



LW Weekly

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FALW Picnic Honors Vets

LW veterans are invited to a free picnic on July 7 at the picnic area in CH 1.

Page 16



LW Residents win Regional Awards

Three LW Art League members won a total of five ribbons and monetary/gift certificate awards at the April 28 Cypress Art League Spring Show.

Page 14

MEMORIAL DAY



Steve Kuykendall

Remembering the sacrifice on May 27 at the Amphitheater

The American Legion Post 327 will host the annual Memorial Day program on Monday, May 27, in the Amphitheater. The Velvetones will play music starting at 9:30 a.m., and Legion Cmdr. Rich Carson will begin the program promptly at 10 a.m.

Tommy Williams will sing favorite military songs. The program will end with Post 327 honoring members who passed away, followed by the playing of “Taps.”

The guest speaker will be Steve Kuykendall, president and CEO of the Fisher House of Southern California. He is a Vietnam veteran who also served as a congressman. He currently resides in Long Beach with his wife.

OBSERVANCE, page 3

HOLIDAY HAPPENING

Celebrate the day at Hometown Buffet

Hometown Buffet offers a different dinner menu on the fourth Monday for \$11 for all you can eat on site in Clubhouse 1. Celebrate Memorial Day on May 27 with a Hometown Buffet dinner. Service is from 4-6 p.m. with dining until 7 (see menu, page 11).

Take-out is no longer available; payment is by cash and checks only.

Starting June 9, Hometown Buffet will begin a twice-a-month Sunday brunch, \$11, served buffet-style plus an omelet bar, also in Clubhouse 1, from 10 a.m.-3 p.m.

HOLIDAY NOTICE

GRF offices will be closed Monday

In observance of Memorial Day, all Golden Rain Foundation offices except Security will be closed Monday, May 27.

The Leisure World Maintenance Department will be on call for emergencies only and may be reached by calling 594-4754.



Robert A. Eplett/FEMA

Collapsed Santa Monica Freeway bridge across La Cienega Boulevard, Los Angeles, after the Northridge earthquake, Jan. 17, 1994. It was a magnitude 6.7 and is categorized as a “moderate” quake.

This is Part 1 of a two-part series on how to prepare for—and stay safe during—a big earthquake. It is based on a talk May 9 hosted by the Leisure World Emergency Information Council. Margaret Vinci from the Caltech Office of Earthquake Programs gave the presentation in Clubhouse 2.

by Ruth Osborn

rutho_news@lwsb.com

fundamental scientific questions. It is home to more than 50 research centers and institutes in all manner of disciplines, among them earthquake science and

engineering.

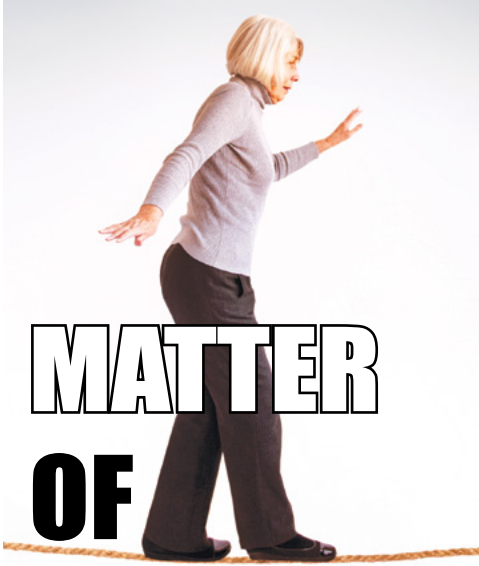
For example Caltech geophysicists have created a new method for determining earthquake hazards by measuring how fast energy is building on faults in a specific region, and then comparing that to how much is being released through fault creep and earthquakes.

They applied the new method to the faults underneath central Los Angeles and found that on the long-term average, the strongest earthquake that is likely to occur along those faults is between magnitude 6.8 and 7.1, and that a magnitude 6.8—about 50 percent stronger than the 1994 Northridge earthquake—could occur roughly every 300 years on average.

“We will have another large quake,” Vinci told her rapt audience. There is a 75-percent likelihood of a magnitude 7 striking in the next 30 years. There is a 99-percent chance of a magnitude 6.7 in the next 30 years.

QUAKE, page 10

Protect yourself from falls with this proven class



MATTER OF BALANCE

Falls are the leading cause of death from injury and the most common cause of non-fatal injuries, resulting in emergency department visits in the older adult population with an estimated loss of over \$30 billion for direct medical costs alone, according to the National Institutes of Health.

Help is here for people who feel unsteady on their feet, who find they are increasingly isolated because of fear of falling and those who have fallen and never want to again.

It's a class called “A Matter of Balance: Managing Concerns About Falls.” And it's for everybody over a certain age who want to do everything they can to age well.

And it's free, thanks to the Orange County Office on Aging, who supplies the curriculum and leadership in the person of master trainer Frank Hernandez. He

and trained volunteer coaches will lead an 8-week class that starts Tuesday, June 4, from 9:30-11:30 a.m. or from 1-3 p.m. The class continues until Aug. 6. Classes are held once a week for eight weeks, two hours each. (There is no class on June 18 and July 16).

Past students have praised A Matter of Balance, saying they became more confident and were able to identify areas of weakness and strength. That awareness helped them formulate strategies to foster mobility and stay safe. That confidence let them be more active and engaged.

The class emphasizes broadening the limitations of each individual. And the curriculum is evidence-based. It has been rigorously evaluated in experimental evaluations—randomized controlled trials—and shown to make a positive, statis-

FALLS, page 10



Tommy Williams
OBSERVANCE
from page 1

Fisher Houses provide military families with housing close to a loved one during hospitalization for an illness, disease or injury. With your help, Fisher House Southern California, Inc. helped raise over \$3.0 million to build a new Fisher House on the VA Long Beach Healthcare System's Tibor Rubin VA Medical Center campus (opened in October 2016).

Donations support Fisher Houses at the Naval Hospital, Camp Pendleton, and Naval Medical Center, San Diego.

The American Legion Auxiliary Unit 327 will sell scarves, socks and jewelry outside of the Amphitheater after the observance. They will also be distributing remembrance poppies to honor fallen veterans. These are given freely and donations are appreciated as the money raised is used for local veterans.

Young Navy Cadets will be at the event to assist as needed. These young men and women are part of a larger group based at the Naval Weapons Training Station in Seal Beach.

Leisure World residents are welcome to invite family and friends. There's plenty of room for everyone.

Legion Auxiliary

May, the month of the Poppy, is now underway. A sincere thank you goes American Legion Auxiliary members and the women of Leisure World for paper poppies of remembrance on Wednesdays in Clubhouse 1 at 10 a.m.

The group made and provided over 7,000 of the 40,000 poppies required by the district.

"We are grateful that we were able to do our part," said Jean Sudbeck, president of the Auxiliary. For more information on how to participate in poppy-making, call Marge Murphy at (605) 660-0538.

People do not have to belong to the Auxiliary to help. The proceeds from this important program benefit local veterans and their families. In Orange County, housing, gas and food remain top concerns.

The Auxiliary's own pantry, from which its team gets food to cook for the veterans at the P.I.E.R. Center, is bare of protein products. Donations of canned chicken, spam, tuna, roast beef and vegetables of any kind, are welcome. They can be dropped off in Clubhouse 1 on Wednesdays from 10-11:30 a.m. Call Joyce Lamm at 430-4488 for information.

Auxiliary members who went to the VA Hospital to conduct a fun bingo day report that over 30

AUXILIARY, page 10

Wanted

Miracle-Ear Hearing Centers are looking for qualified people to test their latest product, the Miracle-Ear® GENIUS™ for **FREE**!

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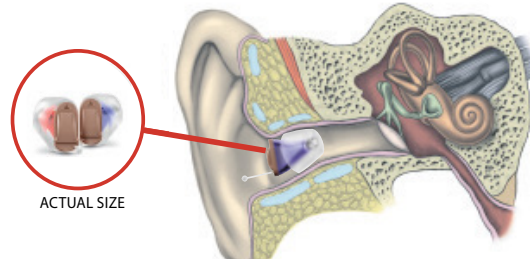
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Perspectives

Letter to the Editor

Editor:
The Mutual 2 Board of Directors attempted to cut down the bottle brush tree near my apartment and I've temporarily stopped it. The Board is using a false premise that the bottle brush tree is damaging the roof of the building. I have provided the Board photo evidence that the tree does not damage the roof. As I've stated the buildings orientation and the direction of the prevailing winds blow any tree

debris away from the building onto the grassy area. Nothing goes on the roof. I have also provided the Mutual 2 Board of Directors evidence of wildlife that inhabits the tree. I've contacted the Audubon Society, The California Department of Fish and Game and the US Fish and Wildlife Service. So far the Mutual 2 Board of Directors hasn't provided any evidence the tree is damaging the roof, or shown any concern about the wildlife and it has disregarded

my knowledge and concerns. The Board needs to listen to a concerned shareholder's voice and take my knowledge and evidence seriously before continuing on with this destructive endeavor.

Ron Belben
Mutual 2

REBUTTAL TO RON BELBEN
The Mutual 2 Board of Directors ("Board") does listen to its shareholders and takes its fiduciary responsibility very seriously. The bottlebrush in question is getting too large for the area. It is on common area property. When the Board formed the roofing committee several years ago and began interviewing roofers, every roofer advised us to remove any trees that were too close to the building. The needles get under the shingles and can cause leaks and other roof damage. At approximately \$80,000 a roof, it is our fiduciary responsibility to heed the experts' recommendations. The red brushes will also stain the sidewalks over time, incurring additional unnecessary expense for sidewalk repair. The landscapers will check the tree for bird nests before it is removed. The Board of Directors has already approved a new tree for the area as soon as the bottlebrush tree is removed.

We do take our fiduciary responsibilities seriously.
Mutual 2 Board of Directors

Remember When

May 25, 1989 - A newly designed Goodwill box returned to the Amphitheater area. Goods in the box were collected on Wednesdays. A catfish dinner was \$6.95 at the Fish Company and a two-bedroom unit was for sale for \$60,000.
May 27, 1999 - Classes were offered to prepare the State of California Form 9000, Home Owners Assistance Program, to get a reimbursement on a portion of property taxes. A Mutual 3, 2-bedroom, 1-bath unit was offered at \$80,000 and T-bone steaks were on sale for \$2.99 per pound.
May 28, 2009 - Orange County Fire Authority determined that sprinklers would be required in all units in Mutual 8, Building 203, after several units were destroyed or damaged by fire on Feb. 17, 2009. A 2-bedroom unit in Mutual 10 was listed for \$340,000. A 5-month CD could earn 2.05 percent annual percentage rate with a special offer.

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

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- Independent Living
- Assisted Living
- Memory Care
- Respite Care



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MANAGED BY  The Goodman Group 

WATCH YOUR STEP

AARP warns of tech-support scam

by Cathie Merz
cathiem_news@lwsb.com

Les Cohen, Mutual 15, recently received a notice from the AARP Fraud Network warning about scams regarding computer viruses. Scammers exploit fear by convincing people that their computers are infected and have adopted robocall technology to support their schemes. A favorite tactic of scammers is the "tech support" scam.

You get an automated phone call with an ominous-sounding warning from a well-known tech company. It may be that your computer has been hacked and your personal or financial information is vulnerable, or that your computer has a virus. But simply return the call, or press 1 to be connected with tech support for help to solve the issue.

Once on the phone with "tech support," they will ask for remote access to your computer, and will proceed to show you all the problems on your system that they will fix it all for a fee, and a monthly subscription for ongoing support.

Tech companies (Microsoft, Apple and the like) do not call out of the blue to tell you there is a problem with your computer. All the problems they show you on your system are hype, real files that look menacing but are just ordinary files. The "fix" is no fix at all, and the monthly subscription gets you absolutely nothing but a recurring charge.

Do not become a victim; hang up if you get an unsolicited call for tech support; make sure to stay current on software updates and run anti-virus scans regularly; never allow someone who calls you out of the blue to access your computer, or give them your usernames or passwords; and contact your credit card company and request a reversal of the payment if you've been victimized.

If you have been targeted by this scam or have fallen victim, call the AARP Fraud Watch Network Helpline at (877) 908-3360.


Perspectives Policy

Submissions in each of the following categories may be published at the discretion of the Communications and Technical Director.

Letters to the Editor: Maximum number of words: 250. Letters should be typed and delivered to LW Weekly by email (preferred), regular mail, deposited in a white GRF drop box, or hand-delivered. Letters must be of


general interest to the community and may contain opinions, suggestions, compliments, and complaints without being scurrilous, libelous, defamatory, repetitive or otherwise inappropriate. The names of individual employees, titles and/or departments will not be permitted in letters that could adversely impact any Foundation employee directly or indirectly.

Member Column: At a maximum 500 words, columns may **POLICY, page 9**



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Leisure World Seal Beach



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

SECURITY CORNER

Granting access to your visitors

by Victor Rocha
security services director

Leisure World Seal Beach currently processes nearly 400 daily visitors and vendors a day at the Main Gate. With 12,000 visitors a month, the front gate area can become congested for visitors and residents alike.



To assist Security in allowing your visitors (without passes) to enter as quickly as possible, please:

- Always call the Security Office in advance to advise Security of the name of your visitor.
- Advise Security if your visitor is a vendor such as Uber, Lyft, food delivery services, etc.

Due to the heavy volume of calls, Security at times may make an error that may cause a delay for your visitor to enter. There are times however that the delays are caused by residents forgetting to call in their visitors to Security. This begins a lengthy process in verifying your guest to enter. Assist Security in providing great customer service and reducing delayed entry for all visitors by calling in Security in advance.

If you have any questions, contact the Security Department, 431-6586, ext. 377.

CARPORT CLEANING

Carport cleaning day will be adjusted due to the Memorial Day holiday.

Monday, May 27
Mutual 10, Carports 117-121 will be cleaned on Friday, May 31.

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, May 23	Mutual 1 Administration9 a.m.
Thursday, May 23	Annual Meeting Mutual 11 Clubhouse 4 10 a.m.
Friday, May 24	Mutual 6 Administration 9:30 a.m.
Friday, May 24	Annual Meeting Mutual 9 Clubhouse 4 10 a.m.
Tuesday, May 28	Annual Meeting Mutual 8 Clubhouse 4 10 a.m.
Tuesday, June 4	Mutual 17 Administration 1:30 p.m.
Wednesday, June 5	CFO Council Conference Room B.....canceled

Mutuals 2, 5, 6, 11, 12 and 16 have canceled regular meetings in June.

LW DEMOCRATS

Club has busy summer planned

The Leisure World Democratic Club has a full schedule planned. The next club general membership meeting is rescheduled to Wednesday, May 29, at noon in Clubhouse 4. Members will discuss the revival of efforts on behalf of the Equal Rights Amendment, led by Mariann Klinger, a Leisure World resident. On April 30, the House Judicial Sub-Committee held its first hearing on the amendment in 36 years. Come early with your “brown bag” lunch for informal round table discussions before the formal meeting.

The Voter Awareness Series will convene on June 25 in Clubhouse 3 at 2:30 p.m. Email lwsbdemocraticclub@gmail.com or call 296-8521 for details.

June will also bring a debate watching party in Clubhouse 3, Room 9. Refreshments will be served. The exact time will be announced later, based on the time selected by the candidates. Club members

DEMOCRATS, page 23

NOTICE OF ANNUAL MEETING OF MEMBERS OF THE GOLDEN RAIN FOUNDATION

Foundation members are invited to attend the Golden Rain Foundation Annual Meeting of the Members on Tuesday, June 11, 2019, at 2 p.m. in Clubhouse Four.

Please remember to complete the “What is Your Question?” form published separately in the NEWS if you wish to address the Board during the Annual Meeting.

*Suzanne Fekjar, Corporate Secretary
Golden Rain Foundation Board of Directors*

Agenda Clubhouse Four Tuesday, May 28, 2019 6:00 p.m.

1. Call to Order/Pledge of Allegiance
2. Roll Call
3. President’s Comments
4. Announcements/Service Awards/Staff Commendation
5. Seal Beach City Council Member’s Update
6. Health Care Center Update
7. Shareholder/Member Comments

Note: Foundation Shareholder/Members are permitted to make comments before the meeting business of the Board begins. The Open Meeting Act allows boards of directors to establish reasonable time limits for the open forum and for speakers to address the board. (Civ. Code §4925(b).) Time limits, per speaker, are limited to:

- 4 - minute limit per speaker, when there are no more than 15 speakers
- 3 – minute limit per speaker, 16 - 25 speakers
- 2 – minute limit per speaker, over 26 speakers

8. Consent Calendar
 - a Minutes of the Recreation Committee Board Meeting of April 1, 2019
 - b.Minutes of the Physical Property Committee Board Meeting of April 3, 2019
 - c. Minutes of the Executive Committee Board Meeting of April 12, 2019
9. Approval of Minutes
 - a. April 23, 2018
10. Reports
 - a. Facilities and Amenities Review (FAR) Ad hoc Committee
 - b. Management Services Review Ad hoc Committee
 - c. Strategic Planning Ad hoc Committee

AGENDA, page 9

GRF Committee Meetings

Golden Rain Foundation committee and board meetings are open to Leisure World residents. 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, May 23	Service Maintenance Committee Administration 1 p.m.
Friday, May 24	Facilities and Amenities Review Ad Hoc Clubhouse 4 Canceled
Friday, May 24	Security, Bus and Traffic Committee (special) Administration 1 p.m.
Tuesday, May 28	GRF Board of Directors Clubhouse 4 6 p.m.
Tuesday, June 4	GRF Board of Directors (Special-Election) Clubhouse 4 10 a.m.
Friday, June 7	GRF Board Executive Session Administration 1 p.m.
Tuesday, June 11	GRF Annual Meeting Clubhouse 4 2 p.m.
Tuesday, June 11	GRF Board of Directors (Organization) Clubhouse 4 3 p.m.

2019 Mutual Election and Annual Meeting Schedule

	Mu.	Ballots Mailed (30 days before election)***	Meeting Day	Meeting Date	Meeting Time
MAY	10	Mon. 4/15	3 rd Wed.	5/15	10 a.m.
	14	Tues. 4/16	3 rd Thurs.	5/16	10 a.m.
	7	Wed. 4/17	3 rd Fri.	5/17	10 a.m.
	4	Mon. 4/22	4 th Wed.	5/22	10 a.m.
	16	Mon. 4/22	4 th Wed.	5/22	2 p.m.
	11	Tues. 4/23	4 th Thurs.	5/23	10 a.m.
	9	Wed. 4/24	4 th Fri.	5/24	10 a.m.
	8	Sun. 4/28	4 th Tues.	5/28	10 a.m.
	Mu.	Ballots Mailed (30 days before election)***	Meeting Day	Meeting Date	Meeting Time
JUNE	1	Sat. 5/11	2 nd Mon.	6/10	10 a.m.
	5	Sun. 5/12	2 nd Tues.	6/11	10 a.m.
	3	Mon. 5/13	2 nd Wed.	6/12	10 a.m.
	12	Tues. 5/14	2 nd Thurs.	6/13	10 a.m.
	2	Wed. 5/15	2 nd Fri.	6/14	10 a.m.
	15	Wed. 5/22	3 rd Fri.	6/21	10 a.m.
	17	Sun. 5/26	4 th Tues.	6/25	10 a.m.
	6	Wed. 5/29	4 th Fri.	6/28	10 a.m.

NOTE:

*** = If the date to mail ballots (30 days before the election) falls on a Friday, Saturday or Sunday, the ballots will be mailed the previous Thursday.

WHAT IS YOUR QUESTION/COMMENT?

Do you have a question, comment or a suggestion for GRF? In order to expedite the proceedings of the GRF Annual Membership meeting on June 11, 2019, any member present who wishes to speak on any matter is requested to fill out this form. This will allow the Board to prepare a response, if necessary. Submit your request to the GRF Board Office, P.O. Box 2069, Seal Beach, CA, 90740, to the attention of Ms. Suzanne Fekjar, corporate secretary, or Mrs. Deanna Bennett, executive coordinator, as soon as possible, but no later than 4:30 p.m. on Friday, June 7, 2019. Requests may also be dropped in a white GRF mailbox, with no postage necessary.

NAME _____
(Please print)

ADDRESS _____ MUTUAL _____ APT _____

PHONE NO. _____

Subject of question, comment or statement which I intend to offer is:

Member comments are limited to:

- 4 minute limit per speaker, when there are no more than 15 speakers
- 3 minute limit per speaker, 16 - 25 speakers
- 2 minute limit per speaker, over 26 speakers

The Annual Meeting of the members will be held on
Tuesday, June 11, 2019, at 2 p.m. in Clubhouse 4.

Religion

LW BAPTIST

Em Schoonhoven will solo Sunday

A warm welcome awaits people on Sunday, May 26, at the Leisure World Baptist Church in Clubhouse 4. Sunday School is from 8:40-9:10, with Bob Simons leading. Coffee and fellowship precede the morning service, which starts at 9:45, with a call to worship, “He is Lord.” Soloist Em Schoonhoven will sing “So Great Salvation.”

The choir, under the direction of Darlene Harris, will present “Since I Have Been Redeemed.”

Pianist Yvonne Leon will give the offertory. Pastor Rolland Coburn will give a message from Romans 5:1-11. He calls it “The Eternal Security of Salvation by Faith.”

Following the service, people are welcome to stop by the Prayer Room.

Members of a dedicated prayer team will be available to pray with them for any reason.

The Women’s Christian Fellowship and Bible Study will meet on Monday in Clubhouse 3, Room 6, at 10 a.m.

This is a class participation group led by leaders Margie Robertson and Jean Davidson.

The Energizers will meet for fellowship and study at 2 p.m. on Wednesday in Clubhouse 3, Room 1.

The deacons meeting will follow in the same room at 3 p.m. For more information, call 430-2920.

—Joan Shramek

Redeemer Lutheran

Karen Merkel, a regional representative of the World Mission Prayer League, will preach at the Sunday, May 26, worship service at Redeemer Lutheran Church. “Limp In, Leap Out” is the title of her sermon. Worship begins at 10:30 a.m. with music lead by organist Sharon Heck and Redeemer’s full choir singing “Come Down, Oh Love Divine.” Terry Durham leads the greeting team, and Maria Swift is the usher. All are invited for fellowship and refreshments following the service.

The weekly Wednesday Bible class meets on May 29 in the Fellowship Hall from 10:30-11:30 a.m., under the leadership of Pastor Lynda Elmer.

All are welcome to engage with the group as the study of Paul’s engaging and pivotal letter to the Romans continues.

The Respite Center meets on Monday, Tuesdays and Thursdays. Call 596-1209 for information about registration and volunteering.

For more information, call the church or visit www.redeemerlutheransealbeach.com.

Buddha Circle

The Buddha Circle will meet from 9:30-11 a.m. on Saturday, May 25, in Clubhouse 4. Venerable Vui Mung (Joyful Heart) from Desert Zen Center will lead the group. He presents Buddhism in a simple way, how to suffer less and become happier. It’s an interactive group, so those who attend are encouraged to ask questions. He will begin the session in a guided meditation.

Check the website at LWSB.com under Religion, Buddha Circle, for more information. There is no membership, just a gathering of like-minded people. All residents are welcome.

Donations are welcome and will support Ven. Mung in his teachings. For more information, call (714) 933-5122.

Christian Fun & Fellowship

The Christian Fun and Fellowship Club will meet Wednesday, May 29 (note the change from the usual Tuesday) at 6 p.m. in Clubhouse 4. Bring a potluck dish.

Entertainer Mike Chamberlin will sing patriotic songs. He has over 50 years of entertaining in the southwest. All residents are welcome to attend. For information, call 455-6218.

SB Center for Spiritual Living

The Seal Beach Center for Spiritual Living, 300 Marina Drive, Seal Beach, will host the “Holy Bowlers” as they present a unique Tibetan and Crystal Bowl Meditation Wednesday, May 29, at 6:30 p.m.

“How Do We Remember the Immortal” will be the subject of the talk presented Sunday, May 26, at the 9 and 11 a.m. services.

All faith traditions are welcomed and honored. For more information on events and classes, visit the website at sbcsl.org.

Mindfulness Meditation & Movement

The Buddha Circle presents Mindfulness Meditation & Movement from 10:30-11:30 a.m. in Clubhouse 3, Room 8, on Wednesday, May 29.

Learn and practice mindfulness meditation and mindfulness movement to bring awareness to everyday activities.

This is a donation-based class. For more information, contact rebeccagad71954@gmail.com.



The LW Korean Community Church

LW KCC

Sunday worship will be held at picnic area in CH 1 May 24

The LW Korean Community Church will have Sunday worship at 11 a.m. on May 24 at the picnic area next to Clubhouse 1.

Pastor Kim Sun Tae, the director of Siloam Eye Hospital in Korea, will give the sermon.

He is known as the Korean Helen Keller and was awarded the Magsaysay Award.

He lost both his parents 10 days after the Korean War began, and in another 10 days, lost his sight from a grenade explosion.

He became homeless after

that but still cared for his fellow homeless groups.

He eventually worked as a blind massage therapist and was able to pursue studies with the help of an American soldier.

With his help, 32,000 blind patients received eye surgeries and 400,000 patients received free medical service.

He works tirelessly throughout Asia and Africa to help people regain their sight.

The LW Korean Community Church, Senior Pastor Rev. Jang

Young Yong, will make a donation to Pastor Tae to help patients receive free eye surgeries.

After the Sunday worship, there will be a barbecue party.

The LW Korean Community Church is an offshoot of the LW Community Church.

It holds worship service on Sundays at noon in the sanctuary.

Pastor Yong leads an early morning prayer worship every Tuesday-Saturday at 6 a.m.

For more information, all (714) 323-0897.

Assembly of God

The Assembly of God congregation will observe Memorial Day with worship songs about the country’s freedoms and a special offertory by Norma Ballinger.

All are welcome to the service in Clubhouse 3, Room 2, at 10:30 a.m. Visiting Pastor Dan Wilderman will conclude his stay with a message called “Let’s Congregate and Celebrate.” The is the final segment in his series, “Triple Ripple for Daily Discipleship.” It is based on Luke 4:14-19 and Hebrews 10:23-25.

Denise Smith will lead the worship, and Diana Mushagian will share church family news. Associate Pastor Dan Ballinger will open the service.

Prayer meetings are held each Sunday at 10 a.m. and 5:15 p.m.

People from various congregations meet at 6 p.m. in the lobby of Clubhouse 3 for a Hymn Sing. Pastor Dan and Ruth Olson will lead the singing. Dean Brown will sing a special hymn and provide accompaniment on his banjo.

Pastor Wilderman will give the background of a familiar old hymn for the devotion time.

Fellowship follows the singing.

Many people bring treats to share.

A mid-week Bible meets at 10 a.m. on Wednesdays in Clubhouse 3, Room 1, with Norma Ballinger leading. One of more of the Psalms will be discussed. This study is open to all.

FIRST CHRISTIAN CHURCH

Pat Kogok will sing ‘Serve the Lord’

First Christian Church will show the movie, “Gosnell: The Trial of America’s Biggest Serial Killer” tomorrow, Friday, May 24, at 5:30 p.m. at the chapel.

It is a film based on real life events about Kermit Gosnell, a physician and abortion provider who was convicted of 25 felonies and 211 misdemeanors and is currently serving a sentence of life without the possibility of parole.

The Saturday evening service begins at 5:15 with the Hospitality Room opening at 4:30.

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

At 9:30 a.m. the Hospitality Room will open for fellowship and light refreshments with Carol Speake and Sue Kaminski hosting.

Pastor Bruce Humes will begin the worship service at 10:15 a.m. with praise, prayer and Scripture, followed by Margaret Humes leading the congregation in “Majesty,” among other hymns.

The church choir, under the direction of Anita Ragole, will sing “America.”

Pastor Bruce Humes will present the Communion meditation and service.

For the offertory, the Praise Team will sing, “Have Thine Own Way, Lord.”

Pat Kogok will sing, “Serve The Lord,” followed by Margaret



Pat Kogok

Humes who will read First John: 4:16-18.

Pastor Gene Cherryholmes will give a message titled “Greater Is He,” based on First John 4:4-21. Life is about giving, not taking. Freedom is about sacrificing, not accumulating, and Christianity is about serving, not soaking up.

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 Gene Cherryholmes, both beginning at 9:30 a.m.

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

Faith Christian Assembly

This weekend Faith Christian Assembly will celebrate Memorial Day. As people remember those who have paid the ultimate sacrifice while serving in the country’s armed forces, the church will honor those who continue

to serve.

Everyone is welcome to attend services this Sunday as congregants pay tribute to the U.S. Armed Forces.

Faith Fellowship Time is held at 11 a.m. on Tuesdays in the

Garden Room. A midweek Bible study is taught by Pastor Sheri Leming at 7 p.m. on Wednesday in the Garden Room.

To receive a free newsletter and for more information on the church, call 598-9010 or visit

Beit HaLev

Beit HaLev gives online services. This Shabbat the Torah reading will be “B’har” (in the mountain) from Leviticus 25:1-28. The Israelites are instructed in the Laws of the Land—specifically, giving the agrarian society directions on allowing the land to lie fallow every the seventh year. Services are accessed online on *Livestream.com/Galityomtov* and *Facebook.com/galityomtov*. Shabbat Ma’ariv services are at 6 p.m. and Shacharit services are at 10:30 a.m.

In addition to the Sabbath services, Rabbi-Cantor Galit Levy-Slater also conducts a short Weekday Ma’ariv (evening) service every Thursday at 4 p.m. on *SimShalom.com*.

A new beginners Hebrew class has begun. There are now two beginners Hebrew classes, both on Wednesdays, one at 1 p.m. and the other at 2. People who want to learn Prayerbook Hebrew or Modern (Conversational) Hebrew should contact Rabbi-Cantor Galit at 715-0888 or *duets@icloud.com*.

Congregation Sholom

Congregation Sholom will have a Friday night service at 7 p.m. on May 24 in Clubhouse 3, Room 9, with Rabbi Karen Isenberg. An Oneg shabbat featuring Rabbi Karen’s ordination, will follow.

On Saturday, May 25, the service starts at 9:30 a.m. in Clubhouse 3, Room 9, for services with Rabbi Eric Dangott. A potluck dairy lunch will follow at noon. During lunch, the Rabbi will discuss this week’s Torah portion

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

Life Changers

Life Changers are people who can bring the power, favor and light of heaven into circumstances encountered here on earth. Learn how to do this in a five-month study starting June 7 from 1:30-3 p.m. The course is held on the first and third Fridays through October. Men and women are welcome. For more information, call Joan Eisenhart at 343-8066.

Christian Women

The Christian Women’s Fellowship and Bible Study will not meet on May 27, due to the Memorial Day observance. It will meet June 10 and 24 at 10 a.m. in Clubhouse 3, Room 6. For more information, call 431-0597.

Holy Family Catholic

Holy Family Catholic Church, 13900 Church Place next to the St. Andrews Gate, will celebrate the Sixth Sunday of Easter on Sunday, May 26.

The First Reading is Acts 15:1-2, 22-29; the Second Reading: Revelations 21:10-14, 22-23; Alleluia: John 14:23; and the Gospel: John 14:23-29.

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

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

COMMUNITY CHURCH

Church has partnered with pet care clinic to offer low-cost vaccines

Community Church strives to be of service to the Leisure World community. To that end, Community Church has partnered with Vet Care Pet Clinic to offer a low-cost pet vaccine clinic on Thursday, May 30, from 9-11 a.m. The Vet Care Pet Clinic will be located in front of Leisure World Community Church. Vet Care’s full-time veterinarian, Dr. Marjorie Fong, will be there.

The clinic is a family-owned, mobile pet vaccine clinic and full service animal hospital. With 21 years of service, Vet Care has 60-plus mobile locations throughout Southern California.

Its full-service hospital is located in West Garden Grove at Valley View and Lampson streets.

Vet Care Pet Clinic offers affordable vaccines, flea control, microchipping, physical exams, and various diagnostic services for dogs and cats.

Leisure World residents and their pets are welcome.

This is just one of the events and services orchestrated by Community Church’s Planning Team. The church opens its doors on Sunday and desires to host events and services to benefit the community at large.

On Sunday, May 26, Pastor Johan Dodge will provide the fourth message in the Season of Easter series, “Expect the Unexpected.” The Scripture lesson is John 14:23-29. Virginia Olejnik will serve as lay liturgist.

The Worship service starts at 9:50 a.m., followed by refreshments and coffee in Edgar Hall.

Everyone is welcome to participate in the upcoming Bible studies: The Revelation Bible Study, led by Mary Maness and Kelly Frankiewicz, will meet on Tuesday, May 28, at 1 p.m. in the Fireside Room. The Sunday evening Bible study, led by Joy Reed, meets weekly at 5 p.m. in the Fireside Room. The topic is “Death and Resurrection.”



Bryan Brannon (l-r), Pastor Johan Dodge, Hollis Brannon and Elaine Miller encourage pet owners to visit the first vet care clinic at Leisure World Community Church on May 30. Bryan and Hollis Brannon are from Vet Care Clinic.

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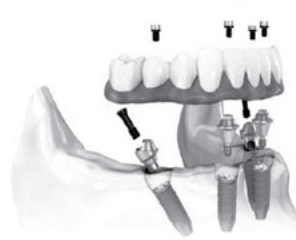
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Health & Fitness



Kathy Rose (l-r), the degree winner from the spring Weight Loss Contest, is pictured with top loser of the week Melinda Lee and program presenter Judy Crimmins.

WA-RITE

Members celebrate victories

by Margaret Humes
LW contributor

At Wa-Rite, members know all too well the truth of this quote by Robert Gilbert: “First we form habits; then they form us. Conquer your bad habits or they will conquer you.”

Members know there’s strength in numbers and a whole lot of encouragement from the ladies in the club. Through trial and error they are learning what works and what doesn’t.

A lot of great information is shared each week and with every bad habit conquered, they celebrate.

Of note this week is Kathy Rose, the degree winner from the spring weight loss contest, who earned the most points by staying within her range and attending every meeting. Melinda Lee lost two-and-a-half pounds, catapulting her to “Top Loser of the Week.”

Judy Crimmins presented a program called “Game Changers—Five Studies that Made a Difference. Highlights included information on the Dietary Approaches to Stop Hypertension (DASH) diet.

It’s a no-nonsense diet rich in fruits and vegetables that includes low fat dairy, poultry, fish, beans, whole grains, oils and nuts. It limits sweets, sugar-sweetened beverages and red meat. In a clinical trial, those on the DASH diet lowered their blood pressure significantly in eight weeks. Those who limited their sodium intake along with the DASH diet saw a huge difference in blood pressure reduction. That was just one out of five studies,

Come to the meetings for up-to-date information on eating for health. Wa-Rite is a support group for women who need to lose 10 pounds or more. Meetings are Fridays in Clubhouse 3, Room 1 from 9-10 a.m.

Weigh-ins are from 7:45-8:45 a.m. Annual dues are \$10.

To join or visit a meeting, call or text Diana Goins at 760-1293. Bring your GRF ID; residents only may join.

OPTUMCARE

Stress class is May 28 at HCC

Maybe it’s just one of those days: you misplace your keys, get stuck in traffic and are late for an appointment. Stressful as it may be, it happens to everyone—and usually not too often.

But if you have a chronic disease, like diabetes, that stress can affect your health more than you think. Thu Tran is a clinical pharmacist who specializes in diabetes.

She will present a class on how stress affects diabetes on Tuesday, May 28. The class will be held in Conference Room 1 at the Health Care Center from 9-10 a.m. All residents are welcome to attend.

“When we have those stressful days—and we all have them—we sometimes forget to take care of our health,” Thu said. “We may not eat a healthy lunch. Or we forget to check our blood sugar levels.”

Thu added it’s not just those minor things that add up. “It’s not just forgetting to check blood sugar or eating poorly,” Thu said. “Stress hormones can affect your blood sugar levels. That’s why managing your stress is so important if you have diabetes.”

And if you’re stressed for a longer time, like recovering from a surgery or caring for a loved one, those stress hormones can lead to higher blood sugar levels. Understanding how stress affects you and learning to manage it can make a difference in your recovery or your ability to care for a loved one.

“If we are stressed for a longer time, it can really impact our health,” Thu explained. “Knowing how to manage your stress helps. This is especially true for caregivers, since they have to care for their loved one and themselves.”

We can’t all go it alone. If you’re struggling to manage your stress and diabetes, or if you’ve found ways that work for you, there is a support group at the Health Care Center. The group meets the first Tuesday of every month. The next meeting is on June 4 from 11 a.m.-noon in the conference room.

IMPAIRED VISION

Telephone access is topic on May 28

The Impaired Vision and Hearing Club will meet on Tuesday, May 28, at 1:30 p.m. in Clubhouse 3 Room 1.

The guest speaker will be Andie Squires, a representative from the California Telephone Access Program.

This program gives free specialized phones to people with disabilities, including impaired hearing or vision impairment and mobility and memory issues.

Andie will explain the program and will have applications available.

Applicants who get approved will have phones delivered to Leisure World and then receive training on the phone.

—Sandy Esslinger

Weekly Health, Exercise Classes

Ageless Grace

An eight-week chair-based exercise program addressing 21 specific aging factors is held at 4:30 p.m. on Mondays upstairs in Clubhouse 6. The exercises are practiced in a chair. Drop in anytime for \$5 per session or pay \$30 for all eight sessions. For more information, call Pam Turner, (760) 560-8161.

Chair Exercise

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

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; \$3 per class; all fitness levels welcome. For more information, call Cathleen Walters at 598-9149.

Fitness Fusion Upper/Lower Body Strength and Yoga

Classes are from 11:15 a.m.-12:15 p.m. on Tuesdays and Thursdays in Clubhouse 6, top floor; \$4 per class by the month or \$5 for occasional drop-ins. For more information, call Marion Higgins at 296-8328.

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

Movement for Health and Self-Healing Medical Qigong Club

Qigong practice sessions are held from 9-10 a.m. on Thursdays in Clubhouse 3, Room 2. QiGong practitioner Dave Heilig instructs.

Pilates

Chair classes are from 5:30-6:30 p.m. on Thursdays upstairs in Clubhouse 6; \$5 per class. Instruction includes seated and standing exercises. Mat classes are Thursdays from 5:30-6:30 p.m. in Clubhouse 6, Room C. Bring a mat. All other equipment will be provided. For more information, call Susan Hopewell, 430-6044, or Linda Neer, 430-3214.

Qigong, Tai Chi Club

Qigong and tai chi classes to increase mobility and balance are at 9:20 a.m. on Tuesdays in Clubhouse 3, Room 1. Beginners welcome. For more information, call Joann Mullens at 596-3936.

Yoga, Beginning

Classes are 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; \$5 per class. For more information, call Patti Endly at 430-7291.

Yoga, Meditation, Tai Chi

Classes are from 9:30-11 a.m. on Saturdays upstairs in Clubhouse 6. Paul Pridanonda instructs. For more information, call 430-7143.

Yoga, Monday

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

Yoga

Classes are at 10 a.m., Tuesdays, in the Clubhouse 4 lobby; at 10 a.m., Thursdays, in Clubhouse 3, Room 1; and at 10 a.m., Saturdays, in Clubhouse 3, Room 2; \$5 per class. For more information, call Connie Adkins at 506-5063.

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 are not needed. Sugar-free desserts are offered on request. One-percent milk is served daily. Suggested donation: \$3 for seniors 60 and older; \$5 for all others. For more information, call 430-6079.

Monday, May 27: Closed for Memorial Day

Tuesday, May 28: Cream of pumpkin soup with salt-free crackers, turkey wrap (Peppers, diced tomatoes, chopped romaine and ranch dressing); flour tortilla, fruit with gelatin

Wednesday, May 29: Pork chile verde, Spanish rice, pinto beans, flour tortilla, orange juice, tropical fruit mix

Thursday, May 30: Baked meatloaf with mushroom gravy, sweet potatoes, brussels sprouts, sugar-free cookie

Friday, May 31: Split pea soup with salt-free crackers, zucchini, corn and egg casserole, stewed tomatoes, dinner roll, melon

Meals on Wheels, Long Beach

Meals on Wheels of Long Beach, Inc., delivers a variety of freshly prepared meals to homebound and active Leisure World shareholders. The discounted daily fee is \$8.25 for a hot dinner and lunch consisting of a large salad or sandwich with a small side salad, dessert and carton of low-fat milk. Meals are delivered weekdays between 10:30 a.m.-12:30 p.m. Call Caron Adler at 433-0232 for more information.

Monday, May 27: Closed for Memorial Day

Tuesday, May 28: Tuna pasta casserole, dinner roll, brussels sprouts, chocolate and vanilla swirl pudding, turkey and ham Cobb

MOW, page 9

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AGENDA

from page 5

- d. Health Care Center Advisory Board
 - 11. New Business
 - a. General
 - i. Adopt Policy 20-2841-2, Graphic Design Services (FINAL VOTE)
 - ii. Approve May GRF Board Report
 - iii. Amend Telecommunications Services Agreement
 - iv. Ratification of Emergency Session of the GRF Board of Directors re: Off-Property Bus Service
 - b. Architectural Design & Review Committee
 - i. Reserve Funding Request – Landscape Replacement, Health Care Center, Clubhouse Six and Administration Parking Lot
 - c. Facilities and Amenities Review Ad hoc Committee
 - i. Committee Recommendations for Policy Amendment
 - d. Finance Committee
 - i. Accept April Financial Statements (Ms. Winkler)
 - ii. Approve Funds Transfer Request – Reserve Funds (Mr. Lukoff)
 - iii. Approve CD Purchase – Reserve Funds (Ms. Heinrichs)
 - iv. Adopt 40-3326-1, Purchasing Warehouse Guidelines for Inventory and Non- Inventory Purchases
 - v. Approve Exclusive Use of Trust Property Leases
 - e. Physical Property Committee
 - i. Reserve Funding Request – HVAC Replacements, Clubhouses Two and Four
 - f. Recreation Committee
 - i. Contract Approval- Sound System and Lighting, Amphitheater
 - ii. Approve Distribution of Questionnaires (Restaurant/Bar, Fitness, Learning Center)
 - g. Security, Bus & Traffic Committee
 - i. Approve Replacement of Visitor Access System
 - 12. Staff Reports
 - a. Director of Finance’s Report – Ms. Miller
 - b. Executive Director’s Report – Mr. Ankeny
 - 13. Board Member Comments
 - 14. Next Meeting/Adjournment
- Next regular GRF Board of Directors meeting, Tuesday, June 25, 1:00 a.m., Clubhouse Four

POLICY

From page 4

present an argument or opinion or information about pending issues of concern to the community. Priority to first-time or less frequent writers. Some names will be left out to protect privacy.

Contributor: Restaurant review, theater review or travel journal submissions welcome subject to terms and conditions in the policy unless otherwise noted.

Political: Submissions concerning political issues outside of Leisure World and the City of Seal Beach will not be published.

MOW

from page 8

salad with blue cheese dressing, crackers

Wednesday, May 29: Chicken with mushroom sauce, brown rice, peas and carrots, melon cup, turkey and cheese sandwich, potato salad

Thursday, May 30: Meatloaf with gravy, mashed potatoes, zucchini medley, ambrosia salad, egg salad sandwich, potato salad

Friday, May 31: Turkey chili, baked sweet potatoes, lima beans, lemon cake, Caesar salad, dressing, crackers

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OPTUMCARE AT THE HCC

Questions about recent measles outbreak are answered

Measles: what you need to know

There’s been a lot of news about measles lately. This year more nearly 850 reported cases have been reported in the U.S., according to the Centers for Disease Control and Prevention (CDC). This is a major change from 2,000, when measles was considered eliminated here.

What is measles?

Measles is a highly infectious respiratory virus. It causes a high fever and rash across the body. Some patients also have white spots form in their mouth. The virus doesn’t show up right away. It can take up to two weeks for the first symptoms to appear.

How does it spread?

It spreads through mucus. When someone who has measles coughs or sneezes, the mucus can land on surfaces nearby. The virus can live for up to two hours on a surface. If another person breathes in the air or touch a surface with the virus, they are at risk.

Who is at risk?

Anyone who has not received a measles-mumps-rubella (MMR) vaccine is at risk. People born before 1957 are considered to be safe, since they likely were exposed to the virus as a child. People who have weaker immune systems and young children who haven’t been vaccinated yet are also at high risk.

If you think you have measles or have been exposed to it, call your primary care doctor im-



A booster may be needed for people born between 1963-1968.

mediately.

Do I need a booster?

A booster is a vaccine given to someone who has already been vaccinated. This is often done for people who are at greater risk:

- Those who travel often overseas to Africa, Asia and the Middle East
- Those who currently work in healthcare, police or fire services
- Those who were vaccinated between 1963 and 1968, when a less effective vaccine was used

Measles typically doesn’t need a booster. But because the vaccine also works for mumps and rubella, it’s worth getting if your doctor thinks you need it.

As with any health issue, the first person to talk to is your primary care doctor. He or she can help you understand if you are at risk and what you can do about it.

Memorial Day Service at NWS

A Memorial Day service will be held at the U.S. National Submarine Memorial West, located at Naval Weapons Station Seal Beach, 800 Seal Beach Blvd., on Monday, May 27. The 11 a.m. observance will include speeches by local community leaders and submarine veterans, as well as the unique “tolling the boats” ceremony, during which each of the 52 U.S. submarines lost during World War II is honored as a bell is tolled. The keynote speaker is Cmdr. Corey Poorman, commanding officer of the Los Angeles-class attack submarine USS Pasadena (SSN 752). The free event is open to the public; reservations are not required. The submarine memorial is located between Westminster Avenue and Pacific Coast Highway in the City of Seal Beach.

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SAFETY COLUMN

Stand by your pan to avoid stove fire

by Eloy Gomez
GRF safety/emergency coordinator

There are five classes of fires: Class A is assigned to ordinary combustibles such as wood, paper, clothes, etc.; Class B, flammable liquids such as grease, paint, solvents and cooking oils; Class C, energized electrical equipment such as electrical panel, electrical motors and electrical wiring; Class D, combustible metals such as magnesium, aluminum, etc., and Class K, commercial cooking equipment (restaurants) with large amounts of cooking oils from animal fats or vegetable oils.

Why are grease/stovetop fires on the rise: This time of the year, spring and early summer, is when shareholders are most active. They are doing chores, exercising outdoors and attending club meetings along with many other pursuits.

Avoiding Class B fires requires focus: Standing by your pan while cooking is the best way to prevent cooking fires. However, if multitasking is a must while you are cooking, it is highly recommended that you set and carry a small cooking timer as a reminder in case you get distracted.

The installation of smart burners on stoves can decrease the risk of grease fires. Smart burners are designed to prevent burners from reaching the temperatures at which most cooking oils auto ignite. Some Mutuals have installed smart burners in most units for residents’ safety and the safety of their neighbors. People who have them should not remove them as this is a violation of Mutual policy and increases fire risk.

In case of a pan fire, don’t panic.
Remember, every fire needs three elements to exist: heat, oxygen and fuel. So, begin by turning off the burner.

This will eliminate the heat source (Do not remove the pan as the burning oil may spill and the fire spread to other areas). Next slide a proper fitting lid over the pan.

This process will remove the oxygen, and the fire will extinguish. Never use water to extinguish a grease fire. If successful, your next step should be to call 9-1-1 to have the fire department evaluate the damage.

If the fire is out of control or spreading to areas out of the pan, evacuate your home immediately and call 9-1-1 from a neighbor’s phone. Do not return to your home as the smoke could be toxic.

Portable fire extinguishers are effective for small fires when used properly. Most residential fires are class A, B or C.

Select a small, easy to handle ABC dry chemical type fire extinguisher, keep it in an accessible location in the kitchen and read the manual so you know how to discharge it when a fire emergency arises.

For more information, contact Eloy Gomez, safety and emergency coordinator, at 431-6586, ext. 356.

Misson Courts to Close Monthly

The multipurpose courts at Mission Park will be closed the first Wednesday of every month after 3 p.m. for power washing. The Recreation Department thanks players for their cooperation and regrets any inconvenience.

TRIVIA

from page 2
meet new friends and the potential to win up to three times your buy-in. Bring snacks and \$1 bills to enter some fast and fun intermission games.
Research shows that activities that are intellectually stimulating and the ability to socialize with others are important health benefits for older adults.

Open seating is on a first-come, first served-basis and is limited. People can buy tickets at the Y Service Club pancake breakfast on Saturday, May 18, from 8-10:30 a.m. and outside Clubhouse 6 from 9-11 a.m. on June 10, 12, 14, 17, 19 and 21.

Proceeds from this event will benefit the Los Altos YMCA kids programs and other projects that help the Leisure World community.

FALLS

from page 1
statistically significant difference in important outcomes.

The class will emphasize individual strategies, like walking, *not running*, to answer the phone, or not wearing flip flops anymore. The class will also highlight areas that can make people feel safer and more confident. For example, people will learn to:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risk at home
- Exercise to increase strength and balance

The class fills up quickly, and space is limited. To register and for more information, call Leisure World Member Resources and Assistance Liaison Cindy Tostado, LCSW, 431-6586, ext. 317.

CAP

from page 2
Forces Training Base.

To order tickets, call Juanita Townsend at 431-4026.

Children A Priority will feature Joy Kolesky as the guest speaker at the luncheon meeting at 11:45 a.m. on Thursday, June 6. She will have all latest on Special Olympics at CSULB, so bring along neighbors to enjoy the fellowship

All are welcome. Board members are needed. For reservations, call Maria Swift, 493-1924, or Rosemarie “Romy” Brannon, (714) 345-5314.

AUXILIARY

from page 3

veterans participated and won prizes of baseball caps, canteen books and socks. The men and women veterans were grateful. Thank you to Veteran Bingo Chairperson Monica Grundman, who organized the yearly event. Each month a different Auxiliary unit provides this entertainment for the hospitalized veterans.

Installation of new officers will be held at the June 17 meeting, which is a luncheon.

Call Eloise Knoll at 533-0773 to get tickets.

—Jean Sudbeck

Woodshop 1 News

Woodshop 1 will be closed from today, May 23, through Thursday, May 30. The supervisor will be unavailable during that time, and there is no back-up.



Kathy Almeida (l), chair, Emergency Information Council, presents speaker Margaret Vinci of Caltech with a certificate of appreciation. They are with Eloy Gomez, GRF safety coordinator.

QUAKE

from page 1

“We’ve dodged a bullet for the last 30 years,” said Vinci. “We know the ground is moving, but we don’t know how much stress is needed to create a big one.

“This is not to scare you. It’s to prepare you.” Vinci knows what she’s talking about.

After 26 years at Caltech, she is fluent in all things earthquake. She held her LW audience spellbound, talking about the risks, survival strategies and the science behind earthquakes.

Weather hazards are a part of life anywhere in the world, whether it be floods, hurricanes or tornados, and here in Southern California, earthquakes put residents at risk.

What is the Risk?

“Risk is everywhere,” she said. “Knowing your risk leads to preparation. It’s about making educated decisions and developing situational awareness.”

Those mountains and valleys that make this area so desirable were formed by the San Andreas fault, the longest fault in the state, slicing through Los Angeles County along the north side of the San Gabriel Mountains. It has the potential to trigger the most powerful earthquakes possible in the area— as big as magnitude 8.

There are over 100 smaller active faults in the region that can cause damaging earthquakes like the 1994 Northridge earthquake.

One of those seismic danger zones is the Newport-Inglewood fault that runs under the densely populated Westside of Los Angeles to the Orange County coast, including Leisure World.

On March 10, 1933, the Newport-Inglewood fault ruptured, triggering a magnitude 6.4 earthquake in Long Beach. Poorly designed and unreinforced brick structures crumpled; 120 people died; and rebuilding cost about \$50 million in 1933 dollars.

Today’s structures and infrastructure are vastly improved, but risk cannot be entirely mitigated.

The Long Beach quake and the magnitude 6.7 Northridge earthquake are considered “moderate” events, despite the fact that the Northridge event impacted a 5-mile area.

“The earth is in constant motion. Tectonic plates (pieces of the Earth’s crust) create stress, and something gives,” said Vinci, adding that most earthquakes in U.S. occur in Alaska, but California is second, and its dense population drastically elevates its potential for catastrophic damage.

The state’s last so-called “Big One” was in 1857. The magnitude 7.9 temblor (by definition, a major quake is magnitude 7.7 or above) shook the region’s 4,400 residents. Their adobe homes all fell down, leaving only the door frames standing (that’s where the erroneous idea of seeking shelter in the door frame originated), Vinci said.

Safe Places and Practices

There are safe places and practices that can minimize the chance for injury and death. It requires a certain mindfulness that every resident should cultivate and a knowledge of what to do in the immediate aftermath of a quake.

“During the Northridge quake, people could not move,” said Vinci, who stressed that there will be no time to think of escape.

“You need to drop, cover and hold on before the energy has a chance to knock you off your feet.” She advises practicing the technique: As soon as the shaking starts, drop to the floor, cover your head and neck with your arms and hands and take shelter under a desk or table if possible, and hold on.

“Find a safe place wherever you go,” Vinci said. “It takes a half a second to scan the room and find a place.”

- Remember to:
- Get your head and neck under a chair to protect them from falling debris.
 - There will not be time to exit a building. People are better off inside. The more they move, the more they are apt to be injured.
 - If there is nothing to shelter under, huddle against interior walls; exterior walls are more susceptible to collapse.

“Make yourself into a curly bug if you can,” said Vinci. If you are sitting in a chair, curl up to protect your organs. If you’re using a walker, brake it, sit down, curl up and put a purse or pillow over your head. People who cannot drop can still tuck their heads to their chests and use their arms to shield their heads and necks.

Next week: How to Best Prep for an Quake and Life After a Big Quake

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Arts & Leisure

LW Dance Classes and Clubs

The following is a partial list of dance classes and clubs available in Leisure World:

•**A Time to Dance Club by Joseph:** Ballroom dance group lessons are held the second and fourth Thursdays in Clubhouse 3, Room 2. Rumba is taught from 6:30-7:30 p.m.; nightclub two-step, 7:30-8:30 p.m.; \$5 per session. Singles and couples are welcome. For information, call (559) 403-8974.

•**Ballet:** A one-hour class is held at 1:30 p.m. on Saturdays in Clubhouse 6, second floor; no experience required. Classes are \$3.

•**Dance Club:** Ballroom and social dance classes are held on Wednesdays in Clubhouse 6, Room C. Beginning/intermediate cha cha is taught from 7:15-8:15 p.m. and intermediate fox trot is taught from 8:15-9:15 p.m. The cost is \$6 per class or \$10 for both classes. Singles and couples are welcome. Dancers rotate. For information, call dance instructor Jeremy Pierson, 999-1269.

•**Dancing Feet Club:** Ballroom and line dancing are held in Clubhouse 2 on the fourth Sunday of the month from 6:30-9:30 p.m. Doors open at 6. Admission is free. Guests may bring drinks and snacks. The club holds free line dance lessons and practices in Clubhouse 6 on Thursdays from 7-9 p.m., and on the first, third and fifth Sundays from 4:30-6 p.m. For more information, call Ed Bolos at (551) 998-4223.

•**Flowering Step Line Dance:** Free classes are held at 10 a.m. on Mondays and the third Tuesday of the month in Clubhouse 2. Young-Ah Ko is the instructor. For more information, call (310) 658-0379 or 296-8068.

•**Fun Exercise Line Dance Club:** Intermediate line dance meets from 10:30-11:30 a.m. on Wednesdays in Clubhouse 6, Room C; membership, \$10 a year. For information, call Suzanne Ahn, 810-1614.

•**Grapevine Line Dance:** Free line dance classes are held Thursdays from 3-5 p.m. (beginners, first hour, advanced, second hour) at Clubhouse 6, Room C; and beginner level only on Fridays, 2:30-4 p.m., Clubhouse 3, lobby. Newcomers should have general knowledge of line dance and basic dance steps. For more information, e-mail grapevinelinedance@gmail.com or inquire in classes.

•**Hui O Hula:** Beginners meet on Mondays from 10-11:15 a.m., upstairs in Clubhouse 6, followed by an intermediate and advanced class. The Tuesday class starts at 1:15 p.m. upstairs in Clubhouse 6. All levels are welcome. For more information, call 252-9676 or email jojo@huiohula.com.

•**Joyful Line Dance Club:** Beginning and intermediate easy-to-follow line dance classes are from 3-4:30 p.m., Wednesdays, in the lobby of Clubhouse 3; \$2 per 90-minute class; Justin Manalad is the instructor. For more information, call Anna Derby, 301-5339.

•**Leisure Time Dancers:** The waltz will be taught at 2 p.m. and big band swing at 3 p.m., Monday, in Clubhouse 6. Richard Sharrard is the instructor. Singles and couples are welcome; dancers rotate. Cost is \$6 for one hour; \$10 for two hours. For more information, call 434-6334.

•**Leisure World Cloggers:** Advanced and intermediate students meet at 8:30 a.m. and beginners at 10:30 a.m., Wednesdays, on the Amphitheater stage. For more information, call 598-9974.

•**Leisure Whirlers Square and Round Dance Club:** Themed dances and a potluck are held on the first Friday of the month at 6:30 p.m. in Clubhouse 4. Singles and couples are welcome. Cost is \$7 per person. For more information, call Lenore Velky at 237-2682.

•**Line Dance, beginning:** Free classes are held Fridays (except

DANCE, page 12



Jojo Weingart

Hui O Hula has been entertaining at Stanton's Rowntree Gardens at least twice a year since 2009. The audience is always enthusiastic. Quite a few of them used to live in Leisure World, and they are always happy to greet the Hui dancers. Here dancers and residents wave aloha after dancing to "He's Got The Whole World In His Hands." together. Free hula classes are given upstairs in Clubhouse 6 on Monday mornings at 10 and Tuesday afternoons at 1:15. Everyone is welcome to dance, or to just sit and watch. There is often live music. Call 431-2242 for more information.

COMMUNITY SING

Club to resume Monday, Sept. 9

On May 13 Leila Claudio led Community Sing and Opening Acts began with Ethel Carter singing "You're a Good Man, Charlie Brown," assisted by Chuck Zeman. Then Gwen Preston sang "You Made Me Love You," followed by Byong Choi, "Don't Forget to Remember"; Bruce DuPont, "It's Magic"; Clarence Hoffman, "Fraulein"; and Bob Barnum, "Younger Than Springtime."

Pianist Pat Kogok accompanied four of the Opening Acts.

Leila led group singing until she introduced singer and guitarist Andre DuSomme, who performed "Della and the Dealer," among others. The audience applauded loudly.

Thanks to the talented song leaders who emceed this season: Betty Ballen, Carmen Edwards, Leila Claudio, Byong Choi, Ethel Carter, Nancy Maggio and Bob Barnum.

Hometown Buffet Menu

Hometown Buffet will be in Clubhouse 1 on May 27 (the fourth Monday of the month) to serve dinners from 4-6 p.m., the dining room is open until 7 p.m. Reservations are not required.

The restaurant offers a different dinner menu each month for \$11 (tax included) for all you can eat on site; cash or check only.

MENU

Salads
Coleslaw salad
Caesar salad with croutons
Soup
Chili bean soup
Entrees
Barbecue baked chicken
Traditional pot roast
Sides
Steamed carrots

Vegetable rice pilaf
Hometown corn
Baked potatoes
Poultry gravy
Garlic bread
Desserts
Country brownies
Red velvet cake
Pineapple and cantaloupe platter

Life Options Expo

The fourth annual Life Options Expo hosted by the Golden Rain Foundation will be held from 8 a.m.-noon on Saturday, June 1, in Clubhouse 4. The expo is co-hosted by California State Assemblyman Tyler Diep and Orange County Supervisor Michelle Steel.

The community-wide event will provide residents and their families outreach and education on the wide variety of services and resources available to enhance quality of life.

Come and learn more about businesses and agencies that operate assisted living facilities, board and care facilities, and home care and elder care options.

EXPO, page 12

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Terry Otte and Abilene will perform in concert at 7 p.m. on Saturday, May 25, in Clubhouse 2. All Leisure World residents and friends are welcome. The clubhouse is set up with tables, so bring beverages and snacks, and get ready to dance.

LWSB Book Club

The LWSB Book Club met May 16 to talk about “Lest Innocent Blood be Shed,” by Phillip B. Hallie.

It was a record of how the residents of Chandon, France, assisted persons fleeing the persecutions under Nazi Germany by providing food and board along with passage to a safer environment despite the collaboration of the Vichy government.

Club members spoke with admiration for the local pastor and his Italian-born wife, who led the town’s population of some 5,000 persons—with limited resources themselves—in defying local ordinances to protect a steady flow of refugees seeking survival.

The story attested to the intrinsic values of the human spirit becoming evident in the face of human evil.

The book was researched and authored by an American professor of philosophy whose education and background motivated him to unearth details on these exceptional and heroic responses to terror.

The book, “Anything Considered,” by Peter Mayle, chosen for the June 20 meeting promises to be a fun read.

On July 18, the group will discuss “Please Understand Me,” a look at character and temperament types by David Keirse and Marilyn Bates.

The selection for Aug. 15 is “China Doll,” by Lisa See.

The Leisure World Book Club meets on the third Thursday of the month in Clubhouse 3, Room 7, at 1 p.m.

There are no dues or fees.

Books may often be borrowed from the local library or ordered online from *Abebooks.com* for around \$3.46 for shipping.

—Gail Morrison, secretary

EXPO
from page 11

There will also be specialists in senior placement, long-term planning, home care and county resources.

The GRF does not endorse any particular agency.

Participating vendors will provide information and referrals only.

In addition to the expo, the schedule includes an opening ceremony at 8:30 a.m., a Senior Scam Stopper Panel at 9 a.m. in Clubhouse 3, Room 1, and the California Highway Patrol Age Well Drive Smart Program in Clubhouse 3, Room 1, from 10:45 a.m.-noon.

For more information, call Cynthia Tostado at 431-6586, ext. 317.

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The Dixieland Jazz Band

PARASOL PARADE OPENER

Bring snacks to free concert on June 5 in CH 4

The Leisure World Dixieland Jazz Band will play on Wednesday, June 5, at 6:30 p.m. in Clubhouse 4. This is a free event to all Leisure World residents and their family and friends, The concert commences with

an hour of Dixieland jazz before a short intermission. Decaf coffee and other refreshments will be available. People may bring their own goodies and beverages. The concert is usually over by 8 p.m. Donna O’Keefe will lead the

traditional Parasol Parade. All are invited to participate. They may pick up one of her personally decorated parasols or bring their own and join in the fun. Everyone is also invited to dance to this toe-tapping music.

LW ORCHESTRA

Concert is today
at 6 p.m. in CH 4

The LW Orchestra will present its spring concert at 6 p.m. today, May 23, in Clubhouse 4 (this is a change for the usual Saturday afternoon show).

Admission is free. The orchestra will perform the music of the masters: Handel, Richard Rogers, Brahms, Brevall, Bach, Gershwin, Schubert, Offenbach, Chopin, Hoagy Carmichael and others.

The 30-plus piece orchestra has a big sound and full of wonderful harmony. Pianist Esther Chun, who is also the club’s vice president, will be showcased in “Little” Rhapsody in Blue,” a piece made famous by the Paul Whiteman Orchestra in the 1920s.

It turned out to be a wonderful crossover between classical and jazz. The orchestra will also feature Baroque music from the 1500s-1600s. After the concert there will be refreshments and time to mingle with orchestra members and Conductor Rae Boeving.

The orchestra welcomes new members, especially brass players. Contact Fred Reker, (615) 898-0669, if you have played a musical instrument in the past and want to revive your skill. Players can help people regain their proficiency.

—Fred Reker

Community Karaoke

The karaoke room was filled with birthday decorations—this time for Helen Schultz, Tommy Williams, Betty West, Diane Wasserman, Bette Fritz and Tosca Lies. There was lots of cake for all and another night of delicious gourmet pizza generously donated by Galal Gado.

Community Karaoke crooners and audience members filled Clubhouse 1. Club singers gave their all as they took the stage. Audrey McKenzie remembered Doris Day with “Que Sera Sera,” and Bee Santo sang an Italian tune “Core Ingrato.”

Vito Villamor and Culley Eaby got the line dancers up with their songs, and Richard Yokomi, Shannon Harrison and Eva Doroia sang toe-tapping tunes.

There were smooth ballads and love songs from Tony Tupas, Bob Barnum, Donna Burr, Wayne Urban, Mike Breen, Anna Li, Charlie Guggino, Byong Choi, Carolyn Mottola just to name a few.

Karaoke parties are held in Clubhouse 1 each Wednesday night starting at 5:30 p.m.

Creative Writers Club

The Leisure World Creative Writers Club Fiction/Non Fiction group will meet Friday, May 24, at 1:30 p.m. in Clubhouse 3, Room 1. Residents and guests are invited.

—Dorothy Ferrington

DANCE
from page 11

the first Friday of the month) at 10 a.m., Clubhouse 3 lobby, and 1 p.m. on Wednesdays, Clubhouse 3, Room 6. For more information, call Barbara Magie, 858-8485.

•**Saturday Morning Dance Club:** Bolero is taught from 9-10 a.m.; quick step, from 10-11 a.m., Saturdays, in Clubhouse 1; Candi Davis; instructor; dancers rotate. Sessions are \$5.

•**Suede Sole Dancers:** The group meets at 6 p.m. on Sundays for a class upstairs in Clubhouse 6. Pat Erickson is the instructor.

•**Velvetones Jazz Club Dance:** The big band plays dance music at 6 p.m. on the first and third Sundays of the month in Clubhouse 4.

•**Zumba Club:** Stef Sullivan teaches the class with dance steps inspired by salsa, merengue, cha-cha, raggaeton, Cumbia, Bollywood, jazz, hip-hop and disco. Classes, \$3, are held at 5:30 p.m. on Mondays, 8:30 a.m. on Tuesdays, 5 p.m. on Wednesdays, 8:30 a.m. on Thursdays and Fridays, 11 a.m. on Saturdays and 2:30 p.m. on Sundays. Classes are held in Clubhouse 6, except the Thursday class, which meets in Clubhouse 3.

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A COMMUNITY BUILT ON CARE





Three LW Art League members won a total of five ribbons and monetary/gift certificate awards at the April 28 Cypress Art League Spring Show. From left, Alice Sioson won a special award for her watercolor entry; Elizabeth Kennedy took a second-place in Division 3, Oil and Acrylic, and an honorable mention in Division 3, Other Media; and Steve Moore won two special awards for his submissions in the oil and acrylic category. Behind the three is Elizabeth Kennedy’s stunning prize winner. Ribbon winners were displayed at the Cypress Community Center Gallery, 5700 Orange Ave.

GRF Weekly Dance

The Golden Rain Foundation sponsors a weekly dance on Saturdays from 7-10 p.m. in Clubhouse 1. Now and Then Trio will play 1940-60s ballroom big band era music on May 25. The Recreation Department asks residents and their guests attending the GRF Saturday Dances in Clubhouse 1 to cooperate in adhering to a few, simple rules:

- Do not park on the east side of Clubhouse 1. Parking for the clubhouse is across Golden Rain Road at the golf course or on Burning Tree Lane.
- People must be out of the clubhouse no later than 10 p.m. to permit adequate time for the custodian to set up for the next group.
- No announcements are permitted from the stage, except by the bands.
- Clubhouse lighting and audiovisual equipment can only be adjusted by the custodian according to the instructions they have been given
- Be sure to sign in, either as a resident or guest. This is the only way GRF can judge the popularity of bands.
- Guests must be accompanied by the GRF member who invites them as all passes and ID’s are subject to inspection.

Leisure Whirlers

The Whirlers Square and Round Dance Club will meet on Friday, June 7, in Clubhouse 4 from 6:30-9:30 p.m. The theme will be “Days of Summer.” There will be music, dancing and a finger-food potluck. Pre-rounds are from 6:30-7 p.m. Square and round dances will be alternated from 7-9 p.m., followed by the potluck and socializing. Singles and couples are welcome. There will be a singles rotation so everyone can dance. Cost is \$7 per person. For more information, call Lenore Velky at 237-2682.

Help with the New Square Dance Class

Experienced dancers are needed to help support new students, who are learning the 110 square steps used in regular square dancing. The class takes nine months and will continue through the first Monday of December. Singles and couples are welcome. There is a singles rotation so everyone can dance. Classes are held at the Garden Grove Women’s Club, 9501 Chapman Ave., in Garden Grove. For more information, call Mel Branham at (714) 803-0250.

OLLI Registration

The Osher Lifelong Learning Summer Session starts July 8 and continues to Aug. 24. Summer registration starts at 9 a.m. on Friday, May 31, in person or online. For online registration using a credit card, log on to csulb.edu/olli or search “OLLI at CSULB.” Follow the online instructions or the step-by-step help in “The Sun,” OLLI’s magazine. For more help registering, call the Helpline at 985-2398

To register in person, bring registration forms and check/cash to the OLLI office. Make check payable to “CSULB Foundation” (you can also donate to the Foundation on the same check.) OLLI at CSULB is located in Building HS&D, Room 101. This building is located near the corner of Palo Verde and Anaheim at the east side of the CSULB campus. Credit cards are not accepted for in-person or mail-in registration.

AUTHORSPEAK!

LW Library hosts Romalyn Tilghman

Romalyn Tilghman will talk about her award-winning book, “To the Stars through Difficulties” at 11 a.m. on June 6 at Veterans Plaza, located next to the library. This is one in a series of Author-speak! presentations hosted by the Leisure World Library.

Tilghman’s novel is inspired by the events of the early 20th century in rural Kansas during the time Andrew Carnegie established 59 libraries. While Andrew may have planted the seeds of these libraries, it was up to the women of these remote towns to find the means to raise funds and supply them with materials.

“To the Stars through Difficulties” is a contemporary story of women changing their world and finding their own voices, powers, and self-esteem in the process.

Tilghman will speak about her book and the research that went into writing it, which includes a history of rural Kansas. All are welcome. Refreshments will be provided by the library.



Author Romalyn Tilghman


SEASON TICKETS

Discounted LBSO Pops tickets offered


Jeannie Berro of Mutual 2 is accepting a limited number of members into her long-standing Discount Season Ticket Group for the Long Beach Symphony Orchestra Pops 2019-2020 season. The concerts are Saturday nights at 8 at the Long Beach Arena. Seats are in the Center Loge, Section 111, and there is dancing in two sections near the stage for people who are so inclined. Carpools will be arranged. The schedule is:

- Oct. 26: An Evening With Lucia Micarelli, Vocals and Violin: She has collaborated with Josh Groban, Chris Botti and Jethro Tull.
- Dec. 21: Holiday Pops! with The Copa Boys reuniting to spread cheer singing famous holiday tunes and Rat Pack standards.
- Feb. 22, 20: Mardi Gras Madness: A lively, fun-filled evening centered around the distinct style that makes New Orleans the city of jazz.
- March 21: A Sondheim and Lloyd Webber Celebration: A tribute to the great Broadway composers. Broadway stars singing tunes from “Gypsy,” “West Side Story,” “Sweeney Todd,” “Evita,” “Cats” and “Phantom of the Opera.”
- May 9: A Night of Symphonic Rock: The symphony with vocals and guitar, featuring an all-star six-piece rock band performing the greatest classic rock hits of all time. Pack a picnic, bring favorite cocktails and invite your friends.

TICKETS, page 15



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Art League winners on May 14 were Frieda Davis (front, l), Intermediate and Popular Vote; and Kelly Frankiewicz, Masters. In back are Judy Sherratt (l), Mixed Media; and Steve Moore, Best of Show.





The Garden Club’s Garden of the Month showcases a riot of color at 13581 Medinac, Unit 7. The Garden Club meets on the third Monday at 1:30 p.m. in Clubhouse 2. All are welcome.

LW Theater Club

The Leisure World Theater Club will meet at 10 a.m. on Friday, May 24, in the Loft. Members will discuss plans for the Labor Day show. Eric Nelson’s Entertainers Show earlier this month was a rousing success and can be viewed on www.youtube.com under Janice Laine Leisure World.

Everyone is welcome to attend club meetings and see first-hand the machinations of crazy theater folk, led by our illustrious president Taylor White. People don’t have to have talent to be a Theater Club member; the club needs help in behind-the-scenes roles that make its performances a success.

Everyone is welcome.

TICKETS
from page 14

See longbeachsymphony.org for more information on Subscriber Only benefits.

They include free lost ticket replacements, and flexible ticket exchanges (for other POPS and Classics concerts for the same season).

Also, additional individual concert tickets can be purchased for guests at pro-rated same low rate.

Subscribers can also get a dining discount card for local restaurants that applies on concert dates and Sunday-Thursday nights for the season.

The price for Berro’s group is \$93 for five concerts.

The regular group rate is \$204. Call Jeannie at 284-6054 between 9 a.m.-9 p.m. for more information.



The Cabaret Entertainers

BROADWAY RHAPSODY

Performance to showcase classic show tunes

“Broadway Rhapsody” is the theme of the performance of the Cabaret Entertainers at 7 p.m. on Thursday, May 30, in Clubhouse 2. Doors will open at 6 p.m.

The Cabaret cast will showcase a varied collection of show tunes from stage and screen. There will be guest singers and musicians, and some dancing.

Themed decorations will be done by Ruth Long and Tommy Williams

Dust off those top hats and canes, and enjoy the theater atmosphere.

Admission is free and people are welcome to bring their own refreshments.

Come early to meet and greet friends and neighbors.

—Tosca Lies

Ad Hoc Sing-Along

The LW Ad Hoc Sing-Along Club meets at 4 p.m. on Tuesdays in the lobby of Clubhouse 3 for one hour. All are welcome to come and sing the old “Hit Parade” favorites, Broadway tunes and songs made famous in movies.

Helen Onu is the song leader, and singers are encouraged to become song leaders. Piano accompaniment is provided by Barbara McIlhaney. Song sheets are furnished.



Ellen Dayon, MD <i>Internal medicine</i>	Rudolf Haider, MD <i>Geriatric medicine</i>	Mary Sherman, MD <i>Internal medicine</i>	Nancy Smith, MD, JD <i>Family medicine</i>	Sullyvan Tang, MD <i>Internal medicine</i>	Hyunmie (Amy) Kim, GNP-BC <i>Geriatric nurse practitioner</i>	Sarah S. Yi, FNP-C <i>Family medicine, Board-certified nurse practitioner</i>
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Community



Convoy of American soldiers in Operation Desert Storm in Iraq.

FALW

Annual picnic set to honor veterans

The annual picnic for all veterans residing in Leisure World is set for Sunday, July 7, in Clubhouse 1 picnic ground starting at 11 a.m. The Filipino Association of Leisure World is hosting the event for the ninth year to honor our “American Heroes” who unselfishly sacrificed their precious time and life to preserve the freedom, all Americans enjoy today. It is a gesture by all the members of FALW to show their gratitude to these brave heroes.

All veterans are welcome to participate in this event. Come enjoy the day with programs, games and food. To participate, call and submit your name, branch of service and telephone number before June 30, to be included in the list of “Heroes.” For further information, call Ren Villanueva, 493-1406; Ric Dizon, (714) 225-3597; Eileen Merritt, (714) 423-3109; Jane Haas, (714) 423-3689; Dove Sonza, 477-5541; Essie Hicks, (714) 488-6149; or Myrrha Villanueva, 493-1406.



The Korean-American Chorale file in to sing at last year’s dinner.

KAA

Korean War veterans will be honored

The Korean American Association of Seal Beach Leisure World will honor Korean War Veterans for their sacrifice and dedication during the Korean War, 1950-1953.

All Korean War veterans are invited to dinner at 5 p.m. on Thursday, June 13, in Clubhouse 2.

There will be a catered Korean barbecue dinner served and gifts to each and all participating veterans.

The Korean-American Chorale will sing “Armed Forces- The Pride of America!” translated into Korean and also other familiar songs to entertain the veterans.

An early arrival is recommended to secure a parking place. A large number of Korean American Association members is expected.

RSVP is required. Call Anna Derby at 301-5339 before Friday, June 7.

GRF

Used vehicle sale is Saturday, CH 6

Each fourth Saturday Shareholders/Members have the opportunity to sell used motorized vehicles in the Administration Parking Lot from 8 a.m.-4 p.m.

Vehicles must have current DMV registrations and GRF decals as well as be insured. In addition to cars, motorhomes, motorcycles, golf carts, bikes, trikes and scooters may be sold. The owner or representative does not need to be present and is allowed to display a single “for sale” sign no larger than 18 inches by 24 inches on the vehicle, to include a phone number.

The sale is open to Leisure World residents only and the guests they call in. The public will not be able to sell at the events.

For more information, contact Recreation at 431-6586, ext. 398.

SUNSHINE CLUB

Special Olympics speakers are guests tomorrow

Jenny Skinner and Greg Kozlowski will be the guest speakers at the Sunshine Club tomorrow, May 24 at 10 a.m. in Clubhouse 3, Room 2. They are members of the Special Olympics leadership program, Global Messengers, and will talk about the Special Olympic games that will take place on the California State University, Long Beach, campus, June 8 and 9. They will be joined by LWer Joy Kolosky and Violette Prentice, the director of development for Special Olympics Southern California,

Greg is the 2019 Orange County Athlete of the Year. Jenny was Athlete of the Year in 2015.

As Global Messengers, Jenny and Greg were trained as public speakers in the Toastmasters program and are happy to share their experiences in Special Olympics with their audiences. Both athletes have been involved in Special Olympics for more than 17 years and participate in multiple sports.

In addition, each athlete will have one of their parents share about their experiences of being involved in Special Olympics and what it has meant to them. The athletes are blessed to have such supportive parental involvement.

Violette will share information about the history, demographics and the organization of Special Olympics. She will have handouts.

Joy will be talking about volunteering as a coach and what a joy it is to work with these wonderful athletes.

Arrive 5-10 minutes early to enjoy refreshments before the



Sunshine speakers will be Special Olympians Greg Kozlowski (l-r) Coach Joy Koloski and Jenny Skinner.

meeting. The club appreciates shareholders bringing their own coffee mugs to participate in the club’s “Save The Earth” program.

The Sunshine Club is designed to help people get along in the community, for neighbors to have better communication and to get the best out of living in Leisure

World.

The club meets from 10 a.m.-noon on Fridays, in Clubhouse 3, Room 2 (except the first Friday in Room 9). All shareholders are welcome to attend; membership is not required.

For more information, call Anna Derby, 301-5339.

GRF Minibus

The GRF Minibus will operate on the Holiday “D” schedule Monday, May 27, Memorial Day. The Access bus will operate as usual, by appointments only. There will be no Seal Beach Shopping Shuttle to Rossmoor or Dial-A Ride service on May 27.



Tickets on sale for ‘Phantom of the Opera’

The Recreation Department, in conjunction with the Segerstrom Center for the Arts will host a matinee performance of “The Phantom of the Opera” on Thursday, July 11 at 2 p.m.

Tickets to the performance are \$72, including transportation and gratuity. Accessible seating may be available upon request but cannot be guaranteed. Sales have been brisk so come down to the Recreation Office to purchase tickets before it sells out.

The Segerstrom Center for the Arts describes the production as a “brilliant reinvention is dazzling and haunting, with epic scenes and an unforgettable score.”

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

MUTUAL 9

Multi-carport sale is today

Mutual 9 is hosting a multi-carport sale today, May 23, from 9 a.m.- 2 p.m. in the carport area off Foxburg Road. For more information, call 431-4796.



Golden Age Foundation volunteers will be on hand to help at the shredding event on June 6.

Shredding truck returns on June 6

Golden Age Foundation will sponsor a free document shredding service on Thursday, June 6, from 10 a.m.-noon in the Clubhouse 2 parking lot. Arrive early, as the line for shredding will close at 11:30 a.m.

- Remove staples and paper clips
- Electronic devices are not accepted
- Contaminated bags will be turned away.

Golden Age Foundation will also collect small used batteries for disposal at the shredding event.

The Golden Age Foundation is a nonprofit 501(c) (3) charitable organization dedicated to serving the special needs of Leisure World shareholders and residents.

The next shredding service will be in October.

For more information, call Anna Derby at 301-5339.



Historical film on Filipino rescue of Holocaust survivors will be shown

The Filipino Association of Leisure World will show the one-hour documentary film, "Rescue in the Philippines: Refuge from the Holocaust," on Sunday, June 23, in Clubhouse 4 at 2 p.m.

It is a story about how Philip-pines rescued and offered sanctu-ary to more than 1,200 Jews from Germany and Austria during the Nazi regime.

The Philippines was the only country in the world who offered sanctuary to German and Aus-trian Jews during the Nazi purge to exterminate the Jewish popu-lation in Europe during World War II. The documentary was narrated by a well known German actor, Liev Schreiber.

The untold story involves poker-and-cigar-smoking bud-dies, the Freider brothers, Cin-cinnati businessmen who were making two-for-a-nickel cigars

GOLDEN AGE

Appointments needed for bicycle repairs

Dave Hanson, president of Jax Bike, will return to Leisure World on June 5 to make minor on-site bicycle repairs. This program is sponsored by the Golden Age Foundation.

Due to the popularity of the program, shareholders must make an appointment by calling Sharon Kohn, 596-1969, Mon-day-Friday from 9 a.m.-5 p.m. She will schedule appointments from 1-3 p.m. with everyone be-ing seen by 4 p.m.

Bicycles that need more exten-sive repairs are taken back to his shop and returned in about three weeks. Return dates and time will be announced in LW Weekly.

At previous services countless bike tires were filled, chains lubed and seats/handlebars adjusted.

The objective is to see every-one in the community having fun riding safe bicycles.

ITALIAN-AMERICAN

Club will serve pizza on June 5

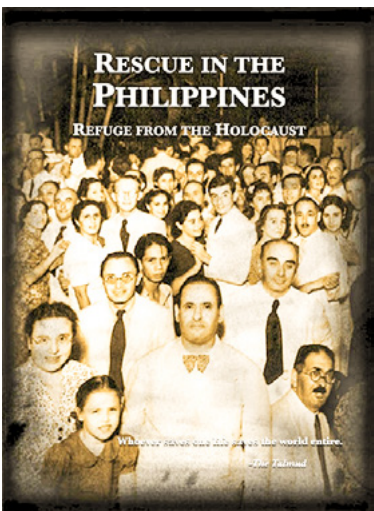
The Italian-American Club meets the first Wednesday of each month in Clubhouse 4 at noon. All Leisure World residents are welcome to join.

The next meeting is Wednes-day, June 5. Pizza and salad are on the menu. Members pay \$5 and non-members, \$8. Reservations are encouraged.

Ticket will be sold at the door. There was an error in last article stating there would be no tickets sold at the door.

Call Sunny Beech, 355-2918, for reservation and choice of pizza toppings.

News copy deadline is 4 p.m., Thursday, one week prior to the desired publication date.



in pre-WW II Manila. They and the charismatic first President of the Philippines, Manuel L. Quezon, a U.S. High Commissioner and former governor of Indiana and an ambitious Army colonel named Dwight D. Eisenhower formulated the escape of over 1,200 Jews from the Nazis to migrate to the Philippines.

After the show, cookies and coffee will be served.

For further information, call Ren Villanueva, (323) 854-6209 or 493-1406.



More than 200 shareholders attended the last Concerned Shareholders meeting. Those as-sembled learned about upcoming bylaw changes within the mutuals.

CONCERNED SHAREHOLDERS CLUB

Recreation budget, Mutual bylaws will be discussed

The Concerned Shareholders will meet today, May 23, at 1 p.m. in Clubhouse 3, Room 2.

Members will discuss the Rec-reation Committee's escalating costs of booking Amphitheater shows and special events and budget costs. Solutions will also be shared. The committee is also debating charging clubs for stor-age lockers.

There were over 200 share-holders at last month's Concerned Shareholders meeting discussing

the new bylaws written by attor-ney Steven Roseman. The debate will continue.

Margaret Gillon, Mutual 12, has posted a video of the land-mark case, Golden Rain Foun-dation vs. Franz, et al, on the Golden Rain Historical Society's YouTube channel. The attorney, Steven Rice, who represented the Franz, et al, side of the case speaks on the lawsuit and the Davis/Stirling Common Interest Development Act. Anyone who

wants to watch it should link to <https://www.youtube.com/watch?v=e4MHJHAnajA>. No login is required.

The Leisure World Library also has two Steven Rice DVDs to check out. The club recommends everyone view this video.

—Mike Supple

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The Filipino Association of Leisure World treated the ladies in the club with fun fare and a great dinner, which they really appreciated.

FRIENDSHIP CLUB

Computer class schedule announced

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

- **Monday, May 27**
No class, Memorial Day
- **Monday, June 3, Clubhouse 3, Room 4**
11 a.m. - Windows 7, Windows 10 (Sacks)
Noon - How to Set Up Google Calendar Part 2 (Fernandez)
- **Monday, June 10, Clubhouse 3, Room 4**
11 a.m.- Prepare for test like Calif DMV. (Includes information about REAL ID) (Sacks)
Noon - How to Set Up Google Calendar Part 3 (Fernandez)
For expert computer information and advice, DMV information, to suggest topics and questions, or to join the email list, contact Jeff Sacks (714) 642-0122, or email jfsacks@gmail.com.
For basic computer information, iPhone/iPad, Social Media, Google Calendar questions, contact Miryam Fernandez, 884-7460.
Classes are free, but donations to pay for a wireless hotspot and printing materials are welcome.

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Registration help available for Ralph’s Rewards

Lillian Kennedy, Golden Age Foundation board member, is in the Hospitality Center every Tuesday morning from 9-11 to help shareholders to register for the Ralph’s Community Reward program.
Sunny Lee is there to help her on the fourth Tuesday. Bring your Ralph’s membership to sign-up and start contributing to the Golden Age Foundation just by doing your regular shopping. Ralph’s donates a percentage of purchases made by those who register to Golden Age Foundation. More information, call Anna Derby at 301-5339.



Former Chinese brush painting students celebrate with Chuen Yuen Wu Tung after reaching 100 years.

Chuen Yuen Wu Tung celebrates her 100th birthday with former students

Chuen Yuen Wu Tung, Mutual 15, celebrated her centennial birthday on May 13 at a lunch attended by her former students at a Chinese restaurant in Los Alamitos.
She was born on Feb. 18,1920, in Jiangsu China, the oldest of seven children.
Chuen taught Chinese brush painting in LW from 2007-2016. She started Chinese brush painting in her 40s after her two sons required less of her time. She had always had a passion for brush painting and calligraphy. She studied with several Chinese master painters and had an extensive exhibit in Taiwan in 1994.
She graduated from Wuhan University in China with degree of mechanical engineering. She



Chuen Yuen Wu Tung
worked for 10 years as a mechanical engineer with Chinese Petroleum Corp. China.
Chuen married Sam Tung in Shanghai in 1948 and immediately migrated to Taiwan. Her husband was president of Kaoshung Oil Refinery in Taiwan.
He retired at age 80 and they immigrated to the U.S. where they chose to make LW their home.
Her husband died at age 97.
She has two sons, one in Palos Verdes, California, who is still working as engineer at age 70; and another, 67, who is a professor of physics in New Jersey.
Chuen is currently active in the Chinese Friendship Club, a Bible study group and plays mah-jong for five hours once a week with her Chinese mahjong group.
She enjoyed gardening on her mini farm for many years and played golf with her husband in LW for 10 years.

An earlier celebration was also held with her closest relatives.
Chuen credits her active long life to always looking at the positive side of life, a happy outlook in life, a good eight hours of sleep and a daily hour nap. She believe in a balanced diet, everything in moderation and most of all, she firmly adheres to eating only until 70 percent full.
She enjoys living in LW tremendously because of its safe environment, lots of senior activities with friends, and sunny and fresh air most time every year.

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AMERICAN LATINO CLUB

Members will gather for lunch

The American Latino Club will gather on Friday, June 7, in Clubhouse 4, at 11 a.m. for lunch and entertainment.

Lunch will include green salad with lasagna and one piece of roasted chicken, dessert, soft drink and coffee. The cost is \$8 per person.

Send a check, no cash, to Carmen Edwards, 1240 Oakmont Road, 52K, Seal Beach, CA 90740. The deadline is June 3.

For information, call Carmen, 431-4257.

KACMA

Chopin's works featured today

The Korean-American Classic Music Academy will meet today, May 23, at 9:30 a.m. in Clubhouse 4 for a class featuring the works of Chopin.

Ken Chong will present Chopin's "Nocturnes," Nos. 1-2; "Études," Op. 10, Nos. 1-4; and "Mazurka," Op. 24-2 and Op. 33-4.

Robert Chung will follow at 11 a.m. with member's favorites.

The class is conducted in Korean. The objective of the KACMA is to promote fellowship through interpretation and appreciation of classical music, including symphonies and operas and by attending concerts.

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

LOS AL SENIOR CLUB

Bingo fund raiser is slated May 30

The Los Alamitos Senior Club will host a bingo fundraiser on Thursday, May 30 at 12:30 p.m. at the Los Alamitos Community Center, 10911 Oak St., Los Alamitos. All are welcome. Doors open at 11 a.m.

Buy-in is \$15 with \$100 payout. There is a \$150 blackout game. Each additional six-pack is \$5.

Double Action, Disks, Bonanz and more games will be played.

A lunch, sandwich, chip and a drink, will be served for \$5.

LW SOCIAL CLUB

The Social Club meets on the fourth Friday of the month at 11 a.m. for cards and lunch. Tomorrow, May 24, pizza, salad, snacks, coffee and tea will be served. The cost is \$4. Call Joan Taylor, 240-5416, or Marj Earls, 275-1778, to cancel. Last month they did not get the messages that some tables canceled. Make sure to speak one of them and do not leave messages. Food is purchased for all tables not canceled.

Additional tables of four are welcome to join, call Marj or Joan to reserve a table.

Main Gate
594-4754



Carl Wiggins, longtime LW resident and golf starter, celebrated his 90th birthday a few days early at the Golf Club Starter Shack with a cake provided by the Ladies Golf Club. Carl was born May 10, 1929.

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.

•••

In Memoriam

Terry Smiley 74
Mark Jadwisiak 71
Dexter Abney 42
John Maher 75
Martha Overstreet 86
Wilma Hergesheiner 88
Suzanne Moore 74
Fredrick Schorr 83
Rex Rush 70
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Travel

Trip set to ‘Beauty and the Beast’

Time is running out to purchase tickets to see “Beauty and the Beast” at the La Mirada Theater on Thursday, June 6, hosted by the Children-A-Priority.

The cost for the play and transportation is \$85.

The bus will leave the Amphitheater at 7 p.m.

For tickets and information, call Juanita Townsend, 431-4026.

“Beauty and the Beast” is a musical with music by Alan Menken, lyrics by Howard Ashman and Tim Rice, and book by Linda Woolverton. The play is adapted from Walt Disney Pictures’ Academy Award-winning 1991 animated musical film of the same name, which was based on the classic French fairy tale by Jeanne-Marie Leprince de Beaumont.



All eight songs from the animated film are in the musical.

Beauty and the Beast tells the story of a cold-blooded prince who has been magically transformed into an unsightly creature as punishment for his selfish ways. To revert into his true human form, the Beast must first learn to love a bright, beautiful young woman whom he has imprisoned in his enchanted castle before it is too late.

JAPAN

LWers spend 21 days traveling from one end to other

by **Dave LaCascia**
LW contributor

In the very early morning on March 25, four Leisure Worlders, Keiko Sekino, Fujio Norihiro, Liz Meripol and Dave LaCascia, embarked from LAX on a marathon 21-day trip to Japan, beginning and ending at Tokyo’s Haneda Airport.

The trip encompassed approximately 2,900 km (1,800-plus miles) of travel on the Shinkansen bullet train, standard trains, subways, buses, shuttles, taxis, a couple of boats and monorails.

While touring, we easily walked 20-plus miles each week visiting shrines, temples, gardens, Imperial palaces, castles and museums in 12 cities and 13 hotels from Tokyo to Kyoto to Osaka to Nagasaki to Kanazawa and back to Tokyo. A fair guess is they pushed their roll-around luggage about 19 miles going to and from hotels and train stations. *Note:* Japan and California are approximately the same size in area although Japan is about twice as long when including all the islands.

We pre-planned our trip, including all hotels and most sightseeing activities plus transportation details.

Days were started early, usually with a Japanese style buffet breakfast containing steamed rice, miso soup, a protein such as grilled fish and various side dishes, including hard boiled eggs, tsukemono (Japanese pickles), nori (dried seasoned seaweed), natto (fermented soybeans), kobachi (small side dishes which usually consist of vegetables) and a green salad. Certain western dishes like scrambled eggs and omelets plus potatoes, oatmeal, and rolls or croissants were usually available. As most breakfasts were included in the hotel cost, we partook of all the selections. Lunches were usually noodle dishes in the local town or at the sightseeing venue.

Touring started after breakfast and continued until dinner when it was back to the hotel for the included dinner or choices at local establishments.

One night in Tokyo, the four of us, plus Keiko’s niece, Natsuki,



Fujio Norihiro, Keiko Sekino, Liz Meripol and Dave LaCascia with Mount Fuji in the background.

enjoyed a Korean barbecue and a tour of the Ginza. We had Chinese food in the Yokohama’s Chinatown; lunch in Yamanashi was Italian food (not bad); and a dinner at a sushi restaurant with tables 6 inches off the floor. Liz and I opted for low chairs while Keiko and Fujio did fine sitting/kneeling.

Otherwise it was traditional Japanese food such as ramen noodles, soba (buckwheat), teriyaki and tempura, soups, salads, lots of rice, gyoza (Japanese pot stickers), deep fried everything, sukiyaki, plus steamed eggs and broth. (Try eating soup with chop sticks LOL – they give you spoons.)

Highlights of the trip were Mount Fuji (Fuji-san in Japanese) in all its snow-covered splendor; the Nagasaki Peace Memorial Monument, fountain, and park; four hot spring hotels where segregated, public (and nude) bathing was normal; a Japanese-style hotel with compressed straw mats (tatami) and futon type mattresses on the bedroom floors for sleeping; eating tables, which required one to kneel or lie; Nagasaki at night from a 3,000 foot hillside above the city; Shinkansen train, capable of 200 mph (We experienced at least 150 mph); the Tokyo train station at rush hour – a city underground with a boiling mass of human beings; the Tokyo SkyTree Tower

(668m high); an underground city of shops and restaurants at the Kanazawa train station; a snow storm in Nikko; hundreds of tame and very brazen deer at the Nara park; the unbelievable gardens and ceramic museum in Kurashiki; tea plantations in Saga; and finally eating Unagi or fresh water eel basted and barbecued.

One especially interesting sight was Big Buddha – a 40-foot-tall Buddha statue (the biggest in Japan) at the Kotokuin Temple in Kamakura, an hour southwest of Yokohama. We taxied to Kinkakuji and witnessed the Golden Pavilion and at the nearby Kiyomizu-dera Temple they saw the 1,001-man (literally 1,001) statue army led by some really scary looking Samurai types.

One of the reasons for the timing of the trip was to see the blooming of the cherry trees (Sakura) all over Japan. In the northern sections of Japan, the blooms had just begun when we arrived, but as we went further south the blooms were matured, magnificent and everywhere. One town professed that 1,800 Sakura trees were in bloom at that moment in early April. As we went back north from Nagasaki, 10 days later, trees that had started blooming were in full glory.

The International Dateline was crossed twice – once on the trip to Japan and once in the way back to California, so we left at 1 a.m. on a Monday and arrived in Tokyo at 4 a.m. on a Tuesday after flying for 11 hours. On the return trip we left at 12:30 a.m. on Tuesday and arrived home at 6:15 p.m. on Monday. Jet lag is a big issue on trips of this distance, and we experienced it intensely.



The LWers timed their trip to Japan to see the cherry trees, Sakura, in full bloom.



Big Buddha at the Kotokuin Temple is 40 feet high.



On the Go

Day Trips

Solvang - Thursday, May 23, \$26, LW Garden Club, Dee Neri 431-5889 or Gail Levitt 596-1346

Pala Casino — Thursday, May 30, \$6, \$10 back, American Legion Post 327, Gail Levitt, 596-1346

Cathedral Cultural Center, Michelangelo’s Sistine Chapel Exhibit - Thursday, May 30, \$50, Holy Family Parish, 430-8170

Beauty and the Beast, La Mirada Theater - Thursday, June 6, \$85, Children-A-Priority, Juanita Townsend, 431-4026

Tibbies Cabaret Theatre, Rockin’ the Keys: Music of Icons - June 9, \$109 with dinner, David Nell/Good Times Travel, (888) 488-2287

L.A. Opera, “La Traviata” - Sunday, June 16, \$33 ticket lottery, GRF Recreation, events@lwsb.com, 431-6586, ext. 326

Plaza Mexico, La Huasteca Restaurant - Sunday, June 23, \$30 for members, \$40 for non-members, American Latino Club, Carmen Edwards, 431-4257

Anaheim Angels vs. A’s - June 27, \$40, GRF Recreation, events@lwsb.com, 431-6586, ext. 326

Harrah’s Rincon - Thursday-Monday, no Tuesdays or Wednesdays, 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

San Francisco...By The Bay – Five days, May 27-31, David Nell/Good Times Travel, (888) 488-2287

Boston, Cape Cod & Newport - Seven days, June 7-13, David Nell/Good Times Travel, (888) 488-2287

Historic Cities of Eastern Canada - seven days, July 12-18, David Nell/Good Times Travel, (888) 488-2287

Canadian Rockies & Glacier Park – Sept. 8-14, Traveling Tigers Club, Joanna Matos, 598-1849



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Sports & Games

Cards and Games Scoreboard

Best Time Bunco results from May 13: Most buncos, tie, Marilyn Moody, Dolores Ruiz and Christine Myers. Most wins, Vivian Fournier. Most babies, tie, Darlene Miller, Wilma Rojo and Jackie Walters. Most losses, tie, Gail Levitt and Michie Kimura. Door prize winner, Judy Pelegrino. Best Time Bunco’s next meeting is Monday, May 27. The club meets the second and fourth Mondays of the month, in Clubhouse 3, Room 1. Play begins at 6 p.m. For information, call Gail Levitt at 596-1346.

...
Leisure World Duplicate Bridge Club - Winners in the game on May 16, were: N/S: First in Strat A: Joan Tschirki-Gene Yaffee; second in Strat A: Larry Slutsky-Verna Baccus; third in Strat A, first in Strat B: Larry Topper-Frances Gross; fourth in Strat A, second in Strat B, first in Strat C: Cookie Pham-Elaine Dovgard; fifth in Strat A: Bob and Pat Adam; sixth in Strat A: Bill Linskey-Emma Trepinski; third in Strat B: Midge Dunagan-Dorothy Favre; fourth in Strat B: Marty Lipman-George Alemshah; second in Strat C: Miriam Kelley-Judy Mathias. E/W: First in Strat A: Fern Dunbar-LaVonne McQuilkin; second in Strat A, first in Strat B: Ellen Kice-Sharon Beran; third in Strat A: Howard Smith-Joyce Henderson; fourth in Strat A, second in Strat B, first in Strat C: Barbara Wallace-Bill Dilks; fifth in Strat A, third in Strat B: Fred Reker-Russ Gray; sixth in Strat A, fourth in Strat B: Ann Croul-Audrey Ellis; second in Strat C: Lynne Finley-Kay Hyland. Winners in the game on Monday, May 13, were: N/S: First in Strat A and B: Bill Linskey-Midge Dunagan; second in Strat A and B, first in Strat C: Ernie and Yila Ross; third in Strat A: Karen Johnston-Mary Lou Hughes; fourth in Strat A, third in Strat B: Chie Wickham-Alan Olschwang; fifth in Strat A: Sibyl Smith-John Hagman; fourth in Strat B: Coocie and Jack Dampman. E/W: First in Strat A: Marilyn McClintock-Diane Schmitz; second in Strat A: Larry Slutsky-Sue Fardette; tied for third in Strat A: Joan Tschirki-Paul Chen and Fern Dunbar-LaVonne McQuilkin; fifth in Strat A: Judy Jones-Al Appel; first in Strat B and C: Ellen Kice-Jane Gibbons; second in Strat B and C: Harriet Weiss-Bea Aron. Reservations are requested to play in the Monday and Thursday afternoon games in 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. To cancel a reservation on game day or to report running late, call 636-579-1357 between noon and 1 p.m.

– Gene Yaffee

...
Y-Yahtzee Rollers Club winners May 17: Most Yahtzees, Marilyn Moody, 5; highest score, Shelley Middleton, 1699; door prize, Donna Wenrick. The club meets on the first and third Fridays of each month from 12:30 to 4 p.m. in Clubhouse 3, Room 6. Play begins at 12:45. All Leisure World residents are welcome to join in the fun. If you have a question or want a Yahtzee lesson prior to joining, call Kathy at 596-7237. The next games will be played on June 7. The Rollers meet at 12:30 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.

– Kathy Rose

...
Friendly Pinochle Club winners May 16: Irene Perkins, 12,240; Marilyn Allred, 11,890; Bev Adams 11,130; Jim Dix, 10,250. The club meets Thursdays from noon-4 p.m. in Clubhouse 1. For more information, call (310) 968-9509.

– Bert Sellers

...
Jolly Time Pinochle Club winners May 18: Joan Taylor, 10,820; Jerry Hore, 10,510; Peg Kaspar, 9,960; Sylvia Clinton, 9,890. Games are played from noon-4 p.m. on Saturdays in Clubhouse 1. For more information, call Peg Kaspar at 799-0433.

–Bert Sellers

...
Burning Tree Duplicate Bridge Club winners on May 18: N/S: Jack Dampman-George Koehm; Sibyl Smith- Jeanette Estill; Alan and Barbara Olschwang; Mark Singer-Larry Slutsky. E/W: Mike Nielsen-Hanefi Erten; Judy Jones-Al Appel; Joyce Shuford-Jane Reid; Kar-Yee Nelson - Sue Boswell. May 17 club championship: N/S: Ernie Ross-Roy Tomooka; Stan Johnson-Louise Seifert; Pat and Bob Adam; Sibyl Smith-Diane Schmitz; Shirley Spink-Sharon Beran. E/W: Jeanette Estill-Marilyn McClintock; Al Appel-Judy Jones; Sally Fenton-Ellen Goodwin; Joyce Basch-Dorothy Favre; Emma Trepinski-Winnie Warga; Ted Cooper-Ray Unsal. The club meets Fridays and Saturdays in Clubhouse 1 at 12:15 p.m. For information on how to join the fun and play, call or text Fred Reker at (615) 898-0669. The next special event is Saturday, June 22, the club championship.

–Fred Reker

...
Monday Bridge Club winners May 20: Paul Chang, Marion Standish and Pauline Fitzsimons. Games begin at noon in Clubhouse 1. For more information, call Pauline Fitzsimons at 296-8363.

– Pauline Fitzsimons

...
Fun Time Pinochle Club winners May 20: Marilyn Allred, 13,220; Jerry Hore, 12,030; Al Bonnema, 11,340; Marge Dodero, 10,840. The club meets from noon-4 p.m. Mondays in Clubhouse 1. For more information, call Joan Taylor at 240-5416.

–Bert Sellers

LADIES GOLF CLUB

Eight birdies landed May 14

Forty-five members of the Ladies Golf Club played for low gross, low net and birdies.

Seven golfers landed eight birdies during Tuesday’s tournament.

The flight winners were:

Flight A - Low gross, Soo Choi, 27; Low net, Ann Tran, 24; birdie/hole, Ann Tran and Devora Kim, No. 9, Bert Thompson, No. 1.

Flight B - Low gross, Joann Lim, 29; low net, tie between Marilyn Hewitt, Mary Grieg, and Theresa Lim, 23; birdie/holes; Marilyn Hewitt, No. 1 and 2. Melinda Lee, No. 7.

Flight C - Low gross, tie between Liz Meripol and Hailee Yang, 32; low net; Sue Yokomi, 23; birdies, none.

Flight D - Low gross, tie between Kay Hong and Ock Im, 35; low net, tie between Veronica Chang and Eve Scherber, 25; birdie/hole; Veronica Chang, No. 7, Dorothy Favre, No. 6.

This is the first week of the three-week club championship tournament. Winners will be announced the last week of May.

TOURNAMENT POKER

Basner wins third final table

Guta Basner won the final table at Tournament Poker Club play on May 11. Her hole cards of nine and deuce produced a pair, besting second place Cleo Looney’s jack high. Third place was Doug Wolfe, followed by Rick Riley, John Vento, Trai Nguyen, and Joyce Smith.

This was Guta’s third tournament win. She also enjoys pickle ball and pool.

Doug Wolfe won the featured hand with the hole cards of queen and deuce. Katie Hamilton won high hand with her straight flush. Ed Loritz was second with four eights.

The LW Tournament Poker Club will host its first all-Leisure World Tournament on Saturday, June 8, in Clubhouse 4. A breakfast will be provided at 10 a.m., with the game to follow.

An entry fee of \$10 for club members and LW residents, and \$15 for relatives or outside guests will cover the buffet breakfast and final table pay-outs. This will be the club’s first major event since The Gardens Casino bi-annual games were canceled.

Register at the June 1 tournament, or call Cleo Looney, 342-9400, or President Wendy Wu, (714) 366-0940. Tickets are limited, as the club can host a maximum of 90 players, so purchasing early is advised. No tickets may be purchased after June 1. Last minute drop-ins will not be permitted.

Private poker lessons are given by Barry Brideau, (714) 401-7622. Contact him if interested.

Sports & Games
472-1276

MEN’S GOLF CLUB

Guys, Gals tackled local course for first of two tourneys in May

The first of two golf tournaments in May for the Guys and Gals was played on May 16 at the local course. The morning was cool and overcast and stayed that way for the entire tournament.

Thirty-one teams, one man and one woman, competed over 18 holes in three flights. “A” flight has teams with combined handicaps of 0 – 10. “B” flight 11 - 14, and “C” flight 15 - 18. All scores are net, actual score minus handicap.

Soo Kim had a hole-in-one on the 83-yard, par-3, 15th hole. There were also two circle hole winners.

Flight winners:

Flight A: Young Lee-Hae Lee, 43; Byong Choi-Mary Park, 46; Bob Turner-Janice Turner, 48; Steve Walker-Yvonne Kim, 49.

Flight B: Walt Bier-Marge Thompson, 45; tie for second place between Jim Dickerson-Laura Garcia and Ryan Hong-Kay Hong, 48; Byron Schweitzer-Bert Thompson, 49.

Flight C: James Choi-Grace Choi, 43; Joon Yoon-Young Yoon, 49; tie for third place between Sang Kim-Soo Kim, Marvin Jones-Marilyn Hewitt, Mike Carlson-Sue Yokomi and Joe DiDonato-Sandra deDubovay, 50.

Closest to the pin on hole No. 8 was Steve Walker, 1-foot, 11 inches, and Judy Ro, 2-foot, 0 inches. On the 17th hole it was Byong Choi, 2-foot, 4 inches, and Hae Lee, 16-foot, 2 inches.

The Guys and Gals Tournament is held on the third Wednesday of each month, and on the fifth Wednesday of months that contain five Wednesdays. The next tournament is scheduled for May 29.

SHUFFLEBOARD

Top teams are headed for shoot out

The 2018/2019 Shuffleboard Club’s league play continued into Week 26 on May 17. The Puckmasters and The Classics are still tied for first place and it’s going to be a shoot out for the top honor. Each team is playing hard and taking advantage of every opportunity. Only four more weeks until the champions are crowned, and it’s still neck and neck for the top two teams. Weeks 28 and 29 will have these first-place teams playing against each other. This should tell the tale of who wants it more.

This week in the first match The Classics beat Girl Power 11-7. The Classics all game winners were Bill Hamilton and Lee Broadbent.

In the other match, Puckmasters defeated the Sliders, 10-8.

Puck Masters and The Classics are still tied with 17-1/2 points each; Sliders are in third with 9-1/2 points and Girl Power trailing with 7-1/2 points.

The next league games, Week 27, will be on May 24 at the Clubhouse 1 Courts with The Classics vs. Sliders and Girl Power

vs. Puckmasters. The last Friday luncheon will be on May 31, after league play.

The Annual Sue Mader Tour-
SHUFFLE, page 23



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 a free lesson.

CHESS, page 23

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LW CRIBBAGE

Wilson is leader with 840 score

Jean Wilson was the leader at the Cribbage Club on May 14 with her high score of 840 followed by Jim Kaspar at 830, Dolores Cook at 828 and Peggy McKendrick at 817. There were 60 players today.

Happy Birthday to Marie McGuire who treated players to a delicious cheese cake covered with strawberries and chocolate

swirl ice cream. Marie and Margaret Smith served.

The Cribbage Club meets on Tuesdays at noon in Clubhouse 1. Partners are not required. Everyone usually finishes by 3:30 p.m. To learn to play cribbage or to get a brush up, call Patti Smith at 242-4674. She will arrange for lessons. There is always room for more players. Players arrive by noon to be assured of a table.

—Bobbie Straley

LW OLYMPICS



Jae H. Lee took the gold medal in the LW Olympics Men's Golf competition with a 47 in a shoot out.

SHUFFLE

From page 21

ament is scheduled for June 14. This is a fun tournament and many participants are expected. Sign up at the courts or the next monthly meeting on Wednesday, June 5, at 10 a.m. with social time starting at 9:30. Come

have a free doughnut and coffee.

For those who want to join or try out the game, practices during league play are at 10 a.m., Monday and Wednesday, at the shuffleboard courts behind Clubhouse 1. Call president Carrie Kistner, (949) 300-0285, with any questions.

DEMOCRATS

From page 5

and supporters are welcome, but reservations will be required because of limited space. Email lwsbdemocraticclub@gmail.com.

The club's annual fundraiser brunch on Saturday, July 13, will be catered by Country Gardens. Net proceeds will go toward supporting the club's voter outreach. The speaker will be Lawrence Rosenthal, who will present "The

Constitutional Case for Gun Control." Rosenthal is a professor at the Chapman University Law School. He graduated from Harvard and edited the Harvard Law Review. He has published articles on a wide array of subjects.

July 30 and 31 will bring additional debate viewing parties in Clubhouse 3, Room 2. Again, because of the room size, reservations will be required. Call 296-8521. There will be a potluck on July 31.

News copy deadline
is 4 p.m., Thursday,
one week prior
to the desired
publication date.

CHESS

From page 21

Solution to this week's puzzle: Qf6—The white Queen moves from f7 to f6. Any answer by black, the white's next move is check mate.

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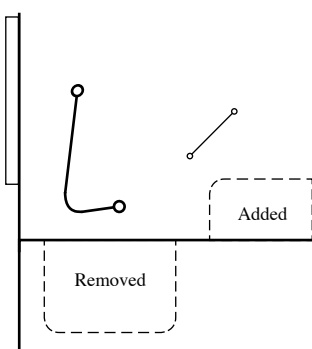
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 “Your Leisure World Specialists”
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 THE POSSIBILITIES ARE INFINITE
 All makes and models of Heat Pumps
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Classifieds

ANNOUNCEMENTS PERSONAL

SHAKLEE delivered to your door. LW daughter Sandy (Vandewoude) Fikse. 562-618-8731. 05/16/19

GENERAL

AVON

Lenora Browning, LW Resident. Phone 562-493-5457. Seal Beach Business License #BRN0001. 06/13

Tickets on Sale Now
SENIOR COMEDY AFTERNOONS
Sunday, July 14th Show & Luncheon
www.seniorcomedyafternoons.com
714-914-2565. 05/23

GARDENING

FRANK'S GARDENING SERVICE

Complete maintenance and landscape. Serving Leisure World since 1978. Planting, clean-ups, fertilization. New lawns, etc. Offering my services to all Mutual's. Honest and reliable. State Contractor's License #779462. Call 562-863-7739, 562-743-3832 or 714-527-1172.

HANDYMAN SERVICES

JR HOME REPAIRS. Quality work. Perfectionist, honest & reliable. Call JR 562-519-2764. 07/04



MP CONSTRUCTION General Contractor

Specializig in remodeling, Additions, Reconstruction, Window replacement and more! Call for a free estimate.
562-746-5400.
License #954725. 08/29/19

Handyman Rick - Assembly/ Installation TV wall mounts, carpentry, painting. Seal Beach Business License #RIL0001. Messages (562) 598-1000. 07/18

LW DECOR INC. 562-596-0559

Sound proof walls. Triple pane windows. Ceiling made smooth. Recessed lights, tile, laminate installation, crown molding, window frames painted whited. Lic. #723262. 07/25
LW DECOR INC. 562-596-0559

Richard's Handyman Service - Big or small, I do it all. Give me a call. 562-387-5187. Seal Beach Business License HUG0002. 05/23

**Need Help?
See Classifieds**

TONY DO MAINTENANCE

Windows-house cleaning. Reasonable price. Excellent work. (714) 534-1824. 06/27

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Bel-Rich Painting - Free estimates, small/large jobs, entry doors, sky-light wells. Contractor's License #705131. 714-220-9702. 06/20

Painting - Free estimates. 1 room or entire house & refinish kitchen cabinets. Call **Jerry (714) 826-8636.** CA State License #675336. 05/16

562-596-0559

LW DECOR INC.
Premium paints, primer all wood. 40 years in LW. Contr. license #723262.
LW DECOR INC. 562-596-0559. 07/04

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562-596-0559 LW DECOR INC.

Tile, laminate, vinyl plank, patio carpet. 40 years in Leisure World. Contractor License 723262. 07/04
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CARPET CLEANING SPECIALS!!!!!! DEALS!!!!
Carpet cleaning \$40 per room minimum 2 rooms. Upholstery/Tile & Grout, and much more cleaning. Tito 562-658-9841. 08/08

ADDITIONS & REMODELING

BATHTUB REPAIR

We make your SHOWER OR TUB BRAND NEW AND/OR RAISE SEAT APX 7" FOR EXTRA SAFETY AND COMFORT. NU KOTE REFINISHING (562) 833-3911. State License #699080. 06/06

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New screens, re-screening, screen doors, retractable screens, new and repair. Call today. (562) 493-8720. Since 1988. State Contractors Lic. #578194.

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LW DECOR INC.

Blinds, shutters, shades, 40 years serving Leisure World. Contractor's License #723262.
LW DECOR INC. 562-596-0559. 07/04

LEISURE WORLD HELPING LEISURE WORLD

Y's Service Club of the YMCA will assist residents with small non-professional jobs. We change light bulbs, clean air conditioner filters, hang a small picture or mirror, remove or place items on a high shelf, air bicycle tires, etc. Donations gladly accepted. Call week days between 9 am-5 pm, **562-430-2836 562-296-5834.**

"ROLLIN THUNDER" GOLF CART CLUB

Offers FREE inspections and advice on buying and repairs of your golf cart. 562-431-6859.

Let's lower your ears - I'll make you look your best! Call 562-565-3683.

Does your walker need new tennis balls? Delivery and installation provided. Please give your name and phone number. Maria Giegerich 562-596-9983. Free of charge.

BEAUTY SERVICES

In home hair care, serving the men and women of Leisure World for 36 years. Mel, cell: 562- 480-9341 License #KC75538. 05/23

Hair stylist, 35 years experience at ABC Extension Salon. Rollerset, perm, color, and more. In-home appointments available. Call Mavis 714-757-0187. License #KK203303. 10/03/19

Yvonne with 25 years experience, will do shampoo/sets, perms, hair cuts and tints at Phenix Salon. (714) 855-8465. Seal Beach Business License MOR0008. 05/30

PERMANENT MAKEUP For eyebrows, eyeliner, lip liner. 27 years experience, 10 years in LW with references. Loann: (310) 938-8808. Cosmetology License #KK5976. 05/23

HELP WANTED

Looking for energetic person with general hardware knowledge to work at a local Ace Hardware Store. Call Tyler 562-400-4450. 05/23

HOME CARE PERSONAL ASSISTANT



PERSONAL ASSISTANTS. LW COUPLE

Let us assist you w/errands. We provide transportation, shopping, appointments, daily errands, etc. Home: 562-493-1164 Alan: 562-338-8239 Susan: 562-400-8104. 05/30

Just Like Your Daughter

Personal Assistant/
Girl Friday
Available for: errands, scheduling and transportation for medical appointments, patient advocate, shopping, domestic organization, paperwork, bill pay All with compassion and care.

Just Like Your Daughter Call Janice, 714-313-4450
SB Lic. #JUS0006/Bonded. 06/06

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Affordable rates with optimum service, 23 years experience LW, reliable, honest caregivers. Licensed, 24 hour, part time, doctors, appointments, references, fluent English. Ann 714-624-1911, Heidi 562-277-3650. Seal Beach License #HYC0001. 06/20/19

A WOMANS TOUCH

- Personal assistant needs
- Assistance after surgery care
- Run errands
- Shop for you, take you shopping, to salon or nail appts
- Accompany you to Dr appts
- Companion
- Uber and Lyft approved driver Young LW Resident. Reference and licensed. CALL Susie @ 828-537-0437. 05/23

Maria's experienced caregivers, run errands, Dr's appointments, cleaning, cooking, part time, full time, live-in (562) 230-4648. Seal Beach Business Lic #CAM0006. 07/25

CHRISTIAN HOME CARE

Referral Agency. Experienced, knowledgeable caregivers, honest, assertive, fluent English. Hourly/full-time, doctor's appointments, errands. Bernadine 562-310-0280. Seal Beach Business License #BCS0002. Bonded/insured. 10/17/19

EXPERIENCED CAREGIVER Over 20 years in Leisure World with Excellent References. Hourly or Live-in. Please **Call Pampet: 562-371-4895.** Seal Beach License PAN0003 06/06

Elderly care. Live-in, live-out. 30 years of experience. Cooking, cleaning, medications, companions, doctors. Experience with dementia. Licensed by the state. Gloria 949-371-7425. 05/23

Need Caring Caregiver?

Live-in or live-out. Meal preparation, baths, shopping, laundry, doctors. Pierre's Caring Heart 714-337-6152. Seal Beach Business License RAZ0002. 05/23

I will care for male or female. I do lighthousekeeping, grocery shopping, laundry, doctor's appointments and all other needs. 562-370-4544. Seal Beach License #MAD0010. 05/30

HOUSE CLEANING

GRACIAN'S HOUSECLEANING & WINDOWS.

Windows 10% off first cleaning
General housecleaning
Excellent referrals in LW (562) 307-3861.
20 years experience.
Seal Beach Business License gra0006. 07/11

MOVE-IN, MOVE-OUT WINDOWS, HOUSECLEANING CALL PHIL AT 562-881-2093

Over 30 years Experience! Seal Beach Business License #AB0001. 08/30

MAGALY'S CLEANING SERVICE

We make your home sparkle! 7 days - call anytime! Complete cleaning. Seal Beach Business License #M0001a. Call 562-505-1613. 08/01

Patricia Housecleaning, weekly or monthly. Excellent referrals in Leisure World. 562-397-4659. Seal Beach License LUC0001. 08/30

General housekeeping, 30 years of experience. Bi-weekly or monthly. Seal Beach Business license RAZ0002. Call Gloria 949-371-7425. 05/23

COMPUTERS

COMPUTER REPAIR 562-733-9193

Virus removal. Expert in all computer systems. John Fuhrer, LW Resident. Seal Beach License FUH0001. 06/06

FRUSTRATED (562)755-6199

Everything for your computer (PC or Mac), cell phone, TV, stereo, any electronic device. Tina Schaffer. Seal Beach Bus. License #CIP0001 12/05/19

Security

(562) 594-4754

Puzzle Answers

Puzzle page 26

SCRABBLE G R A M S SOLUTION

O ₁	V ₄	E ₁	R ₁	P ₃	A ₁	Y ₄	RACK 1 =	65
I ₁	N ₁	D ₂	R ₁	A ₁	W ₄	N ₁	RACK 2 =	61
A ₁	U ₁	D ₂	I ₁	T ₁	E ₁	D ₂	RACK 3 =	59
F ₄	A ₁	T ₁	W ₄	O ₁	O ₁	D ₂	RACK 4 =	92
D ₂	I ₁	L ₁	E ₁	M ₃	M ₃	A ₁	RACK 5 =	64
PAR SCORE 260-270								TOTAL 341

Crossword Answers

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

Sudoku Answers

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

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: ONION SWIFT DOCKET WRENCH
Answer: Asked if their band would score, Pete Townshend and Roger Daltrey said — WHO KNOWS

Classifieds

ELECTRIC CARTS/SCOOTERS/MOBILE CHAIRS FOR SALE

Golf Carts, Sales, Parts, Service (714) 292-9124. 09/26

4 wheel scooter, new batteries \$575. 562-481-8582. 05/23

Golf cart \$1,200. Or make an offer. 714-287-6065. 05/23

TRANSPORTATION

Inexpensive shuttle, airports, markets, doctors, etc. 562-881-2093. SB License #ABL0001. 06/27

Need a lift? Pam Miller. LW Resident. 310-227-1258. 05/30

AUTOS/BOATS/RV'S TRAILERS WANTED

ANY KIND OF CAR

Boat, motorcycle, truck - running or not. We are local - call anytime! We pay cash and remove promptly! We do DMV and Release of liability for you! Bonded/Licensed, since 1985! Call us so we can come out and give you a quote. 562-684-0901. 07/25

AUTOS/BOATS/RV'S TRAILERS FOR SALE

ELECTRIC CAR PADS

Installed at your residence. Call Frank 562-743-3832. State Contractor's License #779462. 05/30

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J&D HAUL AWAY AND CLEAN-UP SERVICE

No job too small, fast, reliable, great prices. Seal Beach Business License BRA0002. Dan: 562-841-3787. 05/23

A FRIEND AND A TRUCK

Your moving service, any size job. Call 310-387-2618. Business License RO263644. 06/06

ESTATE/MOVING/PATIO/CARPORT SALES

Estate Sale: Mutual 10, Unit 250A, 13210 Seaview, May 23rd and 24th, Thurs and Friday from 9 am to 2 pm. Nice furniture, house full, table and chairs, sofa, loveseat, nice twin adjustable bed, Kitchen items, knick knacks, ladies clothes & shoes, and much more. Please come by and say Hello! Kristi Martin, P.O. Box 1351, Seal Beach, 714-655-5473. Seal Beach Business License MAR0016. 05/23

Neighborhood yard sale. Lots of good stuff. Mutual 5, 96A. Thurs. May 23rd, 9-3 p.m.

Estate Sale - 13320 Del Monte Dr., **Mutual 15 - Apt. 9D**. Thursday, May 2 and Friday, May 24, from 8:30-2 p.m. Gorgeous atrium. La-z-Boy loveseat, 4 La-z-Boy recliners, cabinets, tables, dining set, hutch, original art, area rugs, florals, crystal lamp. Queen adjustable bed, full size bed, dressers, desks, office chairs, file cabinets. Ladies clothing (size M), costume jewelry. Singer featherweight, high-end walker, large safe, office supplies, 18' telescoping ladder, small tools. **Estate Sales by Docia Drake**, 714-514-8232. PO Box 427, SealBeach Bus. License ESD0001.

Estate Sale - 1801 St. John Road, Apt. 40-B, Mutual 15, May 23, 24, 9:00 am to 2 pm. Floral sofa, dining table, flatscreen televisions, office equipment, drop front desk, filing cabinet, electric twin bed, queen memory bed, dressers, area rugs, outdoor storage cabinet, small curio cabinet, safe, new kitchen aid mixer, full kitchenwares, fashion jewelry, jewelry cabinet, China dish set. Glinda Davis 714-943-1818. Seal Beach License GDD0001. 13101 Nassau Dr., Seal Beach, CA 90740. See pictures at https://www.flickr.com/photos/120349245@N07/albums

18 SELLERS ALL IN A ROW!
Mutual 9 multi-carport sale - Thurs. May 23, 9:00-2:00 p.m. Corner of St. Andrews and Foxburg.

LW APTS FOR SALE

LW - A NICE CORNER UNIT
13763 EL DORADO
MUTUAL 3, #16F
Fully Expanded,
Recently Remodeled
3 bay windows. 3 skylights
A/C-Heat 2 Bdr. 2 Full baths
Corian Counters,
Laminate Floors. Washer/Dryer
\$425,000
MLS #OC19097966
GOOD HOMES REAL ESTATE
BRE #01129082
714-474-6204. 05/16

For Sale MUT 1 Fully Expanded 2 BDR Corner 13751 St. Andrews #34A. Excellent location w/greenbelt view. 2 bedrooms, 1 bath, close to laundry, Extended living room with 3 large windows, 1 bedroom w/walk-in closet. 940 sq ft Living space. Offered at \$244,000. Motivated Seller. Contact 562-626-8079 or 714-654-8643. 06/06

13680 Alderwood Lane, 78B, Mutual 4
Best location. One bed. 1 bath
Expanded with enclosed patio
with new carpet/flooring.
\$199,900.
Shirley Cameron, Coldwell
Banker Platinum Properties,
DRE00879100, 949-715-9902
shirleycameron4re@gmail.com

PET SERVICES

In-home groomer for cats & small dogs. Bathing & nails. Call/message 562-544-9555 Karen. SB License #JEN0006. 05/23

LW CARPORTS WANTED

We would like to rent a carport in mutual 14. You keep the storage locker. 562-673-0258. 05/23

MISCELLANEOUS FOR SALE

Golden Maxicomfort power lift and recline chair. Like new. \$800 OBO. 661-810-9410. 05/30

Mutual 5-94A - Entertainment towers and bridge-oak vaneersidetowers and bridge w/glass doors \$40. 3 pc coffee table set. All pieces are in good condition with only a few minor scratches and ware marks \$75.00. 562-794-9090.

Electric Edge 28 workout bike with monitor \$150. Nova wheelchair \$85, new walker \$95. 562-481-8582.

Regular wheelchair with foot rests gently used \$100. Ph. 562-852-5478. 05/30

If you have not received your copy of

LW Weekly

By 9 a.m., call (562) 430-0534 before 10 a.m. to have one delivered. Check around thoroughly before calling

LW Weekly

Want to Place a Classified ad or Renew your current one? Call (562) 430-0534 or send an e-mail to

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LW REALTOR EXPERIENCED and PROFESSIONAL



10 years representing LW sellers and buyers
10 years as LW resident - Mutual 7



SOLD originally listed at \$565,000

Exceeding Seller and Buyer Expectations

As seller's agent, I obtain maximum possible seller proceeds from a combination of marketing techniques and lower commission %.



1BR active listing at \$154,700

As buyer's agent, I show all listings that match buyer budget, wants and needs, including information about availability of 4 different LW community structures.

Contact Irv Hart
Realtor, BHHS,
for more information or an appointment at
562-296-5619
hartirvin@yahoo.com



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Resident Listing and Resales Specialist

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Traveling Notary
\$15 per signature



Mutual 5, 124-B
2 Bedroom/1-Bath
Loaded with upgrades
Tile patio
High-side enclosed
\$238,500



Mutual 7, 157-G
3 Bedroom/1-Bath
(Yes 3-bedroom)
Expanded corner on beautiful central park.
A rare find.
\$328,000

COMING SOON
Mutual 1, 19D
1-BR/1-Bath
Very Private

Leisure Living Resales



JOYCE REED
Resident Broker
Notary Available
596-8656



New Listing
Mutual 15, 1-D
2-bedroom, 1-3/4 baths,
expanded with small patio
\$265,000
--- ---



Mutual 5, 123-F
2-BD expanded corner, 1-1/2 baths. Freshly painted.
\$325,000
--- ---



Mutual 1, 54H
Beautiful expanded,
1-bedroom, washer/dryer,
fresh paint, central heat/AC,
dishwasher, built-in
microwave, skylight in bath,
dual-pane windows, wood
shutters, double front door.
\$192,500
Unbelievable Real Estate
DRE#00460268



Erika Shapiro
BRE # 01448494

Resales Specialist
Mut. 17 Resident
Traveling Notary
562-208-5223

New Listing
Beautifully expanded and updated corner with drive-up convenience, large patio, new kitchen, Wood flooring, washer/dryer and more
Mutual 6 - 56L \$359,000

New Listing
Partially Expanded 1 BDR/1-Bath
Drive-up convenience,
A/C heat pump plus window A/C in BDR. Double pane windows, large skylights. Priced to sell
Mutual 11, 276I \$159,000

New Listing
Fully Expanded corner on a lovely greenbelt, Central A/C heat, skylights, built-in dishwasher & microwave, double pane windows, fresh paint.
Mutual 9, 208L \$289,000

Fully Expanded, Drive-up
Corner, beautiful built-ins, Plantation shutters, A/C Heat Pump. Built-in Microwave and dishwasher.
Mutual 10, 256G \$289,000

Best Buy
2 BDR, 1 Bath Basic Drive up, facing West. Very Private
Mutual 4, 52B \$175,000

Price Reduction
2 BDR/1 1/2 bath, fully expanded corner drive up, washer/ dryer, dishwasher & more
Mutual 2, 19F \$355,000

MOVE-IN READY
Basic Corner, beautiful greenbelt, Skylights, A/C Heat Pump, New Paint, New Laminate Flooring
Mutual 9, 219F \$190,000

PRICE REDUCTION
Basic Corner, Enclosed Patio.
A/C Heat Pump, Great location, needs a little TLC
Mutual 6, 225F \$199,000
IN ESCROW

1 BDR, Enclosed Patio
Skylights, fresh paint, Facing South/West
Mutual 5, 123K \$152,000
IN ESCROW

Basic 2 BDR/ 1 Bath
screened in porch, skylights, all new tile
Mutual 5, 103K \$225,000
IN ESCROW

Cozy Cottage, Immaculate,
Move-in ready 1 BDR, partially expanded, small patio
Mutual 11, 267H \$179,000
IN ESCROW

2019 ESCROWS
Mut. 8, 183E \$220,000
Mut. 17, 93A \$369,000
Mut. 11 284D \$189,000

I SOLD 26 in 2018
I SOLD 34 in 2017
I SOLD 47 in 2016
I SOLD 36 in 2015
I SOLD 35 in 2014
I SOLD 60 in 2013
I SOLD 42 in 2012
I can sell your's too!

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NEW LISTING



Mutual 1 – 37L Annandale
2Bd/1Ba Expanded Corner Unit
So-East Facing on Greenbelt
Super Bright, Laminate Floors
Skylights, CLEAN, steps to Laundry.
GREAT PRICE! \$214,900



Mutual 4 – 47h Knollwood
2Bd/2Ba – Brand New Remodel
Chef Style Kitchen; Skylights,
Lots of Storage; W/D, Dual Pane
Windows, Pantry, Wood Floors
Stunning! Tons of Details **\$413,990**



Mutual 14 – 3i St. Andrews
2Bd/2Ba Expanded/Upgraded,
Super Light & Private, Central
Air/Heat, Dual Pane Windows,
Skylights Corian Counters
Great Value for \$369,000



Mutual 14 – 20e Sunningdale
2Bd/1Ba - So. Facing Extended,
Best View of Golf Course,
Central A/C, Dual Pane Windows-
Location, Location for \$413,900



Mutual 12 – 36c Del Monte
2Bd/1Ba corner, SW Facing
Central A/C, Wood Flooring,
Triple Pane Windows, Shutters,
Price Reduction!!! \$334,500

SOLD \$140,000



Mutual 10 – 260c Interlachen
COMING SOON
Mutual 11 - 2B/1Ba CORNER

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2 Bedroom 2 Bath, Greenbelt Views
Skylights, Upgrades, Charm - 1320 Kenwood 158B
\$299,500



DREAM LOCATION

Mutual 7 Central Park Corner
180 degree Greenbelt Views. Full expansion, AC, beautiful updates. The one you've been waiting for **\$429,000**



ISLAND PARADISE

2 bedroom, 2 Bath, Seeing is Believing
Fully remodeled, Great Views, Tranquil Setting
1901 McKinney Way 16Q - Mutual 15 **\$347,500**

SOLD



PERFECTLY PERFECT

1 bedroom, New AC, Mid Century Triumph
Mini Estate, Drive up to Amazing Mutual 7 **\$189,000**



GREAT NEW PRICE

Remodeled and Stunning
Skylights, Storage Room, Zoned AC, NICE ONE
1321 Prestwick Rd 147E - Mutual 7 **\$339,000**



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Seal Beach, CA 90740

Mutual 5 107H \$180,000 **Private front yard**, drive-up, great for remodel.

Mutual 8 205B \$217,000 **Expanded master**, oak flooring, solar tube, driveup

Mutual 2 1B \$219,000 **Partial expan.**, dual pane, lam. floors

Mutual 2 63D \$219,900 **Tile flooring**, double pane windows, new paint

Mutual 2 27D \$225,000 **Greenbelt**, new lam. floors, new paint, bright

Mutual 6 134J \$239,000 **Remod. kit.**, washer dryer, skylights, granite counters

Mutual 11 282B \$255,000 **Partial expan.**, lam. floors, tiled entry

Mutual 15 7A \$269,000 **End unit**, remod. kit., new carpet & paint dual pane

Mutual 6 137C \$275,000 **High side expan.**, washer/dryer, faces south

Mutual 9 235E \$289,000 **Full expan.**, 3 skylights, 2 heat pumps, new paint, greenbelt

Mutual 10 241G \$298,800 **Btfl. full expansion**, corner, cent. air, bay window

Mutual 9 236G \$299,000 **Full expan.**, corner, remod. kit.. & bath, greenbelt

Mutual 5 124L \$299,000 **Full expan.**, corner, drive up, lam. floors

Mutual 15 23L \$299,900 **Expanded**, washer/dryer, 2 baths, nice

Mutual 1 37G \$315,000 **Full expan.**, cent. air. newer carpet, greenbelt, dishwasher

Mutual 6 140L \$329,000 **Washer/dryer**, cent. air, upgraded, must see

Mutual 15 40B \$329,000 **Atrium**, cent.air, dual pane, lam. floors make offer

Mutual 6 128G \$359,000 **Washer/dryer**, dual pane, bay window, Corian counters

Mutual 15 23R \$364,900 **Btfl., turn key**, 2 baths, washer/dryer, remod.

Mutual 12 37H \$375,000 **Move-in-condition**, 2 baths, cent. air, lam. floors

Mutual 11 268 K \$395,000 **Complete remodel**, washer/dryer, dual pane

Mutual 15 28G \$398,000 **Atrium**, 2 baths, cent. air, remodeled

Mutual 11 270G \$398,800 **Great one**, must see, washer/dryer, 2 baths, faces south

Mutual 5 101A \$405,000 **1-1/4 baths**, corner, bay windows, hardwood floors

Mutual 1 2F \$419,000 **1/3/4 baths**, hardwood floors, bay window, faces south

Mutual 9 218F \$438,000 **One of a kind**, 2 bathrooms, washer/dryer, private location

Mutual 9 222A \$439,000 **New remod. corner**, large custom kit., 2 3/4 baths, washer/dryer

Mutual 9 226L \$447,000 **Great greenbelt**, remodeled, washer/dryer, move-in-condition

Mutual 12 78L \$449,000 **Washer/dryer**, 2 bath, cent. air. btfl remodel, super

Mutual 15 9B \$529,000 **5 skylights**, remod. kitchen, 1-3/4 baths, washer/dryer

Mutual 1 38G \$539,000 **1-3/4 baths**, washer/dryer, cent. air, great location

One-Bedrooms

Mutual 7 151B \$150,000 **Drive-up**, west facing, new interior paint, new counter top

Mutual 1 19D \$157,500 **Lam. floors**, nice patio, shows well

Mutual 1 55B \$157,500 **Cute**, faces west, step in shower, heat pump

Mutual 1 52E \$159,900 **Faces southwest**, skylights, lam. flooring, greenbelt

Mutual 9 212K \$164,700 **Cute**, quiet, private move in ready

Mutual 1 42J \$165,500 **Move-in condition**, newer counters, paint, lam. floors

Mutual 16 53K \$167,888 **Special**, 2 heat pumps, 2 skylights, lam. floors

Mutual 5 98H \$169,000 **Washer/dryer**, newer flooring, shows great

Mutual 1 36H \$172,000 **Full expan.**, great location clean and bright

Mutual 1 45H \$198,000 **Full expan.**, btfl. greenbelt; washer/dryer, cent.air

Mutual 1 56C \$210,000 **Exquisite**, btfl., greenbelt, granite, upgraded shower, must see



Linda Patton



Claudette "CC" Cooley



Adrian Villarreal



Leah Perrotti



Jay Cho



Estee Edwards



Conrad Rodriguez



Irv Hart



Rosie Wang Davis



Tim Kearns



Jong Kim



Paul Kim



Chris Kim

Mutual 14 Golf Course View



Beautiful Expanded Corner

\$510,000

1790 Sunningdale
2 Bedrooms
1³/₄ baths
Open floor plan
Beautifully remodeled
Spacious master
bedroom
Freshly painted
Move-in condition
Washer/dryer
dishwasher
Drive-up parking

Bea Kuebler
United Real Estate
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**Golf Course
View from Patio**

DRE 00926650



TIM KEARNS
REALTOR

CA BRE #01402756

714-293-3950

Resident REALTOR

Tim@TimKearns.com

Mutual 6-137C



\$268,000

Centrally located 2 Bedroom
Partially-Expanded Patio home
with View, Washer/Dryer,
Dishwasher & AC.

Mutual 7-151B



\$148,000

Centrally located 1 Bed-
room Patio home with
Drive-up convenience.

COMING SOON

**MU 1 - Convenient 2 Bedroom
Corner - Fresh interior,
garden view.**

**MU 5 - Centrally located,
Fully-Expand 2 Bedrooms
& 2 Baths, all Upgrades.**

**MU 6 - Centrally located,
Fully-Expanded 2 Bedroom
Corner, best Upgrades.**

**Berkshire Hathaway HSCP
CA DRE# 00338699**

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Erika:

Before you buy, let us show you our FAIR MARKET VALUE Listings

NEW M11, 276I Partial expansion, 1-BDR, double-paned windows,
A/C heat pump, Priced to sell **\$159,000**

NEW M2, 19F Full expansion, 2-BDR, 1-1/2 baths, dishwasher,
W/D, All new appliances. **\$355,000**

M6, 56L - Updated expanded corner, extra patio. **\$359,000**

M9, 208L Fully Expanded corner on lovely greenbelt **\$289,000**

M10, 256G Fully Expanded, Drive-up, AC/heat pump **\$289,000**

M9, 219F Basic corner, great greenbelt, A/C, cut-down
shower, new paint and flooring. Move-in **\$190,000**

M9, 225F South Facing Corner **\$199,000**

Joanie:

New Listing M10, 242I 1 bedroom 1 bath, front porch,
skylights, new paint **\$160,000**

M6 133I 2-BDR, 1-Bath, Expanded, Private Side Patio.

\$210,000 - PENDING

New Listing M6 63K 1 Bedroom 1 Bath Front Porch

2 Skylights Lowest Dues in LW **\$132,000 - IN ESCROW**

M14, 33B 2 Bedroom 1 Bath, Partial Expansion, Front Patio,

Great Garden, Sunny Location **\$235,000 - IN ESCROW**

M10, 241C Remodeled Kitchen w/Peninsula 2 bed 1 bath

Front Porch, Greenbelt **\$299,000 - SOLD**

M5, 92H 2 Bedrooms 1-1/2 baths, Expanded, 4 Skylights,

Front Porch **\$259,000 - SOLD**

Helen Blizzard:

New Listing M7, 157G Central Park 3 BR/1 bath (**Yes,
3 bedroom**) Expanded corner on beautiful green is a rare
find. **\$328,000**

M5, 124B 2 BR, 1 bath, loaded with upgrades. Side patio
enclosed adds extra room. New heat pump **\$238,500**

Coming Soon 1 bedroom/1 Bath, Basic, Very Private

Hank:

NEW M2, 44G - Corner, 2-bath, 2-bedroom. **Only \$249,000**

1-bedroom, M8 192-I. Clean Move-in **\$153,000 - PENDING**

M4 - 44G Fully Expanded 2 Bedroom. Gorgeous unit. **\$429K**

Signing Bonus \$1,000.

M5 - 96G Fully Expanded 2-BDR, W/D. Green Acres. **All Offers**

M14 - 18G Most complete corner. 2-BDR/2-bath, dishwasher,

A.C., washer/dryer and more. **Now Reduced \$489,000**

**Agents
Wanted
Uptime Available**

**Call Hank
Mutual 4,44G
\$429,000**



Fully Expanded 2 Bedroom.
Stainless steel appliances W/D,
bamboo floors. Gorgeous.
Agent Signing Bonus \$1,000

**Call Helen
Mutual 7, 157G**



Rare Find
3 BR/ 1 Bath expanded corner
on Central Park **\$328,000**



Carl Kennedy
M14 (661) 810-9410



Young Ro - M7
(714) 504-2541



Erika - M17
(562) 598-7616



Joanie - M6
(714) 308-8034



Yong Pyon - M1
(310) 658-0379



Helen Blizzard
M14 (562) 896-1191



Mr. Hank
(562) 743-8473



Robin Gray

(562) 209-5605

rwgraysales@verizon.net

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barbaradobias@gmail.com

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Mutual 15-7-A \$269,000
DRIVE-UP ON GREEN... Down-
stairs 2 Bed 2 Bath - beautiful
spot on a small green and a tree
lined courtyard too! Brand New
Carpet, Fresh Paint, Upgraded
Kitchen, Newer Dual Pane Win-
dows/Slider and a pretty front
door - Plus an enclosed patio
giving you extra indoor space
to enjoy - perfect for a hobby
room!



Mutual 16-53-K \$167,888
FABULOUS 1-BEDROOM...
Welcome to your new home!
This adorable unit is ready for
you! Expanded master bedroom
with a spacious walk-in closet,
refurbished shower with a rain
glass enclosure, great flooring,
2 newer heat-pumps, Plantation
Shutters, slate patio with a
gate and a huge green!



Mutual 5-98-H \$169,000
MOVE-IN READY... Gives us
a call to see this one bed-
room that is lovely and dif-
ferent from the norm - and
is more like a studio than a
one bed!!! All new paint, new
linoleum in the kitchen and
bath, freshly cleaned newer
carpet, walk-in closet, en-
closed patio room with stor-
age, raised wall and dual pane
windows, heat-pump, stack-
able washer/dryer, more!!



Mutual 11-268-K \$395,000
HUGE OPEN CONCEPT... Take a
look at this **FABULOUS** unit
ready for you to call home! Com-
pletely remodeled with kitchen
in front with window over the
sink. Huge living area, large mas-
ter bedroom 2 bedrooms, 1.5
baths, central heat/air, side-
by-side washer/dryer, drive-up,
close carport, spa tub and so
much more! Call us to see - you
will be glad you did!!



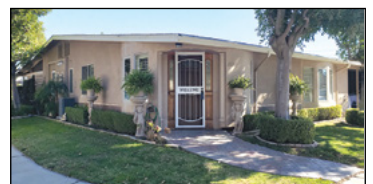
Mutual 6-140-L \$329,000
PRICE REDUCED - 2 bed-
room, 1-bath east facing cor-
ner drive-up, expanded with a
cozy patio. Forced-air heating
& air - washer-dryer bay win-
dow in living room, dining
room, designer ceilings, crown
molding, huge skylight and
pantry in kitchen, microwave
and dishwasher, tasteful,
soft colors throughout and
delightfully decorated.



Mutual 15-23-R \$364,900
ABSOLUTELY BEAUTIFUL
UNIT...TURN KEY with a RE-
SORT Feel - Upstairs 2 Bed 2
Bath - **COMPLETELY REMOD-**
ELED with EVERYTHING! This
home is light, bright with the
living room, dining room, and
kitchen open concept. Kitchen
has marble counters, stainless
steel appliances, coiffure ceil-
ing, and a skylight. The bath-
rooms are both beautiful, the
floors through-out gorgeous,
central heat/air, washer/dryer
and a patio that overlooks the
green.



Mutual 8-205-B \$217,000
SOUTH FACING—2 Bed-
room, 1-Bath with an expand-
ed bedroom and living room
and a cozy private feel patio.
Drive-up with assigned park-
ing directly across. Call us.



Mutual 9-218-F \$438,000
FABULOUS UNIT AND PRICE
if you want a **ONE-OF-A-KIND**
home. This beauty has 2 bed-
rooms, 2 baths, a gourmet kitch-
en, inside laundry, central heat/
air, tile floors, fresh paint, plen-
ty of street parking and so much
more. Drive-up parking.



Mutual 2-1-B \$219,000
CHARMING 2-bedroom,
1-bath with expanded living
room and bedroom with huge
walk-in closet, dual-pane win-
dows, laminate floors, cozy
private patio, three skylights
and a heat pump. Light bright
home ready to move in.

Mutual 9-210-G \$479,000
GORGEOUS NEW REMODEL,
with large stone patio on a pretty
green. — **PENDING**

Check out our website **sealbeachleisureworld.com** for more listings and how to purchase in Leisure World Seal Beach



Kathy Gupton
Associate Broker
DRE # 00744676



Gloria Hadley
Realtor®
DRE # 01057681

Kathy & Gloria Gupton & Hadley

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Mutual 2, 27D \$229,000
Charming 2 bedroom 1 bath cottage on lovely greenbelt with wrap around patio that has new outdoor carpet. Kitchen with newly painted white cabinets with new pulls and built-in appliances. Living room open and bright, bedrooms have new laminate flooring, bathroom with full size shower. Entire unit has been painted and new laminate flooring throughout. This is a cheery light bright unit that is ready for you to move in.



Mutual 1, 37G \$315,000
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 1, 42J \$165,500
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 9, 233H \$179,000
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 9, 222A \$439,900
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 have 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 2, 63D \$188,000
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 12, 37H \$375,000
Extremely nice corner 2 bedroom 2 bath, fully expanded on greenbelt. Leaded glass entry door and large inside storage. Custom kitchen with wood cabinets, built-in appliances, Corian counters and skylight. Walk-in closets in bedrooms. Cut-down showers and skylights in baths. Laminate flooring in kitchen and master bath, tile in second bath, carpet in bedrooms and living room. Central heat and air conditioning, dual-pane windows, custom shutters and plenty of extra storage.



Mutual 15 40-B \$329,000
Atrium home with highly desired floor plan, 2 bedroom, 1 bathroom. Private patio with storage and French entry doors. Living room is spacious has dining area with ceiling fan and room for large dining table. Atrium is enclosed with large skylight that brings in abundant natural light. Kitchen features white cabinets, newer counter, glass backsplash, newer built-in appliances including range, microwave, refrigerator and dishwasher. Bathroom has two vanities, skylight and walk-in shower with beautiful glass doors. Master bedroom and second bedroom both have ample storage. This home also features, central heat and air conditioning, dual-pane windows, laminate flooring in living room and bedrooms, vinyl in kitchen and bathroom.



Mutual 15, 28G \$398,000
Elegant 2-bedroom, 2-bath atrium. Living room has recessed lighting, free-standing electric fireplace and leaded glass door with side lights. Atrium has been remodeled for extra living space. Expanded and remodeled kitchen has custom cabinets with granite counters, stainless steel built-in appliances. Master bedroom has double wardrobe closet, recessed lighting and full second bath. Second bedroom has built-in shelving and ceiling fan. Master bath has new vanity with granite counters, large jacuzzi tub and skylight. This special home has double-pane windows, plantation shutters, central heat/air, hardwood flooring in living room, dining room and atrium, carpeting in bedrooms and hallway. Living room door opens out to a extra-large private patio with storage closet.



Mutual 6, 128G \$359,000
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 5, 124L \$310,000
Immaculate fully expanded corner 2 bedroom 1 bath with drive-up, leaded glass entry. Kitchen has newer painted cabinets, built-in appliances and skylight. Spacious living area with bay window with seating, area for dining with chandelier, and finished inside storage area. Master bedroom has walk-in closet, ceiling fan, second bedroom has wall air conditioning. Bathroom with skylight, newer painted cabinets, cut-down shower. Unit also has newer carpet in living area and bedrooms, laminate flooring in kitchen and bathroom, dual pane windows, heat pump. This home is bright and cheery just waiting for you to move in.



Mutual 1, 45H \$198,000
Lovely fully expanded 1 bedroom, 1 bath, facing greenbelt with wood leaded glass entry door. Kitchen has wood cabinets, pantry for extra storage, built-in appliances, skylight and ceiling fan; bathroom has vinyl flooring, skylight, white cabinets and washer/dryer. Living room is very spacious and open with area for dining, bedroom expanded with room enough for sitting area and large walk-in closet. This unit also features nicely textured ceilings, wood vinyl flooring in kitchen and living area, carpet in bedroom, dual pane windows with vertical blinds, and central heat and air conditioning. This home has lots of natural light and is in excellent condition and ready for you to move right in.



Mutual 15, 3K \$325,000
Inviting and expanded 2 bedroom 1 3/4 bath home over-looking a beautiful greenbelt. Expansion may be used as a den, study, or office and is light and bright with many windows. Spacious Living Room and adjoining dining area have cathedral ceiling. Kitchen has built-in appliances and granite counters. Second bedroom has mirrored closet doors. Master bath has granite counters, cut down shower, and washer/dryer. Bedrooms have plantation shutters and sola tubes in kitchen and bath. This lovely home over-looks a beautiful park-like green belt and is in move condition.



Mutual 9, 236G \$299,000
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. Skylights in kitchen and bath; ceramic tile flooring throughout; double-paned windows; and sliding door from living room to private tile patio. This charming home overlooks beautiful greenbelt.

PENDING

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KATHY 562 618-9940
www.liveinleisure.com
SOLD

Mutual 2, 26I	\$229,000
2 bedroom, 1 bath	
Mutual 8, 189F	\$389,000
2 bedroom, 1-1/2 bath	
Mutual 5, 102J	\$210,000
2 bedroom, 1 bath	
Mutual 2, 45K	\$278,000
2 bedroom, 1 bath	
Mutual 14, 33B	
Mutual 9, 233H	\$189,000
2 bedroom, 1 bath	
Mutual 2, 27D	\$229,000
2 bedroom, 1 bath	
Mutual 9 233H	\$179,000
1 bedroom, 1 bath	

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Hanna Rubinstein
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Sylvester Chumley
Realtor®



Maryann Shaddow
Realtor®



Marsha Gerber
Realtor®



MUTUAL 14 - 51A
\$525,000
Lovely fully expanded corner unit; Two bedrooms, two baths; Side patio as well! Great Mutual 14 location!



MUTUAL 9 - 236C
\$249,900
Full expansion on lovely greenbelt; Could be three bedrooms!



MUTUAL 11 - 272H
\$272,000
Full expansion on nice greenbelt; Very clean unit



MUTUAL 3 - 31A
\$325,000
Partial expansion; small patio; Very nice spot



MUTUAL 6 - 141C
\$399,000
Partial expansion; 2 Bedrooms, 2 Baths; W/D



MUTUAL 12 - 62F
\$459,000
Expanded corner unit; Two bedrooms, two baths; Bay windows; remodeled kitchen; central air;



MUTUAL 2 - 6H
\$164,000
One-bedroom unit with enclosed patio; On lovely green



MUTUAL 16 - 53J
\$155,000
One-bedroom unit on large expansive greenbelt



MUTUAL 7 - 173K
\$189,900
Great price! Location - Steps to laundry; E. facing; Wide courtyard



MUTUAL 5 - 121H
\$265,000
Two-bedroom full expansion; In immaculate condition; "Downtown"



MUTUAL 2 - 15F
\$539,000
Modern Expansion Two full bathrooms Built in fireplace and 65" TV, Best in LW!



MUTUAL 2 - 23L
\$489,000
Modern Two-bedroom expd. corner 2 full baths, central air/heat, W/D



MUTUAL 5 - 115C
\$185,000
One-bedroom; expd. bedroom with large, walk-in closet; skylights, close parking



MUTUAL 6 - 66H
\$225,000
Two-bedroom basic unit on small green; Nice spot



MUTUAL 8 - 205D
\$179,000
Two-bedroom basic; Easy access



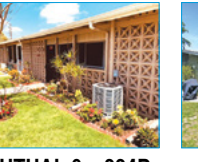
MUTUAL 3 - 23G
\$499,000
Remodel, Two Bedrooms; Two Baths; W/D; Bay Windows, Corner



MUTUAL 5 - 122H
\$170,000
Fully expanded one-bedroom unit; On street



MUTUAL 6 - 131I
\$155,000
One-bedroom unit; Walking distance to "downtown"



MUTUAL 9 - 224B
\$165,000
One-bedroom unit; Easy access; Faces the breeze



MUTUAL 3 - 26F
\$279,000
Nice basic two-bedroom corner unit; very clean; WASHER/DRYER



MUTUAL 5 - 112K
\$249,900
Partially expanded two-bedroom unit; Very nice central location; On small greenbelt



MUTUAL 7 - 164J
\$289,000
Expanded two-bedroom unit on lovely green; Very close to Central Park; Side patio



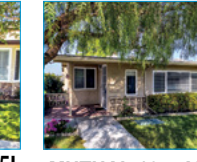
MUTUAL 4 - 81D
\$174,000
Enclosed patio One bedroom; New paint and flooring



MUTUAL 6 - 59G
\$265,000
Fully expanded two-bedroom corner; big skylights; central location



MUTUAL 6 - 53F
\$325,000
Two-bedroom corner unit with expanded master bedroom and dining room; Tiled patio



MUTUAL 11 - 285L
\$525,000
Absolutely fabulous fully expd. corner; Two full baths; W/D; side patio; Completely remodeled

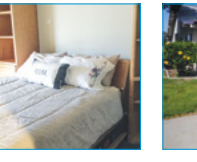


MUTUAL 12 - 42L
\$279,000
Fully expanded two-bedroom corner with small patio; Easy access

MUTUAL 14 - 3G
\$259,900
Partially expanded corner unit; Very close to golf course; This unit is in a "downtown" location



MUTUAL 12 - 42K
\$350,000
Fabulous two-bedroom unit; Two bedrooms, two baths; All remodeled; Small patio



MUTUAL 12 - 62E
\$189,000
Two-bedroom basic unit in great location; Heat pump



MUTUAL 8 - 197F
\$239,000
Fully Expanded, Two-bedroom corner unit, lots of room



MUTUAL 8 - 201I
\$189,000
Basic two-bedroom unit; with wrap-around patio



MUTUAL 3 - 16I
\$187,000
Partially expanded two-bedroom unit



MUTUAL 2 - 27K
\$185,000
Two Bedroom/One Bath; Greenbelt View, Freshly Painted



MUTUAL 12 - 10I
\$219,000
Two-bedroom basic unit; washer/dryer; very clean



MUTUAL 7 - 148J
\$239,000
Steps to Central Park, Beautiful windows, Many updates



MUTUAL 6 - 137I
\$225,000
Basic 2 Bed/ 1 Bath; Close parking, laminate floors

MUTUAL 1 - 11D
\$175,000
One-bedroom unit; Close to large greenbelt



MUTUAL 1 - 67L
\$219,000
Two-bedroom corner unit on lovely green



MUTUAL 1 - 33L
\$209,000
Very clean two-bedroom corner unit on lovely green



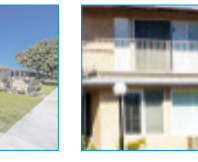
MUTUAL 1 - 27C
\$159,000
One-bedroom unit; Close to "downtown"



MUTUAL 1 - 15A
\$195,000
Corner unit with heat/air pump



MUTUAL 6 - 129B
\$459,000
Fabulous Remodel, 2 Bed/2 Bath Washer/Dryer, Patio



MUTUAL 10 - 250L
\$420,000
Remodeled expanded corner unit; surrounded by greenbelts, 1-1/2 bath; W/D



MUTUAL 15 - 46M
\$299,000
Two bedrooms, Two baths, Upstairs Unit; Faces breeze



MUTUAL 2 - 63L
\$300,000
Fully expanded corner with washer/dryer Close carport spot



MUTUAL 2 - 10I
\$219,900
Partially expd. two bedroom, remodeled kitchen, Travertine floor

MUTUAL 1 - 5G
\$279,000
Partial expansion of two-bedroom corner; on great greenbelt

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FOR 2019 - I have a total of 49 Leisure World pending and closed sales.
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13800 El Dorado #24A - M3 - \$244,900



Corner expanded 2 bedroom, 1 bath. Great drive-up location with double pane windows, window A/C, skylights in kitchen and bathroom and large storage unit.

13381 El Dorado #202E - M8 - \$310,900



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

13681 St. Andrews #25D - M1 - \$204,500



Expanded 1 bed/ 1 bath. Dual pane windows, smoothed ceilings, custom kitchen, stainless steel appliances, 2 A/C heat pumps, designer bathroom with walk-in shower, granite countertops.

13501 El Dorado Drive #199J - M8 - \$201,500



Interior 2 bdrm, 1 bath unit with large "L" shaped patio. Beautiful greenbelt views from all rooms of this unit. Laminate flooring throughout, A/C heat pump, skylights in both kitchen and bathroom and large skylight on patio.

1502 Merion Way #32F - M2- \$289,000



Fully expanded corner, 2 bedroom 1 bath unit. Smooth ceilings, dual pane windows, central AC/heat. Dishwasher, walk in closet, bay windows. Unit located close to parking.

1330 Oakmont Road #144L - M6 - \$265,000



Corner 2 bedroom, 1 bath, partially expanded unit. Dual pane windows, A/C heat pump, dishwasher, microwave, water filtration system, skylights.

13501 El Dorado #199D - M8 - \$170,000



2 bedroom, 1 bath with central A/C, dual pane windows, skylight, and a privacy shade on the patio.

13800 Annandale Drive #40L - M1 - \$224,900



Corner, fully expanded 2 bed, 1 bath. South facing with laminate flooring throughout, A/C heat pump, skylights and cut down shower. Close to parking and laundry.

1800 Sunningdale Road #18B - M14 - \$254,900



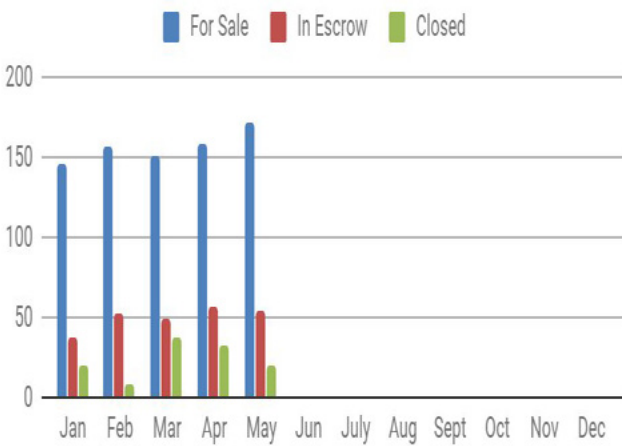
New windows, smooth ceilings, light laminate flooring throughout, 3 A/C heat/pumps, custom bathroom with beautiful finishes and walk-in shower with glass enclosure.

1290 Northwood Road #161A - M7 - \$299,500



2 bedroom, 1 1/2 bath, corner expanded unit. Laminate floors, smooth ceilings, two skylights, walk in closet. Close to parking and laundry.

5/21/2019 - Year To Date MLS Activity



I Have Access To The Total Inventory

On May 21st, 2019 a total of 172 units show as active listings on the CRMLS (this is where Realtors list property for sale).

- 36 - 1 bedrooms, 1 bath from \$135,000 to \$239,900
- 80 - 2 bedrooms, 1 bath from \$175,000 to \$465,000
- 52 - 2 bedrooms, 2 baths from \$239,000 to \$539,000

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





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