Day - Monday, Feb. 18
Mutual 6, Carports 72-73, 81-82 and Mutual 7, Carports, 83-84, 86-89 will be cleaned on the holiday, Monday, Feb. 18.

Memorial Day - Monday, May 27
Mutual 10, Carports 117-121 (123-124 - PM) will be cleaned on Friday, May 31.

Independence Day - Thursday, July 4
Mutual 2, Carports 25-26, 30-35 will be cleaned on the holiday, Thursday, July 4.

Labor Day - Monday, Sept. 2
Mutual 1, Carports 1-6, 9-10 and Mutual 17, Building 3, will be cleaned on Friday, Aug. 30.

Veteran's Day - Friday, Nov. 11
Mutual 3, Carports 39-42 and Mutual 4, Carports 54-56, will be cleaned on Monday, Oct. 30.

Thanksgiving Day - Thursday, Nov. 28
Mutual 11, Carports 130-131, Mutual 15, Carports 3, 6-8, 10-13, and Mutual 16, Carport 9, will be cleaned on Friday, Nov. 29.

Christmas Day - Wednesday, Dec. 25
Mutual 10, Carports 117-120, 122 (123-124-PM) will be cleaned on Monday, Dec. 30.

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Religion

REDEEMER LUTHERAN

Parmeter-Dyer will preach at Sunday service

Rev. Carole Parmeter-Dyer will be the guest preacher at Redeemer Lutheran Church this Sunday.

Maria Swift will supervise the ushers.

The choir will sing “Christ, When for Us You Were Baptized.”

The service, which includes the dedication of food collected for those in need in Orange County, begins at 10:30 a.m.

It will be followed by a coffee hour in Fellowship Hall.

...

Devotions by Pastor Gil Moore will be conducted today, Thursday, at 10 a.m. at the Seal Beach Health and Rehabilitation Center.

...

The Wednesday Bible class, led by Pastor Lynda Elmer, is studying the Book of Ezekiel at 10:30 a.m. Jan. 16 in Fellowship Hall.

On weekdays beginning at 6 a.m. Seal Beach Union Evangelical Church will hold prayer services in Fellowship Hall.

The Respite Center meets on Monday, Tuesday and Thursday. Call 596-1209 about registration and volunteering.

BEIT HALEV

Ma’ariv service will be held today

Beit HaLev’s short Ma’ariv service provided by Sim Shalom, the online Synagogue, will be presented at 4 p.m. today, Thursday.

The weekly interactive service includes a prayer for healing and the Mourners Kaddish.

Cantor Galit Levy-Slater leads the Thursday services.

Visit the website at simshalom.com, facebook.com/galityomtov and livestream.com/Galityomtov.

ASSEMBLY OF GOD

New ‘God’s Wardrobe’ series will continue Sunday in CH3

Pastor Sam Pawlak, pastor of Assembly of God Church, will bring the second in the new sermon series, “God’s Wardrobe for the New Year” on Sunday at the 10:30 a.m. service in Clubhouse 3, Room 2.

The message title is, “The Truth Factory.” Interspersed with the message will be hymns led by Denise Smith, accompanied by musicians Marge McDonald, Ruth Olson and Norma Ballinger.



Pastor Pawlak snacks will follow.

Church activities will be announced by Diana Mushagian, who will also lead in the offering time part of the service.

The 6 p.m. hymn sing is a gathering of people from several congregations throughout the community.

Associate Pastor Pastor Dan will lead the hymns, Denise Smith will minister with a solo and Pastor Sam will close with a devotion. Fellowship with snacks will follow.

A prayer meeting is planned at 5:15 p.m.

Fellowship time with refreshments concludes the day’s activities. The Sunday prayer meetings are at 10 a.m. and 5:15 p.m.

...

The Wednesday Bible Study on Jan. 16 will be from the book of Philemon in the New Testament. Pastor Sam leads the study at 10 a.m. in Clubhouse 3, Room 7. Visitors are welcome to all activities.



Eric Dangott

CONGREGATION SHOLOM

Rabbi Dangott will lead Friday service in CH3

Led by Rabbi Eric Dangott, services at Congregation Sholom will begin at 7 p.m. tomorrow, Friday, in Clubhouse 3, Room 9.

An Oneg Shabbat will follow the services. It will be sponsored by Marty Silberling in memory of his brother, Larry.

On Saturday, Jan. 12, a bagel and cream cheese breakfast is planned at 9 a.m. in Clubhouse 3, Room 9.

It will be followed by Shabbat services from 9:30-noon and a dairy/potluck Kiddush lunch and study from noon-about 1:15 p.m.

...

The short story book club will meet on Tuesday, Jan. 15, at the home of Mort and Helene Goldberg.

...

Everyone is invited to attend the Tu Bishvat luncheon on Jan. 19. Details will be forthcoming.

...

The walking group leaves Clubhouse 3 (in front of the lobby) at 6:30 p.m., Mondays and Wednesdays.

...

To provide a ride to services, or to get one, call Jeff Sacks at (714) 642-0122 or Maria Bogart at 594-4362.

First Christian Bible study is set for Sunday

First Christian Church’s Saturday evening service begins at 5:15. The Hospitality Room opens at 4:30 p.m.

Sunday begins with Elder Jack Frost teaching Bible study at 9 a.m. in the book of Exodus.

At 9:30 a.m. the Hospitality Room opens for fellowship and light refreshments with popular co-hosts Carol Speake and Sue Kaminski.

Pastor Bruce Humes begins the service at 10:15 a.m. with praise, prayer and Scripture.

Margaret Humes will lead the hymns “What A Friend We Have In Jesus,” “A New Name In Glory” and “The Solid Rock.” The Communion hymn will be “Jesus Paid It All.”

The choir, under the direction of Anita Ragole, will sing, “There’s A New Song in My Heart.”

Pastor Phil O’Malley will present the Communion meditation and service.

For the offertory, Pastor Bruce and Margaret Humes will sing, “I’ll Fly Away.”

Pastor Gene Cherryholmes will sing, “My Tribute” followed by Carol Speake, who will read Matthew 18:15-20.

Pastor Cherryholmes’ message will be “Tell That One,” based on Matthew 18:15-35.

Service times are Saturday at 5:15 p.m. and Sunday at 10:15 a.m.

The hospitality room opens 45 minutes before each service for fellowship and light refreshments.

Prayer and verse-by-verse Bible studies during the week are held on Tuesdays with Pastor Humes and on Thursdays with Pastor Cherryholmes both at 9:30 a.m.

The Calvary Chapel Bible study group meets in the chapel on Thursdays at 6 p.m. with Pastor Phil O’Malley.

Hearing enhancements are available at all church functions. Call the church office at 431-8810 for more information.

ROCK CHURCH

Messages can now be heard online

The Rock Church, Seal Beach campus welcomes everyone to weekly service for all ages at Marine Center, 151 Marina Drive, Seal Beach

Sunday services 10 a.m. in English and 1:45 p.m. in Spanish. Sunday’s message can be heard for free at www.gototherock.com. Select Seal Beach Campus and check the podcast.

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Pastor Johan Dodge (l-r) and new members André and Sheryl DuSomme, Carmen Edwards, Kathlene and Monore Bradley, Elaine Miller, Mary Larson, and Marylee Thomsen.

HOLY FAMILY CATHOLIC Anointing of Sick can be received at Mass Jan.12

Holy Family Catholic Church, located at 13900 Church Place next to the St. Andrews Gate, will celebrate the Baptism of the Lord on Sunday, Jan 13.

First Reading: Isaiah 42:1-4, 6-7; Responsorial Psalm: 29:1-2, 3-4, 9-10; Second Reading: Acts 10:34-38; Alleluia: Mark 9:7; Gospel: Luke 3:15-16, 21-22.

Anointing of the Sick Sacrament is planned during 8:30 a.m. Mass on Saturday, Jan. 12. It can be received by baptized Catholics awaiting major surgery, the chronically ill and elderly.

Sunday Mass is celebrated at 8 a.m., 10 a.m. and noon; the Vigil Mass is at 5 p.m. Saturday; daily Mass is 8:30 a.m., Monday-Saturday.

Confessions are heard from 4-4:45 p.m. Saturdays and the eves of Holy Days; and 9:15 a.m. on First Fridays.

A Bible study group meets Tuesdays from 10-11 a.m. at the Parish rectory.

The Women and Men of Grace Prayer Group meets Wednesdays from 10:30-11:45 a.m. at the church rectory.

All are invited to say the Rosary and Divine Mercy at 3 p.m. Mondays and Thursdays.

For more information, visit the church website at www.holy-familylsb.com.

Community Church ends year by welcoming new members

Community Church enjoyed a strong finish to 2018.

The church welcomed eight new members into the congregation on Dec. 30.

They are André and Sheryl DuSomme, Carmen Edwards,

Kathlene and Monore Bradley, Elaine Miller, Mary Larson and Marylee Thomsen.

The congregation is looking forward to 2019 as a year of continued growth.

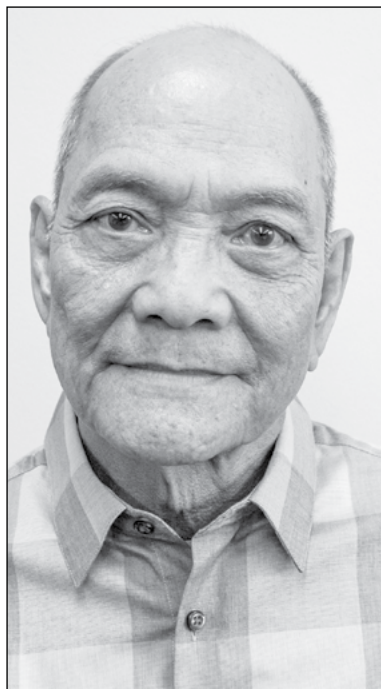
A team is planning several

special events this year for the LW community.

The church doors open every Sunday at 9:50 a.m. to anyone seeking a church home and a community of friendship and spiritual growth.

On Sunday, Jan. 13, Pastor Dodge will deliver the message titled, "Flow" from Luke 3:15-17, 21-22.

Worship services will be followed by refreshments and coffee in Edgar Hall.



Ruben Garcia

L.W. BAPTIST

Ruben Garcia will sing an old favorite Sunday

The Leisure World Baptist Church invites everyone to join members on Sunday, Jan. 13, in Clubhouse 4.

Sunday School begins at 8:40 a.m. Fellowship and coffee with friends at the round table is planned until 9:45, when the worship service begins.

The call to worship will be "Find Us Faithful."

Ruben Garcia will sing "Great is Thy Faithfulness," an old favorite written by Thomas Obediah Chisholm who was born in a log cabin in Kentucky in 1923.

Congregational hymns include "Lead on 'O King Eternal," "God Leads His Dear Children"

and "Satisfied."

The choir, directed by Darlene Harris, will sing "Blessed Assurance."

Pianist Yvonne Leon will play a selection for the offertory.

Pastor Rolland Coburn's morning message from Joshua, Chapter 24, is "Covenant Renewal: The Choice We Make."

"Who is on the Lord's Side" is

the closing hymn.

The prayer room with members of the congregation in attendance, is open for those with a special need.

The Energizers meet at 3 p.m. on Wednesday, Jan. 16, in Clubhouse 3, Room 1, a time of renewal and fellowship.

For more information, call 430-2920.

SALVATION ARMY

Anastasia family on Jan. 14 program

Stephen and Janette Anastasia, worship leaders at Long Beach Nazarene Church, will bring their music to the Salvation Army Home League meeting at 7 p.m. on Monday, Jan. 14, in Clubhouse 4.

The couple met in 1998 when they were auditioning for the Chamber Choir at California State University, Long Beach. During a mixer, each member

was interviewed and introduced to the rest of the choir.

Their friendship, which led to marriage, was sparked when they realized they were both believers in Christ. They have been singing together since then as The Anastasia Family, along with their three daughters.

Everyone is welcome to attend.

— Norah Williams

Women's Christian Fellowship

The Women's Christian Fellowship and Bible Study group will meet at 10 a.m. on Monday, Jan. 14, in Clubhouse 3, Room 6. All are welcome to attend.





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Health & Fitness

Weekly health, exercise classes

Chair Exercise

Classes are offered from 9:30-10:30 a.m. on Tuesdays and Fridays in Clubhouse 1. Classes are for men and women at all fitness levels. For more information, call 493-7063.

Ageless Grace

The eight-week chair-based exercise program, which addresses 21 specific aging factors, has resumed weekly classes at 4:30 p.m. on Mondays, upstairs in Clubhouse 6. The exercises are practiced in a chair. To participate, drop in anytime for \$5 per session or pay \$30 for all eight sessions.

For more information, call Carol Costello at 596-3927.

Feeling Good Exercise

Move to the music from 9:30-10:30 a.m. Mondays in Clubhouse 1, with Sarah Grusmark and Thursdays with Katie Sellards. The fee is \$3 a class.

People of all fitness levels are welcome. For more information, call Cathleen Walters at 598-9149.

Stick, Qigong, Tai Chi Club

Stick exercises, qigong and tai chi chih classes are held from 9:15-11 a.m. on Tuesdays in Clubhouse 3, Room 1. For more information, call Joann Mullens at 596-3936.

Pilates

Chair classes meet from 5:30-6:30 p.m. on Thursdays upstairs in Clubhouse 6. The cost is \$5 a class. Instruction includes seated and standing exercises. Mat classes meet Thursdays from 5:30-6:30 p.m. in Clubhouse 6, Room C. Those who attend should bring a mat. All other equipment will be provided.

For additional information, call Susan Hopewell, 430-6044, or Linda Neer, 430-3214.

Yoga

Classes are offered Tuesdays at 10 a.m. in the Clubhouse 4 Lobby, Thursdays at 10 a.m. in Clubhouse 3, Room 1; and Saturdays, 10 a.m. in Clubhouse 3, Room 2. The fee is \$5 per session.

For more information, call Connie Adkins at 506-5063.

Yoga, Meditation, Tai Chi

Classes are offered from 9:30-11 a.m. on Saturdays upstairs in Clubhouse 6. Paul Pridanonda teaches students to free the mind and spirit using laughter and slow and steady flow of tai chi movements.

For more information, call 430-7143.

Beginning Yoga

Classes are offered from 10:30-11:30 a.m. on Wednesdays in Clubhouse 3, Room 6, and at the same time on Fridays in Clubhouse 3, Room 7. Bring mats. The fee is \$5 a class.

For more information, call Patti Endly at 430-7291.

Monday Intermediate Yoga

Classes are offered each week from 5:30-6:30 p.m. in Clubhouse 4, Section C; fee: \$5 per session. For more information, call Pat Castaneda at 225-0273.

Movement for Health and Self-Healing Medical Qigong Club

Qigong practice sessions classes are held from 9-10 a.m. on Thursdays in Clubhouse 3, Room 2.

The session is led by Dave Heilig, QiGong practitioner.

For more information, call Catherine Milliot at 760-4545.

Fitness Fusion Upper/Lower Body Strength and Yoga

Classes are offered from 11:15 a.m.-12:15 p.m. on Tuesdays and Thursdays in Clubhouse 6, top floor.

Attendance both days is not necessary.

The fee is \$4 a class when paying by the month, or \$5 for those who do not attend on a regular basis.

The trainer leads warm-ups, light weight-lifting and standing yoga poses for improved balance.

For more information, call Marion Higgins at 296-8328.

Leisure Leggers

The Leisure Leggers, the walking and running club, meets at 8 a.m., Mondays, in front of Clubhouse 6 for a 30-to-60-minute walk and to train for local races.

For more information, call Tom Pontac, president, at 304-0880.



Carol Chambers (l) was the Wa-Rite Club's loser of the week, and Kathy Rose was queen of the month of December.

New year, new goals at Wa-Rite

Top loser of the week for the Wa-Rite Club was Carol Chambers, who dropped three pounds. She took Kathy Rose's advice and wrote down everything she ate. She also walked every day.

Also effective for Carol is portion control. She eats anything she wants in small portions. That doesn't work with those who end up eating the whole pack of cookies after tasting just one. Everyone is different, we all need to find what works for each individual.

Kathy Rose also had advice about planning and setting goals. Know what you want to do and work at it. She's very strategic, if she's going to have an off day, she plans it for the beginning of the week, so she'll have time to get any extra weight off before the Friday meeting.

She also remembers one of Wa-Rite's sayings: "will that extra bite taste as good as feeling thin does?"

The food for thought this week is, "stressed," which is dessert backward. Could too much dessert or sugar stress the body and mind?

New Year, new goals and a fresh start. Forget the past, let's move forward.

Wa-Rite is a support group for women who need to lose 10 pounds or more. Meetings are from 9-10 a.m. on Fridays in Clubhouse 3, Room 1. Weigh-ins are from 8-8:45 a.m. Annual dues are \$10.

To join or visit a meeting, call Diana Goins at 760-1293.

—Margaret Humes

Senior Meals

Seal Beach Community Services, in cooperation with Community Senior Serv, offers a weekly hot meals program at the North Seal Beach Community Center, 3333 St. Cloud Dr. The center is open from 9 a.m.-2 p.m., Monday-Friday. Lunch is served weekdays at 11:15 a.m. Arrive by 11 a.m. to check in at the front desk. Reservations not needed. Sugar-free desserts offered on request. One percent milk served daily. Suggested donation, \$3 for seniors 60 and older; \$5 for all others. For more information, call 430-6079.

Monday, Jan. 14: Pasta with butternut squash and feta cheese, three-way salad mix with lemon vinaigrette, mini muffin, melon.

Tuesday, Jan. 15: Homemade chicken drumsticks, baked potato with sour cream, peas and carrots, orange juice, diet fruited crisp.

Wednesday, Jan. 16: Lentil soup and salt-free crackers, spinach and mushroom quiche, baby bakers potato, ambrosia.

Thursday, Jan. 17: Mexican chicken bowl (shredded chicken, rice, corn, black beans chopped romaine, diced tomato and tortilla strips) with cilantro, lime vinaigrette, orange pineapple juice, ice cream, fruit.

Friday, Jan. 18: Pork tenderloin with caramel, Vietnamese sauce, fried brown rice, Asian vegetable blend, Mandarin orange.

HEALTH CARE CENTER

Help available when loved one has Alzheimer's

There are more than 85,000 people with Alzheimer's in Orange County.

When folks have a loved one with the disease, they may feel entirely alone. But it doesn't have to be that way. There are a number of resources and support groups available, in Leisure World and outside the gates.

Alzheimer's Orange County offers a support group for loved ones at the Health Care Center.

The group meets at 10 a.m. on the second and fourth Thursdays of the month at the HCC, providing residents with emotional and social support.

Ellie Nixon

The group, which meets today, has been led by Ellie Nixon for the last eight years. "Nobody wants to know that someone you love has this tragic disease," Ellie said. "You get to hear and understand others' experiences, get helpful tips, and know you're not alone."

"A loved one doesn't have to be family. Several years ago we had a woman join us. She had a close friend with dementia and no support," said Ellie.

Alzheimer's Orange County also offers telephone support, with case managers, counselors, educational programs and support groups in several languages. The services are free. Alzheimer's Orange County can be reached at (844) 373-4400 and www.alzoc.org.

Many hospitals and health systems offer case managers and social workers to help find care and community resources. These can be coordinated with the help of your loved one's primary care doctor. Leisure World also has a social worker who can assist in finding resources and groups.

For veterans and their spouses, the State of California offers many benefits through the California Department of Veterans Affairs.

Learn more by calling (800) 952-5626 or visiting www.calvet.ca.gov.

For more information, contact Ellie at (714) 642-9458.



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Arts & Leisure

COMMUNITY SING

Ethel Carter will lead sing-along

The Community Sing will meet Jan. 14 at 6:30 p.m. in the Clubhouse 3 Lobby.

People who want to be part of the Opening Acts should come at 6 to sign in with emcee Ethel Carter.

Bring music for the pianist.

Ethel will lead group singing until she introduces her half-time guest, the fabulous and well-known keyboard tickler, "Mr. Hank" Barto.

The Recreation Dept. requests that people attending Community Sing wait until 6 p.m. before entering the lobby.

On Dec. 17, Ethel Carter was the substitute emcee. Opening Acts began with Bruce Dupont singing "What I Did For Love" (a capella) and a duet performance of Donna Burr and Ethel Carter singing "White Christmas."

Byong Choi followed with "The Lord's Prayer"; Chuck Zeman, "I Can't Give You Anything but Love," (a capella); Audrey McKenzie, "Downtown" (a capella); Carmen Edwards, "Jingle Bell Rock"; and Vito Villamor, "Feliz Navidad," while accompanying himself on guitar. Pianist Pat Kogok accompanied three of the performances.

After Opening Acts, Ethel led group singing from the all-



Ethel Carter

Christmas songbook until 7:15 when she led "Kumbaya," then invited the audience to enjoy the goodies everyone brought. Many thanks to people like Carmen Edwards and Ron and Donna Burr who graciously came early to decorate tables, and to those who stayed to clean up afterward.

Also, a big thanks to pianist Pat Kogok, substitute book lender Ron Burr, Vito Villamor for book transportation in December and Byong Choi for volunteering to do the book transporting in January.

—Ethel Carter



Hui O Hula dancers have been entertaining at the Long Beach Alpert Jewish Community Center since 2008 (above). Once again, toda (mahalo in Hebrew) to LWer Susan Mathieu for inviting the Hawaiian dancers to her lunch program on Jan. 26. The hula dancers and Fortune Revilla are looking forward to saying 'shaloha' (shalom and aloha) and entertaining the good folks there. In class, Hui O Hula practices and reviews old and new traditional hula. Lessons, given twice a week, are free and without membership dues; everyone is welcome regardless of skill level. Dancing Hawaiian-style is a way to express one's feelings. The gentle exercise is good for the body, mind and soul. Call 431-2242 for more class information.

LAPIDARY AND JEWELRY

Come and see what facility has to offer

The Lapidary and Jewelry Club invites everyone to use its facilities in Clubhouse 4. People do not need to be members of the club but members have definitely more fun.

The Lapidary Room is open more hours than most other clubs in LW. Supervisors are standing by, and classes are held to make sure everyone follows safety guidelines and knows how to use the machines in the Lapidary Room.

In addition to periodic classes, the club holds social get-togethers that are not always announced in the LW Weekly due to time constraints. Everyone is welcome to visit the Lapidary Room to check out the latest announcements on the billboard.

Four classes are scheduled for January:

- Copper Enameling, Fridays, Jan. 11 and 25, instructor Carol Levine

- Glass Fusion, ornamental large pieces, Tuesday, Jan. 15, instructor Kelly Johnson

- Glass Fusion, jewelry, pendants and small pieces, Wednesday, Jan. 16, instructor LaVerne Christenson

Samples of finished pieces can be viewed at the Lapidary Room, where all classes are held. The room is located to the rear of Clubhouse 4. Classes are from 9 a.m.-noon.

LAPIDARY, page 16

ATTENTION LW CLUBS

Locker contents must be removed by mid-February

Leisure World clubs that meet in Clubhouse 1 must remove all locker contents by Feb. 14 when the GRF will dispose of anything left in them. The lockers will be deep cleaned and subject to a space assessment study. While only the Clubhouse 1 lockers are currently affected, all clubhouse lockers will eventually be cleaned and assessed, so clubs may want to start culling lockers in other clubhouses now.

Photo Arts Club

The Photo Arts Club will meet today, Jan. 10, at 1:30 p.m. in Clubhouse 3, Room 9. Ben Benjamins will conduct a photo contest. Everyone is invited to bring a photo and give a short description of the elements that went into making the photo. Include what you saw, your thought process and your camera setting. Bring cameras if you need help with settings or have other questions.

Everyone is welcome.

—Esther Cummings

Needle Artists by the Sea

Needle Artists by the Sea, a chapter of the American Needlepoint Guild, will meet today, Jan. 10, at 10 a.m. at The Los Angeles Yacht Club, 285 Whalers Walk, San Pedro.

Come and meet a friendly group of needlepoint enthusiasts. The day's program will be a snowman face ornament, designed by Kim Griffin.

Call (424) 224-9254 for further information.



담임 목사
전 인 철

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Leisure World Korean Church Invites Residents of Leisure World to join us for Service and Fellowship held in the Sanctuary of the Leisure World Korean Church. CH-3, Rm.#7. All are welcome.

Sunday Service and Fellowship

Worship at 10:30 a.m. (전인철 목사 인도)

Fellowship at 11:30 a.m. Lunch will be served

During Fellowship Hours, (점심 및 친교)

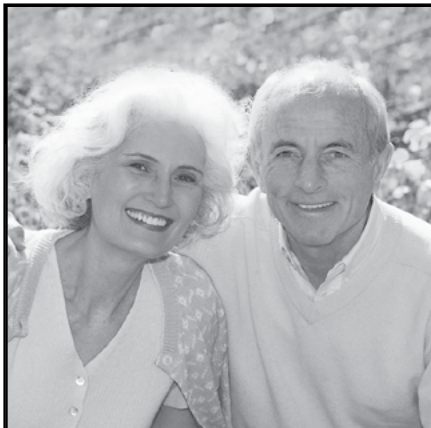
Midweek Bible Study and Fellowship

Wednesday at 5:30 p.m. (수요 성경공부)

Fellowship at 6:30 p.m. (친교)

Contact: (714) 767-1806 담임목사 전화

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Joyful Line Dance Club

JOYFUL LINE DANCE

All welcome to learn newest line dances on Wednesdays

The Joyful Line Dance Club resumed Jan. 9 from 3-4:30 p.m., which is a new time for classes.

The Joyful Line Dance Club of Leisure World Club began classes five years ago in March. The purpose of club is to maintain emotional and physical conditioning to be able to live healthy, enjoyable and happy lives after

retirement.

Joyful Line Dance class invites everyone, including men, to come and exercise through line dancing.

The club continually adds to its repertoire to keep the class interesting.

Takako Mitchell teaches the class, which is held on Wednes-

days from 3-4:30 p.m. in the lobby of Clubhouse 3.

The class will focus on popular favorites for the first 30 minutes, then learn newer dances the next hour.

Dances will be mostly for intermediate to advanced students with occasional low intermediate

JOY, page 16

GARDEN CLUB

MLK holiday changes meeting date

The Garden Club will meet at 1:30 p.m. on Monday, Jan. 14, in Clubhouse 4.

This change is only for January and is due to the Martin Luther King Jr. holiday event to be held in Clubhouse 2 on the the club's normal third-Monday meeting day.

Club member and Vice President Nancy Randall will present a whimsical program about recycling called "Trash To Treasure Garden Art."

She will demonstrate how to turn items such as empty plastic milk jugs into character planters. Randall invites LWers who

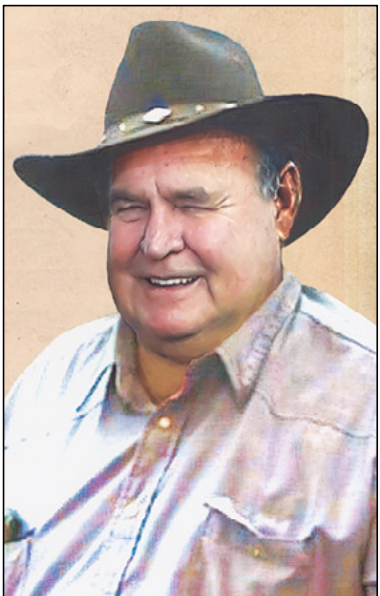
GARDEN, page 16



Nancy Randall will give a presentation on recycled garden art Jan. 14.

Video Producers Club

The Video Producers Club offers free training weekdays from 10 a.m.-noon in Clubhouse 3, Room 12-A. Get answers to video-related questions and step-by-step demonstrations; no appointments needed. Drop in Mondays to learn more about creating and editing videos with Joe Osuna; Tuesdays, how to transfer VHS tapes to DVD or other media, Richard Houck; Wednesdays, general information about the club and its services, Irene Cistaro; Thursdays, using smartphones and tablets to take videos, Joseph Valentinetti; and Fridays, creating and editing videos, Janice Laine. For more information, call the VPC Room at 431-6586, ext. 287.



Jeff Riley

CABARET ENTERTAINERS

Tribute celebration is Jan. 24 at 1 p.m.

The Cabaret Entertainment Group will join with the Theater Club Entertainment Group in a Celebration of Life for Jeff Riley on Thursday, Jan. 24, from 1-4 p.m. in Clubhouse 2.

Jeff lived in Leisure World for five years and was involved in many clubs, activities, dances and events. He took full advantage of the many amenities that Leisure World has to offer.

He was the audio technician for the Cabaret Entertainer and the Theater Club for four years.

One of his favorite groups was the hospitality coffee group every morning in Clubhouse 6.

The theme of the tribute will be country western, which was his favorite kind of music.

The Theater Club will serve food.

Decorations and entertainment will be provided by the Cabaret Entertainers.

The program will celebrate Jeff's life with guest speakers and tributes by his sister Bess Riley and special friend Connie Farland. There will be an opportunity for people to share their personal memories of Jeff.

Everyone is invited.



ATTENTION:
If You Have a Family, a Home or Other Assets to Protect
You Will Not Want To Miss This Important Event
FREE 2019 Brunch & Learn:
Legal, Financial and Property Update

What a year it has been! Laws are changing, and even more are being proposed. Change will bring with it insecurity, but opportunities will be available for those who plan properly – especially the middle class! Don't put your family at risk. Come to one of our FREE legal and financial workshops where we will discuss:

- **New and proposed laws and taxes** and how they may affect you and your family.
- **Strategies to shield your home & other assets from loss** due to long-term care costs, and how to qualify for benefits for expensive health care, **without spending down all of your assets!**
- **Living Trusts, Powers of Attorney, Health Directives:** How do they work & are they right for you?
- Provisions you **MUST HAVE** in your **Living Trust**, and why your **existing Trust, if any, may be a ticking time bomb!**
- Simple ways **our clients avoid costly probates, conservatorships, and other court procedures.**
- How you may qualify for investment advisory services to save and invest for a **secure retirement, AND receive free ongoing legal advice** at the same time!
- **For Leisure World residents,** learn about **important provisions** you should have in your **Living Trust & Power of Attorney** to make it **easier for your Successors and Beneficiaries** AND learn why **in many cases,** you should **never** place a non-resident co-owner on your Certificates!
- How to **modify your existing plan** in ways that could save you **tens of thousands of dollars!**
- How our clients **save THOUSANDS OF DOLLARS buying or selling real estate!**

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Right around the corner from Leisure World
Saturday, January 19, 2019

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6285 Pacific Coast Hwy
Long Beach, CA
Just North of Marina Pacifica Mall
Wednesday, January 23, 2019

OLD RANCH COUNTRY CLUB
3901 Lampson Ave.
Seal Beach, CA
Right around the corner from Leisure World
Saturday, January 26, 2019

Each workshop will begin at 10:00 a.m. and run approximately 1 1/2 to 2 hours in length
REFRESHMENTS WILL BE SERVED



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Community



Carl Kennedy

GOLDEN AGE FOUNDATION

Serving Others

Carl Kennedy is the Golden Age Foundation hospitality chair and a member of the GAF Board of Directors.

As hospitality chair, Carl coordinates the logistics and wonderful volunteers who serve the community with coffee, cookies and a smile, every weekday morning from 9-11 in Clubhouse 6. Carl took on this task last June and has put his own stamp on the service by opening Thanksgiving, Christmas, and New Year’s mornings for LW neighbors. Carl’s argument for opening was “no one should be alone on the holidays – we’re here for each other.”

Carl, a former Marine, also, likes to recognize the veterans who come to coffee. He commented “it is fantastic and quite an honor that we still have World War II veterans joining us daily.”

In addition to Hospitality, 2019 will be the third year Carl will volunteer to help provide free income tax preparation through the Golden Age Foundation and AARP. GAF begins the free service in late January in Clubhouse 6 and continues through April 15.

Carl and his wife Liz have owned a home in Mutual 14 since 2014. They split their time between Leisure World and their home in Palmdale for the first several years, while Carl was still working as an engineer at Lockheed Martin on the F-35 fighter at Edwards Air Force Base.

When Carl retired in 2016, after 32 years with Lockheed, they began dedicating more time to activities in Leisure World and the surrounding beach communities. In addition to volunteering, Carl and Liz enjoy kicking up their heels and dancing. They spend most summer evenings at the various live concerts in the local parks with their friends. They also enjoy exercising and biking and are active in the Leisure World Bike Club and participate in Leisure World exercise classes. Focused on keeping busy in retirement, Carl earned his real estate license prior to retiring and is a realtor for Leisure Living Resales.

They have a daughter who still lives in Palmdale, and a son who lives in Fort Worth, Texas.

Carl commented, “We bought our place in Leisure World for the beach, but discovered and cherish the wonderful people. Buying in Leisure World was the best thing we ever did.”

Call Carl at (661) 810-9410 to volunteer at Hospitality or any of the other Golden Age Foundation initiatives.

—Maureen Habel

COMMUNITY

Bingo played Sundays, CH 2

Bingo games, sponsored by different Leisure World clubs, are played at 1:30 p.m. on Sundays in Clubhouse 2. The doors open at 1. All LWers are welcome. The fees to play increased at the beginning of the year. Complimentary refreshments are served.

On Jan. 13 the games will be hosted by the Gadabouts. The New York Club hosts the first Sunday of the month; Gadabouts, second Sunday; St. Therese of Holy Family Parish, third Sunday; and the American Legion, the fourth and fifth Sundays.

It’s time to get ready for GRF Olympics

Now is the time to brush up on those competitive skills and start the new year by preparing to enter the Golden Rain Foundation’s first Olympic games.

Don’t worry if you are no longer in prime athletic shape, others won’t be either. Mind-over-matter will be beneficial in many of the events. The events are popular activities played in LW, including card and board games, team and individual sports such as bowling, shuffleboard, bocce ball and shuffleboard or individual events such as walking and swimming. Or for basketball fans, there will be a free-throw competition at the new basketball court in Mission Park.

Tournaments will be organized by clubs to determine the top three participants in various games and sports. The tournaments will culminate with an awards ceremony in May. All competitors must be members of the GRF.

Sports and games clubs within LW are encouraged to participate by organizing tournaments. Individuals who participate in events and athletic skills, such as swimming, freestyle, backstroke, breaststroke and relay teams, that are not organized by clubs are also invited to take part in the LW Olympics.

Suggested events include bridge, Mexican Train dominoes, golf, tennis, table tennis, Bunco, pinochle, bocce ball, chess, Scrabble, pickle ball, shuffleboard, cribbage, Yahtzee, billiards, poker, bowling, bicycling, walking, swimming, Mah Jongg, Pan, Go and basketball free throws.

Clubs and competitors will conduct tournaments from March to April and an awards ceremony with medals will be held in the Amphitheater in May.

Genres with multiple clubs must work together to participate in one tournament resulting in a first, second and third place winner for each game or sport.

To participate in the LW Olympics, email the club name, activity, contact name and contact phone number to events@lwsb.



GRF RECREATION

Trip scheduled to see doo-wop musical in Long Beach

The Golden Rain Foundation Recreation Department will escort an outing to see “Life Could Be a Dream” at the Beverly O’Neill Theater in Long Beach on Thursday, March 7, at 8 p.m. Tickets are \$70 and include ticket, bus fare and gratuity for the driver.

“Life Could Be a Dream” is a doo-wop musical written and directed by Roger Bean, creator of The Marvelous Wonderettes, and produced by David Elzer. It premiered at the Hudson Theatre in Hollywood on Aug. 7, 2009, and received numerous awards, including the LA Drama Critics Circle award for Production of the Year and the LA Weekly award for



Best Musical of the Year.

The show is set in 1961, when doo-wop peaked as an intergenerational pop phenomenon that cut across racial and social lines in the United States.

Doo-wop first developed in African-American communities in cities across the United States in the 1940s. Early doo-wop was

strongly influenced by blues, swing, barbershop quartets and groups like the Ink Spots and The Mills Brothers. Much of it was developed informally by groups of three-six singers on street corners singing a cappella and improvising syllables to go with the vocal harmonies, often imitating instrumental sounds.

The show features 21 popular doo-wop songs.

The bus will leave from the Amphitheater at 6:15 p.m. Be at the loading area no later than 5:45 p.m.

For information, contact the Recreation Office at 431-6586 ext. 326 or email events@lwsb.com.

CSULB

Join LWers for Beach men’s basketball game

California State University, Long Beach (CSULB) men’s basketball team, The Beach, will take on the University of California, Riverside, Highlanders, in the final league game of the season at Walter Pyramid on Wednesday, March 6, at 7 p.m. This will be the senior game and The Beach will honor six seniors who will leave the program at the conclusion of the Big West Tournament.

Tickets, \$6, including transportation and fees, are on sale at the Recreation Office in Building 5. Make reservations by emailing events@lwsb.com, in person, or by calling 431-6586, ext. 324.

Guests are welcome, but must be accompanied by a GRF member. No accessible seating is available for this event.



Cathie Merz, photo

Senior KJ Byers shoots a free throw during a preseason game at the Walter Pyramid in Long Beach. Cheer on The Beach when they take on the UCR Highlanders on March 6.



Members of the Sunshine Club gathered for a holiday party and photo on Dec. 21.

Attendance was up for year at Sunshine Club meetings

Sunshine Club celebrated its seventh anniversary with a year-end party attended by 81 members and guests.

The well-organized party ended with a traditional annual group photo of everyone participating.

The club will resume its meetings, tomorrow, Jan. 11, in Clubhouse 3, Room 2, at 10 a.m.

The club invited 38 speakers during 2018, the most speakers in the last four years.

Among the guest speakers were department supervisors who provided information that shareholders would need to make LW living more beneficial.

Four GRF Board members spoke, the GRF Board president, the Recreation Committee chair, and GRF Board members from Mutual 10 and Mutual 12.

Eight speakers were from GRF Administration, the executive administrator, member resources and liaison, communication and technology director, purchasing manager, fleet manager, stock transfer manager, security services director and the safety and emergency coordinator. The department supervisors/directors gave information to shareholders to make living in LW more convenient and beneficial.

Five representatives introduce their organizations to explain the relationship between the company and shareholders, including Superwire Telecommunication,

Potluck will reflect on Dutch culture

LWSB members interested in the Dutch culture are planning a potluck evening on Wednesday, Jan. 23, in Clubhouse 3, Room 9, from 5-8 p.m. Everybody is welcome. Come and socialize with other interested friends sharing Dutch-Indonesian cuisine and swap stories about experiences, travel, etc. Dutch songs will be sung and there will be a sing-along.

Those who want to share dinner should come at 5 p.m., but to sit, talk and have coffee and treats, come later at 6. Spread the news. For more information, email Thomas Gan at gltjiok@gmail.com or leave a message at 248-8711.

Inc., Optum Care Geriatric, computer expert, On-Site Resales Office agent and an Optum Care pharmacist.

Finding out their purposes and activities helps members broaden and enhance their interest in community.

The other 21 speakers were invited from outside the wall and included an assist living supervisor, healing center, the director of

the Long Beach Aquarium, Senior Choice Physical Therapy, senior safety by retired Seal Beach police

SUNSHINE, page 15



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THE CORVELLES

Supremes Tribute

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The Filipino Association of Leisure World welcomed 2019 at a New Year's Eve party with a lot of fun fare. This year, finger food was shared, nothing fancy, just plentiful to the amazement of the guests who happened to join the event for the first time. Dance music was provided by Ed Bolos. The Filipino Fun Karaoke Club supplied songs of all genres to satisfy the singing individuals. At the stroke of midnight, the real fun began with a competition to provide the loudest noise and singing of "Auld Lange Syne." Drinks were unlimited, done in a peaceful and joyous way. Do not forget to join FALW at the Valentine's Dinner/Dance on Feb. 9.

LWer helps change CSC to CSU

In 1972, many schools in the California State College (CSC) system were retitled universities, becoming the California State University and College system.

Leisure Worlder and lobbyist Les Cohen, Mutual 15, had a hand in the name change. Cohen reminded then-governor, Ronald Reagan, that he promised the students at California State College, Chico, he would sign the bill authorizing the change, believing the University of California system had killed the bill five times and that it would never get to his desk.

Gov. Reagan was wrong and the bill did make it to his desk. "Being a person of integrity, when I reminded him of what he said," Cohen remembers. Gov. Reagan signed the bill and the graduates in 1972 received degrees from those universities.

In 1982, all the schools in the California State system were re-named universities, and the college designation was reserved for two-year California Community Colleges offering associate's degrees and certificates. A university offers four-year degrees, bachelor's and master's degrees and some California State University (CSU) campuses offer Ph.D.s.

The difference between the University of California (UC) system and CSU system is mainly cost.

UC schools are much more expensive than state schools, and UC schools are harder to get into, giving the impression that a UC school is a better than a CSU school, which is not necessarily true.

CSU began as a system of teacher's colleges and evolved into a broader system of higher education. CSU grants bachelor's and master's degrees that have a practical, career orientation. The assumption is that most CSU graduates will want to enter work based on their bachelor's degree training. There are 23 CSU campuses through out the state.

The UC was established as the focal point for academic and scientific research within the higher education system. In addition to bachelors and master's degrees, the UC grants doctorates and professional degrees. The emphasis at the bachelor's level is on theoretical learning, the assumption being that most UC graduates will pursue a higher degree before entering their career. There are 10 UC campuses, one is a professional school only.

HHUG collecting items for homeless

Hearts and Hand United in Giving (HHUG), a local non-profit, donates clean used towels and washcloths, new disposable razors, toothbrushes, travel size shampoos, lotions, bath soaps and toothpaste to the Long Beach Multi-Service Center that provides a variety of services to homeless men, women and families in the community.

HHUG makes two deliveries every month.

If you have any of these items to donate, call Susan Hopewell at 430-6044 or Linda Neer at 430-3214 for pick up or leave on the porch at Mutual 6, 1320 Mayfield Road, 62-A or Mutual 2, 1503 Merion Way, 48-A.

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SB Woman's Club arranges 2019 activities

The Woman's Club of Seal Beach begins the new year with several fundraising events on the calendar. The club, celebrating its 95th year, supports local educational, civic and charitable organizations through its fundraising activities.

First on the calendar is the three-day bus trip to Laughlin, Nevada, in April. Next is the Spring Tea in May, and then, the annual plant sale at the Seal Beach Arts and Crafts Fair in September.

The group meets monthly at the Mary Wilson Library on the third Wednesday of the month. Anyone interested in becoming a member will find membership details on the website: www.womensclubofsealbeach.org.

The WCOSB is committed to supporting and promoting the educational, civic and charitable advancement of the community through volunteer service and fundraising activities while encouraging friendship among its members. Recently, the group was represented in the annual Seal Beach Christmas parade, collected toys for the Fire Department's Spark of Love toy drive and was entertained by one of the Los Alamitos High School choirs at the December meeting.

Replace expired decals at CH 5

Expiring resident decals are replaced in the satellite Security Office, downstairs in Clubhouse 5. Bring a resident ID card, valid driver's license, current car registration and insurance card when applying.

Decals are issued 8 a.m.-4 p.m., Monday-Saturday, unless the weather is damp.

The LW Weekly
430-0534

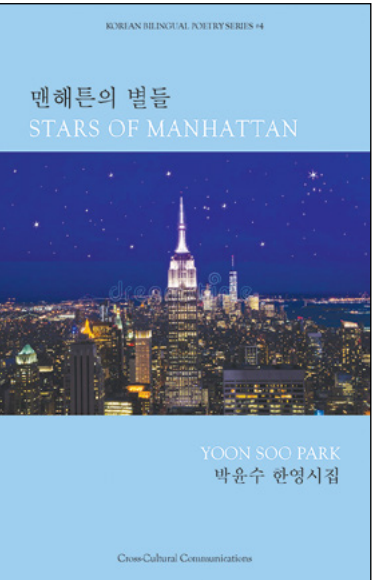
KACMA
Gluck opera will be featured today

The Korean-American Classical Music Academy (KACMA) will meet at 9:30 a.m., today, Jan. 10, in Clubhouse 4.

Ken Chong will illustrate classic music using Christophe Gluck's opera, "Orfeo ed Euridice"; Antonin Dvorak's violin concerto, first and third movements; and Dmitri Shostakovich's Waltz 2.

Robert Chung will conduct the members' hour, followed by a joint celebration by the KACMA and Korean Literary Club (KLC) to honor Dr. Yoon Soo Park on the publication of his new poetry book, "Stars of Manhattan."

The KACMA class is conducted in Korean and open to all residents. The gathering encourages a good fellowship through enjoying mostly classical music and attending outside concerts in a group.



For further information, contact President Angel Joh, 598-0313; Program Chair Robert Chung, 387-7377; or Publicity Chair Yoon Soo Park, 431-3036.

FRIENDSHIP CLUB
'Let's Talk eBay' class is Jan. 14

The Friendship Club offers computer classes taught by Jeff Sacks, Maxine Smith, and Miryam Fernandez.

- Monday, Jan. 14, Clubhouse 3, Room 4
11 a.m.-1 p.m. - Let's Talk eBay (Smith)
- Monday, Jan. 21, Martin Luther King Day— No class
- Monday Jan. 28, Clubhouse 3, Room 4
11 a.m. - Windows 7 and 10 for Beginner. (Sacks)
11:30 a.m. - Questions and Answers discussion (Sacks)
Noon - Facebook for Beginners (Fernandez)

Classes are free, but donations to pay for a wireless hotspot and printing materials are welcome.

For eBay information, contact Maxine Smith maxla@aol.com; for Facebook information contact Miryam Fernandez, 884-7460; for computer information, contact Jeff Sacks (714) 642-0122.

To suggest questions for Q & A, or to join the email list, email to jfsacks@gmail.com.



Bocce ball instruction is offered Tuesdays from 10 a.m.-noon; Thursdays from 3-5 p.m. and Sundays from 3-5 p.m. at the new bocce ball court at Mission Park, behind Clubhouse 2. The court is open every day beginning at 9 a.m. Equipment is available. Players are requested to sign in every time they play.

For your information:

Resident names are deleted from the LW Telephone Directory after LW Weekly receives a report of sale and escrow closing from the Stock Transfer Office. Anyone who moves within LW will be deleted unless a form with the new address is submitted to LW Weekly.

The 2019 phone book is nearing completion, and the cut-off for new submissions is near.

Names are not automatically placed in the phone book. To be included shareholders must submit telephone book information to LW Weekly in writing. A form is available in the LW Weekly office or email at cathiem_news@lwsb.com.

Obituaries

Space is available for obituaries of residents and former residents.

- An “In Memoriam” column is available free of charge. Limited to name, mutual number and date of death.
- An obituary with or without photo is available free of charge for the first 250 words. Additional words will be charged at the rate of 25 cents per word. Notices written by the news staff will be free and no more than 250 words.
- Notices from mortuaries and non-GRF members will be printed exactly as submitted and charged at the non-member classified advertising rate, \$12 for the first 12 words and 25 cents for each additional word.
- Bordered, decorative obituaries and eulogies are available in any size at the prevailing display advertising rate.
- Obituaries may be published as news articles when the person has been a member of the GRF Board of Directors, or when, in the opinion of the managing editor, the passing of a person is newsworthy to a sufficiently large number of GRF members.
- A “Card of Thanks” section is available in the classified section of LW Weekly at the member classified advertising rate, \$8 for the first 12 words and 25¢ per word thereafter, for persons wanting to express their thanks for help during bereavement, sickness, etc.

OBITUARIES

deadline is
4 p.m., Monday,
prior to publication.

SUNSHINE From page 13

officer, a de-cluttering expert, Chinese acupuncture medicine, Westminster CHP public relations officer, Alzheimer of Orange County, marijuana expert, hearing loss specialist, an elder law specialist, a Silver Sneaker instructor, chronic back pain expert, senior health wellness, OC Office On Aging, retired CHP officer, chemical dependency, holistic genetic therapy and the restoration of Bay Theater in Seal Beach.

The 38 meetings with speakers drew 2,692 in attendance,

Riley, Thomas Jefferson, III “Jeff” 1946 - 2018

Jeff Riley, Mutual 6, foodie, music junkie, ladies man and water baby, passed away on Dec. 20, 2018, at the age of 72. He is survived by daughters Tawna Riley, Phoenix, Arizona, Amber Henes, Kennewick, Washington; sister, Bess Riley, Long Beach, grandchildren and dear friend and companion, Connie Farrand.



He loved people, music, especially country, motorcycles, dune buggies, jet boats, water skiing, snow skiing, softball, football and food. He was a gearhead, music collector, and loved anything that went fast.

Born in Pensacola, Florida, Jeff lived all over the world with his Navy father, mother, and sister, but fell in love with southern California, and constantly tried to convince both daughters to move back.

After raising his family in Riverside, Jeff retired to Seal Beach, joined every club he could, began volunteering as the sound technician with the Cabaret Entertainment Group and the Theater Club.

Jeff’s big personality and charismatic charm is evidenced by the numerous loved ones and friends he leaves behind. He was full of love, fight and strength, and he lived life to the fullest. He said that these last years were the happiest.

A celebration of life party will be held Jan. 24 from 1-4 p.m. in Clubhouse 2.

which averages about 71 people a meeting. The 13 meetings without speakers meeting drew 552, averaging 43 people. The total attendance for the year was 3,244, up 42 percent from the previous year.

The Sunshine Club thanks everyone for their support.

The club meets on Fridays, in Clubhouse 3, Room 2, (except the first Friday in Room 9), from 10 a.m.-noon.

All shareholders are welcome to attend, no membership required. For more information, call Anna Derby at 301-5339.

In Memoriam
Robert Schimpff 61
Elice Samuel 81
Margo Martinez 64
Brianna Stevens
Earl Newkirk 87
Chris Jagger 60
Richard Green 88
Steven Sepulveda 69
Jacob Vineyard 19
Linda Griffin 77
Rose Spalding 89
Nancy Puncuchar 61
Raymond Moran 88
Families assisted by
McKenzie Mortuary,
961-9301
—paid obituary


E-mail
Obituary Notices
to
cathiem_news
@lwsb.com
with photos
attached as
jpg files.



Katness has lived with her owner, Elaine Miller, Mutual 1, for the past two years. She was rescued in Fairfield, California, 4-1/2 years ago before settling in LW. Katness now has a new best friend, “Peete,” seven months old. They are active here in LW. Katness is the pack leader and loves to munch on Bullie Sticks. Pete is the “house-mouse” and will eat just about anything. They were co-winners of the LW Halloween Pet Parade. Elaine loves to dress up her well-behaved little doggies. Before retiring, Elaine grew up in Manhattan Beach. The three of them frequent LW pet activities and are regular, active visitors to the nearby Arbor Dog Park.



Some might say Cupid struck Fred Reker and Jeanette Williams when they met in the second row at First Christian Church’s Sunday morning Bible study (in Genesis of course). The Lord had a divine appointment arranged for these two and on Dec. 22, they were married in the First Christian Chapel where they met. Beloved family and friends came from as far away as Concord, Massachusetts, to share in the happy occasion and their first Christmas together. After the family departed, the couple honeymooned in Leisure World and caught up on some sleep. Congratulations Mr. and Mrs. Reker.



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STARDUST TRIO - 20's through 40's Ballroom

CHECK LW WEEKLY FOR THE SCHEDULE
All welcome, but guests must be accompanied by the GRF Member who invites them.

Travel

GRF RECREATION

Outing planned to see Anaheim Ducks game

Anaheim Ducks will take on the Winnipeg Jets on Wednesday, March 20, with the puck drop at 7 p.m.

The Ducks and Honda Center are commemorating their 25th anniversary with several special promotional give-aways, so everyone in attendance will receive a Ryan Getzlaf NHL Draft Bobblehead presented by San Manuel Casino.

The Ducks will wear throw-back jerseys featuring the original team colors, eggplant and jade green, with an old-style goaltender masked shaped like a duck bill.

Tickets are on sale at the Recreation Office in Building 5 for \$80, including transportation and fees. Make reservations by emailing events@lwsb.com, in person, or by calling 431-6586, ext. 326 or 324. Guests are welcome but must be accompanied by a GRF member. Accessible seating is available for this event, if requested at the time of purchase.

Owned by the city of Anaheim, Honda Center officially opened as Anaheim Arena on June 19, 1993 with a sold-out



The Honda Center and Anaheim Ducks are celebrating their 25th anniversary this season with various promotions. Join the celebration with GRF members at a game on March 20.

Barry Manilow concert. In October of that same year, the venue was renamed Arrowhead Pond and hosted the first Mighty Ducks of Anaheim game.

The year 2005 began a new era as Henry and Susan Samuelli took ownership of both the team and the venue management company, Anaheim Arena Management,

LLC.

In 2006, the official name of the arena changed to Honda Center, and the team became the Anaheim Ducks.

Debuting in fall of 2015 was a brand-new scoreboard measuring 27 feet tall and 47 feet 10 inches wide. The six-millimeter diode equipped hardware features 1248 x 2208 lines of resolution, the clearest and highest definition picture available in any North American venue.

RV CLUB

Bring recipes for cookbook

The next RV Club meeting is Tuesday, Jan. 15, at 5 p.m. The dinner potluck theme is Italian. Bring a main dish, side dish or dessert with serving utensils. The club will provide the garlic bread, water, plates, napkins and flatware.

The general meeting will start at 6 p.m. Dues, \$10, for 2019 are payable at the meeting.

Suggestions for club programs are needed, so bring ideas.

The club would like to compile a recipe cookbook of the wonderful food brought to the potlucks to use as a fundraiser. Bring favorite recipes to the meeting.

Around Town

Rancho Los Cerritos will conduct a bird walk, today, Jan. 10 from 8-9:30 a.m. Stroll through the grounds of the historic rancho and watch resident birds and seasonal migrants. Participants will also listen to the calls and songs, and potentially observe nesting.

Meet in the lower parking lot at 8 a.m. sharp. Wear comfortable closed-toed shoes, and bring a hat and binoculars, if you have them. There will be a limited number of binoculars to lend, thanks to the generosity of Vortex Optics.

This event is free and open to all. Rain will cancel the viewing.



Colvin English in Leogane Haiti with stone carvers Chena and Ruth.

Creating positive global impact will be topic at Traveling Tigers

by Joan Schwichtenberg
LW contributor

Colvin English from Jennings & Allen in Seal Beach will discuss ways to create a synergy between travel and making a positive global impact at the next meeting of the Traveling Tigers Club on Wednesday, Jan. 16, at noon in Clubhouse 3, Room 9. He will suggest best practices for visiting, interacting, learning and living with other cultures. How can each of us get the most out of travel and try to leave the places and people we visit a little better than when we arrived?

Colvin has been marketing handmade products since he was 12. His early career started with his family's woodcarving business where he developed his entrepreneurial spirit and understanding of all facets of running a business—a talent he carries through in his work today. Colvin has served as the national sales manager for several American handmade companies. He was the director of craft marketing for a leading US trade show management company and he co-founded Melange, a successful import/wholesale company offering handmade products found in all corners of the world, working with artisans to strengthen their businesses and increase their market exposure. His travels have taken him to over 50 countries where he has been fortunate to make great friends and fond memories.

In 2017, Colvin and his husband, Steven, opened a store, Jennings and Allen, on Main Street in Seal Beach in an effort to have a greater direct impact on global artisans through commerce. Their store features the work of their artisan friends and partners from around the globe. Steven and Colvin travel as much as possible to meet their partners and learn about their goals and aspirations. Last year alone, they visited Haiti, Peru, Guatemala, Costa Rica and Ecuador.

The Traveling Tigers Club meeting will begin with a potluck lunch at noon followed by Colvin's presentation at 1:15 p.m. Guests are welcome. Call Joan Schwichtenberg, 446-0731, for details.

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On the Go

Day Trips

Pala Casino - Jan. 18, \$6, \$10 back, American Legion Post 327, Gail Levitt, 596-1346

Glendale Centre Theatre "A Bundle of Trouble" - Jan. 19, \$99, includes lunch at Tam O'Shanter Inn, David Nell/Good Times Travel, (888) 488-2287

Cachuma Lake Eagle & Wildlife Cruise - Feb. 2, \$89, includes boxed lunch picnic, David Nell/Good Times Travel, (888) 488-2287

Segerstrom Center, "Come From Away" - Feb. 7, \$92, GRF Recreation, events@lwsb.com, 431-6586. ext. 326

Coachella Valley: Covered Wagon Tour & Cookout - Feb. 10, \$119, David Nell/Good Times Travel, (888) 488-2287

The Pantages Theatre, "Hello Dolly!" The Broadway Musical - Feb. 17, \$139, David Nell/Good Times Travel, (888) 488-2287

The Living Desert Zoo & Gardens With Tram Tour - Feb. 23, \$89 includes lunch, David Nell/Good Times Travel, (888) 488-2287

Harlem Globetrotters, Honda Center - Saturday, Feb. 23, \$55, GRF Recreation, events@lwsb.com, 431-6586. ext. 326

The Colorful Songs Revue, "The Luck O' the Irish" - March 16, \$109, includes lunch and wine, David Nell/Good Times Travel, (888) 488-2287

Anaheim Ducks, Honda Center - Wednesday, March 20, \$80, GRF Recreation, events@lwsb.com, 431-6586. ext. 326

Harrah's Rincon - Daily, free, Amphitheater, 7:15-7:30 a.m., (877) 777-2457

Pala Casino - Daily, free, Amphitheater, 8 a.m., (714) 985-9555

Pechanga Casino - Daily, Amphitheater, 8 a.m., free, \$10 in EZ Play upon arrival, (951) 770-2579

Valley View Casino - Sunday-Tuesday, Amphitheater, 7 a.m., free

Overnight Trips

Nature's Bounty & Wonder Valley - Four-day tour featuring Fresno's Blossom Trail, Farm Visits with Tastings and Wonder Valley Ranch. Feb. 24-27, David Nell/Good Times Travel, (888) 488-2287

Central Coast Whales, Rails & Dunes - three-day tour featuring Morro Bay Hotel, Guadalupe Dunes, Whale Watching, Coast Startlight Train. March 6-8, David Nell/Good Times Travel, (888) 488-2287

Death Valley Splendor - Three-day tour featuring a Ranch at Death Valley Stay, Furnace Creek Inn lunch, Badwater, Local-Guide. March 17-19, David Nell/Good Times Travel, (888) 488-2287

Desert Bloom - Two-day tour featuring Anza-Borrego Desert State Park, Pala Resort Stay, Temecula Valley, Julian, Local Guide. March 17-18, 2019, David Nell/Good Times Travel, (888) 488-2287

Bluegrass Cruise - Feb. 18-22, four days, Carnival Inspiration, Long Beach, Catalina, Ensenada, Long Beach, Ellen Brannigan, (310) 890-2368

Sports & Games

POOL PLAYERS CLUB

Mooney, Ramos challenge winners

The Leisure World Pool Players Club hosted a potluck open house end-of-the year party on Dec. 30. There was an abundance of food, beverage and enthusiastic pool players, skilled and novice.

In the double elimination team challenge, Mike Mooney and Rufino “Ruffy” Ramos won both final games against Russ Black and Darlene Boyce.

The runners-up were defeated through the first four games.

The event was created and coordinated by Eunis “WildFire!” Christensen and Connie Adkins, who became LW pool players nearly two years ago.

The event set the stage for the new spring Pool League season that begins at 6:30 p.m. on Monday, Jan. 21, in Clubhouse 2.

Sign-ups will be posted soon in Clubhouses 1 and 2.



Mike Mooney (seated) and Rufino “Ruffy” Ramos (far right) defeated Russ Black (far left) and Darlene Boyce in the Pool Players Club’s team challenge.

Cards and Games Scoreboard

Monday Bridge Club winners Jan. 7: Sue Yokomi, Pauline Fitzsimons, Carol Olsen. Games begin at noon in Clubhouse 1. For more information, call Mary Nell Clark, 296-8570.

Fun Time Pinochle Club winners Jan. 7: Nancy Wheeler, 11,230; Al Bonnema, 10,770; Irene Perkins, 10,540; Joan Taylor, 10,540; Kathy Togie, 10,520. For more information, call Joan Taylor at 240-5416.

Burning Tree Duplicate Bridge Club winners: Jan. 5: N/S: Larry Topper-Lynn Danielson; Dalia Hernandez-Joyce Henderson; Sibyl Smith-Judy Lorber; Robert Mault-Sherry Troeger; Marty Lipman-George Alemshah; Jack Dampman-George Koehm. E/W: Jeanette Estill-Hanefi Erten; Paull and Monica Honey; Judy Jones-Al Appel; Diane Sachs-Marilyn McClintock; Russ Gray-Mark Singer. Winners Jan. 4: N/S: Fern Dunbar-Bob Mault; Larry Topper-April Berg; Arne Lier-Sharon Beran; Sibyl Smith-Diane Schmitz; Jack Dampman-Dorothy Favre; Jan Gibbons-Julia Cunningham. E/W: Lavonne McQuilkin-Carol Murakoshi; Jeanette Estill-Marilyn McClintock; Fred Reker-Sue Fardette; Ellen Kice-Russ Gray; Joyce Basch-Nancy Lichter. The club meets at 12:15 p.m. Fridays and Saturdays in Clubhouse 1. For information on how to join the fun and play, call or text Fred Reker at (615) 898-0669. The next special event is the club championship on Saturday, Jan. 26.

Jolly Time Pinochle Club winners Jan. 5: Joe Capra, 13,370; Amy Kasuyama, 12,620; Joan Taylor, 12,180; Jim Kaspar, 11,520. Games are played from noon-4 p.m. on Saturdays in Clubhouse 1. For more information, call Peg Kaspar at 799-0433.

Y-Yahtzee Rollers Club winners Jan. 4: Most Yahtzees: Shelley Middleton, 6. Most points: Kathy Rose, 1,664. Door prize winner: Joanne Lester. The next next games will be played on Jan. 18. The Rollers meet from 1:30-4 p.m. on the first and third Fridays of the month in Clubhouse 3, Room 6. Play, laugh and have a good time in a welcoming environment. To learn Yahtzee or play a refresher game, call Kathy Rose at 596-7237 to set up a lesson.

Leisure World Duplicate Bridge Club overall winners in a 17-table game Jan. 3: First in Strat A: Bill Linskey-Betty Jackson; second in Strat A: Alan Olschwang-Kiyo Nagaishi; third in Strat A, first in Strat B: Judy Carter-Johnson-Gene Yaffee; fourth in Strat A, second in Strat B, first in Strat C: Joyce Roberts-Joanne Berg; fifth in Strat A: Hanefi Erten-Oliver Yildiz; sixth in Strat A: Fern Dunbar-LaVonne McQuilkin; third in Strat B: Larry Topper-Shirley Knopf; fourth in Strat B: Fred Reker-Russ Gray; fifth in Strat B, second in Strat C: Sharon Beran-Ellen Kice; sixth in Strat B: Marty Lipman-George Alemshah; third in Strat C: Monica and Paul Honey; fourth in Strat C: Nancy Lichter-Tybie Becker. No games were played on Jan. 1. Games are played Mondays and Thursdays beginning at 12:30 p.m. in the Clubhouse 3 Lobby. Players are asked to arrive by 12:15 p.m. to confirm their reservations. To make or cancel a reservation for Mondays, call Midge Dunagan at 594-9698; for Thursdays, call Sharon Beran at 308-7838 or email her, no later than 10:30 a.m. on day of game, at hbsharonb@gmail.com. With a maximum of 18 tables available, players without reservations should arrive by noon and check in with the director of the day; they will be accommodated on a first-come-first served basis if there is space. Players needing a partner should arrive by noon and check with the club manager; every effort will be made to find a partner. To cancel a reservation on game day or to report running late, call (636) 579-1357 between noon-1 p.m.

– Gene Yaffee

Friendly Pinochle Club winners Jan. 3: Richard Van Wasshnova, 11,920; Grace Buster, 11,600; Diana Lambert, 11,000; Antonia Zupuneich, 10,950. The club meets Thursdays from noon-4 p.m. in Clubhouse 1. For more information, call (310) 968-9509.

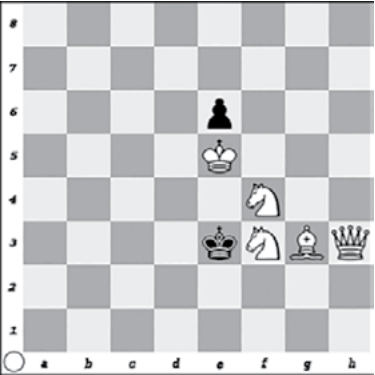
– Bert Sellers

Chess Club Puzzle

This week’s puzzle: White moves first and for any answer by black, the white’s next move is checkmate.

Chess partners are available in Leisure World when the LW Chess Club meets from 2-6:30 p.m. on Fridays in Clubhouse 3, Room 7. Beginners are welcome for free lessons.

Solution to this week’s puzzle



Bh2 This white moves first and for any answer by black, the white’s next move is checkmate.

Calling Golf Course? Dial Direct, 598-1831

Puzzle Answers

Puzzle page 22

SCRABBLE G R A M S SOLUTION									
U ₁	P ₃	C ₃	O ₁	A ₁	S ₁	T ₁	RACK 1 =		
M ₃	A ₁	Y ₄	P ₃	O ₁	L ₁	E ₁	RACK 2 =		
E ₁	X ₈	C ₃	L ₁	A ₁	I ₁	M ₃	RACK 3 =		
F ₄	A ₁	N ₁	C ₃	I ₁	F ₄	Y ₄	RACK 4 =		
V ₄	I ₁	C ₃	T ₁	U ₁	A ₁	L ₁	RACK 5 =		
PAR SCORE 270-280								TOTAL	
								363	

Crossword Answers

BRAS	SHOUT	STEM	FLA
EARP	POPPA	SURAT	ALAN
THE	II	MUSKETEERS	DOWD
NOTES	EVADES	TIPSY	
DINNER	COATED	HIE	
DAVIES	SHUNS	DELUXE	
IRON	WAITS	SMILE	IRA
KING	MILL	KOOP	TIAS
ENT	CIDALMATIANS	HISS	
HOOKED	IREST	LYCEE	
SPENDER	NIN	TREMORS	
TAFTS	FACET	TRAVEL	
ARLO	PIECES	OFVILL	OWE
DROP	ADAM	USED	SNOW
SOO	CRETE	MOSES	EIRE
TROIKA	BINET	CARESS	
WTS	PALLAS	MOLEST	
CASEY	SALONS	TALON	
OVEN	ITTAKES	ITOTANGO	
LIES	NOTRE	INNER	DEAR
TSP	SWIM	SCADS	EASE

Sudoku Answers

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

The Basic Rules of Sudoku:
• There is only one valid solution to each Sudoku puzzle. The only way the puzzle can be considered solved correctly is when all 81 boxes contain numbers and the other Sudoku rules have been followed.
• When you start a game of Sudoku, some blocks will be pre-filled for you. You cannot change these numbers in the course of the game.
• Each column must contain all of the numbers 1 through 9 and no two numbers in the same column of a Sudoku puzzle can be the same.
• Each row must contain all of the numbers 1 through 9 and no two numbers in the same row of a Sudoku puzzle can be the same.
• Each block must contain all of the numbers 1 through 9 and no two numbers in the same block of a Sudoku puzzle can be the same.

Jumble Answers

Jumbles: BARON MESSY POSTAL RITUAL
Answer: After his plastic surgery, Donald Duck had — BILL PAYMENTS

SHUFFLEBOARD CLUB

Puckmasters and Classics clash Friday

by Carrie Kistner
LW contributor

The Shuffleboard Club returned from the holiday break with two competitive, yet one-sided matches last week at the Clubhouse 1 courts.

In the first contest, The Puckmasters beat Girl Power, 12-6. Puckmasters’ all-game winners were Gary Jantzen, Sal La Scala and Anita Giroud.

In the second match, the Classics outpointed the Sliders, 13-5. Classics’ all-game winners were Bill Hamilton, Howard Bolten and Dennis Jensen.

The Puckmasters and Classics are tied for first place with 6-1/2 points each going into their important game tomorrow, Friday.

The second game matches Girl Power and Sliders, the third and fourth-place teams.

As of Jan. 4, the top won-loss percentage records among the men are Gary Jantzen, 14-3; Bill Hamilton, 16-5 and Sal La Scala, 19-8. Connie Lee is No. 1 among the women with her 17-12 mark.

She’s followed by Carrie Kistner, club president, 15-11, and Milly Larsen, 15-12.

The club’s next social event is the Valentines party at 6 p.m. on Feb. 9, a potluck dinner in Clubhouse 3, Room 2 (tentative).

Sign-up sheets will be available at the courts.

The popular Left-Center-Right game will be played after the meal.

Players should bring 12 quarters and three \$1 dollar bills for the competition.

The next Friday luncheon is Jan. 25.

Breathing can be hard for COPD patients

There's nothing like taking a deep breath of fresh air on a cool, crisp winter morning. But for many, that deep breath may be difficult.

Chronic obstructive pulmonary disease (COPD) is a general term for various breathing problems. These include asthma, bronchitis, emphysema, and other diseases that affect the lungs. There are different causes for each, but all make a simple task like breathing become a chore.

Kate Le, a clinical pharmacist with Monarch HealthCare, will lead a class on breathing issues from 9-10 a.m. on Monday, Jan. 14. The class at the Health Care Center conference room is open to all residents.

"Breathing is something we don't think about very much,"

Kate said. "But for someone with COPD, breathing is always top of mind. That can really affect the quality of someone's life."

For most people with COPD, an inhaler does the trick. Some people may need to use oxygen if their lungs aren't as strong.

For everyone, though, Kate recommends the following:

- Improve your diet. A balanced diet means more nutrients and vitamins. A poor diet can lead to unwanted weight loss and weaken the muscles needed for breathing.

- Exercise more. Working out can leave you winded, but exercise improves blood circulation and more oxygen to the body. If you are on oxygen now, your doctor can help you find safe exercises.

- Get a pneumonia vaccine.

Pneumonia is a very serious infection for anyone. If you have a breathing issue, a pneumonia vaccine is highly recommended.

- If you are worried about your breathing, see your primary care doctor and share what you've experienced. Be as specific as you can. You may do some simple tests to see how much oxygen you are breathing in and breathing out.

- Your primary care doctor may also refer you to a pulmonologist, a doctor who specializes in breathing problems. The pulmonologist will work with your primary care doctor and help develop a plan. "Your plan should fit your needs, so be open with your doctor about what matters to you," Kate said. "You're on a team with your doctor, and the goal is a healthier future."

Meals on Wheels, Long Beach

Meals on Wheels of Long Beach, Inc., is a 501(c)(3) nonprofit community service organization that delivers a variety of freshly prepared meals to homebound and active Leisure World shareholders. The discounted daily fee is \$8.25 for a complete hot dinner, lunch consisting of a large salad or sandwich with a small side salad, dessert and carton of low-fat milk. Meals with a "friendly visit" are delivered weekdays between 10:30 a.m.-12:30 p.m. To start a new client application online at www.mowlb.org or call Caron Adler at (562) 433-0232.

Monday, Jan. 14: Stuffed bell pepper, garlic and chive mashed potatoes, peas and corn, applesauce, chicken salad sandwich with spinach and tomato, creamy cole slaw.

Tuesday, Jan 15: Roasted turkey with sage gravy and cranberry sauce, herb stuffing, creamed spinach, banana, Greek chicken salad, tomato, olives, cucumber, feta cheese, vinaigrette dressing and crackers.

Wednesday, Jan. 16: Beef stroganoff, seasoned egg noodles, seasoned green beans, oatmeal cookies, turkey, ham and cheese sandwich with lettuce, tomato, and pickle, tri-color cole slaw.

Thursday, Jan. 17: Smothered chicken breast, macaroni and cheese, black eyed peas, banana pudding with vanilla wafer, roast beef and cheese sandwich with lettuce, tomato and pickle, carrot and raisin salad.

Friday, Jan. 18: Oven baked fish with tartar sauce, potato wedges, seasoned Brussels sprouts, arroz con leche, turkey and ham Cobb salad with egg, tomato, bacon with blue cheese dressing, crackers.

HEARING LOSS ASSOCIATION OF AMERICA

Devices for the hearing impaired will be demonstrated on Jan. 12 in Lakewood

The Hearing Loss Association of America, Lakewood chapter, will hold a free hands-on demonstration of Assistive Listening Technology devices from 10:30 a.m.-noon on Saturday, Jan. 12,

at Weingart Senior Center, 5220 Oliva Ave., Lakewood.

- Do you have trouble hearing your smoke alarm, doorbell, telephone or alarm clock?

- Do you struggle to hear

conversations in restaurants or other noisy environments?

- Have you stopped watching some TV shows because you can't make out the words?

People with such problems are

invited to attend on Saturday and test approximately 50 devices that can improve hearing.

A sampling of specialty products that many people with hearing problems may not know


about will be on display for demonstrations.

None of the products will be available for purchase.

They will be shown and demonstrated only.

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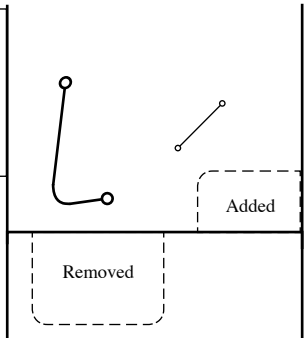
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Classified Index

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patio enclosure. Drive-up
Mutual 11, 284D \$199,000

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Fully Expanded on a pretty
Greenbelt, Granite Counters,
Laminate Floors
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Mutual 1, 23D \$179,000

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M1, 23D Fully Expanded 1 Bedroom \$179,000
M9, 225F South Facing Corner \$235,000
M12, 64A Fully Expanded Corner, 1 ½ bath, move-in ready
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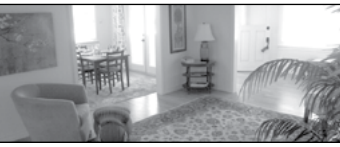
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New Listing - 2 Bedroom, 1 Bath Basic. Newer windows and two sliders to the front patio, Heat Pump, Cut Down Shower, white cabinets, Solar Tube in kitchen and Skylight in bathroom and patio, Mirrored Wardrobes, and Laminate floors in bedrooms.



Mutual 9-210-G \$496,000
Absolutely gorgeous 2 bedroom, 2-bath fully expanded with everything overlooking green.



Mutual 12-70-A \$319,000
Beautiful interior, corner, exp, green. 3 heat pumps, W/D, gorgeous floors and counters.



Mutual 2-1-B \$242,000
Charming 2-bed - 1-bath with expanded living room and bedroom with huge walk-in closet, dual-pane windows, laminate floors, cozy private patio, three skylights and a heat pump. Light bright home ready to move in.

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Mutual 2, 63D \$229,900

Charming 2 Bedroom 1 Bathroom Cottage in private location. Living room has double pane windows, leaded glass entry door and retractable screen. Kitchen has built-in appliances with new LW white stove and oven and Solatube. Kitchen, bath and hallway have ceramic tile flooring. Bathroom has Solatube and walk-in shower. Master bedroom has laminate flooring and double pane windows. Living room and bedrooms have laminate floors. Large private wrap-around patio has ceramic tile floor and walk-in storage cabinet. This home has been newly painted and is light, bright, ready to move in.



Mutual 9, 222A \$459,000

Elegant, all new construction, corner, 2 bedroom, 2 bath home. Custom kitchen has new custom cabinetry, built-in stainless steel appliances including a freestanding range, dishwasher, microwave, breakfast bar with extra storage and an extra large skylight. Two 3/4 baths, walk-in custom tile showers, double sinks and skylight. Second bath has a Solatube. Bedrooms feature wardrobe closets, with mirrored wardrobe sliding doors. This home also features laminate floors, recessed lighting, central air/heat, double-pane windows, washer/dryer, two outside storage closets and a lovely wrap around tile patio.



Mutual 15, 23L \$329,900

Lovely upstairs expanded unit with beautiful leaded glass entry door, spacious living room expansion that may be used for office or den. Dual pane windows. Kitchen has built-in appliances including dishwasher, white cabinets and white counter top, dining room has ceiling fan. Master bathroom has tub with enclosed shower, stackable washer/dryer. Second bedroom with mirrored closet doors and extra storage, second bathroom with skylight and cut-down shower. This unit is move in condition.



Mutual 8, 189F \$399,000

Beautiful remodeled, expanded corner, 2 bedroom, 1-1/2 bathroom home on greenbelt. Spacious corner living room has 2 bay windows. Kitchen has custom cabinetry with granite counters, built-in stainless steel appliances, pantry, breakfast bar large skylight and tile flooring. Master bedroom has added cupboard space and is fully expanded and widened. Master bath has custom wood cabinetry with granite counters, added linen closet, washer/dryer, cut down shower and skylight.



Mutual 9, 233H \$189,000

Lovely expanded 1-bedroom with drive-up parking. Living room has an expanded area that may be used for office or den. Kitchen has white cabinets, built-in appliances, and skylight. Bathroom with cut-down shower and skylight. Master bedroom has mirrored closet doors. Laminate flooring, dual pane windows and white blinds throughout.



Mutual 8, 178G \$359,000

Charming fully expanded 2-bedroom, 1-1/2-bath corner unit on a pretty greenbelt. Bay windows throughout. The master bedroom has a walk-in closet. The kitchen has built-in appliances including built-in microwave, extra storage space, skylight and tile floors. Bathroom has vanity, tile floor, and washer-dryer. This unit has central heat and air and is located on a lovely greenbelt. Call us to see.



Mutual 2, 26I \$229,000

Charming 2 Bedroom, 1 Bath cottage on greenbelt with great open view and private wrap around patio. Kitchen has built-in appliances, white cabinets, skylight and ceiling fan. Bathroom has skylight and cut-down shower. Plantation shutters in living room and master bedroom.

NEW LISTING



Mutual 9, 236G \$359,900

Beautifully expanded kitchen features built-in stainless steel appliance and granite counters with tile backsplash. Spacious living room has side expansion. Master bedroom is fully expanded with walk-in closet. Remodeled bathroom has new cabinetry with granite counters and double sinks, cut-down shower. Both kitchen and bath have skylights. This lovely home features ceramic tile flooring throughout, double-paned windows and sliding door from living room to private tile patio and leaded glass door. This charming home overlooks beautiful greenbelt. Must see.



Mutual 3, 14I \$208,000

Charming expanded 1-BR cottage. Features double-pane sliding door to front porch, ceiling fan, parquet entry with leaded glass door. Decorative cabinets/shelves separate kitchen from living room. Kitchen has granite counters, dishwasher, microwave, large openable skylight. Bath has cut-down shower, granite counter, decorator sink and faucet. Bedroom has double-pane sliding doors to porch, mirrored wardrobe plus walk-in closet.



Mutual 6, 128G \$380,000

Lovely fully expanded 2-bedroom corner unit with drive-up parking. Beautiful leaded glass entry door, dual pane windows with custom plantation shutters and central heat/AC. Kitchen has skylight, pantry, Corian counter tops, white built-in appliances including microwave and dishwasher. Spacious bathroom with skylight, tub, separate enclosed shower, and stackable washer/dryer. Living room has bay window, master bedroom with bay window and walk-in closet.



Mutual 1, 42J \$165,000

1-bedroom 1-bath cottage. Convenient location close to shopping and front gate. This clean move-in-condition home features laminate floors, wider baseboard, kitchen with built-in appliances and newer counter tops. Bathroom has Hi-boy and newer counter tops. This home also features Heat Pump/AC, newer paint and verticals throughout.



Mutual 8, 177G \$289,000

Charming expanded corner 2-bedroom 1-bath cottage features spacious corner living room with formal dining room, light and bright kitchen has skylight, white cabinets with newer counter tops, and all white appliances including built-in dishwasher. The master bedroom is expanded with walk-in closet. Bathroom has cut down shower and skylight. Has central heat/air, double paned windows, leaded glass entry door, smooth ceilings throughout, and small front patio.



Mutual 2, 7J \$165,000

Charming 1 bedroom 1bath with fully enclosed patio providing 800 sq ft of living space with convenient drive up parking. Leaded glass entry door, dual pane windows, and vertical blinds. Spacious living area, carpet in living area and bedroom, vinyl flooring in kitchen and bathroom. Kitchen with white cabinets, built-in appliances, and skylights in bathroom, kitchen and entry. This unit is light bright and move in condition.



Mutual 1, 37G \$365,000

Lovely fully expanded corner 2 bedroom, 1 bathroom unit on greenbelt with central heat/air. Spacious living and dining rooms. Kitchen has skylight, white cabinets, built-in appliances including dishwasher and microwave. Expanded master bedroom with walk-in closet. Bathroom has cut-down shower and skylight.



Mutual 15, 32J \$398,000

Elegant, remodeled 2 bedroom, 2 bathroom upstairs unit with many upgrades. Unique leaded glass entry door, dual pane windows. Central heating/AC, laminate flooring, smooth ceilings with crown molding and plantation shutters. Recessed lighting in living room. Kitchen has recessed lighting, white cabinets, quartz countertop, tiled backsplash, built-in stainless appliances including dishwasher and microwave. Bathroom has quartz counter and washer/dryer.



Mutual 3, 36A \$325,000

Charming expanded 2 Bedroom 1-1/2 bath corner features cozy living room. Side expansion offers additional closet space and may be used as den, dining room, office or living room. Kitchen has built-in appliances including microwave, pantry space, upgraded counters, shelves above sink, ceiling fan and large skylight. Second bedroom has bath. Master bathroom has skylight, walk-in shower and washer/dryer. Private front patio has walk-in-storage closet.



Mutual 9, 215L \$359,000

Fully expanded corner, 2-bedroom, 1-1/2-bath. Kitchen has custom wood cabinets, granite counters, built-in microwave, double door refrigerator, wine cooler and skylight. Master bedroom has a walk-in closet and ceiling fan. Second bedroom has half-bath. Bathroom has shower, custom wood cabinets with granite counters, ceiling fan and skylight.

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FOURTH QUARTER MARKET UPDATE SOLD UNITS

October 2018 through December 2018

BASIC UNITS

1 Bedroom: \$135,000 to \$185,000

2 Bedroom – Inside: \$180,000 to \$265,000

2 Bedroom – Corners: \$190,000 to \$230,000

EXPANDED UNITS

1 Bedroom: \$189,000

2 Bedroom – Inside: \$200,000 to \$268,000

Exception: Unit on golf course with 1+ bath: \$390,000

2 Bedroom – Corners: \$220,000 to \$390,000

Exception: Units with 1+ baths: \$350,000 to \$450,000

MUTUAL 15

2 Bedroom Apartment Style: \$250,000 to \$280,000

Atriums: \$275,000 to \$351,000

MUTUAL 17 – CONDOS

\$335,000

Based on information available to us at time of publication. Reflects ALL closed sales.
*If you would like to know the value of your unit, please call
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1640 Glenview Rd #76H - M12 - \$229,500

Clean 2 bedroom, 1 bath w/ "L" shaped patio. New carpet in bedrooms and laminate flooring in living room and kitchen. Freshly painted throughout. 3 skylights.

13381 El Dorado #202E - M8 - \$338,900

Expanded 2 bedrooms, 1 bath, central A/C, gourmet kitchen, WASHER/DRYER hookups, walk in closet, multiple skylights. Completely remodeled.Great private location.

1670 Interlachen #43A - M12 - 374,900

Great 2 bedroom, 1 bath. Drive up expanded corner location. Upgrades include central A/C, smooth ceilings, hardwood floors, granite kitchen counters, skylights, WASHER/DRYER, dual pane windows.

1300 Knollwood #41C - M4 - \$172,000

Very clean 1 Bedroom, 1 bath on nice greenbelt location. Close to parking spot and laundry room Dual pane window, ac/heat pump, smoothed ceilings, closet organizers.

1462 Golden Rain #49F - M2- \$229,000

2 bedrooms, 1 bath corner unit with large "L" shaped patio. Skylights in the kitchen and bathroom. With new laminate flooring and fresh paint.

13320 Del Monte #9E - M15 - \$355,000

2 bedrooms, 1 bath. Rarely on the market, corner Atrium unit with large patio and tons of storage and three skylights. Skylight in bathroom.

13611 Cedar Crest #99J - M5 - \$175,500

1 bedroom, 1 bath with WASHER/DRYER, laminate floors, skylights in kitchen and bathroom, laminate flooring. Close to all of the amenities.

13631 Annandale Drive #5K - M1 - \$170,000

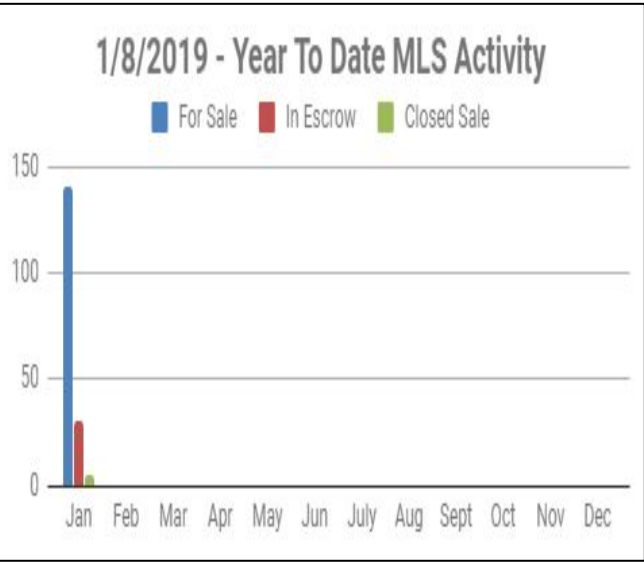
1 bedroom, 1 bath, skylight in kitchen and bathroom, cut down shower. Close to park and laundry. Enclosed patio, overlooking great greenbelt.

13681 Saint Andrews Drive #26E- M1 - \$185,000

Fully expanded 1 bedroom, 1 bath. Smooth ceilings, skylights in kitchen and bathroom, cut down shower, walk-in closet and close to parking spot and amenities

13930 Church Place #70i - M1 - \$194,500

1 Bedroom, 1 bath enclosed patio unit with WASHER/DRYER located on a nice greenbelt location. Dual A/C heat pumps, stainless steel countertops, dishwasher, cut down shower, tiled patio with large storage unit.



I Have Access To The Total Inventory

On January 8th, 2019 a total of 140 units show as active listings on the CRMLS (this is where Realtors list property for sale).

32 - 1 bedrooms, 1 bath from \$138,000 to \$229,500

70 - 2 bedrooms, 1 bath from \$170,000 to \$465,000

38 - 2 bedrooms, 2 baths from \$249,000 to \$560,000

Please give me a call for detailed information on any of these properties!





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