

July 4, 2019

LW Weekly

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75 DAY

RISK-FREE GUARANTEE



Celebrate the Fourth with classic cars and classic rock in LW

The GRF Recreation Department will host the annual Independence Day event starting at 10 a.m., with a Classic Car Show, a barbecue, the Rollin' Thunder Golf Cart Parade and a Roy Orbison tribute.

The GRF Transportation Department will run a continuous shuttle to Clubhouse 6 from 9 a.m.-2 p.m. from Clubhouse 4, so take advantage of park-and-ride service.

Mark Barnett will perform the best-loved songs of the legendary Roy Orbison plus the most popular music of the 50s and 60s with his band The Black & White Knights. His transformation into Roy is complete with the looks, voice and the feel of this magnificent performer. Come and dance to the haunting ballads of Roy Orbison.

The Rollin' Thunder Golf Cart Parade departs at 9 a.m. from Clubhouse 4.

The fun starts at 10 a.m. in the Clubhouse 6 parking lot, with more to see inside, and will continue until 2 p.m. Residents, their families and friends are all welcome.

Koffel's will bring the Taco Truck, its famous tri tip barbecue and other choices for purchase. Tri tip plates are \$11; ribs with all the fixings are \$10. Two taco trucks will be there with reasonably priced favorites.

The Theater Club will offer its popular free face painting to kids of all ages, whether they are GRF members or not.

Arts and craft clubs will display, and offer for sale, their work inside the clubhouse in the table tennis area, which will be closed for the day along with the fitness center.

KEEPING YOU CONNECTED



Apply at the HCC July 19

What: California Telephone Access Program—Free specialized phones that make it easier to hear.

When: CTAP representatives will be at the Health Care Center on July 19 to help people apply.

For complete information on specialized equipment and more, see page 3.

Springsteen Tribute I Amphitheater

4th of July

The Rising: Tom Vitorino on vocals and guitar and the band give a house-rocking tribute to 'The Boss' tonight.

The Rising starts at 7:30 tonight

Bruce Springsteen Tribute: The Rising
TONIGHT, July 4
7:30 p.m. (special time due to holiday)
Sponsor: The Circle

Bruce Springsteen Tribute: The Rising is a brotherhood of friends, some with ties that date back nearly two decades. Much like Bruce Springsteen & the E Street Band, they take the stage more like a gang, than a band.

The Rising performs songs spanning

nearly five decades of pure Springsteen, from "Greetings From Asbury Park" through Springsteen's 2009 release "Working On A Dream."

Each song is delivered with enough power, heart and soul to evoke the hal-lowed Bruce Springsteen & The E Street Band.

C'mon up to The Rising—the house-rocking, earth-shaking, heart-stopping tribute to Bruce Springsteen & The E Street Band.



Donna Gambol

The 2019 Amphitheater Season kicked off June 27 with The Texas Tenors, a trio of cowboy crooners that drew a full house. For more photos, the season schedule and other Amphitheater information, see page 14.



GRF offices are closed today for July 4 holiday

In observance of Independence Day, all Golden Rain Foundation offices except Security are closed today, Thursday, July 4.

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

The Minibus will operate on the Saturday, Sunday and Holiday D Bus schedule.

The Access Bus will run by appointment only from 7:30 a.m.- 4 p.m. Access Bus appointments can be made up to three days in advance by calling 431-6586, ext. 379, 24 hours a day.

There will be no buses to Rossmoor and the Senior Center on July 4.

The Amphitheater Bus will run on the September schedule due to the early start time for the Amphitheater show, July 4. The bus will make two rounds through the community, beginning at the Amphitheater at 5:50 p.m. and returning just before show time at 7:11 p.m. All passengers will be taken home at the conclusion of the show.

LW MINIBUS

Monthly orientation is canceled July 4

The Golden Rain Transportation Department's monthly Minibus orientation will be canceled today, July 4, due to the holiday.

Informational meetings on using the Minibus service are conducted on the first Thursday of the month from 10-11:30 a.m. and 6-7 p.m. in Clubhouse 3, Room 3.

The sessions are for shareholders who want to learn about Minibus system routes and timetables and other transportation options available in Leisure World. "Learn the Route," previewing a weekday route, follows the 10 a.m. session. The ride-along is limited to the first 17 participants and takes one hour. For more information, call Fleet Manager Grant Winford at 431-6586, ext. 372.



MISSION PARK

The multipurpose courts at Mission Park will be closed the first Wednesday of every month after 3 p.m. for power washing.

FIREWORKS IN LOS AL

Fighter jets will fly over JFTB before fireworks July 4

A flight of California Air National Guard F-15C fighter aircraft from the 144th Fighter Wing based in Fresno, California, will perform a flyover of the Los Alamitos Army Airfield on Thursday, July 4, in conjunction with Joint Forces Training Base’s annual Fireworks Spectacular public event celebrating Independence Day.

The flyover is expected to take place at approximately 6:15 p.m., following their flyover of Dodger Stadium during pre-game ceremonies for the Los Angeles Dodgers vs. San Diego Padres game.

“On behalf of Maj. Gen. David Baldwin, the Adjutant General of the California National Guard, our City of Los Alamitos and Seal Beach community partners, and the Citizen Soldiers who work and train here at Joint Forces Training Base, we look forward to welcoming our friends and neighbors to join us in celebrating America’s birthday,” said JFTB Installation Commander Col. Nick Ducich. “We are privileged

FIREWORKS, page 15



Three F-15C Eagle fighter jets from the 144th Fighter Wing, California Air National Guard flew over the Joint Forces Training Base, Los Alamitos, last year’s annual July 4 Fireworks Spectacular community event. The aircraft landed at the base after conducting a flyover of Dodger Stadium in Los Angeles to kick off the July 4th baseball game (photo courtesy of U.S. Air National Guard photo by Senior Airman Crystal Housman)

Hometown Buffet Brunch

Hometown Buffet hosts a Sunday brunch and omlet bar from 11 a.m.-3 p.m. in Clubhouse 1, with the next brunch on July 14. This is a change in time. The menu is printed below, and copies are available from the Recreation Office.

Brunch is \$11, all-inclusive and all you can eat on site (no takeout).

The Leisure World Transportation Department provides regular weekend bus service to the clubhouse and on-call service for the special needs Access bus. For further information on the bus schedule, call 431-6586, ext. 372 or 379. For more information on restaurant services, email events@lwsb.com or call 431-6586, ext. 326.

Hometown Buffet Brunch Menu July 14

Hot Pot

- Grits
- Oatmeal
- Salad Table**
- Spinach
- Coleslaw Salad

Juice Bar

- Orange Juice

Toast Bar

- Doughnuts
- Corn Bread
- White Bread

Hot Bars

- Biscuits & Country Gravy
- Scrambled Eggs
- Crispy Bacon
- Savory Sausage Links
- Pancakes
- O’Brien Potatoes

- Baked Chicken Rotisserie
- Mashed Potatoes & Gravy
- Vegetable Rice
- Grilled Parmesan Tomatoes

Omelet Station

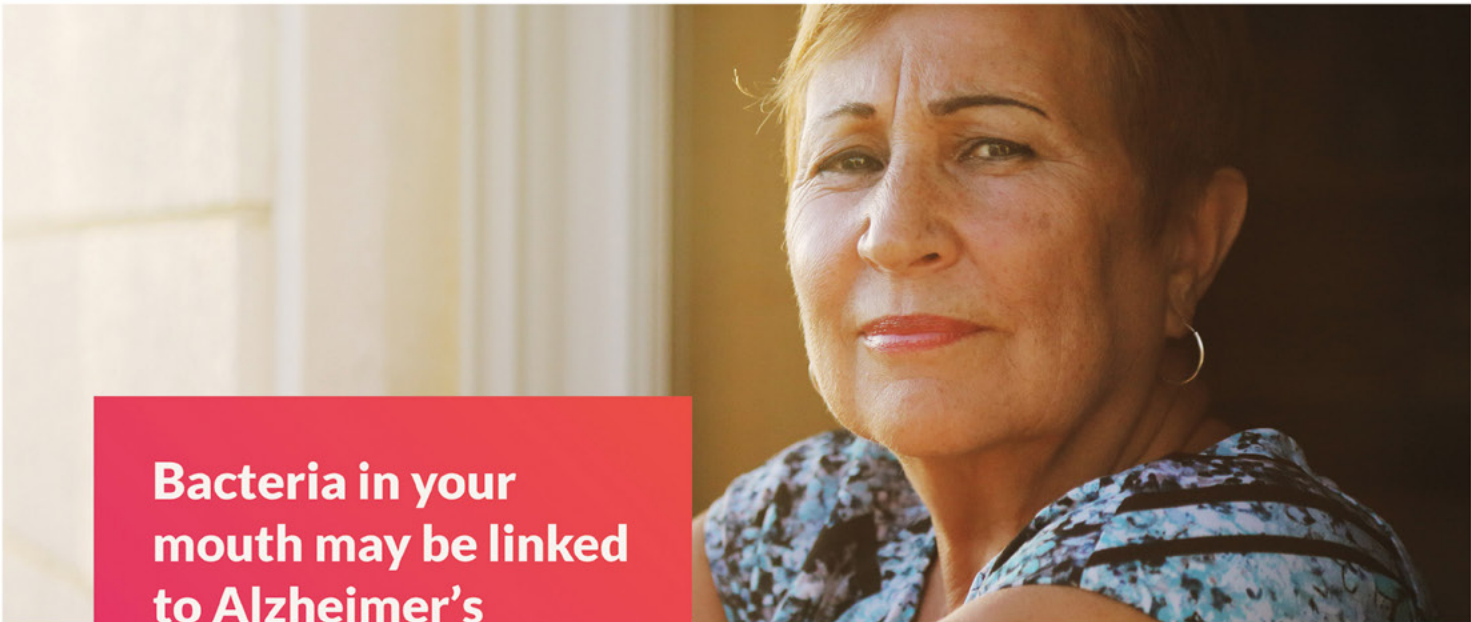
- Omelets made to order

Dessert Station

- Strawberry Glazed Bananas
- Fruit Platter
- Chocolate Pudding
- Whipped Cream

Condiments

- Honey
- Butter
- Jelly
- Breakfast Syrup
- Strawberry Glaze
- Brown Sugar
- Hollandaise



Bacteria in your mouth may be linked to Alzheimer’s

Even if you have no symptoms of gum disease, *you may still be at risk*. Consider joining a new clinical trial evaluating whether an investigational drug is safe and can halt the progression of Alzheimer’s disease by reducing the damage caused by bacteria in the brain.

You or a loved one may be eligible for the study if you:

- ✓ Are 55 to 80 years old
- ✓ Have been diagnosed with mild to moderate Alzheimer’s disease
- ✓ Have a caregiver who will attend study visits

To find out about participating, contact:

Syrentis Clinical Research
1401 N. Tustin Ave., Suite 130
Santa Ana

Ana Nunez
714-542-3008
OCResearchstudies@gmail.com

Learn more at www.GainTrial.com

Study participation, testing and medication are free to all subjects. Some people may receive stipends to cover meals and travel related to study visits.

INVESTMENT FORUM

Midyear outlook is topic July 9

The LWSB Investment Forum’s July presentation will be held on Tuesday, July 9, at 2 p.m. in Clubhouse 3, Room 6.

June’s topic will be “The 2019 Midyear Outlook—How to Focus on What Really Matters in the Markets.”

“It’s hard to believe, but we are at the mid-point of 2019 and we believe that even as investors face prospects for periodic bouts of volatility, emphasizing fundamentals will remain critical for making effective investment decisions for the remainder of the year,” said Larry Pino, a wealth advisor who leads the forum. “We will focus on four primary pillars for investing—policy, the economy, fixed income and equities.”

Everyone is invited and questions are welcome.

OC VECTOR CONTROL

‘TossNTip’ effort is now under way

While the recent rain may have helped bring the warm temperatures down, it also created small pools of standing water in backyards, turning them into mosquito breeding sources and possible public health threats to the community.

In honor of the National Mosquito Control Awareness Week—June 23-29— the Orange County Mosquito and Vector Control District (OCMVCD) is launching its #MissionTipNToss campaign, urging residents to tip out water and toss out unneeded containers to protect the community from the dangers of mosquitoes and mosquito-borne illnesses.

There are currently no confirmed human cases of West Nile Virus in Orange County, however two dead birds from the City of

VECTOR, page 15

Return surveys before deadlines

The Golden Rain Foundation, in conjunction with the LW Weekly, has completed distributing questionnaires on three new projects under consideration.

Now, it's your turn to tell the GRF Board what you think about a possible restaurant/bar, improvements to the fitness center and adding a learning center to LW amenities. Make certain your vote is counted by responding to all three surveys by their deadlines.

Surveys may be dropped off at the off-white mailboxes located throughout the community, at the Recreation Office in Building 5, the Library or the Administration building. Those without a name, Mutual, and unit number will not be included.

Do not add to the survey except in the comment section as this information cannot be tabulated. The deadline for submission is July 12 for the restaurant; July 19 for the fitness center; and July 26 for the learning center. The results will be provided at the GRF Recreation Committee meeting in September, as well as published in the LW Weekly.

"It is very important that the Board of Directors collect feedback from the community so that we can continually improve the quality of life in Leisure World, Seal Beach, said GRF President Linda Stone. "We want to know

SURVEY, page 15

CTAP

Specialized phones help dial, hear, call

The California Telephone Access Program offers a range of free, specialized phones that make it easier to hear, dial and call. CTAP also has phones that are designed for individuals who have restricted mobility, speech impairments, or who are blind or deaf.

Applying is Easy

1. Pick up an application form at the Health Care Center, LW Library, News Office or the Member Resource Office (Administration Building, second floor). Fill out Part 1.

2. Have Part 2 of the application filled out and signed by a medical doctor or other authorized professional.

3. CTAP representatives will be in the Health Care Center on July 19 from 10 a.m.-noon to answer questions about the free specialized equipment. They will have equipment on display for people to look at and ask questions. People who have the fully completed application form signed by their doctors may be able to receive equipment that day.

CTAP will be able to process the first 10-12 people on a first-come, first-served basis. CTAP cannot exchange phones for existing customers at this event.

For more information or application forms, call 1-888-806-1191 or visit www.California-Phones.org (web chat available).

—Cindy Tostado

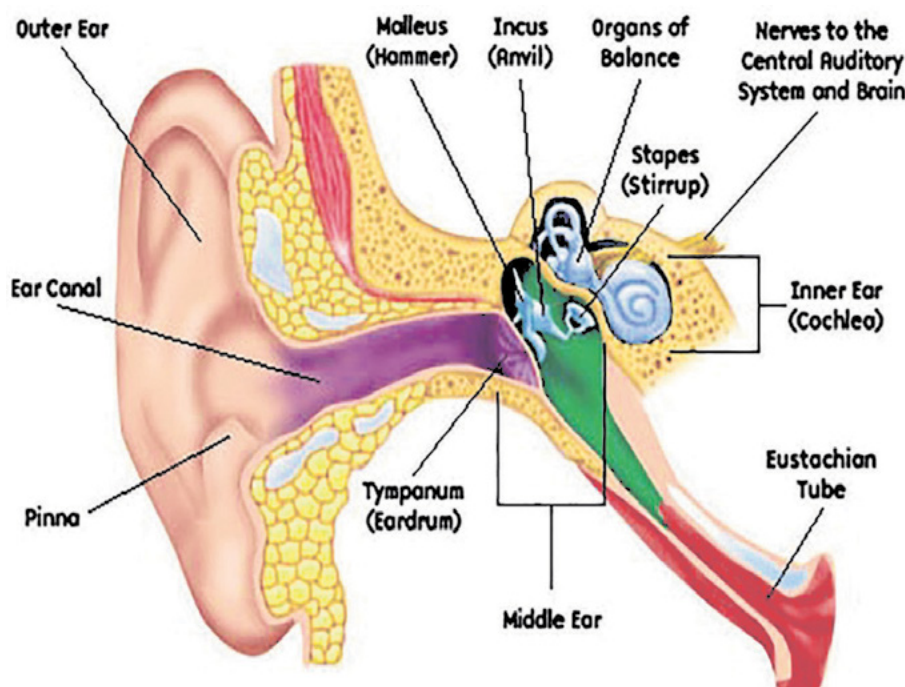
LCSW, GRF Member Resource & Assistance Liaison



Use it or LOSE it!

According to a new study by Johns Hopkins University School of Medicine and the National Institute on Aging, men and women with hearing loss are much more likely to develop dementia and Alzheimer's disease. People with severe hearing loss, the study shows, were 5 more times likely to develop dementia than those with normal hearing.

- Communication occurs in the brain.
- When we lose our ability to hear, the ear stops sending needed information to the brain, effecting the ability to understand what is being said.
- "Auditory Deprivation," can impair the way the brain processes sound.
- In most cases the solution is hearing aids; sending the correct information to the brain, protecting it from atrophy.



- You play the TV too loud.
- You HEAR, but DON'T understand.
- People seem to mumble.
- You ask others to repeat themselves.

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Perspectives



WATCH YOUR STEP

Clear out junk mail solicitations

by Cathie Merz
cathiem_news@lwsb.com

Why are mail boxes constantly filled with unsolicited mail? A simple reason is because companies often pad their coffers by selling or renting customer lists. The average American receives 41 pounds of junk mail per year. Not only does junk mail clog up mailboxes, it also wreaks havoc on the environment. Nearly half of the junk mail received annually (44 percent) ends up in a landfill. In addition, nearly \$320 million in local tax money is used to dispose of junk mail, and more than 100 million trees are used to create pulpwood for paper products. Since the spelling of my name can vary greatly, I can have fun tracking unsolicited mail by submitting various spellings. It is amazing to see what is connected to what. Magazines are notorious for sharing addresses, and so are telephone companies. When I needed to remove my phone number in the Verizon telephone book, I was charged a monthly “unlisting” fee.

While the United States Postal Service does not have a one-stop method for reducing junk mail, there are many ways to reduce the amount received.

Many times stores and restaurants will ask customers to fill out a survey to receive a free gift or discount. However, in the fine print the survey is not being conducted by the business being rated, but by another company that then can sell the information to the other parties. Remember, nothing is really free.

Reducing the amount of junk mail received helps minimize the risk of identity theft.

The key to stopping unwanted advertising mail is getting off the mailing lists. There are, literally, thousands of commercial lists out there.

Several actions are needed to stop the delivery of unwanted mail and even after opting-out not all mail solicitations will end. Solicitations may still be received from local merchants, religious and charitable organizations, professional and alumni associations, politicians and companies with which you do business.

- Here are some steps to reduce unwanted mail:
- Black out the bar code and address on all junk mail that is delivered using first class postage. Put a circle around the postage and write “Not accepted: return to sender.” This can be put in any mail box, and it will be returned to the business that sent it.
 - Send a postcard or letter to Mail Preference Service, Direct Marketing Association, P.O. Box 643, Carmel, New York 15012-0643 or visit www.directmail.com. Send your name, address and request “activate the preference service.” This will eliminate close to three quarters of all direct mail for five years. It stops all unwanted junk mail from companies that you have not ordered products from.
 - Tell companies you do business with to remove your name from customer lists they rent or sell to other companies. Look for information on how to opt-out of marketing lists on sales materials, order forms, emails and websites.
 - Contact the Data & Marketing Association to sign up for its mail preference service. This will allow you to remove your name from most

STEP, page 5

Making History

July 5, 1946 - French designer Louis Reard unveils a daring two-piece swimsuit at the Piscine Molitor, a popular swimming pool in Paris. The new fashion, which Reard dubbed “bikini,” inspired by a news-making U.S. atomic test that took place off the Bikini Atoll in the Pacific Ocean earlier that week. European women first began wearing two-piece bathing suits that consisted of a halter top and shorts in the 1930s. In the United States, the modest two-piece made its appearance during World War II, when wartime rationing of fabric saw the removal of the skirt panel and other superfluous material.

July 6, 1957 - Althea Gibson claimed the women’s singles tennis title at Wimbledon and became the first African American to win a championship at London’s All England Lawn Tennis and Croquet Club.

July 7, 1930 - Construction of the Hoover Dam began. Over the next five years, 21,000 men worked ceaselessly to produce what would be the largest dam of its time, as well as one of the largest man-made structures in the world.

Letters to the Editor

Editor,
First, thanks to those who deliver the LW News to my unit every week.

Next, what happened to the “Pink Book,” aka the Documents Book, which includes Golden Rain Foundation and Mutual Corporations Bylaws and a copy of the Occupancy Agreement? The last book printed was in 2012.

I went to get a newer copy at the Administration Stock Transfer Office. However, they did not even know what I was talking about. They sent me to the Reception desk on second floor. She said, I will be called about this issue. The caller left a message which stated: “I would have to receive a hard copy from the LWSB website” WOW, so any hacker may go to that website and learn all about Leisure World operations.

And how do the many, many Shareholder/members without computers get *hard copies* of this very important *documents book*?

According to various corporation laws that provide housing on a cooperative basis, a hard copy shall be given to a new shareholder/member when buying into this wondrous Leisure World, Seal Beach, California.

Carol Franz, Ph.D.
Mutual 2

Did you know members are entitled to view the Golden Rain Foundation records?

Under Civil Code Section 5200(a)(10), members are entitled to view Foundation records. Civil Code Section 5215 sets forth the categories of information that may be withheld or redacted (deleted or removed private or sensitive information) from a document in preparation for publication. An example of common record requests include, accident reports, Board meeting minutes and financial reports.

Records can be obtained on the GRF website or by request with a “Records Access Request Form.” The form is available at the Finance Department in the Administration Building or at www.lwsb.com under GRF documents. The completed request form should be returned to the Finance Department. Records shall be granted within 10 business days following the receipt of the request if the documents are within the current fiscal year. Records prepared during the previous two fiscal years are granted 30 calendar days following receipt of the request.

Copies of any records shall be made at the rate of \$.10 per letter-size copy. Certain records will be subject to an additional charge of \$10 per hour for redacting services. An estimated cost will be given before the services are performed and the requester agrees to pay these costs before records are retrieved.

Belinda Meacham
Stock Transfer Manager

Setting It Straight

Ryan and Kay Hong have been married 52 years, not 62 years, as reported in the Dancers & Mixers article published June 27 in LW Weekly.

Editor:
I read with great interest the letter from Ms. Watkins, Mutual 5. When our community opened in the early 60s all the brochures stated that we were affordable housing, not low cost.

The sad facts are that nothing stays the same. Most of the new people moving into Leisure World these days are still working. They expect more amenities. I know it’s harder on the residents who have been here for a while and who are living on fixed incomes. I have lived here for 10 years. I also live on a fixed income. The cost to live here will go up yearly. Nothing will stop that. The costs will go up much faster than any cost of living we get from Social Security. I don’t think many of us had any idea on just how much money we would need to live out our days here or anywhere for that matter. I have lived longer then both my parents.

I believe the Mutual Boards need to look at the requirements needed to move in here. Four times the monthly assessments when I moved in might only be three times now and \$25,000 in savings could be gone in a heartbeat if you have a medical emergency, and you will. It’s a problem that won’t get better.

The money for the new courts came from the amenities fee new residents pay when they moved in. The building of them didn’t come out of our pockets. But the upkeep will.


Carole Damoci
Mutual 12

Editor:
Over the years, I have come to realize that “Community Unity” (in the words of Carol Weller) could only be achieved through communication. Shareholder to shareholder, shareholder to administration and administration to shareholder.


We are often reminded that we have a communication tool, the newspaper. The newspaper was the brainchild of Ross Cortese who built this community. He, as did many of us, failed to see the demise of print media and the rise of the internet and social media. We still have a newspaper, but it is an official publication of the Golden Rain Foundation. We have a website, Leisure World Seal Beach, that is effective at conveying official information, but, it too, is an official website of our community.

We still need to effectively develop new means of communication. We need to insure that the standards set for print media are followed as we delve into the murky waters of social media. This means that not one, nor even two or three, persons can administer to thousands. We need to be able to reach those without computers. How you ask? Neighbor to neighbor, door-to-door. Each shareholder is as important as the next. We can build a community means of communication, but it must be done carefully to be all inclusive.

Margie Meigs
Mutual 2
LETTERS, page 5



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Serving the Shareholders of
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

Traffic rules apply to all

by Victor Rocha
security services director

I am proud of the entire GRF employee team when residents share positive reports about GRF employees who work hard to enhance the quality of life for everyone at LWSB. These positive comments also include vendors and others that enter the community. I also listen when it is reported that GRF employees, vendors and others may not be following all traffic rules and regulations inside the community, whether in a company vehicle or their own private vehicles.

An enhanced safety program is being introduced to advise all GRF employees, vendors, delivery drivers, Uber drivers, postal workers, etc., of our traffic rules and regulations. We realize community traffic safety is not just a matter of safety, but of respect for the community.

If you observe any unsafe activity, call Security, at 431-6586, ext. 371, immediately. You do not have to leave your name or contact information.

STEP from page 4

national telemarketing, mail, and email lists. Register online for \$2 or send a registration form and \$3 fee through postal mail.

- The Consumer Credit Reporting Industry's Opt-Out Program stops credit card and insurance offers. All major credit reporting agencies, Equifax, Experian, Innovis and TransUnion, participate in this program. Register online or call (888) 567-8688 to opt-out of receiving these offers for five years. To opt-out of these offers permanently, register online. If you have previously completed a request to opt-out from receiving firm (pre-screened and pre-approved) offers for credit or insurance, you must complete a request to opt-in to begin receiving offers again.
- Complete and file a PS Form 1500 at the Post Office to prevent, or stop, receiving sexually oriented advertising in the mail.
- Call the companies that send catalogs and offers and asking them to stop.
- Call (800) 645-9242 to be taken off the Publisher's Clearing-house Sweepstakes Mailing list.
- Contact American Family at (800) 237-2400 to be removed from its sweepstakes mailing list.

Main Gate
594-4754



Schedule of Mutual Meetings

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

Monday, July 8	Mutual 9 Administration 9:30 a.m.
Wednesday, July 10	Mutual 4 Administration 9:15 a.m.
Thursday, July 11	Mutual 12 Administration 9 a.m.
Friday, July 12	Mutual 3 Administration 9 a.m.
Monday, July 15	Mutual 15 Administration 1 p.m.
Tuesday, July 16	Mutual 14 Conference Room B..... 1 p.m.
Wednesday, July 17	Mutual 5 Conference Room B..... 9 a.m.
Wednesday, July 17	Mutual 7 Administration 1 p.m.
Thursday, July 18	Mutual 2 Administration 9 a.m.
Thursday, July 18	Mutual 11 Clubhouse 3, Room 9 1:30 p.m.
Friday, July 19	Roundtable with Mutuals/GRF Administration 1 p.m.
Monday, July 22	Mutual 8 Conference Room B..... 9 a.m.
Wednesday, July 24	Mutual 10 Administration 9 a.m.
Thursday, July 25	Mutual 1 Administration 9 a.m.
Friday, July 26	Mutual 6 Administration 9:30 a.m.

GRF Board of Directors 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:

Friday, July 5	GRF Board Executive Session Administration canceled
Monday, July 8	Mutual Administration Committee Administration 1 p.m.
Tuesday, July 9	Facilities and Amenities Review Ad Hoc Administration 1 p.m.
Wednesday, July 10	Security, Bus & Traffic Committee Administration 1 p.m.
Thursday, July 11	Communications Committee Administration 1 p.m.
Friday, July 12	Executive Committee Administration 1 p.m.
Monday, July 15	Finance Committee Administration 9 a.m.
Tuesday, July 16	Management Services Review Ad Hoc Administration 1 p.m.
Wednesday, July 17	Strategic Planning Ad Hoc Committee Administration 10 a.m.
Friday, July 19	Roundtable with Mutuals/GRF Administration 1 p.m.
Tuesday, July 23	GRF Board of Directors Clubhouse 4 10 a.m.

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 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.



Saundra Luther-Stark, immediate past president, receives a Certificate of Appreciation from Mutual 1 President Donna Gambol. Luther-Stark served as Mutual 1 president from 2015 through the first six months of this year. The Mutual 1 Board of Directors presented the framed Certificate of Appreciation during its executive session. The certificate was signed by all the directors and sported a special Mutual 1 seal.

LETTERS From page 4

Editor:

Recently the North Gate was closed on two days during times when it is normally open, then in the same week the south gate was effectively closed because those departing Leisure World had to wend their way through the shopping center parking lot to get out.

In both cases these closures could have been announced on LW LIVE!. Drivers could have planned their routes instead of arriving at the closed gate and having to drive all the way back to the Main Gate.

Security or the webmaster should be able to post traffic diversion notices soon after it happens. Doing this promptly would really be appreciated.

Kathy Weishampel
Mutual 12

Editor:

I am in full agreement with the Letter to Editor dated June 20, 2019, concerning the Restaurant/Bar survey.

My interest for the Restaurant/Bar is for the many seniors who have limited mobility, vision and hearing difficulties.

For these and others, all are paying monthly HOA fees to maintain the facilities that they themselves are not always able to enjoy.

With above in mind, our seniors would be able to take a bus, ride a bike, or walk. It would be a great addition for seniors to get out and socialize without leaving the safety of our gated community.

Having a place for a Restaurant/Bar without eliminating existing areas of activities would be my choice.

This would leave the option open for breakfast, lunch or dinner.

Mary Halsey
Mutual 4

The LW Weekly
430-0534

Gail Levitt

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Religion



Members Mary Granger and Virginia Olejnik are dressed in patriotic attire for Independence Day.

COMMUNITY CHURCH

‘Christian freedom isn’t Free’ is topic

Community Church is a patriotic family of faith. With great pride the church will celebrate the birth of the nation today, July 4. The price for our ongoing freedom was paid directly or indirectly by many in the congregation.

“As Americans, our freedom isn’t free. It has been paid time and time again by those willing to lay down their lives,” said Pastor Johan Dodge in a recent comment on the cost of freedom. “As Christians, our freedom in Christ isn’t free either. It is paid by Christ, who laid down his life for us all,” he said, challenging the congregation to consider the cost of divine freedom.

Community Church welcomes everyone, no matter the faith background, to join it on Sunday morning in worship.

The Sunday evening Bible Study, led by Joy Reed, meets at 5 p.m. in the Fireside Room. The topic is “Death and Resurrection.” Everyone is welcome to attend.

On Sunday, July 7, Pastor Johan will provide the morning message on the theme, “Christian Freedom Isn’t Free.” The Scripture Lesson is Luke 10:1-11, 16-20. Mary Granger will serve as lay liturgist this Sunday.

Worship services are at 9:50 a.m., followed by coffee and refreshments in Edgar Hall.

Aglow International

Aglow International will hold a lunch at 11:30 a.m., Thursday, July 11, at Mimi’s Cafe, 6670 E Pacific Coast Highway, Long Beach. All are welcome. Reservations should be made by Monday, July 8, by calling 631-7291.



Pastor Sheri Leming
Faith Christian

In July, Faith Christian Assembly’s midweek Bible study is on Wednesdays at 11 a.m. in the Garden Room. The Parables of Jesus will be taught.

Faith Fellowship Time is at 11 a.m. on Tuesdays in the Garden Room. A GriefShare group meets Fridays at 2 p.m.

To receive a free newsletter and for more information on the church, call 598-9010 or visit website at www.FCAchurch.net.

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 that started June 7 and will continue until October. It’s held from 1:30-3 p.m. on the first and third Fridays. All are welcome. For more information, call Joan Eisenhart at 343-8066.

Buddha Circle

The Buddha Circle will meet for Mindfulness Meditation sessions from 2-4 p.m. on Wednesdays, July 10, 17, 24 and 31.

The group meets in Clubhouse 3, Room 7

The sessions are facilitated. Donations are welcome; admission is free.

For more information, call (714) 234-8735 or email mindfulcircle@yahoo.com.

—Florence Diep



Mary Taylor, administrator of Redeemer’s Respite Care Center, is holding Ollie, the therapy dog.

REDEEMER LUTHERAN

Hot dog lunch follows service July 7

Come celebrate Independence Day and “The Freedom We Find in our Faith” that will conclude Pastor Lisa Rotchford’s sermon series on Sunday, July 7. Worship, which will include patriotic anthems, starts at 10:30 a.m., is followed by a hot dog luncheon celebrating the nation’s 243rd birthday.

Congregational singing will be led by organist Sharon Heck. Chris Moore will read the Scriptures Carol Costello will lead prayers. Barbara Dykman leads the greeting team, and Maria Swift will usher.

The Book of Romans is the focus for the Wednesday Bible class on July 10 in the Fellowship Hall from 10:30-11:30 a.m. under the leadership of Pastor Lynda Elmer. Paul’s engaging and pivotal letter

to the Romans is the topic, and everyone is invited to join in the discussion and learning.

Care for people who are caregivers continues through the Respite Center program that meets on Monday, Tuesdays and Thursdays. Call 596-1209 for information about registration.

For further information, call the church or visit www.redeemer-lutheransealbeach.com.

Christian Women

The Christian Women’s Fellowship and Bible Study Group will meet July 8 and 22 in Clubhouse 3, Room 6, at 10 a.m. Women in the Bible is the study topic. For more information, contact 431-0597 or 594-8100.

—Helen Spencer

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LW Baptist Church

The Leisure World Baptist Church will observe the Lord's Supper this Sunday, July 7. Everyone is welcome. Sunday School is from 8:40-9:10 a.m. at which time a warm welcome awaits with coffee and a treat at the round table. The morning worship service begins at 9:45.

Soloist Jean Davidson will sing "We Shall Behold Him."

Congregational hymns include "How Great Thou Art", "There is a Fountain" and "Isaiah 6:3."

Pianist Yvonne Leon will play for the offertory

Pastor Rolland Coburn's message is titled "Bearing Fruit For God" from Romans 7:1-6.

The closing hymn will be "Lord Be Glorified."

The Prayer Room is open following the service; remember the church's missionaries in prayer.

The Women's Christian Bible Study will meet Monday, July 8, at



Pastor Rolland Coburn

10 a.m. in Clubhouse 3, Room 6. The class is led by Jean Davidson and Margie Robertson.

For more information, call 430-2920.

—Joan Shramek



Enjoying the annual picnic June 20 were Mary Romero (l-r), Father Jim Hartnett, emeritus pastor; Gretchen Dinger, Pastor Father Juan Caboboy and Rita Laskey

Holy Family Catholic Church

Holy Family Catholic Church, 13900 Church Place next to the St. Andrews Gate, will observe the Fourteenth Sunday in Ordinary Time on July 7.

The First Reading is Isaiah 66:10-14C, and the Second Reading is Galatians 6:14-18.

The Exposition of the Blessed Sacrament is Saturday, July 6, after 8:30 a.m. Mass, concluding with Holy Hour from 3-4 p.m.

The Women and Men of Grace Prayer Group meets Wednesdays at 10:30 a.m. at the church. This group of the faithful gathers to praise God, and lift up needs and thanks to the Lord. It seeks to be a prayer resource for the whole parish community.

A Bible study group meets Tuesdays at 10 a.m. in the parish rectory. All are welcome on any Tuesday.

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.

On June 20, the parish had an annual picnic at Clubhouse 1

organized by St. Therese of Holy Family Organization, presided this year by Gretchen Dinger.

The group is responsible for many of the functions of the parish and community, including luncheons, bingo, fundraising and field trips, among other activities.

Many parishioners and friends attended the picnic.

Congregation Sholom

Congregation Sholom will have a Friday night service at 7 on July 5 in Clubhouse 3, Room 9, with Rabbi Rachel Axelrad. An Oneg shabbat will follow.

On Saturday, July 6, the service starts at 9:30 a.m. in Clubhouse 3, Room 9, for services with Rabbi Axelrad. A potluck dairy lunch will follow at noon. During lunch, the Rabbi will discuss this week's Torah portion.

The book club will meet at Ruth Hermann's house on Tuesday, July 16, at 1:30 p.m. "For Whom the Shofar Blows" will be discussed.

The picnic, which was rained out in May, has been rescheduled for Sunday, Aug. 4, from 11 a.m.-2 p.m. in the picnic area near Clubhouse 1. Congregation Sholom will provide kosher hot dogs, hamburgers, potato salad, coleslaw, drinks, watermelon and condiments. The price is \$10 per person.

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

GriefShare

People who have experienced the loss of a loved one are invited to join a GriefShare program at St. Irenaeus Catholic School, 9201 Grindlay St., Cypress, 90630. The St. Irenaeus Grief Support Ministry will host this 13-week program that meets from 6:30-8:30 p.m. on Mondays starting July 15 in Classroom 14.

GriefShare is a cycle of sessions that will be offered on an ongoing basis. People are welcome to join at any point since they are stand-alone sessions. This program is for anyone who has lost a spouse, child, parent, sibling or close friend, but not for other life events that

GRIEF, page 26

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GOODYEAR



Men's Breakfast 2019
FIRST CHRISTIAN CHURCH

Annual men's breakfast featured inspiring message

First Christian Church recently honored its marvelous men at the annual men's breakfast. Chris Wagner, associate pastor of Calvary Chapel West Grove for more than 20 years, was the guest speaker.

His inspiring message highlighted men's responsibility of leadership in the home—both practically and spiritually—and that their responsibility does not diminish in the advancing of years but rather increases as they gain godly wisdom, maturity and life experience.

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

Sunday morning begins with Elder Jack Frost teaching a Bible study at 9 a.m. in the book of Luke. At 9:30 a.m. the Hospitality Room opens for fellowship and light refreshments with Carol Speake and Sue Kaminski hosting.

Pastor Bruce Humes will be-

Rock Church

The Rock Church, Seal Beach campus, welcomes everyone to weekly services at Marina Community Center, 151 Marina Drive, Seal Beach.

Sunday services are in English at 9 and 11:15 a.m. and in Spanish at 1:45 p.m. People can listen to Sunday's message for free by going to www.gototheorck.com. Select Seal Beach campus and click the podcast.

For more information call (714)562-8233.

—Doris Sandrick

gin the worship service at 10:15 a.m. with praise, prayer and Scripture, followed by Margaret Humes leading the congregation in several hymns of worship, including "As The Deer Panteth" and "Oh, How I Love Jesus." The Communion hymn will be "The Old Rugged Cross."

The church choir, under the direction of Anita Ragole, will sing "Fairest Lord Jesus." Elder Jack Frost will present the Communion meditation and service today. For the offertory, the Praise Team will sing, "Jesus Saves."

Jerry Tester will sing "Heaven Will Surely Be Worth It All," followed by Sue Kaminski, who will read Matthew 24:42-44.

Assembly of God

Assembly of God will celebrate the Lord's Supper on this first Sunday of the month. The service starts at 10:30 a.m. in Clubhouse 3, Room 2. Pastor Sam Pawlak's message is "Half Asleep, Half Awake." Worship will be led by Denise Smith with Associate Pastor Dan Ballinger opening the service with a greeting and prayer, and Diana Mushagian leading the offering time and presenting the church family's activities. Visitors are welcome.

Two prayer meetings will be held at 10 a.m. and 5:15 p.m.

A Hymn Sing will be held in the lobby of Clubhouse 3 at 6 p.m. Dean Brown will lead familiar gospel hymns in the style of the Tijuana Brass. Pastor Dan will direct the songs selected by those present who represent many congregations throughout Leisure World and beyond.

Ruth Olson will lead choruses from the classic hymns. Norma Ballinger will give a short devotion, "Remembrance of Independence."

Fellowship time sharing treats people have brought will conclude the program.

A Bible study in Revelation will be held at 10 a.m., Wednesday, July 10, in Clubhouse 3, Room 7, with Pastor Sam; workbooks are available.

The Romeo and Juliets will dine at Denny's at 11:30 a.m. on Wednesday, July 10. All are welcome to this no-host lunch and fellowship.

—Norma Ballinger

BEIT HALEV
Services are livestreamed online

Beit Halev 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.

This week's Torah portion, "Korach," follows the story of a Levite cousin of Aaron and Moses, who enlists a group of followers to rebel against Moses and Aaron's leadership.

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

It includes a Torah reading, a D'var Torah, a prayer for healing and the Mourner's Kaddish.

People can still join Rabbi Levy-Slater's beginner's Hebrew class on Wednesday afternoons.

People interested in learning



Rabbi Galit Levy-Slater

prayerbook Hebrew or modern (conversational) Hebrew can contact Rabbi Levy-Slater at 715-0888 or duets@icloud.com for information regarding day and time.

An intermediate Hebrew class should begin in the next few weeks.

—Galit Levy-Slater

CENTER FOR SPIRITUAL LIVING
Study on living a spiritual life is Aug. 2

"Living Between Two Worlds," by Joel Goldsmith, will be the book study offered from 1-3 p.m. on Fridays, July 12 and Aug. 2, at the Seal Beach Center for Spiritual Living, 500 Marina Drive, Seal Beach.

Topics examined will include how to live a spiritual life without retreating from the world of human experience.

The book study is free. An offering will be taken.

All are welcome.

Sunday services are offered at 9 and 11 a.m.

All faith traditions are honored and welcomed.

For more information on upcoming classes, workshops and events, visit www.SBCSL.org or call the office at 598-3325.

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.

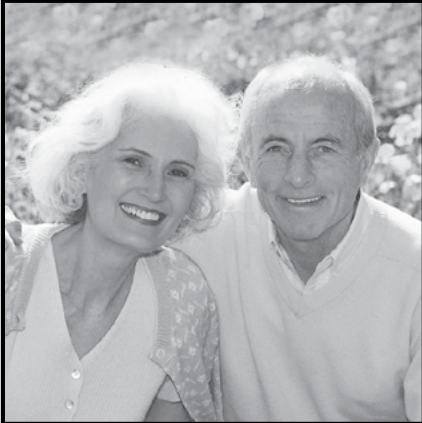
Monday, July 8: Veggie chili with crackers, chopped onions and shredded cheese, tossed salad with vinaigrette, corn muffin, Mandarin oranges

Tuesday, July 9: Baked fish with corn salsa, Mexican rice, green beans and mushrooms, whole wheat bread, orange juice, sugar-free fruit crisp

Wednesday, July 10: Cream of pumpkin soup with crackers, chicken deli sandwich with lettuce abd tomato on whole wheat bread, tropical fruit mix

Thursday, July 11: Beef taco salad (chopped lettuce, pinto beans, diced tomatoes, shredded cheese with cilantro lime dressing), tortilla chips, sugar-free fruit gelatin

Friday, July 12: Chicken breast with lemon herb sauce; baked potato with sour cream, sliced carrots, sugar-free custard



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Health & Fitness



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Tips to avoid the irritation of allergies

If those gray skies ever clear up, we can expect higher amounts of pollen and other irritants in the air. These may just be a nuisance – or they might have a serious impact on your health. Here are some ways you can stay healthy:

1. Every day. Check the weather report each day. Pay attention to the pollen counts. If pollen counts are high, try to avoid outdoor activities.
2. On the go. Keep allergy medications on hand. If you have an inhaler, bring it with you. You may want to use a breathing mask as well.
3. At home. Keep doors and windows closed on windy days. If you have air filters, use them when you're home. Change your clothes if you have been outside – pollen can stick to your clothes until they are washed. If you have pets that go outside, pollen can stick to their fur. Brush or wash your pets regularly to remove pollen and dust.

Managing symptoms

There are some easy-to-use medications you can buy at the nearby pharmacy:

- Antihistamines: these help treat sneezing, runny nose and itchy eyes. Common types include Allegra, Claritin and Zyrtec.
 - Decongestants: these help treat stuffy nose. But they can increase your blood pressure and heart rate, so check with your doctor first.
- If your allergies are still pretty bad, or if you develop a cough or fever, you may want to see your primary care doctor. He or she can help you consider other treatments. If you can't get into your primary care doctor's office, you may want to visit a nearby urgent care.

Upcoming events at the Health Care Center

- Tuesday, July 9: Alzheimer's support group, 10-11 a.m., Conference Room 2
- Wednesday, July 10: Laughing for the Health of It, 1:30-2:30 p.m., Conference Room 2
- Monday, July 15: OTC Medication, 10-11 a.m., Conference Room 1
- Tuesday, July 16: Dementia 101: Fact vs. Fiction, sponsored by Alzheimer's Orange County. 2-3:30 p.m., Conference Room 1, RSVP
- Tuesday, July 16: 15-minute chair massage, sponsored by Alignment Health Plan, 3:30-5:30 p.m., Conference Room 2. Available by appointment only; RSVP
- Wednesday, July 17: Sonus hearing screening, 9-10:30 a.m., Conference Room 2
- Friday, July 19: California Telephone Access Program, 9 a.m.-1 p.m., Conference Room 1
- Tuesday, July 23: Alzheimer's Support Group, 10-11 a.m., Conference Room 2
- Friday, July 26: Red Cross blood drive, 7 a.m.-4 p.m., Conference Room 1

To RSVP for these events, call the HCC reservation line at (949) 923-3233. Leave your name, and the name and date of the event.

Meals on Wheels

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

Monday, July 8: Roast pork adobo, brown and wild rice, zucchini medley with tomato, sliced peaches with yogurt, egg salad sandwich with spinach and tomato, homemade potato salad

Tuesday, July 9: Salisbury steak with mushroom gravy, mashed sweet potatoes, green beans with herbs, fresh peach, Chinese chicken salad with mandarin oranges, cabbage, carrots, onion, Asian dressing, crackers

Wednesday, July 10: Turkey chili with beans, seasoned potato wedges, cauliflower with pimento, lemon cake, turkey, ham and cheese sandwich with lettuce, tomato and pickle, three-bean salad

Thursday, July 11: Curry chicken, steamed brown rice, Oriental vegetables, vanilla and chocolate swirl pudding, tuna

MEALS, page 23



Dorene Youngs (l-r) and Annette Canale adding to their bouquet of success.

WA-RITE

Persistence brings weight-loss success

Dorene Youngs achieved the Bachelor of Goal Weight Certificate, a reward for all her hard work since she joined the Wa-Rite Club in February.

She's lost a total of 64 pounds. When asked how she did it, she said she started with a reasonable goal and had a plan. What has worked for her is to eat two meals a day, drink plenty of water and exercise. She also walks and does water aerobics. Congratulations Dorene.

The club's top loser was Annette Canale, who was able to shed three pounds. She was with the grandkids the week before and ate a lot of junk food, gaining her four pounds. She reined it in this week and lost three. It's amazing how quickly the weight comes on by

WA-RITE, page 26

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Five Summer Safety Tips

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If possible, wait to go out until the sun starts to set or until early the next morning.

Stay Hydrated

Drink plenty of cool water, clear juices or other liquids that don't contain alcohol or caffeine.

Keep Cool

Air conditioning is your friend. If you don't have AC, go somewhere that is air-conditioned and stay indoors. For locations in your area call the Area Office On Aging (714) 480-6450.

Stay In Touch

Let your friends or family know if you'll be spending an extended period of time outdoors, even if you're only gardening.

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Whenever you can, try wearing loose, light-colored clothes and wear sunglasses to protect your eyes from harmful UV.

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Sports & Games

Cards and Games Scoreboard

Best Time Bunco results from June 24: Most buncos, tie, Jackie Walters, Judy Pelegrino and Susan Goodman. Most wins, Bert Sellers. Most babies, tie, Evelyn Nakasome and Jen Hays. Most losses, tie, Dolorie Thurner and Suzanne Frank. Door prize winner, Dolores Ruiz. Best Time Bunco's next meeting is Monday, July 8. The club meets the second and fourth Mondays of the month, in Clubhouse 3, Room 1. Play begins at 6 p.m. All Leisure World residents are welcome. It is an easy dice game that can be learned in a minute. For information, call Gail Levitt at 596-1346.

Friendly Pinochle Club winners June 27: Nancy Wheeler, 13,030; Keith Clausen, 11,440; Irene Perkins, 11,320; Alma Zamzow, 11,300. The club meets Thursdays from noon-4 p.m. in Clubhouse 1. For more information, call (310) 968-9509.

— Bert Sellers

Leisure World Duplicate Bridge Club - Overall winners in a 16-table game on June 27 were: First in Strat A and B: Joan and Ted Wieber; second in Strat A: Bill Linskey-Fern Dunbar; third in Strat A, second in Strat B: Fred Reker-Russ Gray; fourth in Strat A: Joyce Basch-Dorothy Favre; fifth in Strat A: Judy Jones-Al Appel; sixth in Strat A, third in Strat B: Chie Wickham-Lynn Danielson; fourth in Strat B, first in Strat C: Miranda and Tony Reddy; fifth in Strat B, second in Strat C: Louise Seifert-Stan Johnson; sixth in Strat B, third in Strat C: Miriam Kelley-Judy Mathias; fourth in Strat C: Ted Cooper-Marlene McIlroy; fifth in Strat C: Ron and Gene Yaffee. Winners in the game on June 24, were: N/S: First in Strat A: Bill Linskey-Gary Paugh; second in Strat A, first in Strat B: Alan Oschwang-Chie Wickham; third in Strat A: Larry Topper-Lynn Danielson; fourth in Strat A: Sibyl Smith-John Hagman; fifth in Strat A, second in Strat B, first in Strat C: Judy Cook-Frances Gross; sixth in Strat A, third in Strat B: Rosemary Ford-Ylia Ross. E/W: First in Strat A and B: Jeanette Estill-Mike Ullman; second in Strat A: Marilyn McClintock-Fern Dunbar; third in Strat A, second in Strat B: Norma Krueger-Sue Fardette; fourth in Strat A, third in Strat B: Peggi Spring-Monica Gettis; fifth in Strat A: Hank Dunbar-LaVonne McQuilkin; sixth in Strat A: Larry Slutsky-Mark Singer; fourth in Strat B, first in Strat C: Miranda and Tony Reddy; second in Strat C: Monica and Paul Honey. 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 reservation. To make or cancel a reservation for Mondays, call Gene Yaffee at 430-7040 or email her, no later than 10:30 a.m. on game day, at grandmagene83@gmail.com; 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. Beginning with the July 8 game, Gene Yaffee is reservation chairperson for Mondays. See above information for phone number and email address.

— Gene Yaffee

Jolly Time Pinochle Club winners June 29: Nany Wheeler, 11,570; Bert Sellers, 10,270; Richard Van Waahnova, 9,910; Charlotte Westcott 9,850. Games are played from noon-4 p.m. on Saturdays in Clubhouse 1. For more information, call Peg Kaspar at 799-0433.

— Bert Sellers

SCORES, page 12

SHUFFLEBOARD

Giroud, Ryals, Johnson win annual Sue Mader tourney

The Shuffleboard Club's annual Sue Mader Tournament was played on June 14 at the Clubhouse 1 courts. Twenty people participated and this year's winners are Anita Giroud, Richard "Red" Ryals and Carol Johnson. Congratulations to the champions. Thanks to all the participants and the volunteers who made this another successful tournament.

Over the course of the 2018/2019 season the highest individual averages were:

Men: Bill Hamilton, 700; Sal LaScala, 642; and Gary Jantzen, 615.

Ladies: Anita Giroud, 578; Connie Lee, 542; and Peggy Hamilton, 508.

The 2019/2020 Shuffleboard League season will start on Sept. 27 and run through May 22. Time off from playing will be taken around Thanksgiving, Christmas and Easter. It is currently anticipated that there will be at least three full teams

for next season's league play. Additionally, several social events, including potluck and holiday dinners, plus tournaments are held throughout the season.

Call President Carrie Kistner, (949) 300-0285, to learning how to play shuffleboard. To secure a spot on the team roster call her by Aug. 15.

The next board meeting is Sept. 4 at 10 a.m. in Clubhouse 1. Coffee and doughnuts will be served starting at 9:30.

LW PICKLEBALL

July 7 meeting is canceled

Darlene Boyce, president of the Leisure World Pickleball Players Club, announced the July 7 monthly meeting has been canceled due to the 4th of July holiday.

The next meeting will be on Sunday, Aug. 4 with the traditional potluck followed by the club meeting. A representative from Prolite will be the guest speaker. Prolite has helped pickleball grow internationally. It has sponsored pickleball by backing tournaments, donating sports equipment to schools and providing free clinics for all levels of play.

The LW Pickleball courts are open daily from 8 a.m.-8 p.m. All interested residents are invited to play on the courts at Mission Park behind Clubhouse 2. A reminder the courts close at 3 p.m. on the first Wednesday to each month for cleaning.

Leisure World residents interested in joining the club or who have any questions may call Darlene Boyce at (310) 713-6696.

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 19



Anita Giroud, Richard "Red" Ryals and Carol Johnson. Richard is holding the perpetual Sue Mader Trophy that is kept in the trophy case at the courts.

SCRABBLE

Member celebrates 300 wins with pizza

The Leisure World Scrabble Club meets Wednesday afternoons from 1-4 p.m. in Clubhouse 3, Room 5, and plays a series of three successive games with alternating partners. Newcomers are asked to arrive early to meet the "regulars" and learn the house rules. If the scores listed here seem high and you fear that you are not skilled enough to compete, know that members play one-on-one and most games end in the 200-plus range. Listed here are only outstanding scores and bingo recipients, those who are able to play using all seven of their tiles in a single turn. This earns them 50 additional points as well.

Bingo achievers in June were Sylvia Makus with "feasting" and "mantles", Charla Gae with "derails" and Wanda Bemben with "sandals."

SCRABBLE, page 19



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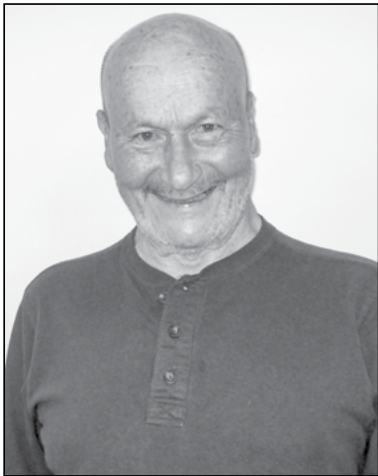
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Arts & Leisure



The Velvetones Ballroom Orchestra with Marcia Ford (above) and Dennis Bryan will perform in Clubhouse 4 at 6 p.m. on Sunday, July 7. Admission is free, and all are welcome.



Wayne Urban

Community Karaoke

“Welcome to My World” was a good choice for Wayne Urban, a popular singer at Community Karaoke, after everyone sang “Happy Birthday” to him. He always gives a spirited performance.

KJ host Walt Bier began the Wednesday night party with “Summer Wind” as everyone enjoyed Philly cheese steak sandwiches along with chips and ice cream bars as a special treat to welcome summer.

Karen Morris had fun with “Itsy Bitsy Teeny Weeny Yellow Polka Dot Bikini.” A perky number, “Swinging on a Star,” was fun for Pat Kogok. Bob Barnum knows the words by heart doing “Don’t Close Your Eyes.” Tony Tupas sang “Leaving on a Jet Plane.” He was one of 40 singers who performed a variety of ballads, gospel, pop and country for a spirited and lively evening.

Karaoke parties are each Wednesday starting at 5:30 p.m. in Clubhouse 1. Practice sessions are Tuesdays in Clubhouse 6 from 1-3 p.m. Everyone is welcome.

—Margie Thompson

AuthorSpeak!

The Leisure World Library invites everyone for its third AuthorSpeak event on July 11 at 11 a.m.

Korean-American author Sang-Eun Bukaty will talk about her book “Grace Notes.”

“Grace Notes” is the memoir of a Korean-American mother’s journey from growing up in Korea, going through the Korean war and earning national fame as a cellist, to adjusting to a new life in a foreign land and raising second-generation children as true Americans.

It is a timeless story that spans two cultures, two continents and two languages as it speaks of the universal love connecting sister to sister, mother to daughter and wife to husband.

The book describes Korean traditions and culture, including holidays, the art of kimchee-making, the structure of Korean families, the funeral process and the experience of going through the ruthless educational system from a child’s eye.

This event will be held at Veterans Plaza located on the cement patio between Clubhouse 3 and the LW Library.

Light refreshments will be provided.

For more information, contact the library at 598-2431.



Jojo Weingart

Mahalo to Susan Cucci (l) and Miyuki Okura, who duetted in “Beautiful Kaua’i,” a song about the romantic Garden Isle. Instructor Jojo Weingart hopes they will continue to bring joy and aloha to their audience. A big ‘shaloha’ (shalom and aloha) to “Dr. Happy,” LWer Susan Mathieu, for her invitation. Hui O Hula dancers enjoyed entertaining her lunch crowd at the Alpert Jewish Center last week. The hula dancers also appreciated the opportunity to entertain the GAF volunteers at their annual luncheon June 27. Best of luck to outgoing president/hula dancer Anna Derby in her future endeavors. For information about hula lessons, call 562-9676. For performance schedule, call Kaye Huff 431-2242.

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. Tango is taught from 6:30-7:30 p.m.; waltz, 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 in Clubhouse 2 and the third Monday at 9:30 in Clubhouse 3. Young-ah Koh is the instructor. For more information, call 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:** Texas two-step will be taught at 2 p.m. and a country-wester medley (10-count polka, country waltz, Cotton Eye Joe and cowboy cha cha) 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.

•**Line Dance, beginning:** Free classes are Fridays at 10 a.m. in Clubhouse 3, Room 8, and Wednesdays at 1 p.m. in Clubhouse 3,

DANCE, page 12

LW Poetry

This poetry feature showcase original poems by members of the Creative Writers Club of Leisure World and other GRF members. The club’s Poetry Workshop meets on the second Wednesday of the month at 1:30 p.m. in Clubhouse 3, Room 9. The Fiction/Nonfiction Group meets on the fourth Friday at 1:30 p.m. in Clubhouse 3, Room 1, followed by a business meeting at 3 p.m.

Freedom

The splendid night is filled with fireworks.
Memories of sparklers and piccolo peets fill my heart.
Marching bands and floats parade with flags twirling.
Eyes with tears of pride make for joyous celebrations.
Our freedom isn’t free thanks to those who fought the wars.
Hymns of faith and inspiration fill the heart with thankfulness.
Americans everywhere reflect with pride and a winning attitude.
‘Battle Hymn of the Republic’ was a song of a soldier’s suffrage.
‘America the Beautiful’ allows the teachers to pay tribute.
Our National Anthem tells of a battle at twilight’s last gleaming.
All the while the flag of freedom proudly flies forever.

—Nancy Maggio

Coin Club

The Leisure World Coin Club will meet at 1:30 p.m. on Wednesday, July 10, in Clubhouse 3, Room 2.

The topic is “Show and Tell.” Members will exhibit some of their collections.

The meeting will also include a coin auction, and related displays. Professional coin dealers will be there selling their products and buying members collectibles. All Leisure World shareholders are welcome.

Copper Enameling Class

The Lapidary and Jewelry Club hosts classes on class copper enameling taught by Carol Levine.

They meet every other Friday from 9 a.m.-noon. Cost is \$10 per person, which includes all supplies.

Students will be able to make two pieces.

Sign up in the Lapidary Room. The next class is Friday, July 12.

Lapidary Club Picnic

The Lapidary Club will have a picnic at 11 a.m. on July 12 at the Clubhouse 1 picnic area.

Cost is \$5 for members; \$6 for non-members.

The club will cook brats and hamburgers, and members will bring a dish to share.



The Bula Brothers

Band plays on Taco Tuesdays

Taco Tuesday, hosted by Koffel’s Food Service, offers a wide variety of diner-style selections at reasonable prices in the Clubhouse 6 parking lot at 5 p.m. every Tuesday.

As an added summer attraction, The Bula Brothers plays acoustic rock from 5-7 p.m. on Tuesdays through October.

All are welcome on Tuesdays for food, fun and music.

Friendship Club Computer Classes

The Friendship Club offers computer classes taught by Jeff Sacks and Miryam Fernandez. The schedule is as follows:

Monday, July 8, Clubhouse 3, Room 4

- 11 a.m.—Navigate the California DMV (includes information about the REAL ID) (Sacks)
- Noon—iPhone Notes App (Fernandez)

Monday, July 15, Clubhouse 6, Room B

- 11a.m.—Computers, Smartphone, Chromebook Questions Answered (Sacks)
- Noon—Intro to Google Photos (Fernandez)

Monday, July 22, Clubhouse 3, Room 4

- 11 a.m.— Revisit Windows 7 and Windows 10 (Sacks)
- Noon—Intro to E-mail (Fernandez)

Classes are free; donations are welcome and pay for a wireless hotspot and printing materials.

For more information on computers and the DMV, contact Jeff Sacks (714) 642-0122 or email jfsacks@gmail.com.

For more information on basic computer questions, iPhone/iPad, social media, Google Calendar questions, contact Miryam Fernandez, 884-7460.



Whirlers square and round dancers will meet tomorrow at 6:30.

WHIRLERS

Dance party will have a firecracker theme

The Whirlers square dance party is tomorrow, July 5, in Clubhouse 4 from 6:30-9:30 p.m. The theme is “Firecracker Hop.” Pre-rounds are from 6:30-7 p.m. Square and round dances will be alternated from 7-9 p.m., followed by a 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.

Square dance classes are held every Monday from 7:30-9:30 p.m. Come to have fun, brush-up on dancing skills and support student dancers. 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.

—Eleanor Thompson

VIDEO PRODUCERS

New programs to be televised on SBTV

New programs to be televised in the month of July on SBTV-3 community Seal Beach television. SBTV-3 can be seen on Spectrum Cable Channel 1390 and Frontier Cable Channel 37. It can also be seen on the Internet at www.sbtv3.org; just click on the logo on the website page to see it in high definition. Certified LW video producers contribute to SBTV-3 programming.

The following is a partial show schedule:

- **Cabaret Show May 2019**
On May 30 in Clubhouse 2, the Leisure World Cabaret presented “Broadway Rhapsody” featuring a collection of show tunes. Performers included Tommy Williams, Bette Fritz, Charlie Guggino, Tosca Lies, Donna Burr, Andre DuSomme, Lori Porter and Anna Lee, with piano accompanist Charla Gae and a special performance by Jay Naser. Phil Mandeville was master of ceremonies. Camera operators were Irene Cistaro, Michael Oh and Paul Bassett, video produced by Paul Bassett.
 - **Abilene Band May 2019**
Terry Otte and the Abilene Band performed in concert featuring Rod Anderson, Jim Greer, Tina Schaffer, Mike Simpson and Terry Otte. Camera operators were Joe and Oralia Osuna. Joe Osuna was the video producer
 - **Head Master**
A comedy horror original short play by Joe Osuna. A head-
- VIDEO, page 13**

OPERA CLUB

‘Arabella,’ Part 2, to be shown July 8

Everyone is invited to come and watch “Arabella,” Part 2, in Clubhouse 3, Room 2, on Monday, July 8, at 1:30 p.m.

This Metropolitan Opera production features the legendary Kiri Te Kanawa in the tile role with Wolfgang Brendel as her romantic suitor and Christian Thielemann conducting.

A short review will be provided for those who missed Part 1, by Kirk Davis, the club’s knowledgeable opera commentator.

Act 3 depicts the conclusion of the Coachman’s Ball where Arabella is departing in her cloak and ballgown and meets Matteo with his clothing in disarray on the stairs.

He is somewhat confused to find her in formal dress. When her parents arrive as well as Mandryka the situation calls for a full explanation.

The solution appears when Zdenka arrives in her nightgown. Everyone breathes a sigh of relief as Mandryka confirms his offer of marriage to Arabella, and encourages the Waldners to accept Matteo as Zdenka’s newly revealed husband.

The opera is sung in German with English subtitles. Room 2 is open at 1 p.m.

No dues or fees are collected. For more information, contact Beverly Emus, LW Opera Club president, at 296-5586 or beverly90740@gmail.com.



Ham Radio Field Day, a worldwide celebration of amateur radio, was June 22. President Midge Bash, W6LIK, of the Leisure World Radio Club (front, center) marked the occasion by visiting the Laguna Woods Village Radio Club station. She was greeted by her counterpart—President Michael Epstein, KA6VPG—who demonstrated the club’s newest radio, capable of making contacts with stations all over the USA.

GOOD TIMES ROLL

Woodstock tribute is July 20

Dust off those Hippie peace signs and beads. Don colorful tee shirts from the sixties and celebrate the 50th anniversary of “Woodstock, the iconic peace-love-and-tie-dye music fest held Aug. 15–18, 1969, which attracted an audience of more than 400,000.

Come to Clubhouse 2 on Saturday, July 20, when the Let the Good Times Roll club will sing a selection of songs from some of the 32 artists who performed in 1969.

Doors open at 5:30 p.m., and the show and dance will start at 6:30.

Among the 32 artists who appeared at the event in 1969 were were Joan Baez, Sha Na Na, Credence Clearwater Revival, Janis Joplin, Crosby, Stills and Nash, Jefferson Airplane and Joe Cocker.

Many of the songs were of the folk song genre and contained messages of peace and freedom.

Club performers include Tosca Lies, Bev Adams, Lu DeSantis, Susan Kelleghan, Ray Grierman, Josie DelPino, Sally Glauser, Connie Ferrand, announcer Jackie Hildebrandt and Frank Destra.

The Ben Berg Rhythm Rockers will provide rock and roll music for dancing to complete the night’s performance.

The club will furnish snacks, ice, cups and water. There is no admission and guests are welcome to bring their own beverages.

“I hope everyone wears their hippie outfits because I can’t wait to wear mine,” said Frank Destra, club president.

Kumihemo Class

A Kumihemo (Japanese braiding with beads) class will be held at the Lapidary Room in Clubhouse 4 on July 9 from 9-11:30 a.m.

Class size is limited to 10; \$5 materials fee. Sign up in the Lapidary Room.

DANCE from page 11

Room 6. Contact Barbara Magie, 505-3685, for more information.

- **Saturday Morning Dance Club:** Waltz is taught from 9-10 a.m.; West Coast Swing, 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 upstairs in Clubhouse 6. Pat Erickson is the instructor.
- **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.

SCORES from page 10

Burning Tree Duplicate Bridge Club winners June 29, N/S: Sherry Troeger-Bob Mault; Cooie Dampman-Ellen Kice; Sibyl Smith-Jeanette Estill; Jack Dampman-George Koehm. E/W: Fred Reker-Marilyn McClintock; Chie Wickham-Kar-Yee Nelson; Emma Trepinski-Arne Lier. June 28: N/S: Craig Wilson-Pam Cole; Fred Reker-Sibyl Smith; George Alemshah-Sylvia Kaprelyan; Linda and Dick Stein; Ernie and Ylia Ross. E/W: Lavonne McQuilkin-Carol Murakoshi; Dorothy Favre-Howard Smith; Frances Gross-Marilyn McClintock; Norma Krueger-Sue Boswell; Jeanette Estill-Eileen Kotecki; Mark Singer-Kar-Yee Nelson. The club meets Fridays and Saturdays in Clubhouse 1 at 12:15 p.m. For information on how to join, call or text Fred Reker at (615) 898-0669. The next special event is Saturday, July 13, Unit Game.

—Fred Reker



Video Club Producer Owen Hughes interviewed Joy Kolesky during the Special Olympics on the campus of California State Univeristy, Long Beach. Leisure World residents were special guests. View the inspiring, highlight presentation of the event on SBTv-Channel 3 (Spectrum) and Channel 37 (Frontier). See the LW weekly or sbtv3.org for dates and times.

GRF Amphitheater Minibus Service

Avoid the traffic, parking hassles and headaches by using the GRF Minibus shuttle service to attend the GRF summer Amphitheater concerts. Whether you ride the express shuttles to and from the concerts or you have walked to the show and you would just like to have a ride home, shuttles are the fun and easy way to enjoy a summer night of music and entertainment.

The “On-Call” Minibus shuttle service will be available for early pickups between 5:10-6:30 p.m. for people who want to come and enjoy a pre-concert picnic. Call 431-6586, ext. 379, for early service only between 5:10-6:30 p.m.

Minibus shuttles will begin a special fixed-time route through the LW community on Amphitheater Thursdays at 6:30 p.m. These routes are printed in the LW Minibus schedule book. Concert-goers can flag down the Minibuses from any safe curbside location along the path of the Amphitheater Minibus route. Check the LW Minibus schedule for the specific times and travel routes. (Minibus schedules are available at the LW Weekly Office.)

Minibuses will be at the Amphitheater, ready to board, about 15 minutes before the end of the show.

Bus drivers will take all riders to safely accessible locations near their LW homes.

MINIBUS, page 15

VIDEO from page 12

less man seeks the return of his head. Actors are David Locy, Donna O’Keefe, Sandy Post, Eric Soderholm, Marian Soderholm and Amy Walker. Camera operators were Joe and Oralia Osuna. Video producer was Joe Osuna

- **The Special Olympics**
Owen Hughes presents a production of the Special Olympics held in June at the campus of California State University, Long Beach. Owen Hughes is the camera operator and video producer of the one-hour program.
- **Harmonizing Humanity No. 43**
Brian Harmon interviews Chuck Flores in this half-hour program. DeeHarmon is the camera operator. Brian Harmon is the interviewer and video producer.
- **Memorial Day Ceremony**
Rich Carson, commander of the Leisure World American Legion Post 327, is featured with entertainers Tina Schaffer and Tommy Williams who sang with the Velvetones band lead by Jeff Plum. The main speaker was Steven T. Kuykendall, president of the Fisher House. Camera operators were Irene Cistaro, Anna Derby and Michael Oh. Video producer is Michael Oh.
- **Photo Arts Club**
The winners of the portrait contest judged by Joseph Valentinetti and Joe Osuna are interviewed. Roger Bennett, Ben Benjamins and Regine Schumacher were the winners. Also interviewed were Mara Williams and Edwards Beggs. Video producer is Joe Osuna.

LW ART LEAGUE
Oil/acrylic artist to demonstrate July 9

The Leisure World Art League is proud to host a demonstration by Nancy Anderson, one of Southern California’s acclaimed oil and acrylic pallet knife painters. She will demonstrate Tuesday, July 9, at 7 p.m. in Clubhouse 4. People are encouraged to arrive early to get a good seat.

Anderson is an award-winning artist, who has mastered just about every art medium and enjoys switching from one to the next depending on her mood and interest. She will demonstrate the use of palette knives when painting with acrylics. She will share a variety of techniques that she has developed over the last couple of years. These techniques have allowed her to work quickly to capture the essence of a scene. Whether doing plein air or working in the studio her techniques can help artists to loosen up and have more fun painting.

Nancy has been interested in art for as long as she can remember. She graduated with a degree in art history and went on to earn a teaching credential and a master’s in education. After working 30 years as an elementary school teacher, she was able to retire seven years ago and become a full-time artist.

She has had artwork published in both the 2015 and 2016 “North Light Art books, Incite—The Best of Mixed Media” and did a guest blog for their online site. In 2016 she was voted “Artist of the Year” by the Huntington Beach Art League. She teaches workshops at her home studio and for various art organizations. She is a popular demonstrator and recently gave a presentation about her artwork to the Orange County Museum of Art docents’ meeting.

ART, page 14

Genealogy Club

The Genealogy Club offers themed workshops on Thursdays from 1:30-2:30 p.m. in the Genealogy Library in Clubhouse 3, Room 10 (the library is closed today, July 4).

There is no charge for these workshops, and everyone is welcome.

- **Thursday, July 11**—DNA Discussion, bring questions.
- **Thursday, July 18**—Building a Tree on *Ancestry.Com*. The program will use a projector so that everyone can watch and learn.
- **Thursday, July 25**—Building a Tree on *Ancestry.Com*, Part 2; The program will demonstrate how to adding documents and people to the tree.

The genealogy library is staffed every Tuesday, Wednesday and Thursday from 1-4 p.m. Members may come in during these hours to work on the computers, and visitors are welcome to take a tour of the library and learn what the club has to offer.



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AMPHI 2019 | The Texas Tenors



David Wolfe

The 2019 Amphitheater Season kicked off June 27 with The Texas Tenors, comprised of Marcus Collins (above, l-r), John Hagen and JC Fisher. They sang classic country with some patriotic songs mixed in. Before the show was over, Collins ran offstage and into the audience to serenade Evelyn Sholl (photo right), who was delighted, she said. “He gave me a little kiss, and he was really nice.” The show drew a full house, and people called the concert “awesome” and “so much fun.”



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 to sing the old songs. All are welcome to come and sing songs from movies, Broadway hits and other classic tunes. Helen Onu is the song leader, with pianist Eric Nelson. Song sheets are furnished. Reading music is not required. For more information, call Chuck Burnett at 493-0176.

GRF Weekly Dance

The Golden Rain Foundation sponsors a weekly dance on Saturdays from 7-10 p.m. in Clubhouse 1. Stardust Sounds will play ballroom on July 6. The Recreation Department asks that residents:

- Do not park on the east side of Clubhouse 1.
- People must be out of the clubhouse no later than 10 p.m.
- No announcements are permitted from the stage, except by the bands.



Roger Bennett (l-r), Regine Schumacher and Ben Benjamins

PHOTO ARTS

Contest winners take home prizes

Photo Arts Club portrait competition winners at the June meeting were Roger Bennett, \$100 first prize, for “Our Beloved Mutual 7 Commodore”; Ben Benjamins, \$50, second, for “Josh”; and Regine Schumacher, third, \$25, for “Jam Session.” The photos are on display in Clubhouse 3 along with other photos taken by club members. The next meeting will be July 11 at 1:30 p.m. at Clubhouse 3, Room 9. Ben Benjamins will lead a discussion on composition using photos submitted by the members as examples. Everyone is welcome.

Amphitheater Schedule

Amphitheater 2019, a summer music festival on Thursday nights at the 2,500-seat Amphitheater, will continue through Sept. 12. Residents, their friends and families are invited. Shows start at 8 p.m. until September when they begin at 7:30 p.m. A special July 4 show will also begin at 7:30. Residents must have GRF photo I.D. cards for admit-

tance to Amphitheater shows. Non-resident guests must be accompanied by a resident shareholder. Minibus transportation will be available before and after shows. Koffel’s food trucks will provide options for pre-event dining. The summer line-up includes:

- July 4: Bruce Springsteen Tribute: The Rising (starts at

7:30 p.m. due to 4th of July holiday)

- July 11: Harmony: Three Dog Night Tribute, opened by comic Scott Wood
- July 18: Tribute to Kenny Rogers and Dolly Parton
- July 25: ABBA Fab
- Aug. 1: Billy Joel Tribute: The Stranger
- Aug. 8: Best of Doo Wop

AMPHITHEATER, page 15

ART from page 13

To see more of her artwork, Nancyandersonart.com. Members must submit their art work for display by 6:30 p.m. The popular vote this month is “Mixed Media.” Refreshments will be available and one of the artist’s pieces will be the prize in the raffle.



Artwork by Nancy Anderson



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FIREWORKS

from page 2

to enjoy outstanding support from the communities we serve, and this special day provides us with a great opportunity to say thank you for their patriotism and tremendous military outreach.”

The event will also include a concert by the 40th Infantry Division Band and static displays of equipment utilized by the Citizen Soldiers of the California Army National Guard including a UH-60 Black Hawk helicopter, military vehicles and an exhibit of historical artifacts presented by the California State Guard’s Museum Command.

JFTB’s main gate on Lexington Drive will open to the public at 4 p.m., with fireworks scheduled for 9 p.m.

Admission and parking is free, but everyone over the age of 16 must present photo identification at the gate and all children must be accompanied by parents/guardian.

Only service dogs will be permitted.

Biking onto the installation is allowed but helmets are required. Alcohol, fireworks, BBQs and motor homes are prohibited.

For additional information, contact Col. (CA) Richard Lalor at 795-2096 or via email at richard.w.lalor2.nfg@mail.mil, or Senior Airman Crystal Housman at (805) 458-3825 or via email at crystal.c.housman.mil@mail.mil.

AMPHITHEATER

from page 14

featuring The Diamonds, the Coasters and The Drifters

- Aug. 15: Mick Adams and The Stones: The World’s Most Authentic Tribute to The Rolling Stones

- Aug. 22: The Papas & The Mamas: Tribute to The Mamas & The Papas, opened by comic Mark Schiff

- Aug. 29: Gregory Wolfe as Rod Stewart

Shows begin at 7:30 p.m.

- Sept. 5: Tribute to Aretha Franklin, Stevie Wonder and Jackie Wilson

- Sept. 12: America’s Diamond Live: Tribute to Neil Diamond

SURVEY

from page 3

what amenities our residents enjoy ... and possibly those they don’t. Gathering the opinions of the community at large gives some valuable perspectives and is a crucial step to successful decisions.”

For more information, contact kathyt@lwsb.com.

MINIBUS

from page 13

If the Minibus shuttles become full, the drivers will return to pick up remaining passengers at 12-15 minute intervals.

Along with expanded Minibus service, the handicap Access wheelchair bus will operate on Thursdays from 6-9:30 p.m. during the 2019 Amphitheater season. The Access bus will be available by reservation only. Access riders must be able to meet the bus at a street or carport near their homes and operate their own chairs when they arrive at the Amphitheater.

Access passengers may be accompanied by caregivers or companions. The driver cannot enter residents’ homes to pick up or drop off Access passengers. When making reservations, people must clearly state where they will meet the Access bus. The Access driver will not be able to return for missed passengers. Reservations for the Amphitheater night Access bus can be made up by calling 431-6586, ext. 379.

There are over 60 bus benches and shelters located throughout the community for those who need to rest.

VECTOR

from page 2

Tustin indicated traces of WNV. So far in the state, six counties show activity in dead birds and mosquito samples; no human cases have been reported.

Orange County is also home to invasive Aedes mosquitoes, which can transmit Zika, dengue, chikungunya and yellow fever. There have been no local outbreaks of these viruses in the county, however the presence of Aedes mosquitoes increases the risk. These mosquitoes are now established in 28 cities and unincorporated areas. Follow the tips below to prevent mosquito bites:

- Apply mosquito repellents to exposed skin before going outdoors; reapply as recommended
- Wear repellent containing DEET, Picaridin, IR3535, or oil of lemon eucalyptus
- Close all unscreened doors and windows to prevent mosquitoes from entering your home or space, and repair broken or damaged screens
- Wear long-sleeved shirts and long pants, and opt for lighter colored clothing

Eliminating breeding sources for mosquitoes is critical:

- Dump and drain containers filled with water at least once a week
- Clean and scrub bird baths and pet water bowls weekly
- Dump water from potted plant saucers

For more information, contact Vector Control District at (714) 971-2421 or (949) 654-2421, or visit www.ocvector.org.

Accessibility Grant

Leisure World residents who have trouble stepping into the shower for any reason are probably eligible for a free bathroom upgrade. Applications are being accepted for the Leisure World

Bathroom Accessibility Grant, which converts tub/shower combinations to showers-only for safer access.

For more information, call CivicStone at (909) 364-9000.

Enjoy FREE shows and a \$300 CASH GIVEAWAY every Tuesday, 1PM at the Events Center

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FRANK SINATRA TRIBUTE

JULY 16 KENNY HALE
NEIL DIAMOND TRIBUTE

JULY 23 THE SHAGWELLS
1960's BRITISH INVASION

JULY 30 WOODIE AND THE LONGBOARDS
BEACH BOYS TRIBUTE

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Community

Y Service’s new Triviamania games are big hit

by **Maureen Habel**
LW contributor

The quiz game Triviamania, sponsored by the Y Service Club, attracted nearly 75 participants on June 22. Teams of eight collaborated to answer questions on a variety of subjects, such as “Movie Adjectives,” “Sports Traditions,” “Trees,” and “Famous Ad Campaigns.”

Lots of life experience, travel and a lifetime of reading and watching “Jeopardy” were on display as attendees discussed correct answer possibilities. Some people came as friends and neighbors while individual quiz fans joined open tables to form a team.

All teams scored well, answering a large percentage of questions. The winning team included Mutual 17 residents Shannon Brennan, Jim Fraser and Tyler Jones, Sue Worthington and Terry Bradshaw, Mutual 14, Judy Phillips, Mutual 5, and Ann Meairs, Mutual 2.

The first place team earned \$30 each, with the second place team winning \$20 each, and the



Emcee Bill Denton (standing) reads questions at Triviamania while Bill Frambach listens intently.

third place team getting their \$10 pay-in back.

Research indicates that doing mental exercises and socializing are important components of senior health, and Triviamania combines both. In addition to getting a brain workout, the

room was filled with laughter as correct answers were provided.

Emcee Bill Denton did a spectacular job reading questions and entertaining the audience with light-hearted comments. Here are some comments from those attending:

“Great fun and a nice way to meet new people” – Irma Moskowitz, Mutual 9

“Lots of fun and a great time had by all” – Chris Russell, Mutual 4

“Great way to spend an afternoon; lots of fun” – Cy Smith, Mutual 5

“A great time was held by all – come join us!” – Donna Gambol, Mutual 1

“Loved it! Very good group and such good questions” – Elaine Miller, Mutual 9

Proceeds from the event are used by the Y Service Club to support children’s programs at the Los Altos YMCA and projects within the Leisure World community.

The next Triviamania event will be held on Friday, Aug. 30, in Clubhouse 2. Information about how to buy tickets will be published in early August.

Mutual 1 hosts potluck picnic on July 14

The Mutual 1 Board will host a potluck picnic on Sunday, July 14, from 5-7 p.m. for all Mutual 1 shareholders. The event will be at the Clubhouse 1 picnic area.

The Mutual will provide hamburgers and hotdogs and encourages each attendee to bring a dish to share with five-six people and your own beverage.

Potluck ideas, a favorite casserole, salad, fresh fruit, deviled eggs, noodles, cake, cookies, chips and dip, or any nationality specialty to share with others.

The board looks forward to seeing everyone there.

SUNSHINE CLUB

History of rancho, area is topic

Leisure Worlders live on Rancho Los Alamitos, land granted by King Carlos of Spain, 1790.

Camille Thompson, Mutual 8, will be the guest speaker at the Sunshine Club tomorrow, July 5, at 10 a.m. in Clubhouse 2, Room 9. Camille has been a history docent at Rancho Los Alamitos since 2012.

The land where LW sits has a long and documented past of continual Native American villages, sources of fresh water and the bounty of the sea, marshland, coastal plain and climate and neighbors. This is a special area with all the past owners of the Rancho affecting life up to these modern times.

Camille was raised across the San Gabriel River, next door to Cal State, Long Beach. After raising a family in Encinitas and Yucca Valley, California, she returned to Long Beach in 2012 and moved to Leisure World in 2015.

She served as president of Mutual 8 from 2016-2019. She is a retired social worker, teacher and owned Encinitas-Del Mar Yellow Cab Company with her husband.

She is also a member of the Western Shores Chapter of the Daughters of the American Revolution.

Other speakers in July are Brenda Bryan, All State Insurance Group, July 12; Boris Castillo, financial consultant, July 19; and Tina Schaffer and Jeff Plum, computer experts from Computer



Camille Thompson

Images Plus, July 26.

The topic of each guest speaker’s presentation will be announced in LW Weekly prior to the meeting.

The club appreciates shareholders bringing their own coffee mugs to participate in the “Save The Earth” program the club began about five years ago. Arrive 5-10 minutes early to enjoy refreshments before the meeting begins at 10 a.m.

Club meets on Fridays, in Clubhouse 3, Room 2 (except the first Friday in Room 9), from 10 a.m.-noon. All shareholders are welcome to attend, no membership is required. For more information, call Anna Derby, 301-5339.



Run Seal Beach coordinators Kye Osti (l) and Michelle Samuelson (r) presented John Hlavac, Golden Age Foundation Mobility Aids Chair, and Anna Derby, Golden Age Foundation president a check for \$1,219, to purchase Mobility Aids equipment.

GOLDEN AGE FOUNDATION

Run Seal Beach helps LW move

by **John Hlavac**
LW contributor

The Golden Age Foundation has been awarded a generous grant from Run Seal Beach to purchase replacement four-wheel walkers for use by Leisure World residents. Run Seal Beach has sponsored runs for the past 45 years using the funds that it raises to support a wide variety of community groups.

Residents of LW can borrow a variety of mobility aids Monday-Friday, 12:30-2:30 p.m. from the Mobility Aids Storeroom located in Clubhouse 6 on the first floor near the west exit. In addition to four-wheel walkers, residents can also borrow tennis ball-style walkers, knee walkers, wheelchairs and transport chairs, all at no charge.

Run Seal Beach’s next run is March 24, 2020.

This year’s run had runners ranging in age 6-83 with a quite a number of older runners. There were some familiar Leisure World names in the race results. It’s a fun event, so lace up your running shoes and start training for next year’s run. Even some families run together.

Like the Golden Age Foundation, Run Seal Beach is staffed only by volunteers, numbering 400 this year. If your running days are behind you, volunteering to help for a day is a wonderful experience.



GRF RECREATION

Waiting list for Pageant of Masters’ ‘Time Machine’ is being compiled

The GRF Recreation Department is hosting a trip to an evening performance of the 2019 Pageant of the Masters on Wednesday, Aug. 14. Tickets are sold out and a waiting list is being compiled to see if there is enough interest for a second bus.

The 2019 Pageant of the Masters, “The Time Machine,” will take audiences around the globe and into the past, present and future in search of great art and amazing stories. Taking its cues from science fiction and steam punk fantasies, “The Time Machine” will be a ticket to thrills, laughter, beautiful music and extraordinary living art under the stars.

Seating will be in the main tier, which offer an ideal perspective for the performance. Although it might be sunny and warm during the day, be prepared for the temperature to drop when the sun goes down. Those with mobility issues who are unable to navigate the venue without assistance will need to purchase an additional ticket for their caregiver or assistant.

Tickets are \$85 and include bus fare and gratuity. Payment must be made when reserving your seats and is non-refundable.

Ticket sales/reservations will be conducted at the GRF Recreation office in Building 5, lower level, weekdays, from 8:30 a.m.-4 p.m. All payment forms are accepted.

For further information, call 431-6586, ext. 326, or email, events@lwsb.com.

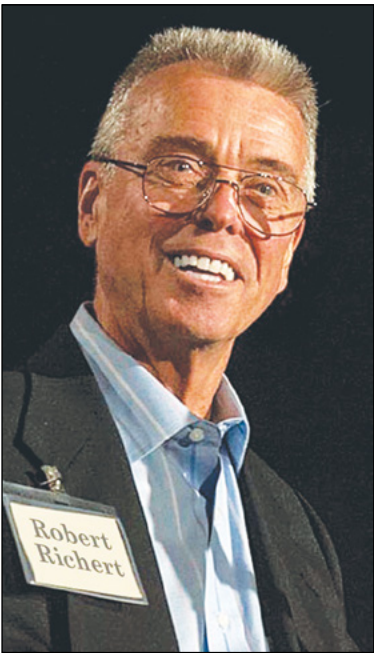
Class of 2019



Ann Anderson, daughter of Dorrie Anderson, Mutual 14, graduated from Antioch University on June 23 with a master's degree in clinical psychology.



Cathy Cummings, daughter of Esther Cummings, Mutual 10, received her Ph.D. in social service in May from Fordham University in New York. She works as a training and consultation specialist for the University of Medicine and Dentistry of New Jersey.



Robert Richert
HUMANISTS

Optimistic view of future presented

Robert Richert will give a Power Point presentation at the Leisure World Humanists' meeting on Sunday, July 7 at 10:30 a.m. in Clubhouse 3, Room 1.

Richert is an excellent speaker who manages to bring a little humor to his talks. He's been active in the Humanist movement since the 1980s and a member of Toastmasters for 34 years.

Be prepared to hear some good news, as Richert points out, we live in a turbulent world. Almost daily in the media are reports of wars, acts of terrorism, civil unrest, fires, floods, and other man-made problems, as well as climate change induced natural disasters.

It seems like things are getting worse, but are they? Referencing the work of Harvard professor Steven Pinker and the gradual rise of Humanist values, Richert will provide a presentation advocating an optimistic vision for the future.

CHILDREN A PRIORITY

Meeting canceled

Children A Priority will not meet today, July 4, due to the Independence Day holiday.

The LW Weekly
430-0534

CaptionCall representative is guest at Nikkei Club

The Nikkei Club will be meeting at 10:30 a.m. on Saturday, July 13, in a new location - Clubhouse 3, Room 1. This large room will accommodate up to 85 persons, and has a kitchen area. It is the first unit on the right side of the west entrance to Clubhouse 3.

Bento lunch, \$9, will be pre-ordered for those who call the a member of the telephone committee, Kazuko Monobe, 280-4916; Margie Kido, 544-4463; or Alberta Karch, 296-5567.

The guest speaker will be Lisa Kaufman from CaptionCall. She



will bring and talk about the company's telephone and explain how members can qualify to receive the phone and installation free.

She will be accompanied by an audiologist.

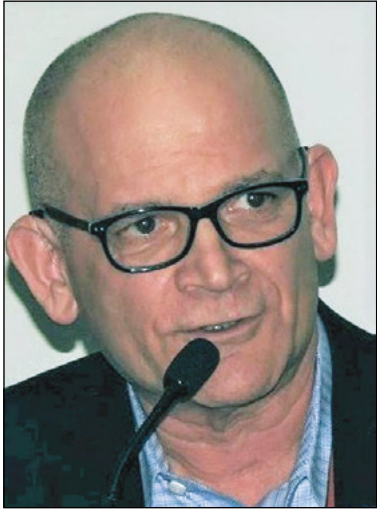
SENIOR PATRIOTS FOR PEACE

Healthcare is topic at July 9 meeting

"Healthcare - a Human Right" is the title of the Senior Patriots general meeting on Tuesday, July 9, at 2:30 p.m. in Clubhouse 3, Room 9. All are invited to attend this free event where refreshments and literature are included.

Dr. Bill Honigman, a recently retired emergency room physician, will present the benefits of this human right. Dr. Bill is a member of the steering committee for Physicians for the National Health Program California. He is a strong believer in improved Medicare for all and has been active in politics since his youth.

Membership dues, \$10, will be collected at the door. Members are given the privilege of voting for club officers and serving on the board. Elections are held at the annual meeting in October and



Dr. Bill Honigman

write-ins are accepted. Votes are tabulated before the close of the program.

For more information call Dorothy Kemeny at 242-4751.

As seniors age, so do many of necessary functions such as our hearing. If you cannot distinguish words correctly and can only guess what is being said, especially over the telephone, there may be a solution. It's called the *captioned* telephone, which is like having new ears, along with having a secretary to write down the conversation. Not only can the sound be amplified, but you won't miss any of the words, because the phone will display the conversation in big bold text on a large screen that you can read and verify later if you want. Even if you wear hearing aids so you can hear better with CaptionCall phone. It can also make it easier to recall conversations. The phone works like a regular phone, but with many other features.

CaptionCall is a federally funded ADA program designed to help individuals with hearing loss communicate better. To verify that you have a hearing loss, a simple Professional Certification Form will be available to qualify you for a no-cost CaptionCall phone.

For more information go online to www.CaptionCall.com or call (877) 557-2227.

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- An Internet connection

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Joshua 1:7-9

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- Assisted Living
- Memory Care
- Respite Care

After a hospitalization, your medical team may want you to continue rehabilitation services as part of your recovery. Alamos West Health Care Center, a rehabilitation and transitional care community, offers a team approach to support your recovery, including:

- IV therapy
- Wound care
- Cardiac and stroke care
- Physical therapy
- Occupational therapy
- Speech therapy
- Pain management

We'd love to hear from you!

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MANAGED BY  The Goodman Group





Golden Age Foundation recognizes its volunteers at luncheon

by Cathie Merz
cathiem_news@lwsb.com

The Golden Age Foundation (GAF), Leisure World’s philanthropic arm, honored its volunteers at a luncheon on June 27, sponsored by Superwire Telecommunications.

The GAF sponsors several annual and continuing services for all residents of Leisure World that are financed by the generous donations from LWers and their families and memberships.

The Hospitality Center is one of the most popular services provided by the Golden Age Foundation. During the past year the center served 29,643 guests and was open 258 days. The center serves guests between 9-11 a.m.,

Monday-Friday. This year the center began providing monthly entertainment.

This past year the center was open Thanksgiving, Christmas and New Year’s Day. The holidays were a huge success and enjoyed by over 100 people each day. Many hugs and thanks were given. It was a real treat for lonely neighbors on the holidays.

Treats served were expanded to include healthier foods and in March Starbucks at Ralph’s began donating free ground coffee. The coffee has proven to be quite popular and is saving the program money.

“We couldn’t have accomplished any of this without our wonderful volunteers,” says Chair Carl Kennedy.

For more information or to volunteer, call him at (661)810-9410 or email him at carl_kennedy@yahoo.com.

The center asks guests to bring their own cups for coffee, which saves the GAF money and more importantly saves the environment.

The Mobility Aids program is another year-round program that services many shareholders.

The program loaned out 465 pieces of equipment, 66 wheelchairs, 138 transporters and 261 rollators, or deluxe walkers from June 2018-June 2019. Beginning in June 2018 there were 33 wheelchairs, 19 transporters, 21 rollators and 52 walkers on hand. Repairs remain inexpensive



Golden Age Foundation Board of Directors, 2018-2019

with a few parts here and there, but the stock is aging.

Recently the program received a grant from Run Seal Beach for \$1,219, which will be used to purchase 20 rollators so that some of the older rollators can be retired. The Golden Age Foundation sincerely appreciates the grant.

The tax man comes each April and the GAF was kept busy completing 758 federal and state tax returns prepared and e-filed and 11 amended returns completed plus 114 tax questions answered from residents. More than 1,000 telephone calls were fielded.

In addition to the site coordinator, there were 17 tax coun-

sors, seven greeters and seven telephone appointment makers.

The program used was no longer compatible with the Windows 7, so five new computers were purchased and a separate Internet connection was installed to improve WiFi service to the center. AARP and the IRS provided another three computers, training and reference materials.

Although the tax program operates for only a couple of months, volunteers begin training in November for the upcoming season. The biggest challenge is recruiting tax counselors. Many of the current counselors have been volunteering for 10 years and are ready to retire.

The tax center was open Monday-Wednesday, Feb. 4-April 10.

The GAF sponsors and pays for the shredder truck to come to the parking lot in Clubhouse 2

three times a year. Over 90 barrels of shredding was collected this year from 750-800 residents.

The GAF also pays for recycling projects in LW, including batteries and light bulbs. Residents recycled 1,097 pounds of batteries, including alkaline, lead acid, lithium and Ni-Cad. Over 2,506 light bulbs were collected.

The Golden Age Foundation hosted the Centenarian luncheon on April 19 that was attended by 24 shareholders who were 100 years or older. The event was attended by approximately 215 people, including representatives from the City of Seal Beach and family and friends of the centenarians. A buffet luncheon was served and certificates were given to all centenarians from the City of Seal Beach.

The Heart2Heart program
GOLDEN AGE, page 21



Lou Lipschultz, Superwire vice president, sponsored the event.



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Outgoing Golden Age Foundation President Anna Derby received a plant from Ren Villanueva as a thank you for all of her hard work.



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The Filipino Association of Leisure World (FALW) hosted a documentary film “Rescue in the Philippines-Refuge from the Holocaust” on June 23. It was about a forgotten part of history depicting how a small country in the middle of the Pacific Ocean could offer sanctuary to a group of escaping Jews from Germany and Austria, while the rest of the world looked the other way. The event was well attended by residents After the show, audience were treated with coffee and cookies while interacting with each other expressing their surprise.

WOMAN’S CLUB OF LW

Memberships are being collected

The Woman’s Club of Leisure World is preparing an exciting 2019-2020 season. Monthly tea meetings have been organized to include vibrant entertainment, desserts, games, and donations to meet Leisure World and community needs. The club also sponsors monthly card parties. Memberships are currently being collected by Penny Wright. The cost is \$25. For more information call 799-9486.



Mary Romero,enjoys one of the party games at the Paws, Claws and Beaks Club’s 10th anniversary at the Clubhouse 1 picnic area attended by 46 people. The next meeting is July 10 in Clubhouse 3, Room 3, from 3-5 p.m. As usual, no pets are allowed at clubhouse meetings. A special surprise awaits at this meeting.

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**
- Javiel Arece 32
 - Mark Watson 74
 - Betty-Jo Miller 65
 - Bernarda Ramirez 74
 - Jane Conway 74
 - Katherine Agnew 97
 - Robert Stukes Jr. 31
 - William Christer 74
 - Valerie Moore 82
 - Carolyn Raynesford 88
 - Donald Snyder 79
 - Robert Denham 80
 - Sharon lee Russell 77
 - Charles Bopf 88
 - Reinette Murphy 77
 - Louis Casillas 80
 - Curtis Schmidt 88
- Families assisted by
McKenzie Mortuary,
961-9301
- paid obituary

SCRABBLE from page 10

High scorer for the month was Mark Scott with 525. Larry Edgar had 383, 370, 363 and 350. Pam Smithson scored 368, 357 and 352. Marilyn Moody had 372 and 366. Wanda Bemben had 367, Flo Nesland hit 359 and Charla Gae had 356. Ruth Depuy and Sylvia Makus both scored 353.

President Flo Nesland announced that Larry Edgar will celebrate winning 300 games by

bringing pizza and sandwiches Tuesday, July 17, at 2:45 p.m. Arrive early enough to enjoy his treat before games begin.

—Maria Giegerich

CHESS from page 10

Solution to this week’s puzzle: Ra4

The white Rook moves from a6 to a4. Any answer by black, the white’s next move is check mate.

Obituary Notices
472-1276

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Travel

Leila attends Festa de Santo Antonio in Portugal

by **Leila Claudio**
LW contributor

I've been going to Lisbon, Portugal for awhile to visit my sister Eva, who has moved from Bali, Indonesia to Lisbon. I timed my visit to coincide with the Festa de Santo Antonio, also called Sardine Festival.

Santo Antonio, or St. Anthony, was born in Lisbon. Sardines are associated with the poor and as a Franciscan priest, he took a vow of poverty. Legend has it that after being ignored by the people in Rimini, Italy, during a sermon, he decided to preach to the fish instead. The sardines came to the edge of the water to listen.

On June 8, Eva invited friends over for appetizers and drinks before walking 1-1/2 miles to the Alfama, one of the city's oldest neighborhoods. The scent of grilled sardines was in the air. It was so packed that I held on to my sister's hand so we wouldn't lose each other.

June 12 was the culmination of the festival. Neighborhoods compete with choreographed dances and costumes. The parade started at the Marquês de Pombal square at 9:30 p.m. and ended at the Rossio Plaza around midnight. A beer company, Sagres, handed out three types of decorative hats, sardine, which Eva wore, a friar's bald head, and a Manjerico, the hat I wore, a potted ball of basil symbolizing newly sprouted love. Locals give Manjerico to loved ones.

After the parade, we strolled down to another neighborhood,



Leila Claudio (r) wears a Manjerico hat while her sister Eva dons a sardine hat at the culmination of the Sardine Festival.

Mouraria, another old Moorish part of town. People were standing cheek-to-jowl, with wine stands selling beer and sangria, bands playing and people dancing. Finally, we got to sit down and ordered, what else but sardines with bread and salad.

When we left to go home on the metro around 1:30 a.m., people were still coming to join the celebration.

What an experience to remember. The Portuguese really know how to throw a party. Check that off my bucket list.



People packed the town square in Alfama to celebrate with food and dancing.




Dancers perform down the street in a parade that lasted until midnight.



Tom and Jeanne Pontac on the "Trail 165" in Italy.

Pontacs complete infamous Trail 165

Tom and Jeanne Pontac recently returned from Italy, enjoying the beautiful countryside for almost two weeks. They were able to register for a run on the infamous Trail 165, which, they discovered, included steps too numerous to count. "I think I saw God at one point, and that certainly could be true," said Tom. They were treated with respect and camaraderie by fellow runners and they wear their medals in Leisure World. "This was one of the many great memories we shall carry with us forever," he said. "We plan on going back next year to once again enjoy the 'Soul of Italy.'"



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August 10, Hollywood Bowl-Tchaikovsky Spectacular with Fireworks, Featuring the USC Trojan Marching Band. \$99
August 10, Pantages Theatre-Miss Saigon. \$149
August 18, Cal Phil at the Walt Disney Concert Hall-The Emperor's Roundup. \$99
August 24, Wild Goose Champagne Brunch Cruise-Newport Harbor Aboard John Wayne's Yacht With Roger's Gardens. \$109
August 31, Glendale Center Theatre "Annie" With Lunch at Tam O' Shanter Inn Lunch. \$99

BLACK HILLS & BADLANDS August 17-22, 2019: 6-day tour featuring FMt. Rushmore, Crazy Horse, Badlands National Park, Custer State Park, Single-Hotel Stay. \$1,599 p.p./dbl. \$2,099 p.p./sgl

YELLOWSTONE, GLACIER & GRAND TETON August 28-September 4, 2019: 8-day tour featuring Yellowstone, Glacier & Grand Teton National Parks, National Park Lodge Stays. \$2,399 p.p./dbl. \$3,499 p.p./sgl

ENCHANTING CANYONLANDS September 19-24, 2019: 6-day tour featuring Zion, Bryce & Capitol Reef National Parks, Cedar Breaks, Escalante-Grand Staircase. \$1,299 p.p./dbl. \$1,699 p.p./sgl

1-888-488-2287 www.goodtimestravel.com Ask for a Catalog
C.S.T.2018390-40 ALL TOURS DEPART FROM THE LW AMPHITHEATER



Bus departs LW for Pauma

The bus to Pauma will return to Leisure World on Wednesday, June 12.

Pick up is at Clubhouse 4 at 7:30 a.m. and at the Amphitheater bus stop at 7:45 a.m.



On the Go

Day Trips

Hollywood Bowl, Tony Bennett – July 10, \$89, David Nell/Good Times Travel, (888) 488-2287
Pala Casino - Friday, July 26, \$6, American Legion, Phyllis Pierce, 362-0437
Anaheim Angels vs. Tigers - July 31, \$40, GRF Recreation, *events@lwsb.com*, 431-6586, ext. 326
Casa Romantica, Newport Harbor Cruise – Aug. 8, \$99 with breakfast buffet, David Nell/Good Times Travel, (888) 488-2287
Hollywood Bowl, Tchaikovsky Spectacular, featuring USC Trojan Marching Band with Fireworks – Aug. 10, \$99, David Nell/Good Times Travel, (888) 488-2287
Pantages Theatre, Miss Saigon – Aug. 10, \$149, David Nell/Good Times Travel, (888) 488-2287
Pageant of the Masters, Laguna Beach - Aug. 14, \$85, GRF Recreation, *events@lwsb.com*, 431-6586, ext. 326
Walt Disney Concert Hall, Cal Phil, The Emperor’s Roundup – Aug. 18, \$99, David Nell/Good Times Travel, (888) 488-2287
Wild Goose Cruise, Newport Harbor Aboard John Wayne’s Yacht With Roger’s Gardens – Aug. 24, \$129 with champagne brunch, David Nell/Good Times Travel, (888) 488-2287
Glendale Center Theatre, “Annie” – Aug. 31, \$99 with lunch Tam O’ Shanter Inn, David Nell/Good Times Travel, (888) 488-2287
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

Historic Cities of Eastern Canada – Seven days, July 12-18, David Nell/Good Times Travel, (888) 488-2287
Black Hills & Badlands – six days, Aug. 17-22, featuring Mt. Rushmore, Crazy Horse, Badlands National Park, Custer State Park, single hotel stay, David Nell/Good Times Travel, (888) 488-2287
Yellowstone, Glacier & Grand Teton – eight days, Aug. 28–Sept. 4, featuring Yellowstone, Glacier and Grand Teton national parks, National Park lodge stays, David Nell/Good Times Travel, (888) 488-2287
Canadian Rockies & Glacier Park–Sept. 10-16, Traveling Tigers Club, Joanna Matos, 598-1849
Enchanting Canyonlands – six days, Sept. 19-24, featuring Zion, Bryce and Capitol Reef national parks, Cedar Breaks, Escalante-Grand Staircase, David Nell/Good Times Travel, (888) 488-2287
Colors of New York & Niagara – seven days, Sept. 25–Oct. 1, featuring Niagara Falls, Fingers Lakes, Berkshires, Norman Rockwell Museum, Corning, Toronto, David Nell/Good Times Travel, (888) 488-2287
Palm Springs, Death Valley, Joshua Tree & Las Vegas – Nov. 4-7, Traveling Tigers, Joanna Matos, 598-1849
Hearst Castle at Christmas –Dec. 16-18, Traveling Tigers, Joanna Matos, 598-1849

GOLDEN AGE from page 18

was started with 40 people volunteers reaching out to individuals in the community who needed companionship.

In April Margaret Gillion updated the foundation’s website, *www.GoldenAgeFdn.org*. The website was physically moved to a new web host and a new format and additional pages were added. Some of the larger projects such as Hospitality and Mobility Aids have their own page.

The GAF is enrolled in two rebate programs that give a percentage of qualifying purchases back to GAF. They are AmazonSmile and Ralph’s Community Rebate.

AmazonSmile is a simple and automatic way to support GAF every time the registered person shops, at no cost to them. To participate visit *smile.amazon.com* and choose Golden Age Foundation as the charitable organization, then log on to *smile.amazon.com* and begin shopping.

Golden Age has set a goal of 500 people to sign up for the Ralph’s Reward program by the end of the year. To assist shareholders in signing up Lillian Kennedy is at the Hospitality Center on Tuesdays from 9-11

a.m. To participate in the Ralph’s program, go to *Ralphs.com* to register or call (800) 443-4438. Participants need a Ralph’s Reward Card number to register. Shop at Ralph’s and be sure the bottom of the receipt references Golden Age Foundation.

Golden Age Foundation contributed \$200 to the Rollin’ Thunder Golf Cart Club to purchase flags and water for its cart maintenance events. It also donated to Long Beach Meals on Wheels for scholarships to feed needy LWers and purchased 40 five-gallon plastic buckets for the maintenance yard.

At the conclusion of the luncheon Social Chair Ren Villanueva presented President Anna Derby with a past president’s pin and an orchid. He said, “If she were the captain of a ship in a turbulent ocean, she would guide you out. No problem!”

A mailbox is located in the GAF Hospitality Center, Clubhouse 6, to simplify becoming a member, to renew current memberships and to donate to GAF programs.

Memberships are issued annually. Basic membership is \$10; bronze membership, \$100; silver membership, \$250; and gold membership, \$500 per year.

Pala trip set July 26

The American Legion, Post 327, will escort a day-trip to Pala Casino on Friday, July 26.

The \$6 fee goes to the American Legion Post 327 in Leisure World.

Bingo is played on the bus. It is a straight run to the casino with no there are no stop overs. All are welcome.

The bus leaves at 8:30 a.m. from the Clubhouse 4 parking lot. It returns about 5:30 p.m. Call Phyllis Pierce, 362-0437, for reservations.

WOMEN’S GOLF CLUB

10 score chip-ins from off green

Forty-three members of the Women’s Golf Club played for low gross, low net and chip-ins on June 25. Ten players chipped the golf ball from off the green directly into the hole.

Flight winners were: Flight A - Low gross; tie GeeGee Kwak and Devora Kim, 29; low net; tie, Mary Ann Moore, Susie Kim and Yvonne Lim, 25; chip-ins/hole, GeeGee Kwak, 2, Devora Kim, 9, and Theresa Lim, 3.

Flight B - Low gross, Helen Yoon, 29; low net; Pam Krug, 23; chip-ins/hole, Hae Lee, 9, and Judy Kim, 5 and 9.

Flight C - Low gross, Veronica Chang, 31; low net, tie, Judy Ro, Liz Meripol and Soo Kim, 23; chip-ins/hole, Judy Ro, 4, Liz Meripol, 2, and Soo Kim, 4.

Flight D - Low gross, Susan Abouaf, 36; low net, Bertha Barragan, 21; chip-ins/hole; Bertha Barragan, 1, and Sandra DeDubovay, 8.

Cribbage Club

Jim Kaspar led with the high score of 837, followed by Fred Reker at 835, Anna Simons at 832 and Bob Ide at 830 at Cribbage Club play on June 25 attended by 52 players.

Jean Wilson celebrated two grandchildren’s birthdays and provided cake and Neapolitan ice cream. Jean and Margaret Smith served.

The Cribbage Club meets on Tuesdays at noon in Clubhouse 1. There is room for more players. Partners are not required and everyone usually finishes by 3:30 p.m. To learn to play Cribbage or for a brush up, call Patti Smith, 242-4674, and she will arrange lessons. Come and join the friendly group. Players should arrive by noon to be assured of a table.

—Bobbie Straley

Stock Transfer

The Stock Transfer Office will be closed to the public on Wednesday, July 17. It will reopen on Thursday, July 18 at 8 a.m.

Missing LW Weekly?
Call
(562) 472-1284
between **9-10 a.m.**
Thursdays
to have one delivered.

Last GRF game to see Angels slated

Watch Angel All Star Mike Trout along with designated hitter Shoehei Ohtani and Tommy La Stella take on the Detroit Tigers in a day-game on July 31 at 1:07 p.m. This is the Recreation Department’s third scheduled Leisure World Day at Angel Stadium this season.

To join in the excitement at the game, visit the Recreation Office, located in Building 5, lower level, and purchase tickets, \$40, including transportation. Accessible seating is available if requested at the time of ticket purchase. The tickets are non-refundable.

A hot dog and beverage may be purchased for an additional \$6.50, and a ball cap may be added for \$3.

Participants need to complete a release form, also available at the Recreation Office. The bus will leave from the Clubhouse 4 parking lot.

For more information, contact the recreation coordinator at 431-6586, ext. 326, or email, *events@lwsb.com*.

MEN’S GOLF

41 competed in June 26 tourney

The Men’s Golf Club second June tournament was held on June 26 at the local course. It was a typical June gloom overcast start to the morning that only began to warm up as the tournament was ending. Forty-one golfers gathered and competed in three flights over 18 holes. There were no holes-in-one recorded, but there were 6 circle hole winners.

‘A’ flight has golfers with handicaps of 0-5. ‘B’ flight 6-8, ‘C’ flight 9-14, and ‘D’ flight 15-18. All scores are net: (actual score minus handicap).

A: First place: Young Lee, 53; tie for second between Hyon Shin, Dong Kim, and Bob Turner, 54; Terry Thrift, 55.

B: Kap Son, 51; tie for second between Ryan Hong and Won Song, 52; tie for third between David LaCascia, Paul Cose, Jae Lee, 53.

C: Bill Zurn, 49; Marvin Jones, 51; Bruce Bowles, 52; Steve

Moody, 54; tie for fifth between Joon Yoon, Fred Edworthy, Joe Didonato, 55.

Closest to the pin on hole #8 was Lee Broadbent, and on the 17th hole Lee Broadbent.

There will be two Men’s Club tournaments each month, one on the second Wednesday and another on the fourth Wednesday. Next Men’s tournament will be June 27.

To join the Men’s Golf League contact President Bill Zurn, or Membership chair Dave LaCascia via the Golf Starter Shop. New Men’s Golf League members must join the Men’s Club and play three 18-hole rounds on the local course in order to get a valid handicap. Rounds must be played with a current member and scorecards left with the starter. This then qualifies the individual to play in the Men’s and Guys & Gals Tournaments played each month throughout the year.

Learn to play bocce on Saturdays

Bocce, one of the fastest growing sports in Leisure World, is an enjoyable game suitable for all ages and skill levels. The Bocce Group is offering free Saturday clinics on July 6, 20 and 27 from 2-4 p.m. at the Bocce court in Mission Park behind Clubhouse 2.

The rules, skills, strategies and etiquette of the game will be taught. And most importantly it is an opportunity to play the game with coaching from veteran players. This is a fun way to meet new people and socialize.

Reservations are not required, just show up ready to play. There will also be an opportunity to sign up for the summer tournament that begins on July 28.

League games are played on Tuesdays, 10 a.m.-12:30 p.m., Thursdays, 3-5:30 p.m. and Sundays 1-3:30 p.m. Play off games for the current spring tournament will be played on Saturday, July 13, from 4-7 p.m. Come out and enjoy the fun and excitement.

MONDAY GOLF

June gloom keeps golfers away

The Men’s Monday’s Golf League played on June 17 and 24 at Meadowlark and Riverview Golf Courses (par 62 and 72 respectively). The persistent June gloom was present during both rounds and the dampness kept attendance down and did not improve as the morning wore on. Six and 10 men competed over 18 holes in two flights.

Birdies were had by Sam Choi and John Mayer at Meadowlark. Fujio Norihiro, Bruce Anderson and Bob Munn had birds at Riverview. Fujio was closest to the pin on holes No. 2 and No. 9 at Riverview and Sam Choi on hole No. 7 at Meadowlark. There were no holes-in-one.

All scores are net (actual score minus handicap).

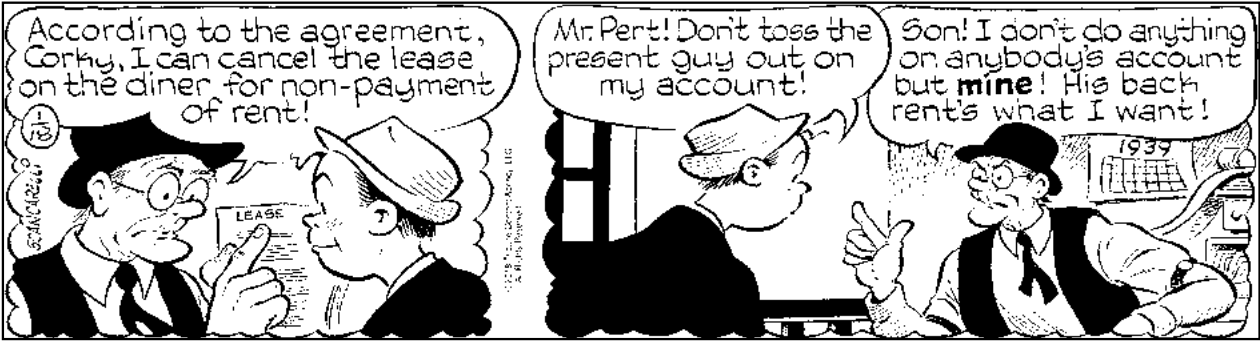
Meadowlark winners:
A Flight: First, Sam Choi and John Meyer with 70s; Fujio and Bill McKusky with 79s.
B Flight: First, Marv Ballard with a 3 under 69; Bob Munn, 74.
Fewest putts: A flight; Bill McKusky, 27; B Flight: Bob Munn, 33.
Riverview winners:
A Flight: Sam Choi and Ron “Action” Jackson, 69; Fujio Norihiro, 75; Bill McKusky and Bruce Anderson, 77.
B Flight: Marv Ballard, 69; Art Salazar, 72; Lowell Goltra, 73; and Bob Munn, 74.
Fewest putts: A flight: Ron, Fujio and Bill at Riverview, 30; B flight: Bob Munn, 28.

To join the league, contact Dave LaCascia or Bill McKusky via the Golf Starter Shop. The requirement is to play three rounds with league players to get a handicap. Rounds are played successively every Friday at David L. Baker, Meadowlark, Riverview, or Willowick golf courses.

Puzzles & Comics

Answers on page 26

Gasoline Alley



Broom-Hilda

By Russell Myers



Middletons

By Raph Dunagin & Dana Summers



Amateur Photography

Edited by Linda and Charles Preston

ACROSS

- 1 Often plaid cotton fabric
7 Dallas inst.
10 Henpeck
13 Place setting piece
18 "Lawrence of Arabia" portrayer
19 Early photos
22 Running water
23 Finger on the lens result?
25 Precious layer
26 Keep ____ on: watch
27 Mail motto word
28 Place for the ante
29 German philosopher Immanuel
31 WWII gp.
32 NBC's long-running hit
33 Asian hunting dog
35 Sandwich cookie
36 Pretense
37 Actor Johnny
39 Jiggled camera results?
44 Cozy place
46 Actress Loy and namesakes
47 From A ____
48 Express deep sorrow
50 "____ For Innocent": Grafton book
51 Shavers
55 Zig ending
56 Poor photo-lighting technique
62 Baboon heart recipient Baby ____
63 Use a podium
65 Riyadh resident
66 Actor Kilmer
67 Immature newts
68 Like sheet music?
69 Sits on the fence
72 Namely
73 Author Bagnold
74 Islet
75 Prayer endings
76 Bring together
77 Race the motor
78 Out-of-focus print of a beauty?
82 Hanoi holiday
83 Boom box
85 Onassis to some
86 Final innings, usually
88 Gore and Capp
89 Reach
92 Jacob's first wife
93 Images back from Mars?
98 Son of Eric the Red
100 Mound master
101 Racetrack tipster
102 Tips
105 Hit sign
107 ____ Zadora
108 Singles
109 Pathet ____
111 Wildebeest
112 Republican forerunner
113 Threaded fastener

- 115 Misaims the camera?
119 Make the spirit soar
120 Hootenanny
121 Burning
122 Dampen
123 Romance
124 ____ Moines
125 Mrs. Dole, to friends, et al.

DOWN

- 1 Big name in applesauce
2 Nearby
3 Result of not advancing the film?
4 CD-
5 White vestment
6 Showy flowering tree
7 Toil
8 Part of USMA
9 Bland, as food
10 Russian refusal
11 Fitting
12 Lizards with sticky feet
13 Amoeba, for one
14 Taylor of film
15 Open declaration
16 Whist holding

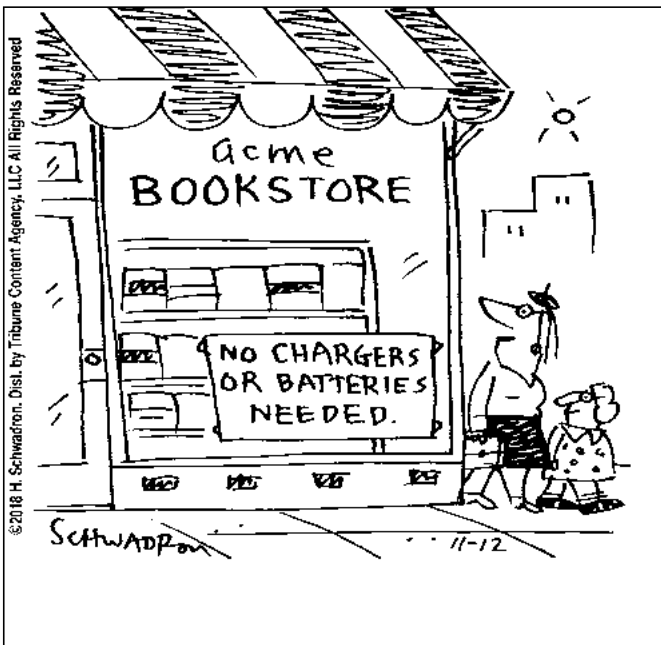
- 17 Puts up
20 Ref's decision
21 Musical sign
24 Internet co.
30 Idling position
33 Parodied
34 Kipling novel
38 When doubled, a fuzzy ball
40 Port of Spain resident
41 Picce
42 Headstrong
43 Sign of sleep
45 ____-Kan: dog food
48 Knight's superior
49 Bahamas capital
52 Motto of a crop photographer?
53 Emus, kiwis, et al.
54 Six-line poem
55 City planners
57 Nymph chaser
58 "Ben-"
59 Actress Lupino
60 Ties up
61 Hand over a school assignment
64 Koppel or Kennedy
67 A long time
70 Driver licensing org.

- 71 Hawaiian greeting
72 Certain escape routes
74 Reduce a race gap
78 Campanile
79 Price
80 Art Deco designer
81 Greasy stuff
84 Tattle: sl.
87 ____ kwan do
89 Painting exhibit
90 Took advantage
91 Classical beginning
93 Regressed
94 Faves dripper
95 Try to rip
96 Uninformed response
97 Day dividers
99 Tightly curled
103 Vane dir.
104 Relating to an anatomical duct
106 Arch types
109 Motto
110 Ruby Ridge gp.
112 Solder
114 Summer on the Somme
116 Plastic ____ Band
117 "Prufrock" poet's monogram
118 Sosa stat

Sudoku

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

9 To 5 By Harley Schwadron



SCRABBLE G R A M S

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SCRABBLE G R A M S

RACK 1: A, I, Y, T, D, S, L

RACK 2: A, E, E, M, D, N, H

RACK 3: A, E, T, T, N, S, X (1st Letter Double)

RACK 4: A, E, U, D, H, N, R

RACK 5: A, O, D, F, F, L, N (Triple Word Score)

PAR SCORE 260-270
BEST SCORE 342
FIVE RACK TOTAL
TIME LIMIT: 25 MIN

DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 5th Edition.

JUMBLE

THAT SCRAMBLED WORD GAME
by David L. Hoyt and Jeff Knurek

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

YDOLD

CHUMN

FAUNIR

LOHWOL



CITIES MIGHT ONE DAY BE BUILT ON THE LUNAR SURFACE, WHICH COULD RESULT IN A ____

Print your answer here: _____

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 for people at all fitness levels are from 9:30-10:30 a.m. on Tuesdays and Fridays in Clubhouse 1. 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 Selards; \$3 per class; all fitness levels

welcome.

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

Beginning yoga classes are held from 10-11 a.m. on Wednesdays in Clubhouse 3, Room 6,

and on Fridays in Clubhouse 3, Room 7. Bring mats; \$5 per class. For more information, call Patti Endly, 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.

Laughing for Health

Bev Bender will lead Laughing for the Health of It, a program designed to access the benefits of laughter, at the Health Care Center on Wednesday, July 10, at 1:30 p.m. Laugh your way to better health. Bender is a gerontologist and certified laugh leader. For more information, call her at 594-9148.

MEALS

from page 9

salad sandwich with lettuce and tomato, Asian coleslaw

Friday, July 12: Roast beef with mushroom gravy, garlic and chive mashed potatoes, peas and carrots, ambrosia salad, Mediterranean salad with chicken, red bell pepper, red onion, black olives, cucumber, cherry tomatoes, vinaigrette dressing

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WA-RITE
from page 9

indulging in ice cream cones, cookies, buttered popcorn, mac and cheese, pizza and hot dogs (what are grandparents for?).That’s why the Wa-Rite Club is so important. It helps people get back on track after a junk food high.

Food for Thought: Each step you take toward weight loss goals is a gift that you give yourself.

The Wa-Rite summer contest—“Lei off the Sugar”—begins this week. One member challenged others to lay off the sugar for six weeks, to which someone mumbled, “I might as well shoot myself right now.” That’s how people feel sometimes; they want to give up before they even start. But a contest and challenge is a good way to motivate people and spur them on. And for those who have a competitive nature, it helps them to do their best to control food intake and get the prize—and get healthy.

Wa-Rite is a support group of women who need to lose 10 pounds or more. Members meet on Fridays in Clubhouse 3, Room 1, from 9-10 a.m. Weigh-in is 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 GRF IDs.

—Margaret Humes

GRIEF
from page 7

create grief, such as loss of a job or a divorce.

Each session includes a video. Weeks 1-5 deal with comfort and feelings.

Weeks 6-9 provide some answers.

Later weeks deal with lessons learned from grief, benefits of helping others and why moving on is necessary for healing. There is a \$15 cost for the workbook that accompanies the sessions.

This is a safe space where discussions remain confidential.

To attend, RSVP to St. Irenaeus’ Faith community nurse, Jennifer Dagarag, RN, at (714) 826-0760.

Puzzle Answers

Puzzle page 22

SCRABBLE G R A M S SOLUTION											
S ₁	T ₁	A ₁	I ₁	D ₂	L ₁	Y ₄	RACK 1 = 61				
H ₄	E ₁	A ₁	D ₂	M ₃	E ₁	N ₁	RACK 2 = 63				
S ₁	E ₁	X ₈	T ₁	A ₁	N ₁	T ₁	RACK 3 = 65				
U ₁	N ₁	H ₄	E ₁	A ₁	R ₁	D ₂	RACK 4 = 61				
F ₄	A ₁	N ₁	F ₄	O ₁	L ₁	D ₂	RACK 5 = 92				
PAR SCORE 260-270							TOTAL 342				

Crossword Answers

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

Sudoku Answers

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

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: ODDLY MUNCH UNFAIR HOLLOW
Answer: Cities might one day be built on the lunar surface, which could result in a — FULL MOON

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

TRANSPORTATION

Inexpensive shuttle, airports, markets, doctors, etc. 562-881-2093. SB License #ABL0001. 08/22

Need a lift? Pam Miller. LW Resident. 310-227-1258. 06/27

A PERSONAL DRIVER IS WITHIN YOUR REACH

Consistent, dependable, Professional... and your Neighbor. Providing locals trustworthy affordable transportation. perfect for patients, professionals, and anyone who needs regular or sporadic transportation. Interested? CALL 562-537-1298. James. 07/04

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. 08/22

2018 Toyota RAV4-XLE, only 8,200 miles; \$23,500 or BO. TX and engine life time warranty by Toyota dealership. Call Jerry 714-600-7708 or leave message. 07/04

White LE Camry 2012, 44,000 miles. New tires, battery, like new. Asela 562-446-0571. No calls after 8 p.m. Best offer. 07/04

MOVING, HAULING & STORAGE SERVICES

**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. 08/22

A FRIEND AND A TRUCK

Your moving service, any size job. Call 310-387-2618. Business License RO263644. 09/26

CARPORTS WANTED

CARPORT WANTED/MUTUAL TWO - Carport wanted in/near Mutual Two (preferably near Bldg 24). Please call Michael at 949-833-1410 or email: driveawoody@mac.com

Main Gate - Security
(562) 594-4754
ext. 377

ESTATE/MOVING/ PATIO/CARPORT SALES

Estate Sale: Mutual 4, Unit 43-C, 1310 Knollwood Rd., July 4th and 5th, Thurs and Friday from 9am to 2pm. New Cream Leather Loveseat, New Walkers and wheel chair, New Tan Lift Chair, Hospital Bed, Dressers, Kitchen Table, clock, Hot and Cold Water Dispenser, Microwave, file cabinets, bakers racks, Potty chair, two vintage patio chairs, Adult diapers, Oxygen Tanks, DVDs, Kitchen items, Please come by and say Hello! Kristi Martin, P.O. Box 1351, Seal Beach, 714-655-5473, Seal Beach Business License MAR0016.

LW REAL ESTATE FOR SALE

13680 Alderwood Lane, 78B. Mutual 4.

Best location. One bed. 1 bath. Expanded with enclosed patio and new carpet/flooring.
\$178,800.

Shirley Cameron. Coldwell Banker Platinum Properties. DRE00879100, 949-715-9902. shirleycameron4re@gmail.com. 07/18

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
+ Golf Cart w/new batteries
\$425,000

MLS #OC19097966
GOOD HOMES REAL ESTATE
BRE #01129082
714-474-6204. 07/04

MISCELLANEOUS FOR SALE

Golf clubs, Ladies Dunlop, RH full set & bag \$60.
Mutual 7. 901-335-1649. 07/04

New 52" Hampton Bay "Pompeii" Ceiling fan. remote, light. \$100 OBO. 310-991-6626. 07/04

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before 10 a.m.
to have one
delivered.
Check around
thoroughly
before calling



JOYCE REED
Resident Broker
Notary Available
596-8656

New Listing
Mutual 9, 232K \$185,000
Cute 1-bed partial expansion,
heat pump, close to carport.
Move right in.



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



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



Mutual 1, 54H \$192,500
Beautiful expanded,
1-bedroom, washer/dryer,
fresh paint, central heat/AC,
dishwasher, built-in micro-
wave, skylight in bath, dual-
pane windows, wood shutters.

Unbelievable Real Estate
DRE#00460268



C. Susie Allen
(562) 338-3833

Leisure World Resident
DRE 01397720

Mutual 6, 129D NOW \$318,000

Improved Price! 2 Bed 1 Bath

This beautiful home features a modern design & open concept. A must see! Live near the beach in this affordable 55+ resort style community of Leisure World. This one has all new never used stainless steel appliances. Large Tile patio too! There is just so much to list it all. Call for info



Mutual 2, 10H NOW \$200,000



Great new price!
White Bamboo wood floor
Double paned windows
Gated patio and shades
for privacy. 4 Skylights

Mutual 2 60B \$279,000

Fully expanded on large green-
belt Laminate flooring, Central
Air, Plantation Shutters, Canvas
Awnings Walk-in Closet, Dish-
washer, Microwave. Dining area



BERKSHIRE HATHAWAY | California Properties
HomeServices



Erika Shapiro
BRE # 01448494

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

New Listing
Partial expansion
Move in ready, close to parking and laundry. Laminate flooring, fresh paint, lots of storage. New counters, skylights, patio storage
SOLD IN 1 DAY

Mutual 11, 282B \$225,000

PRICE REDUCED
Beautifully expanded and updated corner with drive-up convenience, large patio, new kitchen, Wood flooring, washer/dryer and more
Mutual 6, 56L \$340,000

REDUCED
Fully Expanded corner on a lovely greenbelt, Central A/C heat, skylights, built-in dishwasher & microwave, double pane windows, fresh paint.
Mutual 9, 208L \$279,000

PRICE REDUCED
Fully expanded, drive-up Corner, beautiful built-ins, Plantation shutters, A/C Heat Pump. Built-in Microwave and dishwasher.
Mutual 10, 256G \$279,000

REDUCED MOVE-IN READY
2 BDR/1 1/2 bath, fully expanded corner drive up, washer/ dryer, dishwasher & more
Mutual 2, 19F \$355,000

PRICE REDUCTION
Basic Corner, Beautiful Greenbelt, Skylights, A/C Heat Pump, New Paint, New Laminate Flooring
Mutual 9, 219F \$175,000

PRICE REDUCTION
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 \$145,000

BEST BUY
2 BDR, 1 Bath Basic Drive up, facing West, Private
Mutual 4, 52B \$165,000

2019 ESCROWS	
Mut. 17, 93S	\$369,000
Mut. 11, 284D	\$187,000
Mut. 9, 225F	\$195,000
Mut. 3, 29I	\$145,000
Mut. 9, 231E	\$175,000
Mut. 15, 1G	\$265,000
Mut. 2, 57C	\$145,000
Mut. 9, 210H	\$189,000
Mut. 5, 103K	\$225,000
Mut. 11 267H	\$179,000
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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McIntyre

We walk you through EVERY step of Listing your unit in Leisure World

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- We are **HANDS ON** w/Inspectors, Escrow & Mutuals!

I Live in Leisure World!
20 yrs Listing & Selling!

714-350-9449



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 10 – 260c Interlachen
1Bd/1Ba Clean w/Upgrades



Mutual 14 – 3i St. Andrews
2Bd/2Ba Expanded/Upgraded



Mutual 11 – 265G Interlachen
Expanded Corner faces greenbelt, Granite Counters, New Paint, Central Air/Heat, Dual Sinks, Skylight
Location ~ Location! \$299,900



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

COMING SOON
2Bd/1Ba Darling Unit!

www.teamdonnajeane.com



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



Mutual 7 Central Park Corner
180 degree Greenbelt Views. Full expansion, AC, beautiful updates. The one you've been waiting for
\$389,000



2 bedroom, 2 Bath, Seeing is Believing
Fully remodeled, Great Views, Tranquil Setting
1901 McKinney Way 16Q - Mutual 15
\$329,000



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



Remodeled and Stunning
Skylights, Storage Room, Zoned AC, NICE ONE
1321 Prestwick Rd 147E - Mutual 7
\$329,000

Coming Soon
Original 2bed 2bath AC/Double Pane Windows

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johnwebster@firstteam.com CalBRE# 01976550
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Leisure Living Resales, Inc.

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leisurelivingresales.com

Lic. #636260

OVER 20 YEARS OF DEDICATED SERVICE IN LEISURE WORLD

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

Erika:

NEW M9, 208L Fully expanded corner on the green **\$279,000**
M4, 52B Fixer, drive-up 2-BDR/1-bath **\$165,000 - IN ESCROW**
M11, 276I Partial expansion, 1-BDR, double-paned windows, A/C heat pump, Priced to sell **\$145,000 - IN ESCROW**
M2, 19F Full expansion, 2-BDR, 1-1/2 baths, dishwasher, W/D, All new appliances. **\$355,000**
M9, 210H 2-BDR/1-Bath. Move-in ready **\$189,000**
M6, 56L - Updated expanded corner, extra patio. **\$340,000**
M10, 256G Fully Expanded, Drive-up, AC/heat pump **\$279,000**

Joanie:

M10, 242I 1 bedroom 1 bath, front porch, skylights, new paint - **ESCROW - SOLD IN 5 DAYS**
M6 133I 2-BDR, 1-Bath, Expanded, Private Side Patio. **\$210,000 - IN ESCROW**
COMING SOON
M8 2 Bedroom 2 Full Baths, Fabulous Kitchen, Bathrooms and more, Massive Greenbelt
M6 2 Bedroom 1 Bath, Expanded with Front Porch, Central Heat and Air Conditioning
M11 2 Bedroom 1 Bath Corner, Drive up, Expanded with Front Porch
Call Joanie for Preview 714-308-8034

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**
M4 - 44G Fully Expanded 2 Bedroom. Gorgeous unit. **Best buy at \$399,000**
M14 - 18G Most complete corner. 2-BDR/2-bath, dishwasher, A.C., washer/dryer and more. **Now Reduced \$489,000**
M14 - 18G Walk to golf course/private office in second bedroom. Drive-up parking, double-pane windows.
Coming Soon M16 51-B fully expanded 1-bedroom,, 1-bath **\$167,000**

Agents Wanted
Uptime Available

Erika New Listing

SOLD IN 1-DAY

Mutual 11-282B \$225,000
Partially Expanded 2-BDR, 1-Bath
Skylights, A/C Heat Pump
Move-in ready, lots of upgrades.

Call Carl
Mutual 14, 14B

ULTIMATE GOLF COURSE LOCATION
Fully expanded corner unit. Best Location & Best View in Leisure World Bring your clubs!
\$595,000

Carl Kennedy
M14 (661) 810-9410

Young Ro — M7
(714) 504-2541

Mr. Hank
(562) 743-8473

FIRSTTEAM
REAL ESTATE

New Listing



1221 Golden Rain Rd.
Mutual 3-3H
\$189,000

The most charming one bedroom available in Leisure World. Many upgrades including a newly expanded 8x6 ft. skylight that opens up the whole ceiling of the kitchen, recessed lighting at night. Other features in the kitchen include quartz counter tops, glass back splash, new glass cook top, and a copper sink. French doors that open to the large patio make it perfect for indoor/outdoor entertaining. The patio is gated to provide coziness and privacy. Other features to this bungalow are a double paned slider in the bedroom, ceiling fan on the porch and another skylight in the bathroom. On top of all of this furniture is included with a good offer. This place is a stunner!



Patti Kilian
Resident
Real Estate
Specialist
CalBRE# 01993562

858-242-0922



Robin Gray & Barbara Diette-Dobias

Robin Gray

(562) 209-5605

rwgraysales@verizon.net
DRE 01027333

Your Leisure World Sales Team



California Properties



Barbara Diette-Dobias

(562) 754-5628

barbaradobias@gmail.com
DRE 00887640



13926 Seal Beach Blvd., Seal Beach, CA 90740 (Located in the shopping center, behind Carl's Jr.)



Mutual 11-268-K \$395,000
HUGE OPEN CONCEPT... Take a look at this FABULOUS unit ready for you to call home! Completely remodeled with kitchen in front with window over the sink. Huge living area, large master 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 16-53-K \$157,000
REDUCED ... Expanded one bedroom with a large master bedroom and a spacious walk-in closet - plus a pretty slate patio to sit, relax and enjoy! Move-in Ready, 2 newer heat-pumps, Plantation Shutters, refurbished cut-down shower with rain-glass, skylights, wood-look laminate flooring and a fabulous greenbelt. Close street parking and laundry too!!



Mutual 8-205-B \$217,000
SOUTH FACING 2-bedroom, 1 bath, has expanded living room and bedroom with reinforced oak wood flooring. Master bedroom has large walk-in closet. Plus, dishwasher, skylight, heat pump, private front yard, private tiled patio with a skylight and parking directly across from unit. Must see!



Mutual 7-172-B \$259,000
NEW LISTING ... Fabulous location - Fabulous View and as an added PLUS - just steps from Central Park!! Two bed - one bath beach cottage with a resort feel! Enclosed patio for extra space, tiled and wood-look floors, newer dual windows/sliders, newer paint, 4 oversized skylights - wait till you see the one in the living room it's amazing! Close parking and laundry - MOVE-IN READY!!!



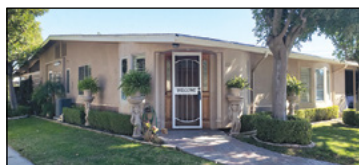
Mutual 15-23-R \$364,900
BACK ON THE MARKET... Your chance to own this beautiful, completely remodeled 2 bed - 2 bath upstairs unit with absolutely everything - including, a view of a green!! Don't hesitate, call us today!!



Mutual 1-19-C
NEW LISTING ... Basic one bedroom on a pretty relaxing green! Raised walls, new paint, cut-down shower, tiled patio, skylights and a heat-pump!! Be sure to check this one out!!



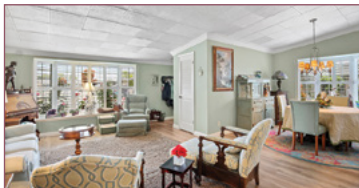
Mutual 2-1-B \$209,750
PRICE REDUCED - This charming 2-bedroom, 1-bath partially expanded home on a cozy, private setting is light, bright and ready to move right in. Living room is expanded and bedroom has an added sitting room with large closet, or could be a sitting area off living room. Three skylights, laminate floors, and heat pump and newer Dual Pane Windows. PLUS, a closed in side patio gives even more privacy and space.



Mutual 9-218-F \$428,000
FABULOUS UNIT AND PRICE if you want a ONE-OF-A-KIND home. This beauty has 2 bedrooms, 2 baths, a gourmet kitchen, inside laundry, central heat/air, tile floors, fresh paint, plenty of street parking and so much more. Drive-up parking.

PENDING

Mutual 12-62-K \$214,000



Mutual 6-140-L \$329,000
PRICE REDUCED - 2 bedroom, 1- bath east facing corner drive-up, expanded with a cozy patio. Forced-air heating & air - washer-dryer bay window 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 5-98-H \$169,000
MOVE-IN READY... Gives us a call to see this one bedroom that is lovely and different 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, enclosed patio room with storage, raised wall and dual pane windows, heat-pump, stackable washer/dryer, more!!

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



Jim Duncan
Broker/Manager



Susie Allen



Barbara Diette-Dobias



Robin Gray



Kathy Gupton



Gloria Hadley



Edwina DiMario



Vickie Van Ert



Mary Chittick



Diana Flores



Suzanne Ahn



Fay Wescott



Philip Bak

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1900 St. Andrews Dr., Suite C
Seal Beach, CA 90740

Agents Wanted

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California Properties
BRE 00338699

Two-Bedrooms

Mutual 2 10H \$200,000
Mutual 2 1B \$209,750
Mutual 8 205B \$217,000
Mutual 3 34B \$219,500
Mutual 6 134J \$224,000
Mutual 6 137C \$268,000
Mutual 5 124L \$275,000
Mutual 2 60B \$279,000
Mutual 9 235E \$289,000
Mutual 10 241G \$295,000
Mutual 6 137A \$298,000
Mutual 1 37G \$299,000
Mutual 6 140L \$309,750
Mutual 5 110J \$325,000
Mutual 15 40B \$329,000
Mutual 6 129D \$330,000
Mutual 5 96G \$334,900
Mutual 12 71K \$335,000
Mutual 9 237G \$349,000
Mutual 6 128G \$359,000
Mutual 11 268 K \$395,000
Mutual 15 28G \$398,000
Mutual 1 2F \$389,000

New windows, 2 large skylights, white bamboo wood floors
Partial expan., dual pane, lam. floors
Expanded master, oak flooring, solar tube, driveup
Washer/dryer, full expan., dual pane, drive-up
Remod. kit., washer dryer, skylights, granite counters
High side expan., washer/dryer, faces south
Full expan., corner, drive up, lam. floors
Full expan., central air, plantation shutters, greenbelt
Full expan., 3 skylights, 2 heat pumps, new paint, greenbelt
Btfl. full expansion, corner, cent. air, bay window
Corner, washer/dryer, cent. air, faces south
Full expan., cent. air, newer carpet, greenbelt, dishwasher
Washer/dryer, cent. air, upgraded, must see
Btfl. remodel, skylights, a must see
Atrium, cent. air, dual pane, lam. floors make offer
Modern design, open concept, move-in ready
Expanded corner, washer/dryer, lam. flooring, greenbelt
Full expan., washer/dryer, newer cabinets, newer floors, new paint
Btfl. expan., washer/dryer, extra large skylight, smooth ceilings
Washer/dryer, dual pane, bay window, Corian counters
Complete remodel, washer/dryer, dual pane
Atrium, 2 baths, cent. air, remodeled
Hardwood floors, new heat pump, faces south

Mutual 9 218F \$428,000
Mutual 9 222A \$439,000
Mutual 9 226L \$447,000
Mutual 10 250A \$495,000
Mutual 15 9B \$519,000
Mutual 1 38G \$539,000

Mutual 7 151B \$138,000
Mutual 1 19C \$145,000
Mutual 1 42J \$150,000
Mutual 1 9D \$157,500
Mutual 1 55B \$157,500
Mutual 1 9B \$158,000
Mutual 9 212H \$160,000
Mutual 1 15E \$165,000
Mutual 10 247H \$169,000

Mutual 1 23D \$169,000
Mutual 1 36H \$172,000

(562) 431-2149

13926 Seal Beach Blvd.
Seal Beach, CA 90740

One-Bedrooms

One of a kind, 2 bathrooms, washer/dryer, private location
New remod. corner, large custom kit., 2 3/4 baths, washer/dryer
Great greenbelt, remodeled, washer/dryer, move-in-condition
1-3/4 baths, washer/dryer, fabulous kit., cent. air, special
5 skylights, remod. kitchen, 1-3/4 baths, washer/dryer
1-3/4 baths, washer/dryer, cent. air, great location

Drive-up, west facing, new interior paint, new counter top
Great view, skylights, tiled patio, very nice
Move-in condition, newer counters, paint, lam. floors
Lam. floors, nice patio, shows well
Cute, faces west, step in shower, heat pump
Move in cond., skylights, lam. floors, bright
Lam. floors, dual pane windows, flared skylight kitchen
Skylights that open, cut down shower, newer heat pump, verties
Light and bright, new paint, new flooring, new cabinets, skylight
Very nice, expanded, wood flooring, skylights
Full expan., great location clean and bright



Claudette "CC" Cooley



Linda Patton



Adrian Villarreal



Leah Perrotti



Jay Cho



Estee Edwards



Conrad Rodriguez



Irv Hart



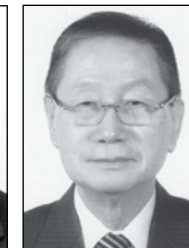
Rosie Wang Davis



Tim Kearns



Jong Kim



Paul Kim



Chris Kim



Kathy Gupton
Associate Broker
DRE # 00744676

Kathy & Gloria Gupton & Hadley

We are **SISTERS**



Gloria Hadley
Realtor®
DRE # 01057681

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NEW LISTING



Mutual 1, 9B \$168,000

Charming 1 Bedroom 1 Bathroom Cottage. White Kitchen has operable. Skylight and built-in Leisure World appliances. Bathroom has cut-down shower, High-boy toilet, and skylight. This lovely home also features living room blinds, Laminate flooring throughout with open view. Private patio has walk-in storage Cabinet. This home is light, bright, cheerful, and is in move in condition. Convenient location near front gate and is walking distance to pool, Jacuzzi, Gym, Amphitheater and shopping center.



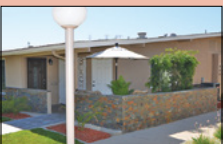
Mutual 15, 28G \$398,000

Elegant 2-bedroom, 2-bath atrium. Living room has recessed lighting, freestanding 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.



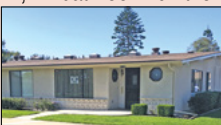
Mutual 9, 222A \$439,900

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 1, 37G \$299,000

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.



JULY 4TH

Celebration

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 \$275,000

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 9, 237G \$349,000

Beautifully expanded corner featuring spacious corner living room with bay window and formal dining room. White kitchen has tile counters, built-in appliances including dishwasher and microwave, extra large skylight, breakfast bar with added cabinet space and added pantry. Master bedroom has bay window and walk-in closet. Master bath has refinished shower and cultured marble counters. Second bedroom has half bath, mirrored closet and washer/dryer. This lovely home has double-paned windows, plantation shutters, smooth ceilings, heat pump, laminate flooring throughout. It has been recently painted and is light, bright and 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 10, 250A \$495,000

Elegant 2-bedroom, 1-3/4-bath corner, fully expanded on a lovely greenbelt all around. Spacious living room has front bay window with window seat and three sets of French doors. Formal dining room has built-in wall unit. Fabulous kitchen with larger island and storage, built-in appliances, including dishwasher and microwave, custom cabinets have granite counters. Master bedroom has walk-in closet, bay window with large oval tub and added cabinet space and washer/dryer. Second bedroom has French doors to side greenbelt, second 3/4-bath and walk-in closet. This unit has hardwood floors, central heat/air and is light, bright and beautiful. A must see!



Mutual 1, 42J \$150,000

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



Mutual 15 40B \$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 5, 96G \$334,900

Lovely 2 bedroom 1 bath corner unit facing gorgeous greenbelt, brick paved patio so you can enjoy the view. Spacious living room with separate dining room has chandelier. Kitchen features white cabinets, newer counter, built-in appliances with newer refrigerator with freezer bottom. Bathroom has newer counter and stackable washer/dryer. Master bedroom expanded, second bedroom has built in shelving covering one of the walls which adds extra storage. This home also features laminate flooring, white blinds, dual pane windows which bring in abundant natural light.



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 10, 247H \$169,000

Charming 1 bedroom 1 bath cottage with nice patio and large storage closet. Open living room with heat pump. Kitchen has newly painted white cabinets, built-in appliances, including dishwasher, skylight and ceiling fan. Bathroom also has skylight and newly painted cabinets. Entire units has been newly painted, newer laminate flooring and vertical blinds throughout. This light bright clean unit is in move-in-condition.



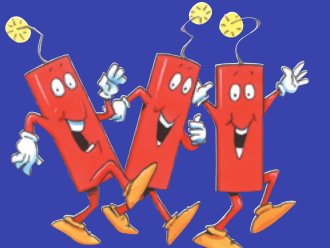
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SECOND QUARTER MARKET UPDATE SOLD UNITS

April 2019 thru June 2019

BASIC UNITS

1 Bedroom: \$130,000 to \$175,000

2 Bedroom – Inside: \$173,000 to \$258,000

2 Bedroom – Corners: \$180,000 to \$224,500

Exception: Fixer - \$150,000

Exception: Completely remodeled with extra ½ bath - \$400,000

Exception: On golf course - \$375,000

EXPANDED UNITS

1 Bedroom: \$137,500 to \$185,000

2 Bedroom – Inside: \$190,000 to \$313,900

Exception: Units with 1+ baths - \$399,000 & \$400,000

2 Bedroom – Corners (1 bath): \$219,000 to \$369,000

Two exceptions: All remodeled but with 1 bath - \$426,000 & \$430,000

Exceptions: Units with 1+ baths: \$255,000 to \$500,000

MUTUAL 15

2 Bedroom Apartment Style: \$232,500 to \$299,900

Atrium - \$325,000 to \$335,000

MUTUAL 17 – CONDOS

No condos closed during this quarter

Happy 4th of July!

Based on information available to us at time of publication. Reflects ALL closed sales.

*If you would like to know the value of your unit, please call
for a free Comparable Market Analysis.*

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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.

1380 Weeburn Road #81A - M4 - \$318,500



Fully expanded 2 bedroom, 1 bath unit. Smooth ceilings, upgraded kitchen, cut down shower, washer/dryer, dual pane windows, plantation shutters, walk-in closet. Close to parking.

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.

1120 Northwood Rd., #186L, - M8 \$269,000



Corner expanded unit with high side patio. Plantation shutters, large skylights in both kitchen and bathroom, breakfast bar, heat pump.

1502 Merion Way #32F - M2- \$275,000



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 - \$255,000



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.

1491 Interlachen Road #257F - M10 - \$324,900



Fully expanded corner location, 2 bdrm, 1 bath, central A/C and heat. Remodeled kitchen, granite countertops, smoothed ceilings throughout, dual pane windows, bay windows, washer/dryer.

13241 St. Andrews Road #152E - M7 - \$278,500



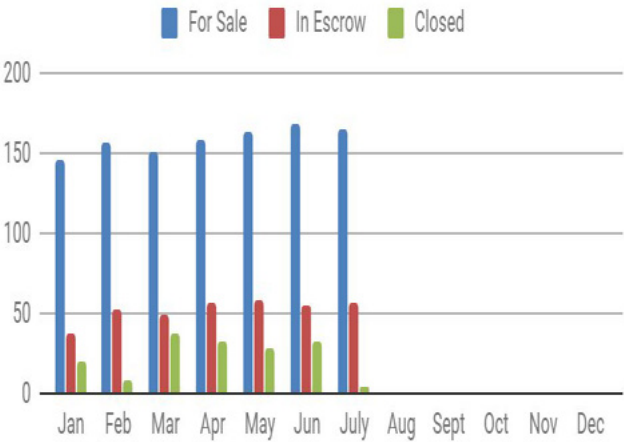
Expanded 2 bdrm, 1 1/2 bth. Smoothed ceilings, central AC/heat, washer/dryer, newer kitchen and bthrm cabinets. Large oversized skylight in bthrm. Overlooking a little greenbelt and close to parking.

Testimonial of the Month:

“Great handling of the transaction, very professional and helpful, would recommend Carol Gasper-Knutson to anyone in need of such services”

-Declan Howlett

7/2/2019 - Year To Date MLS Activity



I Have Access To The Total Inventory

On July 2nd, 2019 a total of 165 units show as active listings on the CRMLS (this is where Realtors list property for sale).

- 38 - 1 bedrooms, 1 bath from \$129,000 to \$210,000
- 69 - 2 bedrooms, 1 bath from \$179,500 to \$430,000
- 58 - 2 bedrooms, 2 baths from \$240,000 to \$595,000

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



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