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 Learn how to use portable fire extinguishers using virtual fire training device in Amphitheater parking lot Nov. 15.



Everyone is welcome to the Senior Medicare Patrol presentation on Medicare fraud, Nov. 12, in Clubhouse 4.



Swimming pool, spa golf course closed

The Golden Rain Foundation golf course, pool and spa is closed for refurbishing.

The golf course is scheduled to reopen Dec. 2. The pool facilities are scheduled to reopen early in the new year. Opening dates are subject to change due to weather and unexpected delays within the project.

People are urged to use caution in the area. The sidewalks fronting the golf course on the north side of Golden Rain Road will be closed during construction along with the sidewalk on the east side of St.

CLOSURE, page 13



GRF offices closed Monday, Nov. 11

In observance of Veterans Day, all Golden Rain Foundation offices except Security will be closed Monday, Nov. 11.

The Leisure World Maintenance Dept. will be on call for emergencies only and may be reached by calling (562) 594-4754.

The Minibus will operate on the Holiday D schedule. The Access Bus will operate on its regular schedule from 7:30 a.m.-4 p.m.

There will be no Seal Beach Dial-A-Ride or Seal Beach Senior Shopping Shuttle (Ralph's, Target) service on that day.

The Leisure World Health Care Center will be open.

TOYS FOR TOTS

Boxes arrive soon for annual toy drive

by Cathie Merz  
cathiem\_news@lwsb.com

The Marine Corps' 71st Toys for Tots toy collection campaigns kicked off in October and will continue until mid to late December.

The Leisure World campaign is directed by the Security Department. Boxes for toys should arrive in Leisure World in the next few weeks. Toys will be collected by the Marines on Dec. 19 for distribution.

Clubhouse 4 will once again be the site for the GRF Toys for Tots Christmas Show on Friday, Dec. 13. Doors open at 6 p.m., with live entertainment by the Elm Street Band starting at 7 p.m., but only those who bring a toy will be invited in this year.

The festivities will include complimentary cookies and hot beverages. Santa and his elves will be on hand to collect the loot for the kids.

The Elm Street Band has been referred to as "The World's Greatest Garage/Surf Band." The Long Beach Press-Telegram



described the band as "the soundtrack for the City of Long Beach, playing at events all over town."

The Elm Street Band has performed for audiences all over Southern California since 1985. The band is fronted by Roger Douglass on guitar and vocals; Roland Misajon is the lead vocalist and plays keyboards; John Navratil plays drums and does vocals; and Bob Hirschhorn plays bass and adds to the vocals.

The U.S. Marines will be on hand to help stuff a bus with toys and games for the children. Admission is an unwrapped toy (no stuffed animals).

Toys may also be dropped off at the three entry gates any time prior to the

TOYS, page 6



Cmdr. Rich Carson  
AMERICAN LEGION

Post 327 hosts annual celebration in Clubhouse 2

The American Legion Post 327 invites all Leisure Worlders and their families to attend the Annual Veterans Day celebration on Monday, Nov. 11, in Clubhouse 2. What a great way to start the day honoring our Veterans.

Music will begin at 9:30 a.m. The Sea Cadets from the Seal Beach Naval Weapons Station will present the colors.

Cmdr. Rich Carson will be the keynote speaker. Tommy Williams will be the lead vocalist.

The American Legion is celebrating its 100th birthday this month. A lot of good things have been done for U.S. Vets all over the world thanks to the many Posts of the American Legion. All U.S. Veterans are now eligible to join the American Legion, regardless of when they served. A membership table will be set up in the lobby for information and to join. The Auxiliary women will also be in the lobby selling patriotic jewelry, scarves and socks. Be sure to stop and see what they are offering.

The Post members are looking forward to greeting all of you on Monday. Come early for a good seat.

Sunday movie canceled

GRF regrets that due to a scheduling conflict, the Sunday movie, originally planned for Nov. 10 in Clubhouse 4 is canceled.



Lida Citroën, TEDx speaker and author of "Your Next Mission" helps veterans transition from the front lines to life back at home.

RELATIVELY SPEAKING

Daughter uses talents to help veterans

Lida Citroën, daughter of LWer Mara Williams, Mutual 11, specializes in helping men and women in uniform transition back into the civilian sector after serving their country.

Lida's profession is assisting executives and global business leaders manage perception by directing the way they are perceived by their target audiences.

When she realized that no one was coaching the men and women in uniform

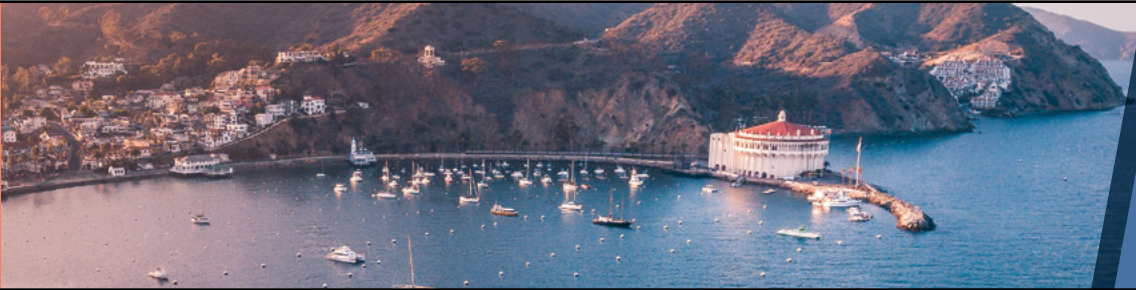
with these same skills as they transition into the civilian sector, she decided to do something about it.

As veterans make the transition from a military to civilian career, they need to realize the importance of reputation, personal brand and speaking in a new civilian language.

Building a career in the civilian sector, requires him/her to leverage their

ASSISTANCE, page 5

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# Medicare Benefits and Open Enrollment Meeting— **BIG CHANGES COMING!**



At our Medicare Benefits and Open Enrollment meeting, we will review our health plan partners' 2019 plan benefits. We will **compare their health plan benefits side by side, discuss 2019 benefit changes, and review your options.**

The following health plan partners will be reviewed:

- SCAN
- UnitedHealthcare
- Humana
- Blue Shield
- Alignment
- Aetna
- Anthem Blue Cross

**Family and friends welcome to attend.**

**Space Limited—Do not miss your window!**



Receive a **FREE** pie just for attending!

By calling the number above, you will be directed to a licensed insurance agent. Medicare has neither reviewed nor endorsed this information.

<b>November 15</b>	<b>November 21</b>
2 p.m.	2 p.m.
Health Care Center	Health Care Center



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## Fire extinguishers checked in LW

Alex Medina, from Fire Master, will be in Leisure World to inspect fire extinguishers for no charge on Friday, Nov. 15 from 10 a.m.-1 p.m in the Amphitheater parking lot.

Fire extinguishers will be recharged for a reasonable price and new ones can be purchased. Cash only.

Fire Master will have a virtual fire extinguisher training device so residents can learn the proper way to use a portable fire extinguisher.

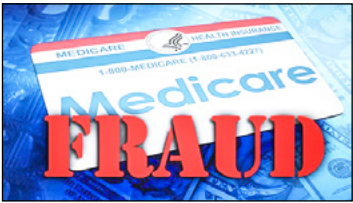
### SENIOR MEDICARE PATROL

## Learn about Medicare fraud Nov. 12

A Medicare Fraud presentation presented by Senior Medicare Patrol (SMP), will be held at 1 p.m. on Tuesday, Nov. 12, in Clubhouse 4. Everyone is welcome.

SMP, a group of highly trained volunteers, will cover ways to recognize and guard against becoming victims of Medicare fraud.

Among the topics covered will be the genetic testing scam that is currently circulating. Genetic testing fraud occurs when Medicare is billed for a test or screening that was not medically necessary and/or was not ordered by a Medicare



beneficiary's treating physician.

Scammers are offering Medicare beneficiaries "free" screenings or cheek swabs for genetic testing to obtain their Medicare information for identity theft or fraudulent billing purposes. Fraudsters are targeting beneficiaries through telemarketing calls, booths at public events, health fairs and door-to-door visits.



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**Make your choices soon. Open enrollment ends December 7th.**

To locate Medicare meetings, find a physician, or for a free Monarch physician directory, call us today at **(888) 346-2807**.



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The Clubhouse 4 tree decorated by The Cabaret was voted the favorite last year.

GRF  
Clubs needed to decorate holiday trees

The Recreation Department is seeking clubs to participate in the fifth annual Christmas tree decorating contest. Clubs may apply by emailing the Recreation Office at [kathyt@lwsb.com](mailto:kathyt@lwsb.com). The Recreation Department expects the clubs chosen to outdo the spectacular results in 2018. Clubs that are creative and would like to help LW get in the holiday spirit, step up, adopt a tree.

The theme for this year is “An Old-Fashioned Christmas”. The trees’ decorations should reflect the holidays of years gone by. There are five Clubhouses and six opportunities to participate, with two trees in Clubhouse 6. If more than six clubs apply to decorate a tree, the winners will be chosen by random.

Judging will be by a committee and the winning club will be celebrated in LW Weekly and on the website. Stop by Building 5 to apply, or email Kathy Thayer at the above address, and help Deck the Halls.

SBPD looking for information on LW traffic fatality

Two pedestrian accidents occurred within five days on Oakmont Road.

Following the vehicle vs. pedestrian accident on Oct. 31, the Seal Beach Police Department is no longer waiting to issue citations.

Since the accident, SBPD has issued 12 moving violation citations, including seven moving violation citations in the area of the accident.

On Oct. 31, at approximately 10 a.m., Seal Beach Police Officers responded to a call of a pedestrian struck by a vehicle near the intersection of Oakmont Road and El Dorado Drive in Leisure World. The pedestrian was transported to a local hospital in critical condition, where he later succumbed to his injuries.

The Serious Traffic Accident Response team is investigating the cause of this accident. If you have any information related to this incident, contact Officer

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†Our Hearing Evaluation and Video Otoscopic Inspections are always free. Hearing evaluation is an audiometric test to determine proper amplification needs only. These are not medical exams or diagnoses nor are they intended to replace a physician's care. If you suspect a medical problem, please seek treatment from your doctor.





# Perspectives

## Letters to the Editor

Editor:

The GRF has approved removal and replacement of the (nine) "T" boxes (an approximately 10-foot x 20-foot grass area where you hit the golf ball from and toward the hole).

I was told that over the last 50 years that they had settled and that they were not up to "PGA" standards, keep in mind that this pitch and put course is *not* a PGA course.

After talking to another person they said that the golf "T" boxes were not draining well and needed sand put under them. I can't remember seeing anyone golfing in the rain, and these flat

"T" Boxes are not below grade. Since they are "flat" they never have puddles on them.

After they finish spending your \$71,000 they will look and perform the same as they do now, IMO.

Ron Hanna  
Mutual 5

Editor:

The 2019 GRF Fall Festival on Oct. 26 in Clubhouse 6 was terrific.

Enthusiastic youths and adults enjoyed dancing. The Latin Flavor enhanced the atmosphere with mega hits from the 80s to the present.

Exploring the various tables enriched my horizon. The vendors were very friendly and accommodating. I found that the earthquake preparedness, CERT brochure, survival kits and others were very educational and helpful.

I had fun with the Theater Club's complimentary face painting spooktacular. I feel young again. My friends and colleagues were very delighted.

I doff my hat to the combined efforts of the GRF and participating clubs that made this Fall Festival a success.

Lisa A. Dickson  
Mutual 1

Editor:

Even though I still drive and love to walk around Leisure World, I occasionally ride the blue and white Golden Rain transportation buses. The Golden Rain transportation system is a valuable and vital resource for lots of Leisure World residents who aren't able to drive anymore.

I can't understand why in 2019 going on 2020 we have buses with air conditioning systems that do not work, they are broken and blow out hot air. Is it maintenance/repair funding? Is it that the buses are old and some GRF bean counter doesn't want to spend the money on old equipment? What's the problem?

Air conditioning is not just a luxurious comfort, it's a safety necessity, especially for the elderly.

Last week when it was 95 degrees in Seal Beach, it must have been well over 100 degrees inside the buses without air conditioning. I applaud the bus drivers who have to endure day after day driving in those sweat boxes some call buses.

Margie Stewart  
Mutual 2

## Credits & Kudos

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

Our bus system is absolutely wonderful. It's reliable, efficient and mostly convenient. It is staffed with drivers who are patient and courteous. One of the drivers kindly takes a small detour from her route to put me closer to my apartment. Sure, there are occasional snafus, but that's to be expected with any transportation system. I appreciate GRF and the Transportation Department personnel for providing us with a "five-star" system.

Mary Milhone  
Mutual 2

## Making History

Nov. 7, 1991- Basketball legend Earvin "Magic" Johnson stuns the world by announcing his sudden retirement from the Los Angeles Lakers, after testing positive for HIV, the virus that causes AIDS. At the time, many Americans viewed AIDS as a gay white man's disease. Johnson was one of the first sports stars to go public about his HIV-positive status. Today, Johnson is a prominent spokesman for AIDS awareness and a successful businessman, earning millions from a range of ventures. He serves as an example of how a variety of drug treatments have transformed AIDS from a death sentence into a manageable condition for many people in the U.S.

HISTORY, page 34



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# Government

SECURITY CORNER

## A difficult topic – When to give up driving

by Victor Rocha  
security services director

As you know, we have worked diligently to provide safer streets inside the community. One topic that is difficult to discuss is when to finally give up the car keys for your safety and the safety of others.



The question of when to limit or stop driving is *not* about age. It is about the ability of the driver. Driving ability goes beyond the simple ability to physically operate a vehicle. Everyone must make an honest self-assessment of their driving, especially when you have had a few “close calls.” A few warning signs of unsafe driving include:

- Delayed response to unexpected situations.
- Decrease in your own confidence to drive safely.
- Denting or scraping other cars or carport poles and walls.

AAA reports that although Americans are healthier and living longer than ever before, seniors are outliving their ability to drive safely by an average of seven to 10 years.

It is understood that this is an emotionally charged discussion to give up driving when many value the independence and mobility that driving provides. However, for those residents that want to stop driving there are other transportation options available both inside and outside of Leisure World.

If you have any questions or want more information regarding transportation options, please contact me at 431-6586, ext. 371.

## ACCIDENTS from page 3

Nick LaCarra at (562) 799-4100 ext. 1615.

On Nov. 4, a pedestrian was walking across the roadway when a vehicle driving eastbound on Oakmont approached. The vehicle came to a complete stop and signaled the pedestrian to cross. The pedestrian waved to the driver to drive past. The driver then began to drive slowly past the pedestrian. The driver then heard a loud thud on the rear door of his vehicle and observed the injured pedestrian on the ground.

Police interviewed the pedestrian and learned that as the vehicle was passing by, the pedestrian tripped over his own feet and “face planted” on the drivers side rear door, while also striking the rear tire on the way to the ground.

The pedestrian was responsive and received lacerations and black marks on his face. He was taken to the hospital for review but fully expected to survive his injuries.

## 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:

Thursday, Nov. 7	<b>Architecture Design Review Committee</b> Administration ..... 1 p.m.
Friday, Nov. 8	<b>Executive Committee</b> Administration ..... 1 p.m.
Tuesday, Nov. 12	<b>GRF Board Executive Session</b> Administration ..... 1 p.m.
Wednesday, Nov. 13	<b>Security, Bus &amp; Traffic Committee</b> Administration ..... 1 p.m.
Thursday, Nov. 14	<b>Communications/ITS Committee</b> Administration ..... 1 p.m.
Friday, Nov. 15	<b>Mutual Administration Committee</b> Administration ..... 10 a.m.
Friday, Nov. 15	<b>Roundtable with Mutuals/GRF</b> Administration ..... 1 p.m.
Monday, Nov. 18	<b>Finance Committee</b> Administration ..... 9 a.m.
Tuesday, Nov. 19	<b>Website Ad Hoc Committee</b> Administration ..... canceled
Wednesday, Nov. 20	<b>Strategic Planning Ad Hoc Committee</b> Administration ..... 10 a.m.
Tuesday, Nov. 26	<b>GRF Board of Directors</b> Clubhouse 4 ..... 10 a.m.
Thursday, Nov. 28	<b>Management Services Review Ad Hoc</b> Administration ..... canceled

## ASSISTANCE from page 1

personal brand as he/she builds an offer and value to the employer.

“Without knowing how to create their personal brand, to position themselves and use tools like social networking and narrative, they are at a disadvantage. I decided to help,” she said.

Lida had no military ties when she began this endeavor.

“Our active duty service members, veterans and military spouses are the men and women who keep our nation safe and protected. I feel that helping them is a way I can say ‘thank you’ for their service.

“My goal is to empower each of them with the understanding of who they are, what they can offer, and who they want to work with so they can successfully reintegrate into the civilian sector.”

It is Lida’s vision to work closely with employers across the U.S. to help them understand and leverage the talent and skills veterans bring to business. “During their time in the military, veterans learn skills like leadership, resiliency, problem solving, and team building, as well as technical skills and training that make them valuable employees, leaders and entrepreneurs,” she says. “While their experience may have been gained in a very different work environment, they are relatable to many civilian jobs.”

Lida is the author of two books on military transition (with a third due next year). She is also popular on TEDx Talk, where she shares her experiences working with veterans. “I was also speaking on behalf of a community I am passionate about.”

She also speaks at conferences and events on military installations and in corporate settings, helping active duty service mem-

bers and veterans.

She said it was surreal doing the TEDx Talk, stepping “into that red dot on stage, in front of thousands of people watching me live – and many more thousands who’ve watched the video on YouTube – is life changing.”

“I got to tell their story. I felt they trusted me enough to represent them well. It was intimidating to speak on behalf of veterans, but the feedback I’ve received from military communities and veterans tells me I served them well.”

Lida visited the White House as part of a Student Veterans of America meeting. She attended presentations by various officials in the East Wing, but there was no presidential sightings.

To watch Lida’s TEDx Talk, visit <https://youtu.be/9BloWnsJCRw>.

To learn more about her work with military veterans, visit her website, [LIDA360.com](http://LIDA360.com).

## Schedule of Mutual Meetings

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

Thursday, Nov. 7	<b>Presidents’ Council</b> Clubhouse 4 ..... 9 a.m.
Friday, Nov. 8	<b>Mutual 3</b> Administration ..... 9 a.m.
Wednesday, Nov. 13	<b>Mutual 4</b> Administration ..... 9:15 a.m.
Thursday, Nov. 14	<b>Mutual 12</b> Administration ..... 9 a.m.
Friday, Nov. 15	<b>Roundtable with Mutuals/GRF</b> Administration ..... 1 p.m.
Monday, Nov. 18	<b>Mutual 9 (rescheduled)</b> Conference Room B ..... 9 a.m.
Monday, Nov. 18	<b>Mutual 15</b> Administration ..... 1 p.m.
Tuesday, Nov. 19	<b>Mutual 14</b> Conference Room B ..... 1 p.m.
Wednesday Nov. 20	<b>Mutual 5</b> Conference Room B ..... 9 a.m.
Wednesday, Nov. 20	<b>Mutual 7</b> Administration ..... 1 p.m.
Thursday, Nov. 21	<b>Mutual 2</b> Administration ..... 9 a.m.
Thursday, Nov. 21	<b>Mutual 11</b> Clubhouse 3, Room 9 ..... 1:30 p.m.
Friday, Nov. 22	<b>Mutual 6</b> Administration ..... 9:30 a.m.
Monday, Nov. 25	<b>Mutual 8</b> Administration ..... 9 a.m.
Monday, Nov. 25	<b>Mutual 1 (rescheduled)</b> Administration ..... 1 p.m.
Wednesday, Nov. 27	<b>Mutual 10</b> Administration ..... canceled

## Mutual 3 town hall addresses budget

The Mutual 3 Budget Committee will host a town hall meeting on Wednesday, Nov. 13, at 1 p.m. in Clubhouse 2, to introduce the Mutual 3 2020 Operating Budget.

All Mutual 3 shareholders are encouraged to attend and become informed on where Mutual assessments are spent, what improvements have been completed and why reserves are need to complete future projects.

Operating costs and reserves are important considerations in the budget.

### GRF Board Executive Session 1:00 p.m., Tuesday, November 12, 2019 Administration Conference Room

NOTE: This meeting is closed to Shareholders/Members per Civil Code §4935

- A. Call to Order - President Stone
- B. Roll Call
- C. Legal
- D. Contracts
- E. Member Disciplinary Actions
- F. Personnel
- G. Adjournment

“Agenda is Subject to Change”



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## Arts and Crafts Fair 2019



—David Wolfe photos

Leisure Worlders shared their talents at the Golden Rain Foundation's 51st annual Arts and Crafts festival in Clubhouse 2. Talented shareholders offered a variety of items for sale that they made themselves, including, quilts, plants, wreaths, greeting cards, ceramics, jewelry and much more. Donna Cooper (photo top), Mutual 15, made a variety of items, including hand-painted garden signs. Woodshop 2 members (photo below) and people who use the Ceramics Room (photo bottom) sold items they made.



## N95 masks are not best answer to wildfire smoke

by Cathie Merz  
cathiem\_news@lwsb.com

As wildfires burn around Southern California, many areas are experiencing dangerous air quality due to the smoke. This has people looking for ways, ranging from bandanas to full-face gas masks, to protect their lungs from particulates in the air when outdoors.

Nick Massetti, Mutual 9, who tracks the readings from air quality monitors throughout Leisure World, reports that LW air quality has not been compromised due to the fires. "On the days there were fires, the wind pushed the smoke out to sea and it did not spread down to our way," he said. "The bad air just spreads very fast and far and is mixed up by the air flow and even pushed down towards us when the air pressure goes up in the morning."

Massetti recommends checking the air quality map for Leisure World for real time air quality information at <https://www.purpleair.com/map> and type in "Leisure World Seal Beach" in the location box. Click on any of the several sensors in Leisure World to a current reading.

For those who are looking for a way to protect themselves from poor air quality, N95 masks are the cheapest and most available masks to protect lungs from wildfire smoke. If worn correctly N95 masks may provide some protection by filtering out fine particles in the smoke, but do not help with hazardous gases in the smoke.

The N95 mask is designed to filter at least 95 percent of airborne particles, offering the minimum level of protection from smoke and air pollution.

These masks are available at the Leisure World Purchasing Department, hardware stores and pharmacies. Masks are sold

in 12-packs.

N95 masks should have two straps that go around your head and fit over your nose and under your chin. The mask should seal tightly to your face. If the mask does not fit properly, it may not provide any protection. Masks with a relief valve make breathing easier.

Avoid respirators that do not have a rating or are not approved by the National Institute for Occupational Safety and Health (NIOSH).

N95 masks are not the same as a one-strap paper dust mask or surgical mask.

Some officials say people should think twice before strapping on a mask, as they may do

more harm than good.

NIOSH recommends a full seal between the mask and your face, so trim your beard if you have one, and get a specially fitted mask for any children you are responsible for. Along the same lines, the standard masks do not provide a seal around a dog's muzzle, so if you need to keep your dog's lungs safe, invest in a mask specifically for your dog.

### Proper use of mask:

- Place the mask over your nose and under your chin, with one strap placed below the ears and one strap above.

- Adjust the mask so that air cannot get through at the edges. Any leakage around the edges of

N95, page 34

### AUXILIARY

## Flea market is Saturday, CH 2

American Legion Auxiliary Unit 327 is sponsoring the Flea Market this Saturday, Nov. 9, in Clubhouse 2. Shoppers may shop between 9 a.m.-2 p.m. There will be 59 vendors as well as lots of goodies in the kitchen. Coffee and donuts will be for sale in the morning and for lunch there will be hot dogs, chili, chips and soft drinks.

The Auxiliary will have a table for to bring tattered and worn flags. All flags will be turned over to a local American Legion Post for proper retirement.

Did you know that there is a formal ceremony for retiring and burning the flags honorably? The Auxiliary will also have some new flags available for purchase.

Donations of small working appliances, small wooden furniture and knickknacks can be dropped off at the door by the stage at Clubhouse 2 between 5-8 p.m. on Friday, Nov. 8.

Remember someone's trash may be another person's treasure!



Past president of the American Legion Auxiliary, Juanita Townsend, reminds people to bring tattered flags to the flea market to be properly retired.

### LEARNING CENTER

## New education classes offered

Golden Rain Foundation is excited to be partnering with North Orange Continuing Education (NOCE) to bring educational classes to the Leisure World community.

The classes are state funded, completely free and taught by highly qualified and accredited teachers.

NOCE embraces multiple facets of diversity and is committed to outcome-oriented educational opportunities by preparing students for productive civic engagement.

Beginning in early 2020, residents will be able to attend classes on the arts, cooking, brain health and more in the comfort of their own community.

In order for these classes to succeed and expand, support of the community is needed. Share the news with friends and neighbors.

Registration information will be announced at a later date and will be held both on-site and on-line. GRF hopes to gather support and interest going forward with this joint venture.



Elm Street Band

### TOYS from page 1

event and at Building 5.

Local campaigns are conducted annually in over 800 communities in all 50 states, the District of Columbia, Puerto Rico and the Virgin Islands.

Leisure World is usually one of the top, if not the top, collection point in Orange County.

The objectives of the Marine Corps Toy for Tots Foundation are to "help less fortunate children throughout the United States experience the joy of Christmas; to play an active role in the development of one of our nation's most valuable resources - our children; to unite all members of local communities in a common cause for three months each year during the annual toy collection and distribution campaign; and

to contribute to improving communities in the future."

Toy distribution takes place mid- to late-December.

Over 97 percent of the donations goes directly to the foundation's mission of providing toys, books and other gifts to less fortunate children. The 3 percent is spent on support principally covers fundraising expenses - not one donated dollar goes to salaries or any other manpower costs.

The collection project was the brain-child of Bill Hendrick, director of public relations relations at Warner Brothers Studios. He asked his celebrity friends for their support of the new program. As a personal friend and as a favor to Bill, Walt Disney designed the first Toys for Tots poster which included a miniature three-car train that was subsequently adopted as the Toys for Tots logo.

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WATCH YOUR STEP

# Scammers take away from veterans organizations

by Cathie Merz  
cathiem\_news@lwsb.com

Most Americans genuinely appreciate the men and women who have given selfless service to their country. However, there are unscrupulous people who target veterans and use them to line their own pockets.

Sham charities pop up all times of the year, but especially around Veterans Day and other military occasions, claiming to be collecting money for veterans.

The Federal Trade Commission (FTC) says that older people are appealing targets for these scams.

Be wary about donating to a charity unless you know the collector. Never give money to people who come door-to-door soliciting, unless you know that person.

Make donations directly to a veterans' organizations that you know or have checked out.

Legitimate veterans charities welcome donations whenever a person chooses to make it, so be leery if you are pressured to donating immediately.

Do not be enticed by a prize or sweepstakes for contributing to a cause. According to the FTC, it is illegal for a charity to award prizes or conduct sweepstakes for giving.

Do not mistake a charity appeal that comes in the mail for a bill. Some bogus fundraisers disguise solicitations as invoices, hoping you'll think you have to

pay.

Phony fundraisers try to trick people into thinking they've already given to the cause, lowering their resistance to donating "again." If you receive a thank-you for a donation you don't recall making, you probably didn't donate.

Deceptive military charities often use official sounding names, using words like "veterans" and "foundation" to try to convince people of their status. Take a charity's name at face value.

The organizer of the U.S. Navy Veteran's Association embezzled almost \$100 million in donations intended for Navy veterans.

Scammer John Donald Cody established the U.S. Navy Veteran's Association, a tax-exempt veterans' organization, that claimed its purpose was to support the U.S. Navy and assist veterans and members of the U.S. Armed Forces and their families.

However it was really a one-man operation that fraudulently solicited money. Cody buddied up to sailors and veterans, soliciting donations while hanging out in bars in 40 different states. The donors thought their contributions, usually small sums, were going to the charity. Instead, they were going directly into Cody's pocket. After a two-year search, Cody was arrested and convicted. He is serving a 28-year sentence that includes solitary confinement on every Veterans Day during incarceration.

In another scam, charities as-

sociated with a Florida organization, "Help the Vets," raised \$20 million with patriotic, heartrending pleas to aid veterans in need.

"For thousands of disabled veterans who served in Iraq and Afghanistan, giving an arm and a leg isn't simply a figure of speech — it's a harsh reality," a typical fundraising letter read.

But, according to the FTC, almost none of that money went to help servicemen and women. Help the Vets spent 95 percent of the donations on administrative costs, compensation for its founder and more fundraising.

The now-defunct organization was targeted as part of a massive 2018 crackdown on scams that exploit Americans' gratitude for military members' service and sacrifice.

These sham charities use the same outreach techniques as trusted charities — letters, phone calls, email and texts, and often adopt similar names, but they rely on deceptive pitches and high-pressure tactics to wear down donors.

A little research can go a long way in weeding out phony appeals. Don't let scammers curb your generosity toward those who serve — but take steps to ensure your donated dollars truly support them.

Sham charities don't just steal or mispend the money; they divert millions of dollars that would flow to honorable organization

STEP, page 34

MINIBUS

# Orientation sessions conducted today

The Golden Rain Transportation Department will conduct informational meetings on using the Minibus service from 10-11:30 a.m. and 6-7 p.m. Thursday, Nov. 7, 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 the "B" route, will follow the 10 a.m. session. The ride-along is limited to the first 17 participants and takes one hour.

Bus service orientations are held on the first Thursday of every month. For more information,



Learn about Route "B" during the ride-along session.

call Fleet Manager Grant Winford at 431-6586, ext. 372.

## 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.



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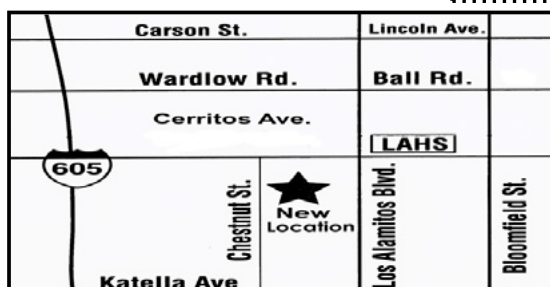


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# Religion



LWKCC choir with Suh Young Ran as conductor and Kim Min Jung as pianist.

## LWKCC raises \$1,050 for the blind

### KOREAN COMMUNITY CHURCH

On Oct. 27, Leisure World Korean Community Church, participated in the ninth concert to aid the blind, hosted by the Oriental Mission Church in Los Angeles. KCC hosted the concert last year.

A total of 11 teams participated, and all participating teams donated \$1,050 each to help pay for surgeries for the blind. The Rev. Yong gave the opening prayer.

The 2020 concert to aid the blind will be hosted by the Good Stewards Church in Covina.

A Thanksgiving Praise celebration will be held after lunch on Sunday, Nov. 24.

Every Sunday worship is held at noon and early morning worship is held Tuesday–Saturday at 6 a.m. in the main sanctuary.

KCC is planning for its first pilgrimage to Israel and Jordan in April 2020. There are two more spaces available.

## LW Baptist

Leisure World Baptist Church's worship service is Sunday, Nov. 10, in Clubhouse 4. Sunday School is at 8:40 - 9:10 led by Bob Simons, followed by coffee and fellowship until 9:45 a.m. when the service begins.

Soloist Joan Shramek sings a hymn of missionary dedication "I'll Go Where He Wants Me to Go"

Pastor Rolland Coburn's message is from Romans 10:14-21 titled "Six Great Missionary Questions."

Monday, Nov. 11, at 10 a.m. the Christian Women's Fellowship will meet in Clubhouse 3, Room 6. All are invited to this class participation study.

Wednesday, Nov. 13, The Energizers meet in Clubhouse 4, Section "A." Call 430-2920 for more information.



Joan Shramek

## Congregation Sholom

Congregation Shalom will have service on Saturday morning, Nov. 9, at 9:30 a.m. in Clubhouse 3, Room 9, with Rabbi Axelrad. An hour of Torah study will begin at 10:15 a.m. The service will then continue until about noon and will be followed by a potluck lunch.

The book club will meet on Tuesday, Nov. 19, at 1:30 p.m. at Ruth Hermann's house. The club is reading "For Whom the Shofar Blows." For more information the number is 430-3107.

Congregation Sholom is looking to set up a Bat Mitzvah class for those women who are interested in becoming Bat Mitzvah. If you are one of those women, email your name and email address to Mel Chazen. [melvin.chazen@yahoo.com](mailto:melvin.chazen@yahoo.com).

If you have a question for Ask the Rabbi, please email Mel Chazen for the upcoming "Ask the Rabbi" column in "News and Nachas."

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

## LW Assembly of God

Both Sunday morning and evening events at the Assembly of God church on Nov. 10, will present the 2019 world missions theme "To the Ends of The Earth."

Sunday morning service in Clubhouse 3, Room 2, at 10:30 a.m. will begin with the welcome and opening prayer given by Dan Ballinger. The congregational singing will be again led by Denise Smith.

Announcements and an opportunity to give will be presented by Diana Mushagian and the guest missionary speaker will be Rev. Thomas Bohnert, a veteran missionary who has served for

many years in multiple locations throughout Asia and the Pacific.

In place of the weekly Hymn sing, sponsored by the Assembly of God Church, many persons from several of the Leisure World churches will enjoy a beautiful evening as the church celebrates its first annual missionary festivities. This ticketed event is already sold out and will include a banquet, mission themed music, missionary displays and presentations from active missionaries who represent the work being accomplished among 10 people groups from all around the world.

Pastors Sam and Pat Pawlak, who served as missionaries

themselves for several years in the nation of Poland are quoted as saying, "This is an entire day given to make more people aware of the amazing world vision of the Assemblies of God, who now have over 2,500 missionaries and associates in over 230 countries of the world."

On Wednesday, Nov. 13, Pastor Sam will continue his Bible study on the book of Revelation at 10 a.m. in Clubhouse 3, Room 7. The public is invited and afterward the men and women's group called "the Romeo and Juliettes" will meet for their monthly luncheon at 11:30 a.m. at Denny's on Westminster.

## Beit HaLev

Beginner Hebrew class and beginner Modern Hebrew class will resume on Wednesday, Nov. 6. Call Rabbi Galit Shirah to enroll at (562) 715-0888 or [duets@icloud.com](mailto:duets@icloud.com).

Beit HaLev conducts livestream (online) services for Shabbat every Friday evening at 6 p.m. and every Saturday morning at 10:30 a.m. on [Livestream.com/Galityomtov](https://www.Livestream.com/Galityomtov) and [Facebook.com/galityomtov](https://www.Facebook.com/galityomtov). In addition to the Sabbath services, Rabbi-Cantor Galit Shirah also conducts a short Weekday Ma'ariv (evening) service every Thursday at 4 p.m. on [SimShalom.com](https://www.SimShalom.com) that includes a Torah reading, a D'var Torah, a prayer for healing and the Mourners Kaddish

This Shabbat we learn about the first Patriarch and Matriarch in the Torah reading from "Lech L'cha" (Go, Go for yourself). In the first Triennial Cycle, Avram and Sarai (their original names) are instructed to leave their home, their birthplace and their families to travel to a "land that I (HaShem) will show you." Avram and Sarai transform themselves as they become the first monotheists (believers in One God). Their names are changed into Abraham and Sarah as their mission to spread their new belief to the known world.

## Buddha Circle

Join Buddha Circle for Mindfulness Meditation every Wednesday from 2-4 p.m. in Clubhouse 3, Room 7. Call Michelle for more information (714) 234- 8735.

## Aglow International

Aglow International will hold a luncheon at 11:30 a.m., Thursday, Nov. 14 at Mimi's café, 6670 E. Pacific Coast Highway, Long Beach, Ca. Men and women are welcome. Reservations should be made by Nov. 11 by calling (562) 631-7291.

## St. Theodore

St. Theodore's Episcopal Church will meet for a worship service with Holy Communion at 12:15 p.m. Sunday, Nov. 10, in the sanctuary of Redeemer Lutheran Church, 13564 St. Andrews Dr. The Rev. Valerie Hart will celebrate and preach. The worship service is followed by refreshments and fellowship in the conference room. A combined Lutheran and Episcopal worship service with prayer, reflection and Holy Communion is held at 11:30 a.m. on Wednesdays.



First Christian Church members, Judy Osterkamp, Catherine Milliot and Lita Fernando were baptized in the Oct. 27 service.

## FIRST CHRISTIAN CHURCH

### Three church members baptized

First Christian Church was delighted to baptize three members on Oct. 27. The Lord brought a few glorious "Indian Summer" days at just the right time to honor the women who have, as the book of Romans says, "...believed in their heart and confessed with their mouth the Lord Jesus..." in the most public way possible.

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

Sunday morning begins with Elder Jack Frost leading the Bible study at 9 a.m. First Christian is currently 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 begins the worship service at 10:15 a.m. with praise, prayer and scripture, followed by Margaret Humes leading the congregation in these hymns of worship: "A Shelter In the Time of Storm," "Leaning on the Everlasting Arms," and "Great is Thy Faithfulness." The communion hymn will be "Rock Of Ages."

The church choir, under the direction of Margaret Humes, will sing "The Battle Hymn of the Republic." Elder Jack Frost will present the communion meditation and service today. For the offertory, the Praise Team will sing, "Everybody Praise The Lord."

Pastor Gene and the Praise Team will sing, "His Name Is Life" followed by Pat Kogok who will read scripture from the Gospel of Matthew 16:17-18.

Pastor Gene's message for today will be "Always Remembered" based on Luke 9:18-25. We must never forget those who have died for our freedom. And the most important one of all was the one who died for our eternal freedom, our Lord and Savior, Jesus Christ.

Service times are Saturday at 5:15 p.m. and Sunday at 10:15 a.m. The Hospitality Room opens 45 minutes before each service for fellowship and light refreshments. Prayer and verse-by-verse Bible studies during the week are held on Tuesdays with Pastor Humes and on Thursdays with Pastor Cherryholmes both beginning at 9:30 a.m.

Hearing enhancements are available at all church functions. Call the church office at (562) 431-8810 for further information. Leave a recorded message and someone will return the call as quickly as possible.

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



Redeemer Lutheran Church

Redeemer Lutheran Church’s 10:30 worship service on Sunday, Nov. 10, will focus on “Love, Attention and Respect: The Call of the Christian.” Scripture readings and prayers will be led by Jerry Brady and Alma Zamzow. Fellowship and the congregation’s annual meeting will follow in the undercroft downstairs. The church is on St. Andrews Drive, next to the golf course and swimming pool across from the Administration Building with ample parking.

Under the leadership of Pastor Lynda Elmer, the study of Matthew, Mark and Luke and Jesus’ lessons for life will be the focus of the weekly Wednesday Bible class on Nov. 6 from 10:30 – 11:30 a.m. in the upstairs Conference Room – no steps or ramps, totally accessible. Join the midweek Lutheran and Episcopal combined worship service for prayer, reflection, and Communion at 11:30 a.m. every Wednesday.

Orange County Care Connections provides respite care for persons diagnosed with memory impairment and their caregivers. This ministry of Redeemer is open to everyone in the Leisure World community. The program runs from 9:30 a.m.–3 p.m. on Mondays, Tuesdays, and Thursdays. Call (562) 596-1209 for more information on the program. Visit Redeemer Lutheran’s website at [www.redeemerlutheransealbeach.com](http://www.redeemerlutheransealbeach.com) for more information about events at the church.

Faith Christian Assembly

During the month of November the church will take a deeper look into what the word of God has to say about the grace of God. Bible study meets every Wednesday at 11 a.m. Faith Christian Assembly encourages taking advantage of the Bible study by coming to weekly meetings.

Tuesday is Faith Fellowship Time at 11 a.m. in the Garden Room. Midweek Bible Study is taught by Pastor Sheri Leming, Wednesdays at 11 a.m. in the Garden Room. GriefShare as scheduled.

To receive a free newsletter and for more information on the church, call 562-598-9010 or visit



Pastor Sheri Leming the website at [www.FCAchurch.net](http://www.FCAchurch.net).

Holy Family Catholic Church

Holy Family Catholic Church, 13900 Church Place next to St. Andrews Gate, will observe the thirty-second Sunday in ordinary time on Nov. 10.

The Sunday’s readings are as follows:  
First Reading: 2 Maccabees 7:1-2, 9-14  
Responsorial Psalm: Psalm 17:1, 5-6, 8, 15  
Second Reading: 2 Thessalonians 2:16-3:5  
Alleluia: Revelation 1:5A, 6B  
Gospel: Luke 20:27-38

**Anointing of the Sick Mass**

The Sacrament of the Anointing of the Sick will be administered during the Mass this coming Saturday, Nov. 9, 8:30 a.m. It can be received by those baptized Catholics who are going to have major surgery, those who are chronically ill or those who are elderly.

**Masses**

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

Confessions are Saturdays and eves of Holy Days: 4 – 4:45 p.m. First Fridays: 9:15 a.m.

Community Church

The Advent Season is rapidly approaching and Community Church is preparing for an eventful season of opportunities for all of Leisure World to gather. Every Thursday at 1 p.m., a crafting group will gather to create “Chrismons” decorations. Chrismons are ornaments reflecting symbols of the Christian faith. The Chrismon ornaments will adorn the white-lighted tree in the sanctuary displayed beginning on the first Sunday of Advent, Dec. 1. Everyone, members and non-members alike, are invited to come and enjoy the time of crafting together every Thursday in Edgar Hall. Snacks and fun-filled conversation are enjoyed. No skills are required.

The Community Church’s

Director of Music extends an open invitation to all of Leisure World to join the choir as it prepared for the Christmas Cantata on Dec.15. Rehearsals are on Sunday mornings at 8:30 a.m. in the Choir Room. Sheet music and listening practice resources will be available.

Community Church proudly honors the local Veterans who courageously and sacrificially served our country. The Missions team sponsors the annual “Sock-It-To-Em!” sock drive benefiting veterans. Donations of men’s and women’s new white socks and cash or check donations toward the bulk purchase of socks will gladly be accepted through Nov. 12. Donations can be brought to service on Nov. 10 or dropped

off at the Church office 9:30 a.m. – 12:30 p.m. during the week. A formal blessing of the socks will take place during the Nov.10 Worship Service. Delivery to the VA Hospital is scheduled by Nov. 15.

The Sunday evening Bible Study, led by Joy Reed, meets every Sunday, at 5 p.m. in the Fire-side Room. The topic is “Christ’s Death and Resurrection.” Everyone is welcome to attend.

On Sunday, Nov.10, Pastor Johan Dodge will give a scripture-based message titled; “Saint or Sinner – Is there a Difference?” The scripture lesson is Luke 19:1-10. Grace Kim will serve as Lay Liturgist on Nov. 10. Worship service is at 9:50 a.m. followed by coffee and refreshments in Edgar Hall.

First SB Prayer Breakfast received large turnout

**by Brian Harmon**  
*LW contributor*

The first Seal Beach Prayer Breakfast, held at the Old Ranch Country Club on Nov. 2, attracted 77 people, including LW Republican Club President David Harlow and Second Vice President Brian Harmon.

Prominent community members included Mayor Thomas Moore, California Assembly Member Tyler Diep, Chamber of Commerce president Lori deLeon, Seal Beach Performing Arts Association President Esther Kenyon and Bob Shoemaker, emeritus pastor of Grace Community Church of Seal Beach and chaplain of the Seal Beach Police Department.

Mayor Moore served as master of ceremonies as well as giving an introductory message stressing the meaning and importance of the event, bringing the community together. He also pointed out that respect for first responders, police officers and firefighters, was essential for the good of the community and the nation.

Mayor Moore later commented, “I am honored to be a part of this great event. I hope and believe that it will be a small step towards our goal of bringing the community together.”

The breakfast program followed the themes outlined by the mayor, including special recognition of public officials and representatives of both political parties, the community prayer, and the keynote message given by former black panther Daniel Lynem.

Four students from the Los Alamitos High School choir sang four songs, including “Eidelveiss,” a song that expresses the hope that the freedom and independence of Austria will last forever, just as the flower has.

The community prayer was given by Pastor Bob Shoemaker. In his prayer he repeatedly asked Gods help in bringing our community, and our nation, together.

Pastor Shoemaker then prayed for protection of the city’s police officers and other first responders. He specifically lifted up in prayer the firefighters who are currently exposed to greater danger than possibly ever before from the raging forest and brushfires

throughout the state.

In the keynote message, Daniel Lynem spoke about the discrimination he suffered, especially in the years he spent growing up in Kentucky and how it informed his views on race relations. He said that as a Black Panther he oversaw programs that provided food and medical care to poor children.

The audience reaction to the entire breakfast event was overwhelmingly positive.

Esther Kenyon, founder and president of the Seal Beach Performing Arts Association summed up audience reaction to the prayer breakfast.

“Congratulations on coordinating such a wonderful event,” she said. “The attendance was amazing for a first time out. The entire morning was very inspirational and it was my privilege to attend.... It was too special an event not to let everyone know about it. Next year it will be standing room only.”

Life Changers

Life Changers are people who can bring the power, favor and light of heaven into circumstances encountered here on earth. The group meets on the first and third Fridays from 1:30-3 p.m., with the next meetings scheduled for Nov. 15. Men and women are welcome. For more information, call Joan Eisenhart at 343-8066.

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# Health & Fitness

## OPTUMCARE AT THE HCC

### In the spotlight: Medicare

By Grecia Nunez

Monarch senior ambassador

There's a lot of learn about Medicare, and it can be overwhelming. To help, here are some answers to the questions we hear the most.

**What's the difference: Original Medicare, a Medicare supplement, and a Medicare Advantage plan?**

Original Medicare lets you go to any doctor that accepts Medicare. That means you have a lot of choice. For most doctor visits and services the copay is 20 percent. Original Medicare does not cover medications. You would still need to buy a prescription drug coverage plan.

A Medicare supplement covers some of those costs. A few supplements include extra benefits. But supplements do not cover medications. You would still need to buy a prescription drug coverage plan.

A Medicare Advantage plan is an HMO plan. You have to choose a doctor in the network. Most plans cover medications and have extra benefits. Many doctor visits and services do not have a copay. Different plans have different benefits – and costs. A licensed insurance agent can help you find one that meets your needs.

**Which one is right for me?**

That depends on your needs. When you are looking, think about what you can afford, special benefits you may need or want, and the coverage you need. If you live in a different state for a few months each year, you may want more choice. If you take prescription drugs, you may want a plan that covers those medications.

**When do I need to enroll?**

If you are currently on Medicare, you can sign up for a new plan during Annual Enrollment Period. That runs from Oct. 15 to Dec. 7. Your new plan starts on Jan. 1. You don't have to change plans. If you are happy with your coverage, you don't need to do anything.

If you are turning 65, you can enroll up to three months before your birthday. You have up to three months after your birthday to enroll. For example, if your birthday is in April, you can sign up for Medicare any time between January and July.

**What if I'm still working, or I have health coverage through my retirement?**

You don't need to enroll in Medicare. But you need to let Medicare know you have health coverage. You have to do this every year until you enroll. If you don't, Medicare may charge you a late enrollment penalty when you finally enroll. This penalty is a monthly fee – and it lasts as long as you are on Medicare. Talk to your benefits administrator or give your current health plan a call. They can help you avoid the penalty.

#### Upcoming events at the HCC

**Monday, Nov. 11:** You may have heard some medications can lead to falls. Sheri Shafie, a clinical pharmacist, will go over how different medications can affect the body and mind, and what can be done about it. Join her in conference room 1 from 10 am-11 am.

**Monday, Nov. 11:** Humana sales event, Conference Room 2, 2 p.m. to 4 p.m.

**Tuesday, Nov. 12:** UnitedHealthcare sales event, Conference Room 1, 10 a.m. to Noon, Presented in Korean.

**Tuesday, Nov. 12:** Discover how the healthcare system works and how to navigate it. Conference Room 1, 2 p.m.-3 p.m. Presented in Korean.

**Wednesday, Nov. 13:** Anthem sales event, Conference Room 1, 12 p.m.-2 p.m.

**Friday, Nov. 15:** SCAN sales event, Conference Room 1, 10 a.m.-Noon

**Friday, Nov. 15:** Compare 2020 Medicare options with Carla Ibarra, Conference Room 1, 2 p.m.-4 p.m.

### Plants as a form of therapy

by Chris Walker

chrisw@lwsb.com

Nature therapy, also known as “forest bathing” can reduce blood pressure, lower stress and even improve concentration and memory, among other benefits. You don't have to live near a wooded area to reap the benefits. Incorporating organic elements into your home will help you stay in constant contact with nature.

1. Create an indoor space for growing plants. Consider incorporating a green wall or mounted planter to add some life to an office or family room. You can also add plants to cabinets or window ledges.

2. Incorporate plants that act as natural air purifiers. Peace Lily, Golden Pothos, English Ivy, Chrysanthemum, Gerbera Daisy, Mother-In-Law's Tongue, Bamboo Palm, Azalea, Red-Edge Dracaena and the Spider Plant are some of the most recommended plants to help clean the air in your home.

3. Eat fresh herbs. Growing herbs in your home will add an element of green to your space, and fresh herbs are good for you, too. If you don't have a green thumb, start with one of the easiest herbs to grow inside, such as mint or thyme.

### Meals on Wheels, Long Beach

*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](http://www.mowlb.org) or call Caron Adler at 433-0232. For cancelations please call your site manager at (562) 439-5000 before noon to cancel a meal for the next weekday.*

**Thursday, Nov. 7** — Beef stew with potatoes, celery, onions and carrots, biscuit, Jell-O with pineapple chunks, tuna salad sandwich with lettuce and tomato, orzo pasta salad.

**Friday, Nov. 8** — Oven baked fish, tartar sauce, macaroni and cheese, peas and carrots, strawberries and peaches with yogurt, entrée chef's salad with turkey, ham, egg, tomato, bacon and blue cheese dressing and crackers.

**Tuesday, Nov. 12** — Salisbury steak with seasoned gravy, oven browned potatoes, lemon pepper seasoned broccoli, fresh tangerine, ham, turkey and cheese sandwich with spinach, tomato, and pickle, three bean salad.

**Wednesday, Nov. 13** — Turkey chili with beans, whole grain dinner roll, California blended vegetables, baked apple granola, chicken salad sandwich with lettuce and tomato, italian pasta salad.

**Thursday, Nov. 14** — Curry chicken, rice pilaf, seasoned mashed bananasquash, chocolate and vanilla swirl pudding, roast beef and cheese sandwich with lettuce, tomato and pickle, German potato salad

**Friday, Nov. 15** — Roast beef with mushroom gravy, au gratin potatoes, green beans, red velvet cake, Mediterranean chicken salad, red bell pepper, red onion, black olives, cucumber, cherry tomatoes, dressing.



Kathy Moran is Top Loser of the week for the Wa-Rite Club.

#### WA-RITE

### Moran is Top Loser of the week

The Wa-rite weight loss contest is under way and Kathy Moran is off to a great start with a 2-1/2 pound loss. She just got back from helping out her daughter in Hawaii. While she was there, they both ate healthy foods. Having someone to encourage and support you makes the work easier and it's exciting when the weight starts to come off.

Eating right takes time and dedication to plan out meals and to prepare by making sure all the items needed are purchased. Food can be a source of healing or it can be the source of negative feelings, the choice is whether to take the time to eat healthy or reach for the processed prepackaged junk food.

The members shared some of the healthier changes made which is not only making wiser food choices but also taking the time to take care of themselves. Getting rest and not feeling guilty about it. Reading a good book, watching a movie, shopping with friends or going out to eat. We need to enjoy life. When we don't make time to de-stress, we find ourselves getting overwhelmed. That can be a trigger that leads to emotional eating or reaching for the cookies, instead of the apple. We want to focus and get serious, everyday is a fresh, new start.

Wa-Rite is a support group for women needing to lose 10 pounds or more. Members meet on Fridays in Clubhouse 3, Room 1, from 9-10 a.m. Weighing begins at 7:45. Annual dues are \$10. You must be a LW resident to join. For any questions, call Carol Chambers at (562) 822-4641 or Bev Bender at (562) 594-9148.

### Senior Meals

*Seal Beach Community Services, in cooperation with Meals on Wheels Orange County, 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. Reservations are not needed. Arrive by 11 a.m. to check in at the front desk. 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 (562) 430-6079.*



*The Rossmoor Senior Shopping Shuttle provides weekday service to Senior Meals from Leisure World. For more information, see page 22 of the 2019 Minibus Guide that was recently delivered to all LW units.*

**Thursday, Nov. 7** — Veteran's Day oven roasted beef with gravy, mashed potatoes, chef's cut vegetables, whole wheat roll with Promise apple pie, sugar free ice cream and diet fruit cocktail  
**Friday, Nov. 8** — Sweet and sour pork, broccoli spears and sliced carrots, steamed rice, fresh melon

**Tuesday, Nov. 12** — Chicken breast with lemon herb sauce, baked potato with sour cream, sliced carrots, sugar free custard  
**Wednesday, Nov. 13** — Veggie chili with sugar free crackers, chopped onions, shredded cheese, tossed green salad with vinaigrette dressing, corn muffin, mandarin oranges

**Thursday, Nov. 14** — Baked fish with pesto sauce, Spanish rice, green beans, whole wheat dinner roll with Promise, orange pineapple juice, fruit crisp

**Friday, Nov. 15** — Cream of pumpkin soup with sugar free crackers, chicken deli sandwich with lettuce and tomato on whole wheat bread, tropical fruit mix

### Try Laughing for the Health of It

Bev Bender brings her laughter program to the Health Center on Wednesday, Nov. 13 at 1:30 p.m. Laugh your way to better health. Laughter is the best medicine with only positive side effects. We'll show you how easy it is to have fun in a not so funny world. You will leave with a smile on your face. Its fun, free and non-fattening.

Bev is a gerontologist and certified laugh leader. She also has a degree from the University of Stop Acting Your Age. For more information call Bev at (562) 594-9148.



# Arts & Leisure

## BRUNCH

### Hometown Buffet coming to LW

Hometown Buffet hosts a twice-a-month "Sunday More Lunch than Brunch" served buffet-style with an omelet bar, in Clubhouse 1, from 11 a.m.-3 p.m. Note the change of time. The menu will be published in the LW Weekly or copies are available from the Recreation Office. The next serving is Sunday, Nov. 10. Brunch is \$11, all-inclusive. The buffet is all you can eat on site, no takeout.

The Leisure World Transportation Department provides weekend bus service to the clubhouse as well as on call service for the special needs access bus. For further information on the bus schedule, call 431-6586, ext. 372 or 379. Questions regarding the restaurant services may be directed to [events@lwsb.com](mailto:events@lwsb.com) or 431-6586, ext. 326.

#### MENU

<i>Soup</i>	<i>Sides</i>
Chicken Noddle Soup	Creamy Mashed Potatoes and Gravy
<i>Salads</i>	Macaroni and Cheese
White Bean salad	Steamed Cut Corn
Coleslaw salad	Steamed Carrots
<i>Entrees</i>	<i>Desserts</i>
Lemon Herbed Chicken	Strawberry Glazed Bananas
Traditional Pot Roast	Carrot Cake
<i>Omelet Station Made to order</i>	Fruit Platter

## FRIENDSHIP CLUB

### Computer classes canceled Nov. 11

The Friendship Club offers free computer classes taught by Jeff Sacks and Miryam Fernandez. The club meets on the first, second and fourth Mondays in Clubhouse 3, Room 4; and on the third Monday, in Clubhouse 6, Room B. The schedule is as follows:

**Monday, Nov. 11—No Class, Veterans Day Holiday**

**Monday, Nov. 18, Clubhouse 6, Room B**

11 a.m.—Windows 7, 10 (Sacks)

Noon: Prepare for CA DMV Test

(Includes info about REAL ID), Sacks

**Monday, Nov. 25, No class, Thanksgiving**

Craig Inglis, a participant in the class, recently died. Anyone who knew him is asked to contact Jeff to help plan a celebration of life.

For expert computer and smartphone information and advice, DMV, to suggest topics and questions, or to join the email list, contact Jeff Sacks (714) 642-0122.

For basic computer information, iPhone/iPad, Social Media, Google Calendar questions, contact Miryam Fernandez at 884-7460.

## Video Producers Club

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

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

## It's time to review your 2020 Medicare Benefits

Call to make an appointment

Glen Kim

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Hello 안녕하세요 Kamusta

## Cabaret Entertainers present Vinyl Rock on Saturday

Vinyl Rock Band will perform for the GRF weekend dance on Nov. 9, in Clubhouse 1 at 7 p.m.

Vinyl Rock is an Orange County-based band consisting of nine members who passionately perform classic rock, Motown, and pop tunes primarily from the '60s, '70s, and '80s. The band keeps the audience engaged, inviting them to participate in sing-alongs and by mingling with them on the dance floor. They'll have everyone smiling, singing, swinging and swaying to the songs they grew up listening to and easily recognize.

Vinyl Rock is sponsored by the Cabaret Entertainers and is free to GRF members and their guests (over 18). The band performs on the second Saturday of the month at Clubhouse 1 at 7 p.m. Leisure suits, Fu Manchu 'staches, mullets and big hair are welcome, but not required.

The Recreation Department asks residents and their guests attending the GRF Saturday Dances in Clubhouse 1 to cooperate in adhering to a few, simple rules:

- Do not park on the east side



Vinyl Rock

of Clubhouse 1. Parking for the clubhouse is across Golden Rain Road at the golf course, or on Burning Tree Lane.

- Attendees must be out of the clubhouse no later than 10 p.m. to permit adequate time for the custodian to tear down the setup and arrange the setup for the following day

- No announcements are permitted from the stage, except by the bands

- Doors open at 6 p.m. – no reserving tables except for the band. Others will be removed.

- Clubhouse lighting and audio-visual equipment can only be adjusted by the custodian according to the instructions they have been given

- Be sure to sign in, either as a resident or guest, in the proper spot. This is the only way GRF can judge the popularity of your favorite bands.

## LW GENEALOGY

### Theme Thursday classes announced

The Leisure World Genealogy Club offers free "Theme Thursday" Workshops from 1:30-2:30 in Clubhouse 3, Room 10. The workshops are open to all.

- Thursday, Nov. 7 – DNA
- Thursday, Nov. 14 – How to gather information at family gatherings

- Thursday, Nov. 21 – We will be building trees on Ancestry for all volunteers who would like to get started. Participants will need to be a member of the club to access the tree on the club account. Bring in name, date and place of birth; parents names, dates and places of births and deaths; and grandparents names and as much that is known about their births and deaths.

- Thursday, Nov. 28 – No Workshop.

## LW COIN CLUB

### Election, show-and tell held on Nov. 13

The Leisure World Coin Club will meet Nov. 13 at 1:30 p.m., in Clubhouse 3, Room 2. An election for next year's officers will be held and "Show-and-Tell" will be the theme for the meeting. President Mike Supple is stepping aside and the club awaits a scramble for the presidency.

Show-and-Tell gives each member the opportunity to show the membership what special kinds of money members collect, coin or paper or precious metal such as current Silver Eagles. Collections and favorites range from "perfect" coins purchased from the mint to well circulated but "rare" coins found in circulation.

Members learned another valuable tip last meeting when member Edward Hickman taught them how to date Roman coins. As coin collectors, they have been in coin shops where these "early" coins were offered for sale. The best way to date them is to understand Roman numerals, and the next best is to know when the featured Roman emperor reigned. These coins back to before the birth of Christ, so ancient history is certainly involved. When an emperor governed only one year, dating the coin is easy. For the others, ancient history becomes our new study. Edward's talk was certainly a well appreciated eye opener for the members.

## 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.



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Susan Mack, Mutual 1, received a new shower through the Seal Beach Bathroom Improvement Grant.

#### SEAL BEACH

## Grants still available to make LW bathroom improvements

Over 1,000 residents of Leisure World Seal Beach have taken advantage of the Seal Beach Bathroom Improvement Grant making it easier to get in and out of the tub/shower, by utilizing federal grant funds – no charge to the resident. Currently, there are funds to do 50 more and the city is requesting applications.

Over the past 11 years, the City of Seal Beach has applied and received federal grant funds through the County of Orange and from the Department of Housing and Urban Development. The grant funds are targeted for assisting seniors in Leisure World, Seal Beach. Specifically, the funds are used to cut the wall of the existing fiberglass tubs to a few inches. The tubs are refinished to look like new, and a new glass shower door enclosure is installed. The process converts the tub/shower combination into a shower only. The improvement eliminates the need for seniors to lift one leg up and over the tub wall, which is especially precarious when standing barefoot on a wet surface. “The Leisure World Bathroom Remodel Program is a rewarding and beneficial program designed to accommodate the resident with a more convenient and safe method to access the bathroom shower,” says Jim Basham, past Seal Beach community development director. In addition, the grant funds can also be used to replace an existing toilet with a high-boy toilet, further assisting seniors.

To qualify, applicants must be over 55 years of age and have gross household income thresholds as follows: One person, \$54,600; and two people, \$62,400. The program runs through June 2017 and funds are available.

In addition to the income requirements, a licensed medical doctor must complete the Doctor's Analysis Form (included in the application) that rates the physical condition of the applicant with respect to mobility problems, pain with movement, or trouble with balance. This rating allows the Program to help the most needy applicants first until the \$180,000 funds are all spent.

The bathroom improvement process is coordinated by CivicStone, [www.civictone.com](http://www.civictone.com); Beach to review all applications and manage the construction improvements with the approved contractors. Once approved for the program and scheduled for work, the improvements usually take less than a week to complete.

The 2019-2020 program began July 1, and applications are still being accepted.

To receive more information, answer questions, and start the application process, contact CivicStone at 909-364-9000 or Download the application online at CivicStone's website under the Services tab - Seal Beach <https://www.civictone.com/services> or also on the City of Seal Beach's website under News & Highlights: <http://www.sealbeachca.gov/City-Services/Senior-Services>.

—Civictone

## LADWP Haynes plant dismantling quarterly update

White plastic containment barriers have been installed on Unit 6 and will also be used to wrap Unit 5 at the Los Angeles Department of Water and Power Haynes Generating Station. These containment barriers will protect the community, work crews and the environment during the removal of asbestos insulation. The asbestos removal process will begin soon and continue through the first half of 2020.

Preparations continue for the physical dismantling work, including removal of some auxiliary structures and scaffolding of units. Also, three storage tanks near the east side of the plant are being cleaned and will be dismantled soon.

LADWP contractors continue to conduct environmental monitoring. Instruments are measuring dust, noise and vibration levels during all work. No traffic or other impacts to the surrounding community are expected. Note that the dismantling work occurs Monday-Friday, from 7 a.m.-6 p.m.

For more information or to report an issue involving the project or the plant in general, contact the LADWP Project Information Line at (800) 531-6638, the Haynes Generating Station Information Line (after-hours) at (310) 522-7507, or visit [ladwp.com](http://ladwp.com).

LADWP will continue to provide periodic updates on the dismantling work to Leisure World residents.

## LB Symphony will take listeners on French excursion

Vive la France! On Saturday, Nov. 16, at 8 p.m., in the Terrace Theater of the Long Beach Performing Arts Center, 300 E. Ocean Blvd., the Long Beach Symphony will present a concert of music by (mostly) French composers.

The first half of the concert consists of three short gems of the classical repertoire. The first is an orchestral version of Debussy's beloved piano piece “Claire de lune” (moonlight) from his four-movement Suite Bergamasque. Debussy is regarded as a leader of French Impressionism, though he disliked this term as applied to music. It is now considered a reference to the composer's use of harmony and texture in a way that recalls the light and color of Impressionist painting. Labels aside, audiences will experience four and a half minutes of total bliss as they settle into their seats.

Sweet sounds continue in the orchestral Intermezzo to Franz Schmidt's romantic opera Notre Dame, based loosely on the novel “The Hunchback of Notre-Dame” by Victor Hugo. The work is notable for its lush textures. Austrian born, Schmidt's work fell from favor for several decades, because some believed he may have had Nazi ties. Having ascertained, however, that Schmidt's intentions were strictly musical and not political, his work has experienced a revival in recent years.

Alas, even in France life is



Winners of the Leisure World Creative Writers Club's feature article contest are Deane Cox (l-r), Fred Wind, Edward Beggs and Dorothy Ferrington.

## LW Creative Writers Club

The Leisure World Creative Writers Club fiction/non-fiction group will meet Friday, Nov. 15, at 1:30 p.m. in Clubhouse 3, Room 1.

Come meet the winners of the Feature Article Contest. The feature articles are short, non-fiction literary compositions on a single topic.

The winners are:

First Place-Dorothy Ferrington, “Smoke Jumper”

Second Place-Edward Beggs, “My Love Affairs with Three Norwegian Elkhounds” and Fred Wind, “Cycle of Life and Death — Monarchs of the Butterfly World”

Third place -Deane Cox, “The Gospel According to Deane — Book of Elections”

Leisure World residents and guests are invited to attend and enjoy Friday's meeting.

## Mutual 16 had festive fall barbecue

Over 50 Mutual 16 residents were warmly welcomed on Oct. 12 to the Happy Fall Fest barbecue on the greenbelt between Buildings 51-54. Though a bit late in the “picnic season” Mutual 16 saved the best for last.

The friendly neighbors shared an opportunity to chat with fellow residents and welcome new neighbors to the Mutual 16 family.

Wonderful weather provided a perfect backdrop for the festive event that drew a record turn-out. Everyone shared in a bounty of delicious salads, side dishes and desserts, with the gourmet hamburgers and hotdogs.

Grill masters Dale Watkins and Jay Clawson put their special grill-skills on display and their efforts were appreciated by all.

not all sweetness and light. In his symphonic poem, “Le Chasseur maudit” (The Accursed Huntsman), César Franck depicts the wrath that is meted out upon a huntsman for his failure to observe the Sabbath. Condemned to be pursued by Hell's demons for eternity, the fear is palpable as the music builds to a frenetic climax just before intermission.

The second half of the program returns to the more sanguine sounds of Saint-Saëns' Symphony No. 3, dubbed “the Organ Symphony” thanks to its prominent use of that instrument in the second and fourth movements. Saint-Saëns said, “I gave everything to it I was able to give. What I have here accomplished, I will never achieve again.” Listen-

ers may recognize excerpts of the work from its use in pop songs and films, among them the 1995 family film “Babe” and its 1998 sequel “Babe: Pig in the City.” The majesty of this work will leave audiences spellbound.

Founded in 1934, the Long Beach Symphony's concerts offer music lovers the opportunity to hear live orchestral music without having to drive Los Angeles or Orange County.

Tickets to the Symphony's Classical and POPS! concerts start at \$30. Mini-subscriptions of three mix-and match classical or POPS! concerts are available for \$120. For more information, or to purchase tickets and subscriptions, visit [www.LongBeachSymphony.org](http://www.LongBeachSymphony.org) or call 562-436-3203.

## HB APA presents ‘Beatles Story, 1969’

The Huntington Beach Academy for the Performing Arts (HB APA) will present “The Beatles Story: 1969” through its Music, Media and Entertainment Technology department (MMET). The show will double as a fundraiser for MMET, which specializes in commercial music and film production, and a portion of ticket sales will be donated to the National Alliance for Mental Illness (NAMI).

“The Beatles Story: 1969” will take place Nov. 7 and 8 at 6 p.m. at the First Christian Church of Huntington Beach auditorium. Tickets are \$20 for general admission and \$40 for VIP reserved seating (with SWAG bag) at [hbapa.org/see](http://hbapa.org/see).

“The Beatles Story: 1969” is the fifth and final installment in the MMET show series celebrating the 50th anniversary of prolific Beatles albums. This year, MMET will focus on the group's “Let It Be” and “Abbey Road” albums.

MMET's Pop Music majors, who focus on music creation, production, and live performance, will hone in on songs such as “Let It Be,” “Here Comes the Sun,” “Something,” and “Golden Slumbers.”

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## LW Dance Classes and Clubs

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

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

•**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.

•**Dance Fitness:** Move to energetic music and dance steps to improve balance and increase strength and stamina. Classes, \$3, are held upstairs in Clubhouse 6 on Mondays at 5:30 p.m., Wednesdays at 5 p.m. and Thursdays at 8:30 a.m. For more information, contact Jim Blanchard at (714) 487-2446.

•**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 Thursdays from 2-5 p.m. at Clubhouse 6, upstairs Room C; 2-3 p.m., advanced; 3-4 p.m., newcomer/beginner; 4-5 p.m., intermediate; 10-minute break between classes. For more information, inquire directly in class or email [grapevinelinedance@gmail.com](mailto:grapevinelinedance@gmail.com).

•**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](mailto: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:** West Coast Swing will be taught at 2 p.m. and nightclub two-step at 3 p.m., Monday, in Clubhouse 6. Richard Sharrard is the instructor. Singles and couples are welcome; dancers rotate. Cost is \$6 for one hour; \$10 for two hours. For more information, call 434-6334.

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

•**Leisure Whirlers Square and Round Dance Club:** Themed dances and a potluck are held on the first Friday of the month at 6:30 p.m. in Clubhouse 4. Singles and couples are welcome. Cost is \$7 per person. For more information, call Lenore Velky at 799-9482.

•**Saturday Morning Dance Club:** West Coast Swing is taught from 9-10 a.m.; Argentine tango, 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.

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

•**Zumba Club:** Come join the party while dancing and exercising to different rhythms such as salsa, merengue, cha-cha, hip-hop, Bollywood and jazz. Classes, \$3, are held upstairs in Clubhouse 6 at 8:30 a.m. on Tuesdays and Fridays, and at 11 a.m. on Saturdays. For more information, contact Mary Romero at 431-0082.

### CLOSURE from page 1

Andrews Drive fronting the pool. During the pool renovation, the Clubhouse 1 parking lot will be used as a staging area and only 20 parking spaces will be available.



Let the Good Times Roll performers Charlie Guggino (l-r), Bob Slater, Ron Hanna, Lu DeSantis, Frank Destra, Carmen Edwards, Ray Geierman, Jackie Hildebrand, and Tosca Lies gather around the piano at rehearsal to the upcoming "Celebrate Happy Holidays" show.

### LET THE GOOD TIMES ROLL

## Performers practice for holiday show on Nov. 16

"Celebrate Happy Holidays" will be the theme for the Let the Good Times Roll show and dance on Saturday, Nov. 16, in Clubhouse 2. The doors open at 5:30 p.m. The show starts at 6:30.

The performers have chosen uptempo melodies that have brightened their holiday season since they were teenagers. Most of the songs were introduced during memorable TV holiday specials of the 50s and 60s.

Some of the artists whose songs will be sung were Elvis, Nat King Cole, Darlene Love, Dean Martin, Brenda Lee, Eartha Kitt, and the Ronettes. DeeJay Martha

Destra will provide holiday rock and roll music for dancing to complete the nights' performance.

Appearing will be Charlie Guggino, Bob Slater, Ron Hanna, Lu DeSantis, Frank Destra, Carmen Edwards, Ray Geierman, Jackie Hildebrand, Tosca Lies, Connie Farrand, Sally Glauser, Erika Greenwood, Ellen Branigan and Josie DelPino.

President Frank Destra invites

everyone to "join us for a fun evening of music and dancing and meeting new friends."

There will be Christmas music for listening or dancing before the show.

Guests may bring their own snacks and beverages. Ice, coffee, and cups will be available. There is no admission. Everyone is welcome. After the show the club will serve pie and coffee.

## Ride bus from LW to see LBSO

The Long Beach Symphony Orchestra (LBSO) will play a concert based of the theme "French Fantastique," featuring French composers such as Debussy and others.

Those wanting to ride the bus to and from Leisure World to the concert must be at the Amphitheater bus loading area near St. Andrews Drive by 5:30 p.m. the evening of Saturday, Nov. 16.

Persons who have not purchased bus tickets may pay for them with cash or a personal check for \$16 per round trip. To reserve a bus seat, RSVP to Bev Emus, (562) 296-5586. To purchase tickets for the concerts, call the LBSO Box Office at (562) 436-3203.



Roger Bennett will teach how to create on a copy machine.

### PHOTO ARTS CLUB

## Learn to make "photo" on copy machine

All members and residents are invited to the Nov. 14 Photo Arts Club meeting at 1:30 p.m. in Clubhouse 3, Room 9.

Roger Bennett will demonstrate the art of imaging photos on a printer. The technique is called photograms.

Members will collectively make three photos and mount them for display on the Photo Arts Wall of Honor.

Members should bring recent photos for the monthly competition.

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# CLUB MEETING SCHEDULE

ARTS & CRAFTS

**Art League**, 2nd Tues. (except Aug., Dec.), 7 p.m., CH 4, 431-4124  
**Art Classes**, Mon., Wed., Thur., Fri., 9 a.m.-noon; Fri., 1-4 p.m., CH 4, Art Room, 594-6064  
**Ceramics**, Wed., 10 a.m.-2 p.m., CH 4, Ceramics Rm, 423-9805  
**Clay Crafters**, Mon., 1-4 p.m., Fri.; 1-4 p.m.; CH 4, Ceramic Rm., (949) 636-6798  
**Creative Writers**, Poetry Workshop, 2nd Wed., 1:30 p.m., CH 3, Rm. 9; Fiction-Nonfiction Workshop, 1:30 p.m., 4th Fri., CH 3, Rm. 1; gen'l meeting follows at 3 p.m., CH 3, Rm. 1  
**Knit & Crochet**, Tues., 9 a.m., CH 4 Ceramics Room, 598-1079  
**Korean Literary Club**, 2nd, 4th Mon., 9:30 a.m., CH 3, Rm. 7, (714) 705-3199  
**Lapidary & Jewelry Making**, Mon.-Fri., 9 a.m.-3 p.m.; Thurs., 5-7 p.m., Sat., 9 a.m.-1 p.m., CH 4 Lapidary Facility  
**Make 'Em Laugh**, Thurs., 10:30 a.m., CH 3, Rm. 6, 296-8647  
**Oil Painting**, Tues., Fri., 9 a.m.-noon, CH 4  
**Photographic Arts**, 2nd Thurs., 1:30 p.m., gen'l mtg and workshop, CH 3, Rm. 9, 430-7978  
**Producers Club**, acting class, Wed., 1:30 p.m., Video Producers Room, 598-0880  
**Quilting Bees**, Wed., 9 a.m., CH 3, Lobby, 493-3645, 743-9827  
**Theater Club**, regular mtg., 4th Fri., 10 a.m., Amphitheater Little Theater; 596-6358  
**The Writers Group**, 1st, 3rd Thur., 1-3 p.m., CH 3, Rm 6, 596-5033  
**Woodcarving**, Tues., 1-3 p.m. CH2, 799-0966

BRIDGE

**Bridge, ACBL Duplicate**, Mon. and Thurs., 12:15 p.m., CH 3 Lobby  
**Bridge, ACBL Duplicate, Burning Tree**, Fri. and Sat., 12:15 p.m., CH 1, (615) 898 0669  
**Bridge, Midday**, Mon., 12:30 p.m., CH 1, 342-9807  
**Bridge, Combined**, Tues., 6 p.m., CH 1, 342-9807  
**Bridge**, Mon., Mon., noon, CH 1  
**Panhellenic, Bridge**, 1st Fri., 12:30 p.m., CH 3  
**Bridge, Lunch/Party**, 2nd Fri., 11:45 a.m., CH 2

CARDS & GAMES

**Best Time Bunco**, 2nd, 4th Mon., 6 p.m., CH 3, Rm. 1, 596-1346  
**Bingo, St. Therese Org**, 3rd Sun., 1 p.m., doors open; 1:30, early bird; CH 2, 594-0209  
**Bunco Social Club**, 2nd, 4th Sat., 1:30-4 p.m., CH 3, lobby (714) 356-0443  
**Cards, Little Flower Guild**, 1st Thurs., 12:15 p.m., CH 2, 799-0117  
**Chess**, Fri., 1-6:30 p.m., CH 3, Rm. 7, 493-3478  
**Cribbage**, Tues., noon, CH 1  
**Euchrites**, Wed., 5-8 p.m., CH 3, 431-2682  
**Farklers Club**, 2nd Mon., 5-10 p.m., CH 3, Rm. 4  
**Gadabouts Bingo**, 2nd Sun., 1:30 p.m., CH 2, 598-3743  
**Good Time Bunco**, 2nd, 4th Mon., 6 p.m., CH 3, Room 1, 596-1346  
**Jolly Time Cards**, 2nd Fri., 11 a.m.-4 p.m., CH2, 240-5416  
**Knights of the Round Table Poker**, 7-9 a.m., Mon.-Sat., CH 2 card room, 598-6720  
**LW Tournament Poker Club**, 1st, 2nd, 3rd Sat., 11:45 a.m., CH 6, Hospitality Room, 592-8911  
**Mexican Train Dominoes**, Mon., 5:30 p.m., CH 3, Rm. 9, 493-9411  
**New York Club Bingo**, 1st Sun., 1:30 p.m., CH 2  
**PEO Lunch and Games**, 4th Wed., 11:45 a.m., CH 2, 431-8240  
**Pinochle, Friendly**, Thurs., 12:30 p.m., CH 1, 430-5828  
**Pinochle**, Mon., 12:30 p.m., CH 1, 431-1045  
**Pinochle**, Sat., 11 a.m., CH 1, lobby, 240-5416  
**Scrabble**, Wed., 1-4 p.m., CH 3, Rm. 5, 598-1384  
**Sheepshead Club**, 1st, 3rd, 5th Fri., 6-10 p.m., CH 3, Rm 6, 341-0249  
**Social Club**, 4th Fri., 11:30 a.m., CH 2, 240-5416  
**Variety Poker**, Tues., 1:30 p.m., CH 6, (714) 458-5751  
**Y-Rollers Yahtzee**, 1st, 3rd Fri., 12:30 p.m., CH 3, Rm 6; 596-7237

DANCE

**A Time to Dance** ballroom group lessons, 2nd and 4th Thurs., 6:30-7:30 p.m., 7:30-8:30 p.m.; CH3, Rm. 2, (559) 403-8974, 285-6881  
**Ballet Fitness**, Sat., 1:30 p.m., CH 6  
**Dancers & Mixers**, (ballroom dancing), 1st Tues., 7-9:30 p.m., CH 4, 431-1257  
**Dancing Feet Ballroom and Line Dance Club**, 4th Sun., 6-9:30 p.m., CH 2; line dance lessons, Thurs., 7-9 p.m.; Sun., 4-6 p.m., both CH 6; (551) 998-4223  
**Flowering Step Line Dance**, Mon. and the 3rd Tues., 10 a.m., CH 2, 296-8068  
**Grapevine Line Dance**, Thurs., 2-5 p.m., CH 6, Rm. C

See schedule on the LW website at  
*www.lwsb.com*

**Hui O Hula**, Mon., 10-11:15 a.m., upstairs, CH 6; Tues., 1:15 p.m., upstairs, CH 6, 252-9676, *kumu@huiohula.com*  
**Joyful Line Dance Club**, Wed., 3-4:30 p.m., CH 3, lobby; 301-5339  
**Leisure Time Dance**, Mon., 2-4, CH 6, 301-6119  
**Leisure World Cloggers**, Wed., 8:30-11:30 a.m., Amphitheater, 598-9974  
**Line Dance**, Beg. Adv., Thurs, 10 a.m., CH 3, Rm 6; Sat., 1 p.m., CH 3, Rm 9, 799-1061  
**Line Dance**, Beg. Adv, Sat., 1-3 p.m., CH 3, Rm 9, (714) 531-1698  
**Saturday Morning Dance**, 9, Sat., CH 1, 493-2445  
**Suede Sole Dancers**, Sun., 6:30 p.m., CH 6, 301-5339  
**Velvetones Jazz Club**, 1st, 3rd Sun., 6 p.m., CH 4, 296-8199  
**Whirlers Square Dance**, 1st Fri., 6:30-9 p.m., CH 4, 799-9482  
**Zumba Dance Class**, Sun., 2:30 p.m., CH 6, upstairs; Mon., 5:30 p.m., CH 3; Tues., 8:30 a.m., CH 6; Wed., 5 p.m., CH 6; Thurs., 8:30 a.m., CH 3, lobby; Fri., 8:30 a.m., CH 6; Sat., 11 a.m., CH 6

EDUCATION

**Computer Friends Club**, 3rd Thurs., 4:30 p.m., CH 3, Rm. 2, (714) 267-7871  
**Computer Group of Friendship Club**, Classes: 1st, 2nd, 4th and 5th Mondays in CH 3, Rm. 4, 11 a.m.-1 p.m.; 3rd Monday, CH 6, Room B, 11 a.m.-1 pm.; (714) 642-0122, 431-8050  
**English Conversation Club**, Thurs. 7 p.m. CH 3, Rm. 9, (714) 487-4046  
**Investment Forum**, 2nd Tues., 2 p.m., CH 3, Rm. 6, 794-9014  
**Korean American Computer Forum**, 1st and 3rd Tuesdays, 9:30-11:30 a.m., CH 3, Rm. 2; 2nd Tues., 1-3 p.m., CH 3, Rm. 1, (951) 639-7129  
**Korean-English ESL Club**, Wed., 9:30 a.m., CH 3, Rm. 4, except for 3rd Wed., in Rm. 9  
**LW Historical Society**, 2-4 p.m., Thurs. CH 1  
**LW Computer Club**, 2nd Tues., meeting 1:30 p.m.; 1st Wed., classes, 9:30 a.m., 1 p.m., CH 3, Rm. 2, 544-2210

HOBBIES & SPORTS

**Astronomy**, 1st Wed., 7 p.m., CH 3, Rm. 3, 431-7240  
**Coin Club**, 2nd Wed., 1:30 p.m., CH 3, Rm. 2  
**Garden Club**, 3rd Mon., 1:30 p.m., CH 2, 430-2400  
**Drone Service Club**, 3rd Mon., 9 a.m.-noon, CH 3, Rm. 9,  
**Genealogy Club**, general meeting, 4th Wed., 10 a.m., CH 3, Room 1, 810-4266.  
**Genealogy Library**, CH 3, Rm 10, open 1-4 p.m., Tues., Wed., Thurs., 810-4266  
**Golf, Men's**, 2nd Tues. (Jan., March, June, Sept., Nov.), 9 a.m., CH 3, Room 1  
**Golf, Women's**, meeting, 1st Mon., 3 p.m., CH 3, Rm. 1; play, 7:30 a.m., Tues., 537-0318  
**Happy Bikers**, Tues., Thurs., Sat., Main Gate, 7 a.m., 296-5398  
**Ladies "Q" Pool Club**, Mon., 10 a.m.; tournament, 2nd Wed., 10 a.m., CH 1 Ladies Pool Room, 795-9151  
**Mini Farmers**, 4th Thurs. every second month (3rd Thurs. in Nov), 9 a.m., CH 3, Rm. 2  
**Pickleball Players Club**, 1st Sun., 5 p.m., CH 2, meeting; games, Sun., 9 a.m.-8 p.m.; Thur., 5-8 p.m., multipurpose courts; lessons, Sun., 11 a.m. (310) 713-6696  
**Pool & Billiard, Men's**, 3rd Monday (Dark June-Aug. and Dec.), 6:30 p.m. , CH2, 209-3183.  
**Leisure Leggers**, meet at CH 6, Mondays, 8 a.m. for a walk or jog around Leisure World.  
**LWSB Book Club**, 3rd Thurs., 1-3 p.m., CH 3, Rm. 7, 296-8334  
**LW Tennis Club**, Sun., Tues., Thurs., 8 a.m., Ross-moor Park, 296-5833  
**LW Wine Lovers**, 1st Wed., 6:30 p.m., CH 3, Rm. 9, (707) 486-6672  
**Shuffleboard**, Meetings, 1st Wed., 10 a.m. (coffee, doughnuts at 9:30); practice sessions, Mondays, at 10 a.m. at the shuffleboard courts, CH 1; lessons, call (949) 300-0285  
**Silver Fox Classic Car Club**, 2nd Tues., 6 p.m., CH 3, Rm. 3, 343-4305  
**Stamp & Collectibles**, 1st Wed., 1:30 p.m., CH 3, Rm 9, 598-9297  
**Table Tennis**, daily, 7:30 a.m.-10 p.m., CH 6  
**Traveling Tigers**, 3rd Wed., noon, CH 3, Rm. 9, 598-9297  
**Video Producers**, 4th Thurs., 9-10 a.m., CH 3, Rm. 12-A, open Mon.-Fri., 10 a.m.-noon, 431-6586, ext. 287

MUSIC

**Ad Hoc Singalong**, Tues., 4 p.m., CH 3, lobby, 431-4221  
**Barbershop Singing Club**, Tues., 7-9 p.m., CH 3, Rm. 9 or lobby, 431-4221, *waframbach@aol.com*

**Community Sing**, Mon., 6:30 p.m., CH 3, lobby, 493-3054  
**Dixieland Jazz Club**, Aug., Oct., Dec., Feb., April, June; 6:30 p.m., CH 4  
**Good News Singers**, Tues., Thurs., 9-10 a.m., CH 3 lobby (Tues.), Rm. 9 (Thurs.), 243-0047  
**Guitar Club**, Fri., 1:30-4:30 p.m., CH 6, 489-6133  
**Karaoke**, Wed., 5:30 p.m., CH 1; practice session, Tues., 1-3 p.m., CH 6; 493-0484  
**Korean American Chorale**, Fri., 9:30-11:30 a.m., CH 4 (1st Fri, CH 3, Rm 9) 431-3036  
**Korean-American Classical Music Academy**, 2nd, 3rd, 4th Thurs., 9:30-11:30 a.m., CH 4, (213) 716-8662  
**Korean-American Guitar Club**, Thur., 9:30 a.m.-noon, CH 6, Room B, 342-9946  
**LW Chorale**, Mon., Wed., 9-11 a.m., CH 3, Rm. 1 or 2, 243-0047  
**LW Opera Club**, 1st Tues., CH 3, Rm 1; 2nd Mon., CH 3, Rm 2; 1:30-4:30, 296-5586  
**LW Community Orchestra**, Mon., Wed., 12:30-2:30 p.m., Amphi. stage, (615) 898-0669  
**Musical Strings**, Fri., 1-4 p.m., CH 3, Rm. 9, 481-7663

NATIONALITY/CULTURE

**American-Latino Club**, 1st Fri., noon, CH 4  
**Britannia Club** of LW, 2nd Thur., 2:30 p.m., CH 3, Rm. 1, 596-6754  
**Chinese-American Friendship Club**, 1st Thurs., potluck; 2nd Wed., 3rd and 4th Thurs., 1-8 p.m., CH 3, Rm. 1, (626) 235-6264, (702) 994-4888  
**Filipino Association of LW**, 2nd Sun., 2-8 p.m., CH 3, Rm. 1, 493-1406  
**Italian-American**, 1st Wed., noon, CH 4, 355-2918  
**Korean American Association**, 2nd Thur., March, June, September, December, 5-10 p.m., CH 2  
**LW Women's Sing-Along Club**, Wed. (except 4th Wed.), 2-3:30 p.m., CH 4, Section C, 431-1791  
**JPN-Nikkei Club**, 2nd Sat., Jan., March, Sept., Nov.; 3rd Sat., May, July, 9:30 a.m.-3, CH 4, Sec. A and B, 795-9137  
**Vietnamese American Club**, last Fri., noon, , CH 3, Rm. 1 or 2, (714) 322-8086

OCCUPATION

**Calif. Retired Teachers Ass'n**, even months, 1st Fri., noon, CH 2, 431-3083  
**National Active & Retired Federal Employees (NARFE)**, 2nd Mon., 1 p.m. Veterans Community Ctr., 101 E. 28th St., Long Beach, 427-9957  
**LW Republican Club**, 3rd Wed., 7 p.m., CH 3, Rm. 2, 335-0779  
**Seal Beach Leisure World Democratic Club**, 3rd Wed., noon, CH 4, 760-6660

RELIGION/PHILOSOPHY

**Beit HaLev, House of the Heart**, Fri., 6 p.m., Sat., 10:30 a.m., *livestream.com/Galityomtov/Facebook.com/galityomtov*, 715-0888, 493-2680  
**Buddha Circle**, 4th Saturday, 9:30-11 a.m., CH 4  
**Chinese Bible Study Fellowship**, Tuesdays, 1:30-3:30, CH 3, Room 5  
**Christian Fellowship and Fun Club**, 4th Tues., 6 p.m., CH 4, 455-6218  
**Christian Woman's Fellowship & Bible Study**, 10-11 a.m., 2nd Mon., 10-11 a.m., 431-0597, 594-8100  
**Community Church Women's Ministry**, Sarah Circle, 4th Tues., 10:30 a.m., Community Church  
**Congregation Sholom**, Services: Fri., 7-9 p.m., CH3 Rm-9; Sat., 9:30-11:30 a.m., service, kiddush, Torah study, CH 3, Rm 9; 505-3622  
**Course in Miracles Group**, Fri., 4-5 p.m., CH 3, Rm. 8  
**Dongbu Pyungkang Church**, Sun., 10 a.m., CH 6, (949) 514-4346  
**Korean Catholic Fellowship**, 1st Wed., 5 p.m., CH 3, Rm 6; 3rd Saturday, 5 p.m., CH 3, Room 4, 296-8047  
**LDS Family Home Evening**, 3rd Mon., 6 p.m., CH 3, Rm 6, 703-9342  
**LW Humanists**, 1st Sun., 10:30 a.m., CH 3, Room 1, 209-3183  
**LW Korean Church**, Sun., 10:15 a.m., praise; 10:30 a.m., worship; Bible study, Wed., 5:30 p.m., CH 3, Rm. 7, (213) 550-9991  
**Salvation Army Home League**, Monday (except 5th week), Sept.-July, 7 p.m., CH 4, 209-2399  
**Sa-rang Church**, Sun., 11 a.m., CH 3 Lobby; Wed., 6:30 p.m., CH 3, Rm. 1, 431-3036  
**Seal Beach Cornerstone Church**, Sun., 9:45 a.m., CH 2, 331-6104  
**St. Therese Organization**, 3rd Thurs., 1 p.m.; CH 2

SELF IMPROVEMENT

**AA Friends**, Wed., 3:30 p.m., CH 3, 500-5105, (213) 248-0539  
**AA Friends 2**, Mon., 6-7 p.m., CH 3, Rm. 7, (213) 248-0539

**AA Participation Meeting**, 8:30 a.m., Sat., CH 3, 209-0816, 972-7567  
**Ageless Grace**, Mon., 4:30-5:30 p.m., CH 6, Room C, (760) 560-8161  
**Chair Exercise**, Tues., Fri., 9:30 a.m., CH 1, 493-7063  
**Early Risers**, cardio workout, Tues., Thurs., 6 a.m., CH 6, upstairs, (310) 489-2390  
**Feeling Good Exercise**, Mon., Thurs., 9:30 a.m., CH 1, 598-9149  
**Impaired Vision & Hearing**, 4th Tues., 1:30 p.m., CH 3, Rm. 1, 431-4026  
**Joy Walking & Jogging Club**, Sat., 7-9 a.m. (DST-summer); 7:30-9:30 a.m. (DST-winter), Amphitheater stage.  
**LW Wellness Club**, 1st, 3rd Tues., 2 p.m., CH 3, Rm. 4, 889-9101  
**Qi Gong & Tai Chi Chih**, Tues., 9:15-11 a.m., CH 3, Rm. 1, 596-3936  
**Redeemer Respite Care**, Mon., Tues., Thurs., 9:30 a.m.-3:30 p.m., Redeemer Church, 596-1209  
**Relax & Alert Meditation**, Sat., 9:30 a.m., CH 6  
**Fitness Fusion—Upper/Lower Body Strength and Yoga**, Tues., Thur., 11:15-12:15, CH 6, 296-8328  
**Wa-Rite**, Fri., 7:45-8:45 a.m. weigh-in, new members arrive at 8:15 a.m., 9 a.m., meeting starts, CH 3, Rm. 1, 760-1293  
**Yoga, beg.**, Wed., Fri., 10-11 a.m., CH 3 (Rm 6 on Wed.; Rm. 7 on Fri.), 430-7291  
**Yoga**, Tues., 10-11 a.m., CH 4 lobby; Thur., 10-11 a.m., CH 3, Rm. 1; Saturday, 10-11 a.m., CH 3, Rm. 2 or 9, 506-5063  
**Yoga Meditation and Tai Chi**, Sat., 9:30 a.m., CH 6, 493-6719  
**Yoga on Mondays**, Mon., 5:30-6:30 p.m., CH 4, 225-0273

SERVICE ORIENTED

**Amateur Radio Emergency Service Club**, 1st Wed., 10 a.m., CH 3, Rm. 9, (440) 289-2023  
**American Legion Auxiliary**, genl. meeting, 3rd Mon., 1:30 p.m., CH 4, Section A; board meeting, 2nd Fri., 1-3 p.m., CH 3, Rm 4, 594-0209  
**American Legion Post 327**, 3rd Mon., board meeting, noon; general meeting, 1:30 p.m.; CH 4, Sec. B; 594-0209  
**Community Emergency Response Training (CERT)**, 1st Fri., 1 p.m., CH 5, Rm. B  
**Children A Priority (CAP)**, 1st Thurs., catered lunch at noon, CH 4; reservations: 493-1294  
**Concerned Shareholders of LW**, 4th Thur., 1 p.m., CH 3, Rm. 2, *concernedshareholdersSB@gmail.com*  
**Knights of Columbus**, 3rd Wed., 7:30 p.m., St. Isadora Church, Los Alamitos, 708-5500  
**Military Officers Assoc. of America**, 3rd Thursday, 6 p.m., Navy Golf Course, Cypress, 430-6512  
**PEO**, Chapter RT, 2nd & 4th, Mon. (dark June, July, Aug., Dec.), 10:30 a.m., CH 3, Rm. 9  
**Salvation Army**, Mon., 7 p.m., CH 4, 296-8539  
**Senior Patriots for Peace**, 2nd Tues., 2:30 p.m., CH 3, Rm. 2, program; 3rd Wed., 3 p.m., CH 3, Rm. 3, open board meeting; 296-8554  
**We the People Club**, *Wethepeople.Lw@gmail.com*  
**Where We Live**, 3rd Mon. CH 3, Rm. 3, 6:30 p.m., *wherewelive@yahoo.com*  
**The Woman's Club**, general mtg., 1st Tues., 1:30 p.m., CH 2; card party, 3rd Fri., 11:30 a.m., CH 2; board mtg., 3rd Wed., 10:30 a.m., CH 3, Rm. 7  
**Y Service Club**, 3rd Wed., CH 3, Rm 2, 7:30 a.m.

SOCIAL

**Friendly Couples**, 2nd Wed., 5:30 p.m., CH 3, Room 2, 430-2891  
**LW Sunshine Club**, Fri., 10-noon, CH 3, Rm. 2 (except 1st Fri.), 301-5339  
**LW RV Club**, 3rd Tues., 6 p.m., CH 4, 340-9074, *lwrvclub90740@gmail.com (dark June-August)*  
**Noon Spoons**, 4th Wed., 11:30 a.m., specified restaurants, 213-3923  
**Paws, Claws & Beaks: A Pet Lover's Club**, 2nd Wed., 3 p.m., CH3, Rm. 3, 598-1736  
**PEO Chapter RT Card Club**, 4th Wed., 11:30 a.m., CH 2, 431-8240  
**Phil-Am Social Club LW**, last Fri., 2-8 p.m., CH 3, Rm. 2, 431-6508  
**Rainbow Sisters**, 1st Tues., 6-8 p.m., CH 3, Rm. 2, (530) 902-5117  
**Rollin' Thunder Golf Cart Club**, 4th Tues., noon, CH 2, 431-6859  
**Schmooze Club**, 2nd Tues., 10 a.m., CH 3, Rm. 9, 598-2022  
**Yiddish Club**, 1st Thurs., 7 p.m., CH 3, Rm. 2, 431-3774

*Changes must be made in writing at The News Office or via email to **rutho\_news@lwsb.com**. For more information, call 472-1277. LW Weekly office hours are weekdays from 8 a.m.-5 p.m.*





Photo by Jojo Weingart

Mahalo/thanks to the Hui O Hula musicians and dancers who performed at the Clubhouse 6 Hospitality Center last Monday. A warm welcome to na malahini/newcomers Libby Bond (l-r) and Lori Schulte. It is delightful to watch them dance "Singing Bamboo," a song about love and romance, with old-timers Young Kishaba, Mei Yao and Mai Nguyen. Later upstairs in class, all danced to 'I'll Remember You' in fond memories of Linda Tripoli and Audrey McKenzie. Both of them were good friends as well as great supporters of the LW hula club. November starts the holiday season, everyone is welcome to learn "White Christmas" and "Mele Kalikimaka," which means Merry Christmas in Hawaiian. Classes are offered free twice a week. For more information, call 252-9676, or email, [Jojo@HuiOHula.com](mailto:Jojo@HuiOHula.com).

## Opera Club meets Nov. 11 for potluck; guest speaker on 'The Magic Flute'

Everyone is invited to the LW Opera Club's last meeting of 2010 to hear L.A. Opera speaker Ed Lieb talk and show a video about Mozart's opera "The Magic Flute" at 1:30 p.m. on Nov. 11 in Clubhouse 3, Room 3.

Following his presentation members will celebrate the club's fifth anniversary, having shown more than 50 different operas; the new slate of officers; the club's relationship with the L.A. Opera and the Long Beach Symphony; and the many member-volunteers who help the group grow and flourish.

Everyone is invited to bring a tasty dish to share along with a serving piece. Beverages, paper cups, plates, plastic utensils and napkins, etc. will be provided.

There will be no meeting in December, since special holiday events fill the clubhouses. However, an optional holiday lunch at the gourmet Italian restaurant, L'Opera, is being planned in December. Members will be responsible for their own transportation and the costs of lunch orders, etc.

Regularly scheduled Opera Club meetings will resume with a two-part showing of the much requested Gershwin opera, "Porgy and Bess" on Tuesday, Jan. 7, and Monday, Jan. 13.

The Chicago Lyric Opera docent Jean Walker will present 'Aida' in February.

Members are asked to consider introducing an opera, perhaps a favorite, or one they are interested in learning about, for sessions in March and the following months. DVDs are available on loan for the club's inventory or from libraries.

For further information, contact Bev Emus at (562) 296-5586 or by email at [Beverly90740@gmail.com](mailto:Beverly90740@gmail.com).

## LAPIDARY CLUB

### Monthly classes, holiday luncheon are announced

The LWSB Lapidary Club November classes will be held in the Clubhouse 4 Lapidary Room. Class starts at 9 a.m., but check to confirm start times when signing up.

Signed up sheets are available now for:

- Copper enameling class, Nov. 8 and 22
- Beginning glass fusion class, Nov. 4 and 15
- Glass jewelry class, Nov. 13

On Dec. 9, the Lapidary Club will host its 2019 holiday celebration luncheon in Clubhouse 4. Catered chicken, with a choice of white or dark meat, gravy, mashed potatoes, ambrosia salad and pie will be served. The cost is \$15 per person. Sign up at the Lapidary Club.

The annual general meeting and Lapidary board election will be held at the luncheon. Plan to attend.

**Main Gate  
594-4754**



What has over 500 aircraft, nearly 900,000 spectators and is the most photographed event in the world? The Albuquerque Balloon Fiesta. Video Producer Owen Hughes (r) interviewed his friend and veteran pilot Andy Waner, mid-air, at the fiesta. A highlight segment is streaming in HD on [sbtv3.org](http://sbtv3.org) this month. The segment can also be seen on Channel 3 (Spectrum) and Channel 37 (Frontier). Check listings for dates and times.



Art Ordonel, Orly Sanchez and Danny Evangelista attend the Joyful Line Dance Club on Wednesdays to meet new friends.

## JOYFUL LINE DANCE CLUB

### Men enjoy learning to line dance too

Danny Evangelista, Orly Sanchez and Art Ordonel, decided to attend the Joyful Line Dance Club to keep themselves active and meet new friends. They are happy, thankful and blessed to be a part of Leisure World Community.

Danny and his wife, Helen, have lived in Leisure World Mutual 1 for three years. Orly and his wife, Mercy, moved into Mutual 10 about two years ago. Art comes and visits Danny and Orly from time-to-time, when he is available to enjoy line dance under Justin Manalad's leadership.

Dance is the hidden language of the soul and good for your brain and body because the dancer has to remember the next step and move his/her body.

Come experience the "joy" of line dancing with Joyful Line Dance Club, Wednesdays from 3-4:30 p.m. in Clubhouse 3 with Justin Manalad.

## Karaoke singers sang farewell

"The Last Farewell", is a song about old England and often sung by Audrey McKenzie, the Karaoke Club's popular British member who passed away recently. The lyrics of the song are, "And should I return home safe again to England I shall watch the English mist roll through the dale. For you are beautiful, I have loved you dearly more dearly than the spoken word can tell." Audrey would end this song saying "Ta Ta, farewell, I love you all." We loved her too and will miss her.

Many songs were sung dedicated to Audrey. Just to a name a few were Ellen Brannigan, "Que Sera Sera"; Ric Dizon, "I'll Remember You"; Vito Villamor, "Adios Amigo"; Tony Tupas, "Aubrey"; Karen Morris, "Can't Smile Without You"; Walt Bier, "The Last Farewell."

Members appreciated a new performer, Eva Lopez, doing "Wind Beneath My Wings."

To celebrate Halloween, those gathered enjoyed a group sing-along of "Monster Mash" while Ruby Johnson played the mad scientist performing the dance to everyone's amusement. It was fun choosing our three Halloween contest winners, plus one, Ruby



Audrey McKenzie

Johnson, Susan Kelleghan, Bev Adams and the plus was is Victor Age. Pumpkin and apple pie slices were gobbled up during the evening as a Halloween treat.

Join the singers each Wednesday in Clubhouse 1 for the karaoke parties beginning at 5:30 p.m. Practice sessions are Tuesday afternoons from 1-3 upstairs in Clubhouse 6. Everyone is welcome.

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# Community

## SUNSHINE CLUB

### Randy Ankeny is guest tomorrow

Randy Ankeny, executive director of Golden Rain Foundation will be the guest speaker at the Sunshine Club tomorrow, Friday, Nov. 8 at 10 a.m. in Clubhouse 3, Room 2. His topic will be current and future projects."

Through experience and education, Ankeny has developed a keen sense of customer service and a commitment to enhance lifestyle to protect and increase property value of the communities under his care. Ankeny has substantive executive experience in managing service and property operations, constantly exceeding expectations.

He has been in his post since June, 2013.

The club has frequent guest speakers from outside Leisure World who speak on various topics that enhance living in LW. The club does not endorse the speakers or their businesses. It solely provides information. Any interaction with the business outside of the meeting is on-your-own.

The club appreciates shareholders bringing their own coffee mugs to participate in the "Save The Earth" program the club began about five years ago. Ar-



Randy Ankeny

rive 5-10 minutes early to enjoy refreshments before the meeting begins.

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

All shareholders are welcome to attend; membership is not required.

For more information, call Anna Derby at (562) 301-5339.

## CAL STATE, LONG BEACH

### Special offer available for LWers for Homecoming

by Cathie Merz  
cathiem\_news@lwsb.com

Long Beach State Homecoming is Saturday, Nov. 9, inside the Pyramid on the campus off Atherton Street. The doors open at noon.

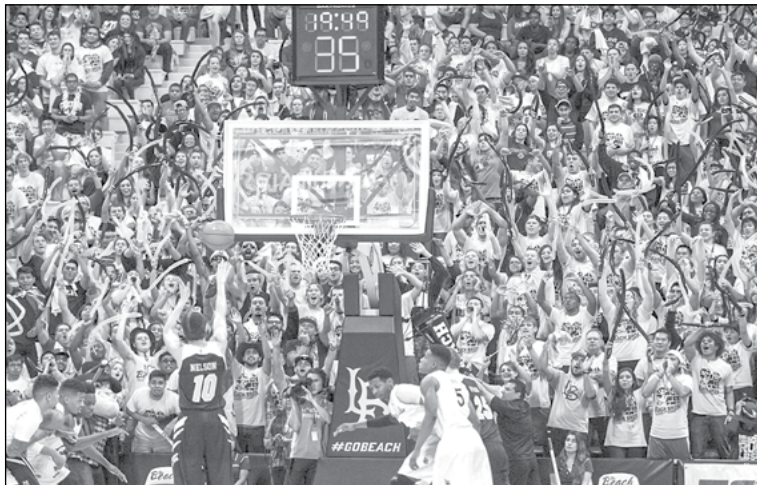
A special offer, \$14, has been put together so all Leisure Worlders can join alumni and fans as they kick off the men's and women's basketball season. Join them in rooting on the local college team. The offer is available online at [www.longbeachstate.com/homecoming2019](http://www.longbeachstate.com/homecoming2019).

The offer includes tickets to both games and the upper concourse filled with face painters, balloon artists, carnival games and giveaways.

The other concourse will feature a catered meal by Naples Rib Company for \$20 each.

The women's game begins at 1 p.m. vs. Westcliff, followed by the men's game against the University of San Diego at 3:30 p.m.

Everyone in attendance will



Join the Long Beach State "Maniacs," students, at Homecoming on Saturday, Nov. 9, at the Pyramid.

receive a clear bag at the Homecoming event.

To provide a safer environment and expedite entry, Long Beach State implemented the clear bag policy last year, consistent with the NFL, NHL and a majority of NCCA schools.

Long Beach State Athletics strongly encourages fans and students not to bring any types of bag, but the following are permissible.

- Bags that are clear plastic,

vinyl or PVC and do not exceed 12 inches x 6 inches x 12 inches or one-gallon clear plastic freezer bag (Ziploc bag or similar).

Small clutch bags, approximately the size of a hand (4.5 inches x 6.5 inches), with or without a handle or strap can be taken into the stadium with one of the clear plastic bags.

Exceptions will be made for medically necessary items after proper inspection.

## SCHMOOZE CLUB

### Rabbi Marcus will entertain Nov. 12

The next Schmooze Club meeting is at 10 a.m. on Tuesday, Nov. 12, in Clubhouse 3, Room 9, during which there will be a Jewish Music Month presentation, "The Healing Power of Jewish Music," by Rabbi Shmuel Marcus. Refreshments will be served while members and guests enjoy "schmoozing" (socializing). The program will follow at 10:30.

Rabbi Marcus is a composer and performer of Jewish music as well as Rabbi of Chabad of Los Alamitos and Cypress, director of a Sunday morning Hebrew High School program he founded, executive editor of the widely circulated "Farbrengen" magazine, author, dynamic speaker and educator and beloved friend of the Schmooze Club for many years.

"Shmulie" and his brother "Benzie," as they are affectionately known, perform and record Yiddish and contemporary Jewish songs under the name "8th Day". Their popularity has soared, and they now perform their energizing, endearing and inspiring music in Israel, Australia, New



Rabbi Shmuel Marcus

York and California among other venue locations.

There are "no dues to schmooze" and no cost to attend this program; donations are gratefully accepted. All LW residents and guests are invited to enjoy Rabbi Marcus and some fun, friendly "schmoozing." Call Darlene Rose, (562) 347-8088, with names for Main Gate entry.

## Lighting of menorah will take place on Veterans Plaza

On Thursday, Dec. 19, starting at 4 p.m. the GRF Recreation Department will host the lighting of the Menorah, the Jewish symbol of Hanukkah, at Veterans Plaza.

The holiday celebrates the Jews defeating Syrian-Greek oppressors who had tried forcing them to abandon their religion and adopt Greek culture. The story has it that, led by Judah MacCabee, they recaptured the holy temple in Jerusalem. Arriving there, they found only enough olive oil to light candles for one

### GAF meeting moved to Nov. 20 due to holiday

The Golden Age Foundation will have its board meeting on Wednesday, Nov. 20, at 1 p.m., in Conference Room B.

Due to Thanksgiving Day, the meeting was changed to the third Wednesday, instead of normal fourth Wednesday. And meeting time has been changed to 1 p.m. from now on, rather than 2 p.m.

GAF will be dark in December. The next board meeting will be on Jan. 22 at 1 p.m. in Conference Room B, located in Building 5 behind the Recreation Department Office and GRF Security Decal Office.

All members of the Golden Age Foundation and all shareholders are welcome to observe monthly board meetings.

This is a great opportunity to catch up on the latest news and get a preview of coming Golden Age Foundation attractions.

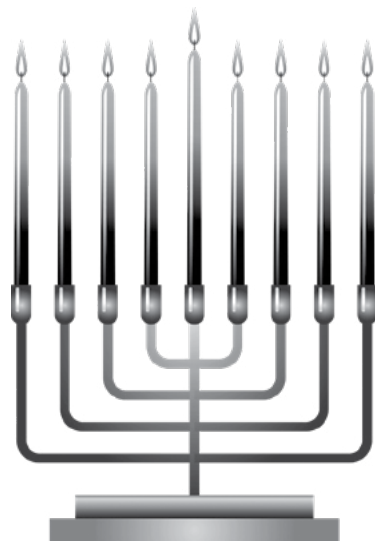
night. It lasted for eight nights.

Hanukkah commemorates the defeat of the oppressors and the miracle of the oil lasting eight nights. The oil had led to the holiday being referred to as "The Festival of Lights."

The Chabad of Los Alamitos/Cypress will share with GRF members and their guests the story of the holiday and its meaning for Jew and Gentile alike.

Musical entertainment with a Klezmer band will top off the event. It is an opportunity for the community, rich in culture and customs, to come together to learn and share in the joy of this beautiful festival.

Refreshments will be served,



courtesy of GRF and Congregation Sholom.

## GRF

### Christmas tree lighting is Dec. 4

The GRF Recreation Department is hosting the fifth annual Christmas Tree Lighting Ceremony on Wednesday, Dec. 4, beginning at 4:30 p.m. at Veterans Plaza.

Santa will be on hand with his elves, courtesy of the LW Theater Club, who will collect unwrapped toys for the annual Toys for Tots event, so bring a gift for the little ones and have your picture taken with Old St. Nick.

The Health Care Center will treat everyone to cookies and hot cider, courtesy of OptumCare. Come early and be sure to stop by their table and say hello.

The Korean-American Chorus will entertain with a selection of Christmas carols to help set the mood. The KAC impressed over



800 people at the Amphitheater this summer with their sheer talent and professionalism. GRF members, their families, and friends will be invited to join in singing.

Come help kick off the holidays at Veteran's Plaza and bring a friend, grandchild or two, and your neighbors, so save the date.

## WOMAN'S CLUB

### Make reservations to see Young Americans' 'Magic of Christmas' show

The Woman's Club of Leisure World will sponsor a trip to the La Mirada Theater on Dec. 12 to see the Young Americans' "Magic of Christmas" celebration.

The bus will leave for the theater at 7 p.m. from the Amphitheater parking lot on Dec. 12. Tickets are \$71 and include the theater ticket, bus transportation and bus driver's tip.

Tickets are selling quickly. Call Jan Kuhl at (562) 446-0082 to reserve a ticket.





# Compare your Medicare options

Annual enrollment period is here. If you're looking for a new plan or just curious to see what's out there, stop by these sales events at the Health Care Center, 1661 Golden Rain Road, Seal Beach, CA 90740. Or give us a call at (562) 493-9581 if you have any questions.

### Alignment Health Plan

**Mon., Nov. 18**

Conf. Room 1  
9:00–11:00  
Alicia Magana

**Mon., Nov. 18**

Conf. Room 1  
9:00–11:00  
Alicia Magana

**Mon., Dec. 2**

Conf. Room 1  
9:00–11:00  
Alicia Magana

### SCAN Health Plan

**Fri., Nov. 8**

Conf. Room 1  
2:00–4:00  
Diane Scott

**Fri., Nov. 15**

Conf. Room 1  
2:00–4:00  
Alton Smith

**Mon., Nov. 25**

Conf. Room 1  
10:00–12:00  
Diane Scott

### Anthem Blue Cross

**Wed., Nov. 13**

Conf. Room 1  
12:00–2:00  
Carla Ibarra

### Humana

**Mon., Nov. 11**

Conf. Room 2  
2:00–4:00  
Michelle de Guzman

**Tues., Nov. 19**

Conf. Room 2  
12:00–2:00  
Carla Ibarra

**Wed., Nov. 20**

Conf. Room 1  
10:00–12:00  
Michelle de Guzman

**Tues., Nov. 26**

Conf. Room 1  
10:00–12:00  
Michelle de Guzman

### UnitedHealthcare

**Tues., Nov. 12**

Conf. Room 1  
10:00–12:00  
Glen Kim  
*Available in Korean*

**Thurs., Nov. 21**

Conf. Room 1  
10:00–12:00  
Joe Koteras

**Tues., Dec. 3**

Conf. Room 1  
10:00–12:00  
Glen Kim  
*Available in Korean*

**Thurs., Dec. 5**

Conf. Room 1  
10:00–12:00  
Joe Koteras

Refreshments and giveaways  
will be provided!

A sales person will be present with information and applications. For accommodation of persons with special needs at sales meetings, call 1-844-814-3760 and TTY number 711. The event listed will be presented by the following licensed insurance agent, Alicia Magana/Alignment, license #0F30005, Carla Ibarra/Anthem Blue Cross, license #0I42804, Carla Ibarra/Humana, license #0I42804, Michelle de Guzman/Humana, license #0C62686, Alton Smith/SCAN, license #0C44697, Diane Scott/SCAN, license #0H48366, Joe Koteras/UnitedHealthCare, license #0H53209 and Glen Kim/UnitedHealthCare, license #0B77048.

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THE BINGO CLUB IS A FUNCTION OF, AND OPERATED BY THE IRVING I. MOSKOWITZ FOUNDATION, A NON-PROFIT PUBLIC CHARITABLE ORGANIZATION

**PAWS, CLAWS, BEAKS**

## Pet chiropractor is guest Nov. 13

Paws, Claws and Beaks will meet on Wednesday, Nov. 13, in Clubhouse 3, Room 3, at 3 p.m.

Dr. Wasserman, RN, DC, CVCP, will be the guest speaker. He will speak on chiropractic and veterinary services for your pet. He is well-known for his work with humans and pets, and is located in Los Alamitos. Bring questions for Dr. Wasserman regarding pets.

For more information about the club, call Bonnie Kaplan, (714) 930-5314 or Jackie Hildebrant, (714) 423-8279.

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



Joshua 1:7-9

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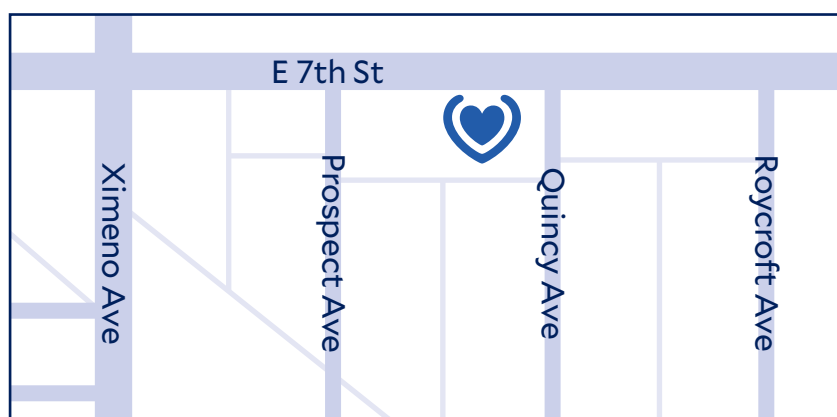
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Thursday November 7th 10AM**

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Plastic litter is a large problem for local beaches.

**SB WOMAN'S CLUB**

**Beach plastic seminar slated Nov. 16**

The Women's Club of Seal Beach will host a presentation and discussion by ALGALITA, an educational non-profit that brings awareness and solutions about plastic on beaches and in the ocean on Saturday, Nov. 16, at 2 p.m. at the Mary Wilson Library Senior Center, 700 Electric Ave. Old Town.

Learn about the "Plastic Reef" and expeditions to the North Pacific Gyre with its miles of floating plastic and more. Find Algalita at [ALGALITA.Org](http://ALGALITA.Org)

Light refreshments will be served.  
For more information, contact Elaine Layne, (562) 471-1056.

**Animal control**

Long Beach Animal Care Services provides animal control services to Seal Beach. To report coyote activities or other animal control services, call the 24-hour animal services line, (562) 570-7387 or online at [www.longbeach.gov/acs/wildlife/coyote-report](http://www.longbeach.gov/acs/wildlife/coyote-report). The office is open Tuesday-Friday.

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**Dec 4**  
**10am**  
**HealthCare Partners**  
1236 N Magnolia Ave

### Fountain Valley

**Nov 12, 26**  
**2pm**  
**Mimi's Cafe**  
18461 Brookhurst St

### Huntington Beach

**Dec 4**  
**2pm**  
**Denny's**  
18477 Beach Blvd

### Brea

**Nov 12**  
**2pm**  
**Coco's Bakery**  
1250 E Imperial Hwy

### Garden Grove

**Nov 27**  
**2pm**  
**Denny's**  
13302 Harbor Blvd

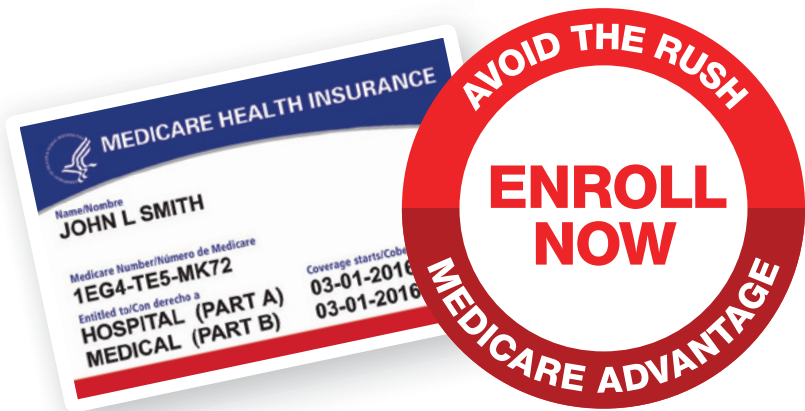
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## Awareness series focused on guns

On Oct. 28, the SBLW Democratic Club's monthly "Voter Awareness Series" was held in Clubhouse 3. A large, energetic group listened to guest speakers and then discussed Tom Hartmann's book, "The Hidden History of Guns and the Second Amendment."

Board member Mary Larson and Diana Carey, immediate past president of the Democratic Party of Orange County, began the meeting by briefly reviewing 2019 federal and state gun legislation. Their emphasis was on what are known as Red Flag gun laws at both the federal and state level. Red Flag gun laws, as originally enacted in California in 2014, are designed to empower family members and/or law enforcement to work with a court to temporarily restrict someone's access to guns when they are showing strong warning signs that they pose a threat to themselves (suicide) or to others. Seventeen states have passed similar laws. A proposed federal Red Flag law (H.R. 3076), recently introduced in the House with 100 co-sponsors including our Congressman Harley Rouda, is currently being heard by the Subcommittee on Crime, Terrorism and Homeland Security. It is similar to the 2014 California legislation. The full text of the proposed federal legislation is available at <https://www.congress.gov/bill/116th-congress/house-bill/3076>. In 2019, the California legislature passed AB61 which adds employees, co-workers and teachers to the list of persons who could ask judges to take guns away from persons who are deemed a danger to themselves or others. The ACLU of California which is not opposed to gun control measures that regulate the acquisition or use of guns, had opposed this new proposal as creating significant potential for civil rights violation. Larson and Carey pointed out that, to date, none of the 2019 proposed federal gun legislation had been addressed by the Senate, but that was not the case with California. The state's A.B. 61 is only one of 15 new 2019 laws aimed at strengthening gun control and the gun violence restraining order program in California. However, it is anticipated that several of these new laws may be challenged in court by individuals or organizations such as the NRA-ILA. More information can be found on the club's website.

Olaina Anderson, Orange County's energetic spokesperson for Moms Demand Action CA, also addressed the group. At the



Olaina Anderson

request of the club, her emphasis was on words that have connotations that can evoke positive or negative emotions. She suggested that, when conversing with someone whose opinion opposes one's own, it would be more constructive to use positive words and phrases. For example, instead of saying "gun control, ban, or confiscate," try "We want to keep our families safe from gun violence" or "Keep guns out of the hands of people who shouldn't have them, like domestic abusers." Similarly, one might replace, "universal background checks" with "criminal background checks." Also, consider saying, "preventable tragedy" instead of "accidental shooting."

Finally, board member Susan Thiedt led a discussion about highlights from Tom Hartmann's book. Participants responded to questions like, "When you were reading, did you have any 'I didn't know that!' moments?" (they did!) and "Why are so many young, white men feeling alienated and bullied by society?" The question "Which of Tom Hartmann's solutions to gun violence will work?" resulted in a lively discussion about the possibility of requiring licensing for gun possession. A summary of Hartmann's suggestions, as well as other resource information distributed at the meeting, can be found on the club's website at <https://sblwdems.wordpress.com> under the menu title, Resources.

All Leisure World Democrats and their supporters are invited to join us for the next session of our Voter Awareness Series on Monday, Nov. 25th at 2:30 p.m. Because of limited space, reservations are required by phoning 562-296-8521.

...

For more information about the SBLW Democratic Club, readers are invited to email [lwsbdemocraticclub@gmail.com](mailto:lwsbdemocraticclub@gmail.com) or go to the club's website <http://sblwdems.wordpress.com>. There is also an up-to-date calendar of both club and related events on the website.

### NIKKEI CLUB

## Classic Samurai movie to be shown

After taking a break in October, the Nikkei Club will meet Saturday, Nov. 16, at 12:30 p.m. in Clubhouse 3, Room 1.

A Japanese Samurai movie, "The Last Ronin," will be shown starting at 1 p.m. Everyone is invited to attend this movie with English subtitles. This movie has been around a long time and is considered to be one of the great Samurai classics.

For those who are attending



the movie, it would be appreciated if you bring snacks, appetizers or a dessert to share. Water and tea

NIKKEI, page 24



The LW Community Church will host a low-cost pet clinic on Nov. 14. The exam, \$25, is a wonderful way to keep pets healthy and happy, and includes a free toy for dogs and cats. For information, call Elaine Miller, (925) 997-3412.

### LW INVESTMENT FORUM

## Learn what scars markets

The next LWSB Investment Forum will be held on Tuesday, Nov. 12, at 2 p.m., in Clubhouse 3, Room 6. The presentation will be "Earnings Season and What Might Be Scaring the Markets."

Third-quarter earnings season will kick off in earnest this week with 126 S&P 500 companies reporting their third quarter numbers and others to follow. It's a busy start, but expectations for the season are subdued. Overall, operating earnings per share were tracking down 2.8 percent for the season, despite a 1.6 percent decline in share count. If the season follows its normal pattern, the numbers will begin to rise over the next few weeks and could yet come in positive for the quarter. However, this would still represent a fourth consecutive low single-digit year-over-year increase in operating earnings, following sparkling gains in the prior two years.

Join the discussion on what may be in store for the U.S. and other global economies over the next several quarters and beyond. It should be interesting and hopefully, informative and worthwhile. Questions, curiosity and suggestions are appreciated for future topics and presentations.

Presentations are sponsored by Stratos Wealth Management Group, an independent RIA (Registered Investment Advisor) of LPL Financial. Presentations are hosted by Larry Pino, CTFA, partner, private wealth advisor.

— Larry Pino

### YIDDISH CLUB

## Learn Jewish history tonight

The Yiddish Club of Leisure World will meet tonight, Nov. 7, at 7 in Clubhouse 3, Room 2. The topic will be the life and creation of the famous Jewish historian Shimon Dubnov.

After new words and proverbs in Yiddish are introduced, President Yakob Basner will lecture on the topic and recite articles about Dubnov, some written by him..

Refreshments will be served after the program.

### SENIOR PATRIOTS FOR PEACE

## Meetings canceled in November, December

Because of the holidays in November and December there will be no Senior Patriots for Peace general meetings or peace demonstrations.

The good news, however, is that several people stepped up to serve on the board and thus saved the Senior Patriots from closing its doors for good.

The elected officers are: Jacquie Clarke, president; Pat Kruger, vice president; Mary Larson, treasurer; and Don Koepke, secretary. The at-large members of the board are Jane Brittingham, membership, and Dorothy Kemeny, Ordie Kim and Nancy Goldstein, publicity. Members

pray that Lucille Martin will be well enough to rejoin them for the peace demonstrations.

January will be the first general meeting at 2:30 p.m. in Clubhouse 3, Room 9, on the second Tuesday of the month with the peace demonstrations on the last Wednesday of the month.

The club will celebrate Martin Luther King, Jr.'s, birthday in January.

All are invited to join the group. There will be a sign-in paper at the door.

For further information, call Jacquie Clarke, (562) 494-6304 or Dorothy Kemeny, (562) 242-4751.

### LW WOMAN'S CLUB

## Members will gather Nov. 12, CH 2

The Woman's Club monthly meeting will be held at 1:30 p.m. on Tuesday, Nov. 12, in Clubhouse 2. The group is open to all. Membership is \$25 per year and entitles members to a monthly tea meeting with a dessert, entertainment and a sandwich luncheon in June. Also included is admission to the club's monthly card parties.

The group sponsors a fundraiser luncheon every September to raise funds that are given to nursing scholarships at Golden Gate College and several Leisure World and community philanthropic organizations.

At the November meeting, the funds will be donated to Casa Youth Center. Entertainment at the November meeting will Jon Claud Pinto who will entertain with the songs of Frank Sinatra, Dean Martin, Neil Diamond and more.



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The Leisure World Garden Club honored member Faye Summers(second from left) for her 20 years of service as Refreshment and Decorating Committee chair. Assisting Fay are Barbara Glass (l-r), Connie Abang and Joanna Matos.

Y SERVICE CLUB

Get Triviamania tickets at CH 6

Triviamania, a general knowledge quiz game sponsored by the Y Service Club, will be held on Friday, Nov. 15, in Clubhouse 4 starting at 2 p.m. Note the start change of 2 p.m., with the game ending between 4:30 and 5 p.m. Tables of eight people compete in eight rounds of trivia, collaborating as a group to come up with the right answers. Come by yourself or with friends and neighbors. Seating is done on a first come, first served basis. Beverages and snacks will be available for purchase.

Tickets at \$10 per person will be on sale outside Clubhouse 6 from 9-11 a.m. on Nov. 4, 6, 8, 11 and 13. Some tickets may be available at the door on Nov. 15. The winning team takes home three times the buy in; second place receives two times its buy in; third place team will have its registration fee refunded. Proceeds are shared among all table members.

Enjoy an afternoon of mental stimulation, laughter, and playing with friends. Proceeds help support local YMCA programs



and Leisure World projects. For information, call Bill Denton (562)209-0816.



The Sunshine Club trip to the Getty Museum today, Nov. 7, will depart at 8:30 a.m. from the Clubhouse 4 parking lot.

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**  
Harlan Rogers 85  
Ronald Green 77  
Robert Bersi 87  
Dolores Donato 89  
Kenneth Olson 63  
Clifford Shota 77  
Edgar Sagal Vargas 36  
Dominic Murtari 84  
Elsie Kos 94  
Aggie Reece 85  
John Sterling Jr 95  
Billy Parks 59  
Kristin Whelan 67  
Nico Charisse 77  
Lisa Charleston 60  
Joyce Simons 90  
Orge Sanders 71  
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to  
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with photos  
attached as jpg files.

HHUG collecting items for homeless

Hearts and Hand United in Giving (HHUG), a local non-profit, donates clean used towels and washcloths, new disposable razors, toothbrushes, travel size shampoos, lotions, bath soaps and toothpaste to the Long Beach Multi-Service Center that provides a variety of services to homeless men, women and families in the community. HHUG makes two deliveries every month. If you have any of these items to donate, call Susan Hopewell at 430-6044 or Linda Neer at 430-3214 for pick up or leave on porch, Mutual 6, 1320 Mayfield Road, 62-A or Mutual 2, 1503 Merion Way, 48-A.

**FYI**  
Residents may speak before the GRF Board at its regular monthly meetings on any subject on the agenda or any other subject, by submitting a form available in the Clubhouse 4 lobby before each meeting.

**Obituaries**  
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# Make changes NOW

To be included in the 2020 LW Community Guide, shareholders must notify LW Weekly in writing. New shareholders/residents are not automatically included.

The deadline to be included is Dec. 2

Complete the form below and deliver it to the News Office at the rear of the Amphitheater, or mail it to...

**Leisure World News, P.O. Box 2338, Seal Beach, CA 90740**

☐ **REMOVE** my listing from the Leisure World Telephone Directory.      Date: \_\_\_\_\_

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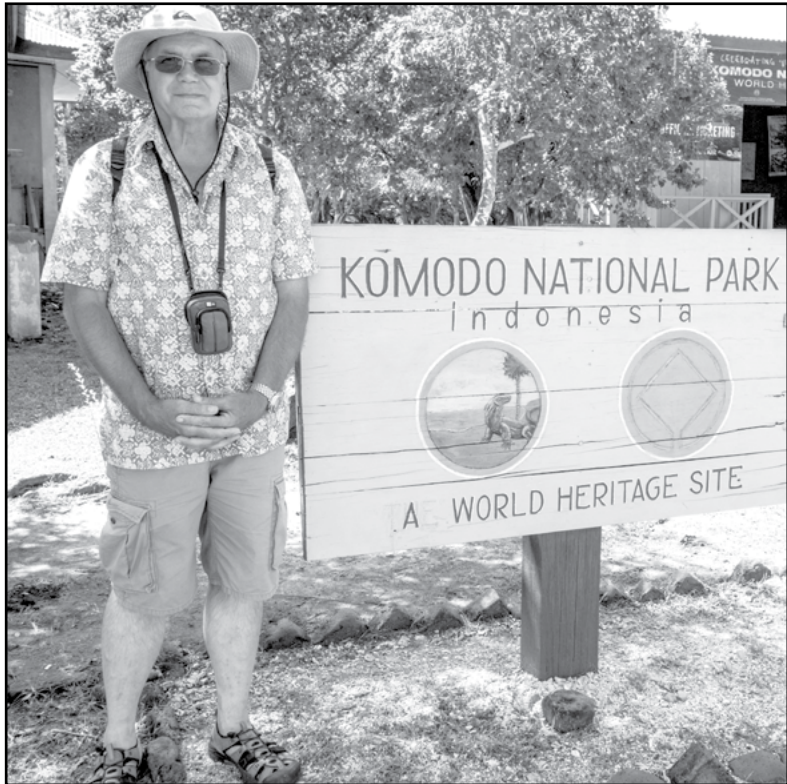
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**Be sure to check one of these boxes**



# Travel



Edward Hickman will tell about Komodo National Park and more.

## TRAVELING TIGERS

### Hickman explores in Indonesia

Exploring Indonesia will be the topic of the Nov. 20 meeting for the Traveling Tigers. LW resident, Edward Hickman, had a chance to spend a month in Indonesia, traveling across Jakarta and onward to Bali and Flores. He traveled by trains, scooters, busses and boats. He had the opportunity to see a small village on the side of a volcano where they bury the dead above ground with bamboo coverings. He attended the cremation ceremony for the Balinese royal prince in Ubud. It is a huge event with thousands of people. Afterwards he explored Borobudur, built in the ninth-century and is the largest Buddhist temple in the world. He also traveled by small boat to Komodo Island to see the famous dragons and lizards that are so large, that they eat goats, among other things.

The Traveling Tigers monthly meeting will be on Nov. 20 in Clubhouse 3, Room 9. Meetings begin with a potluck luncheon at noon. Members are reminded to bring their coffee cups and place settings. The general meeting begins at 1 p.m. followed by the presentation. Shareholders who would like to attend the meeting, or members who would like to bring guests, are encouraged to call Susan Shaver, vice president, at (562) 795-9151 to ensure seating for everyone.

### San Francisco ranked fifth in world for seniors to visit

Older populations are the fastest-growing demographic in every region of the world and according to research, those aged 65 and older are more likely to travel than younger generations.

It is clear wider travel is of more interest to senior populations and with this in mind, travel insurance comparison site InsureMyTrip ranked the best cities for seniors to visit, based on the latest data available for key categories.

These include access to quality healthcare and transportation, availability of senior tours, and ease of walking, among others.

The results indicate which cities around the world are the best (and worst) for seniors to visit.

Of the 76 cities analyzed, Edinburgh, Scotland ranks first overall, with Vienna, Austria, Brisbane, Australia, Vancouver, Canada and San Francisco rounding the top five cities.

San Francisco is the only city in America to be featured in the top 10 after receiving the highest score for access to transport, 10, followed by spaciousness, 9.

Despite high numbers for transportation and spaciousness, it missed out on the top spot due to its low scores for choice of senior tours, only offering 90 tours that cater to seniors.



—Cathie Merz, photo

San Francisco has an abundance of transportation making it easier to get around town than with a car. The world-famous cable cars are the most popular tourist attraction.

It also received a lower ranking for peacefulness, due in part to recent reports of higher rate of property crime, when compared to other U.S. cities.

Washington, D.C., and Philadelphia are the second and third best U.S. cities, ranking 26th and 28th respectively. However, Houston is the worst U.S. city overall ranking in 61st place, let down by its “choice of senior tours” and “access to transport services.”

Edinburgh is in the top spot,



## Passenger Support at the Airport

Travelers requiring special accommodations or concerns about the security screening process at the airport may ask a TSA officer or supervisor for a passenger support specialist who can provide on-the-spot assistance and provide travelers with screening assistance. The screening assistants provide travelers with disabilities, medical conditions and other special circumstances additional assistance during the security screening process.

Call 72 hours prior to traveling with questions about screening policies, procedures and what to expect at the security checkpoint. Visit [www.tsa.gov](http://www.tsa.gov) for more information.



## Pauma bus

The bus to Pauma will return to Leisure World on Wednesday, Nov. 13. Pick up is at Clubhouse 4 at 7:30 a.m. and at the Amphitheater bus stop at 7:45 a.m.

## Winter is becoming more popular

Almost one in four Americans prefer to go on vacation during the winter.

New research has found that as many as 23 percent of Americans prefer to go on vacation during the winter, rather than Summer. The top reasons found to be the lack of tourists, to get away from the bad weather and the lower costs. Two fifths are not planning on going on a summer vacation next year, and more than half would rather vacation within the United States than go abroad.

A study by [www.us.jetcost.com](http://www.us.jetcost.com) found that almost one quarter of Americans that go on vacation regularly prefer to go away during the winter. When asked why this was the case, the most popular reason is that there are less tourists, to get away from cold weather at home, and the often reduced price of travel tickets.

One third of respondents also complained that they are often unable to book vacations off work in the summer because their colleagues have already done so, and are therefore forced to take time off at other times of the year.

## On the Go

### Day Trips

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**Harrah's Rincon** — Thursday-Monday, no Tuesdays or Wednesdays, free, Amphitheater, 7:15-7:30 a.m., (877) 777-2457

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

**Pala Casino** — Tuesday, Thursday, Saturday, Sunday/ 8 a.m., Ampitheater. (713) 623-4643



### Overnight Trips

**Country Christmas** - Features four nights at the Opryland Resort, Grand Ole Opry, Country Music Hall of Fame, Belle Meade Plantation and more. December 11-15, Meridian Guided Travel (714) 871-8520

**Dublin & Ireland's Wild Atlantic Way** - Features Dublin, Giant's Causeway, Kylemore Abbey, Belfast, Irish Farm Visit, Sheepdog Demonstration and more. March 23-April 1, Meridian Guided Travel (714) 871-8520

**Music Cities Getaway** - Features Nashville, Memphis, Grand Ole Opry, Elvis' Graceland, Country Music Hall of Fame, Sun Studios and more. April 19-25, Meridian Guided Travel (714) 871-8520

**Windy City Getaway** - One hotel tour. Features Chicago River Cruise, Willis Tower Skydeck, Frank Lloyd Wright's Home & Studio and more. April 26-May 1, Meridian Guided Travel (714) 871-8520

**Coastal New England** - Features Boston, Cape Cod, Martha's Vineyard, Mystic Seaport, Plymouth Plantation and more. May 12-19, Meridian Guided Travel (714) 871-8520

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# Sports & Games



Poker club representatives Wendy Wu (l) and Glenda Saunders (r) present a check to Caron Adler for Meals on Wheels of Long Beach, CA. The donation is for \$300 to go towards the needs of the foundation. MOWLB has been a long standing part of the Leisure World community, providing meals for shareholders and being an easy access avenue for those seeking an easy and healthy alternative to cooking a meal or buying fast food everyday.

POKER

## Donation made to MOWLB

The LW Tournament Poker Club presented a \$300 check to Meals-on-Wheels, Long Beach on Oct. 24. The club was happy to help such a worthy organization. They are an asset for our community, whose volunteers deliver meals to many LW shareholders who need assistance. Club member Ron Pine's daughter, Caron Adler, the Meals-on-Wheels site manager, accepted the check.

Poker club will host a LW poker tournament on Dec. 14, 9:30 a.m. Clubhouse 4. Tickets are \$15 for club members, family members, or LW shareholders and include a continental breakfast along with final table prizes. Tickets are available at all tournaments until Dec. 7. Poker club can host a maximum of 90 players. Tickets will be sold on a first-come, first-serve basis. Last June's tournament turned away potential players, purchase your tickets early. No additional players will be allowed to purchase a seat on the day of the tournament. Contact Cleo Looney at (562) 342-9400 for more information.

Barry Brideau gives private individual or group lessons. Call him at (714) 401-7622. Call President Wendy Wu for other club information at (714) 366-0940.

—Susan Dodson



BOWLING

## Army's Gals are in the lead

Army's Gals continues to lead the league with a 14 and 6 record by taking three from Splits Happen. Arnold Bakker bowled a high game of 187 and a low game of 179, while one of his gals, Phyllis Fairchild opened with a 151.

Strikingly Different took three from Charlie's Angels to move into second place with 12 wins and 8 losses. Danny Bigelow established his average for Strikingly Different with 222, 179 and 213 for a 614 series. Danny doesn't have any handicap, but with an average over 200 a handicap isn't required. Teammate Tom Kaczmarek opened with 212 and had a 579 series. Charlie Guggino of Charlie's Angels had a 199 game.

Very Strikingswept Mutual Busters with all three bowlers exceeding their averages. Dave Silva had a 603 series finishing with a 216 and Connie Terry had a 167 and 177, while Jackie McReynolds finished with 157 and 159. Maureen Habel had a 168 for Mutual Busters. Joyce Ingram bowled a 142. Ed Cisneros of Team three had a 181, but they had to give up 91 pins for handicap.

—David Silva

SHUFFLEBOARD

## Puckmasters and Hot Shots in a tie for first place during week six

By David LaCascia

LW contributor

Shuffleboard season continued into week six on Nov. 1, at the Clubhouse 1 Courts.

The Puckmasters beat the Sliders 10-8. There is now a first-place tie. The Puckmasters all game winners were Red Ryals, John Gustaves and Bob Peterson. The Sliders all game winner was Bill Hamilton.

Last week's information that the Puckmasters were in first place was incorrect. Hot Shots were in first place last week 3 points to 2. Current standings after six weeks have Puckmasters and Hot Shots now tied for first place at 3 points each, and Sliders are third. The next game will be Sliders versus Hot Shots on Nov. 8.

The first tournament of the year will be the Turkey Shoot scheduled for Nov. 22. This is always a fun competition and many participants are expected. A sign-up sheet will be available at the courts.

## Cards and Games Scoreboard

**Saturday Social Bunco** winners Oct. 26: Most buncos, Wilma Rojo. Most wins, Loise Damron. Most babies, Joyce Ingram, Doris Dack and Lois True. Most loses, Helen Sponsler. Door prize winner, Sandy Weisenstein. The Saturday Social Bunco's next meeting is on Saturday, Nov. 9, in Clubhouse 3 Lobby at 2 p.m. Sign-ups begin at 1 p.m. Due to the demand for tables, a 1:30 arrival is advised. The club meets the second and fourth Saturdays of the month in Clubhouse 3 Lobby. For more information, call Doris Dack, (714) 356-0443.

...

**Best Time Bunco Club** results from Oct. 28: Most Buncos, Linda Gewtile; most wins, Darlene Brideau; most babies, Rita Fueyo; most loses Michie Kimura; door prize winner, Peg Szumita.

The Best Time Bunco's next meeting will be Monday, Nov. 11. Bunco club meets the second and fourth Monday of each month in clubhouse 3 room 1. Bunco begins at 6 p.m. sharp. All are welcome to play, it's an easy dice game that can be learned in minutes. For more information call Gail Levitt, (562) 596-1346.

—Gail Levitt

...

**Friendly Pinochle Club** winners Oct. 31: Irene Perkins, 12,570; Charlie Miller, 12,370; Marge Doderio, 12,000; Charlotte Westcott, 11,680. The club meets Thursdays from noon-4 p.m. in Clubhouse 1. For more information, call (310) 968-9509.

—Bert Sellers

...

**Burning Tree Duplicate Bridge Club Winners**, Nov. 2: N/S: Bud Parish-Joan Tschirki; Howard Smith-Dorothy Favre; Miriam Kelley-Judy Mathias. E/W: Judy Jones-Al Appel; Fred Reker-Marilyn McClintock; Ken and Lee Miller; Louise Seifert-Stan Johnson. Nov 1: N/S: Sibyl Smith-Diane Schmitz; Ernie Ross-Roy Tomooka; Al Appel-Joan Tschirki; Jane and Jerry Reid. E/W: Fred Reker-Sue Fardette; Nancy Lichter-Joyce Basch; Lavonne McQuilkin-Carol Murakoshi. The club meets Fridays and Saturdays in Clubhouse 1 at 12:15 p.m. For information on how to join the fun and play, call or text Fred Reker at (615) 898-0669. The next special event is Friday Nov. 15, for the annual meeting at 11:45 a.m. along with a unit rated game.

—Fred Reker

...

**Jolly Time Pinochle Club** winners, Nov. 2: Bev Adams, 11,800; Jim Kaspar, 11,090; Antonia Zupancich, 10,690; Irene Perkins, 9,950. Games are played from noon-4 p.m. on Saturdays in Clubhouse 1. For more information, call Peg Kaspar at 799-0433.

—Bert Sellers

...

**Monday Bridge Club Club** winners Oct. 28: first place, Dale Quinn; second place, Evelyn Ingram; third place, Mary Ann Logan. Games begin at noon in Clubhouse 1. For more information, call Pauline Fitzsimons, (562) 296-8363.

—Pauline Fitzsimons

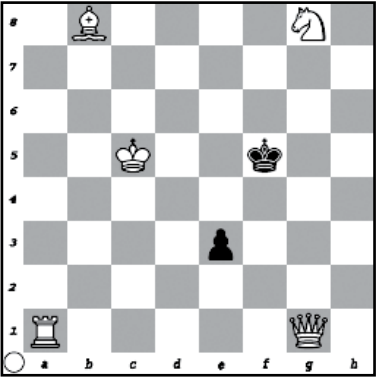
...

**Y-Yahtzee Rollers Club** winners, Nov. 1: Lyn Doyle for most Yahtzees, 8; Kathe Repasi for highest score, 1,671; Kathy Rose won the door prize. The club meets on the first and third Friday of each month from 12:30 to 4 p.m. in Clubhouse 3, Room 6. Play begins at 12:45. Players may enter the room at 12:30 p.m. All Leisure World residents are welcome to join in the fun. For questions or Yahtzee lessons prior to joining, call Kathy at (562) 596-7237.

—Kathy Rose

## Pickleball

New Pickleball court hours are 8 a.m. to 8 p.m. every day. Courts will be closed the first Wednesday of each month for court maintenance.



## Chess Club puzzle

Between the Library and the bookstore there are two chess tables open to all residents every day of the week. Chess pieces are available to use during Library hours. There is also a list of names and phone numbers of residents looking for chess partners to play with.

The name and number list is especially useful for those looking for a partner to play with or those unable to come to the Chess tables during the Friday club meetings.

**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 31



Red Ryals and Milly Larsen, Bocce enthusiasts who attend every game

BOCCE

## Ryals and Larsen attend games

For bocce team partners Red Ryals and Milly Larsen, playing bocce once a week in a tournament is just not enough. They both enjoy bocce, and the people who play so much that they come to all the games each and every week. Although they enjoy watching people and cheering for good plays, they are also studying each person's style, observing what techniques work and what don't. That may explain how they won the silver medal in bocce at the 2018 LW Olympics. They took first place as league champions in the Summer Tournament last month.

Both Red and Milly are long time shuffleboard players who decided to give bocce a chance when the first tournament was announced in fall of 2018. Red says "this is a game anyone can play" and to demonstrate that attitude he personally encourages LW friends and neighbors to come out to the court to give it a try.

Milly's face lights up when she talks about the bocce finals and the pizza party that follows. She enjoys it because, as she says, "when you attend every game through the season you tend to know everybody and everybody knows you."

Red has contributed to the bocce players group by using his woodworking skills to make four structures that hold the bocce balls at both ends of the court.





## 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 Sellards; \$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.

### LW Yoga club

Monday classes are from 5:30-6:30 p.m. in Clubhouse 4, Section C. For more information, call Pat Castaneda at (562) 225-0273.

Tuesday, Clubhouse 4 lobby, 8:30 a.m. and 10:30 a.m.

Thursdays, in Clubhouse 3, Room 1, 8:30 a.m.

Saturdays, in Clubhouse 3, Room 2, 10 a.m.; \$5 per class. For more information, call Connie Adkins at (562) 506-5063 or Stephanie at (714) 225-1978.

### CRIBBAGE

## Locy beats 63 players, Oct. 31

Marcy Locy had the high score of 847 followed by Anita Smart at 843, Bea Lisow at 841 and Bobbie Straley at 839. Howard Bleakley, Gary Jantzen and Norm Martin each had six games of 121. Unfortunately, Dennis Saylor had no wins. There were 64 players on Oct. 31.

Happy Halloween to everyone from the Club. Apple pie and pumpkin pie with whipped cream and ice cream was served by Marilyn Chelsvig, Connie Deady and Margaret Smith.

The Cribbage Club meets on Tuesday at noon in Clubhouse 1. All the residents are invited to join. Don't know how to play Cribbage, well, we give lessons for beginners or for those who just need a brush up. Call Patti Smith at (562) 242-4674 and she will arrange for lessons. We are a friendly and fun Club. Come and join us and see. Players should arrive by noon to be assured of a table.

—Bobbie Straley

## Free lip reading classes

Free Lip Reading classes offered through the Hearing Loss Association of America (HLAA) Long Beach/Lakewood Chapter at the Weingart Center, 5220 Oliva Avenue, Lakewood, CA 90712 every Wednesday in November at 9:30-11:30 a.m. For December, the classes are Wednesdays, Dec. 4, 11, and 18. Classes will be resuming on Jan. 8. No formal registration or sign-up. All are welcome.

HLAA is a volunteer support group offering education on coping skills and resources to people with hearing loss to help survive in a hearing world. HLAA meets at 6:30 p.m. on the second Thursday of the month. For more information, call (562) 438-0597 or visit [www.hlaa-lb-lakewood.org](http://www.hlaa-lb-lakewood.org).

### MEN'S MONDAY GOLF

## A flight tie for first

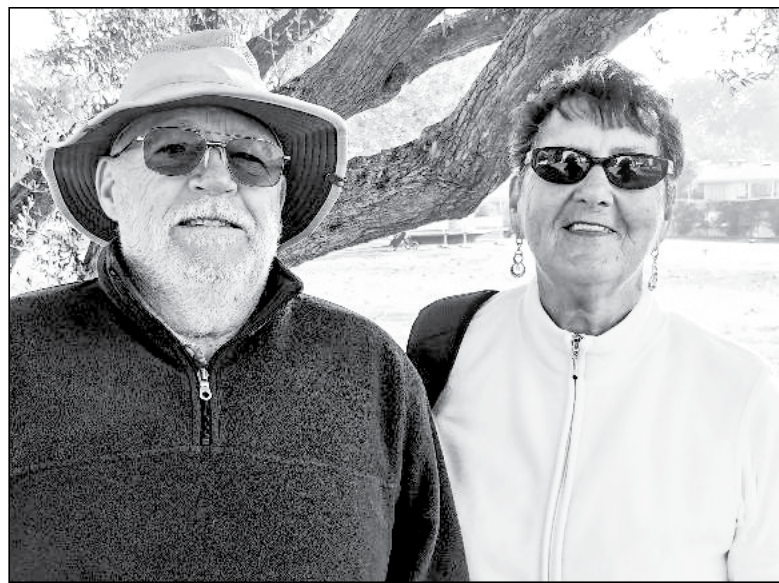
There were no birdies this week – not unusual on this course. Fewest putts for A flight was a tie between Sam Choi and Fujio Norihiro with 29. B flight fewest putts was Bob Munn with 31. Closest to the pin on the 150-yard par 3, hole No. 4, was Fujio. On the 140-yard par 3, No. 12, was Jim Dickerson. There were no holes-in-one.

The Men's Monday Golf League played on Oct. 21 at the Willowick Golf Course in Garden Grove. Six men tackled the long par 72 course.

### Winners:

A Flight: Tie between Sam Choi and Fujio with a one under par 71 for first place; Jim Dickerson, 74 in second place; John Meyer, 77, third place. B Flight: first place, Bob Munn, 72; second place, Marv Ballard, 77.

GOLF, page 31



Alan Sewell and Bert Thompson

### GUYS AND GALS GOLF

## The last October golf tournament

The last October Guys and Gals golf tournament was played on Oct. 30 at the local course. The morning was cold with very gusty breezes. The wind played havoc with tee shots and even some putts were affected by the windstorm. Holes 1-3 and 5 were against the wind and 4, 6-9 played downwind. Club selection to get correct tee shot distances was key. The sun appeared at 9 a.m. but didn't warm up the course.

Twenty-three teams of one man and one woman contended over 18 holes in three Flights. 'A' flight has teams with combined handicaps of 0 – 8. 'B' flight 9 - 13, and 'C' flight 14 - 18. All scores are net: (actual score minus handicap).

There were no Holes-in-One this tournament. However, in the last tournament Alan Sewell and Bert Thompson each had a Hole-in-One.

There were only eight circle hole winners – quite a good number considering the conditions. Scores were generally higher than usual due to the windy and cold Santa Ana weather situation.

### Flight winners:

**A flight:** First place, Walt Bier - Margie Thompson, 5 under 49; second place, tie between Young Lee - Hae Lee and Bob Turner - Janice Turner, 50; third place, tie between Bob Barnum - Kyung Cho and Dong Kim - Devora Kim, 55.

**B flight:** First place, Jae H. Lee - Sun Lee, six under 48; second place, tie between Dave LaCascia - Neva Senske, and Won Song - Jane Song, 49; third place, Gary Stivers - Mary Ann Moore, 56.

**C flight:** First place, tie between Hyong Shin - Sang An and James Choi - Grace Choi, 7 under 47; second place, Marv Jones - Marilyn Hewitt, 48; third place, Joon Yoon - Young Yoon, 48; fourth place, Jim Dickerson - Laura Garcia, 51.

The Men's Monday/Friday league is inquiring if men and women golfers would like to join the league during the local course shutdown. Handicaps will be determined using local handicap numbers and adjusted for the longer and more difficult courses outside of Leisure World. If interested, contact Gary Stivers at (714) 313-3697.

—Gary Stivers

## Healthcare spending is increasing

Healthcare spending in the U.S. stands at around \$3.5 trillion per year and accounts for about 18 percent of the national gross domestic product of the country. Since 2000, total healthcare spending has surged by more than 150 percent, which partially reflects the 15 percent increase in the population in that time. But given that the ratio of healthcare spending to GDP has gone up by a much faster rate (a 34 percent increase since 2000), there's no doubt that healthcare is simply getting more expensive in the U.S. than it was in the past, even accounting for the population and economic changes that have taken place in the past two decades.

- Healthcare spending in the U.S. has increased by 17 percent since 2013

- Americans spend \$3.5 trillion annually on healthcare which accounts for 18 percent of GDP.

- Spending on prescription drugs nationally has increased 29 percent since 2013.

Colorado residents spend an average of \$5,487 per year on healthcare, this is below the national average of \$5,640.78. Hawaii residents spend the least at \$3,626 per person.

The average person with private health insurance spent more than \$5,640.78 on healthcare in 2017, including procedures, medication and hospitalization, according to the Health Care Cost Institute, which analyzes healthcare spending across the U.S. Costs are on the upswing, as the average amount spent per person has gone up nearly 17 percent since 2013. The biggest chunk of that spending was for professional services, such as anesthesia, specialist visits and surgical services.

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Puzzles & Comics

Answers on page 34

Gasoline Alley

By Jim Scancarelli



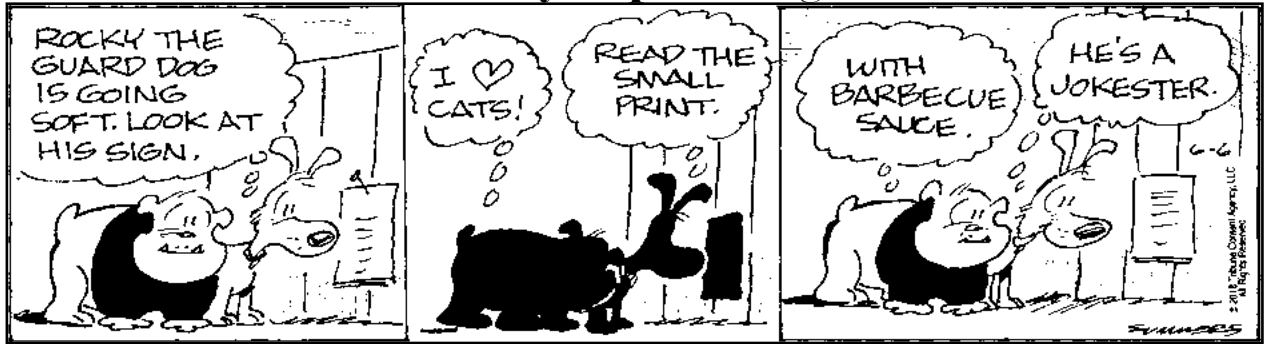
Broom-Hilda

By Russell Myers



Middletons

By Raph Dunagin & Dana Summers

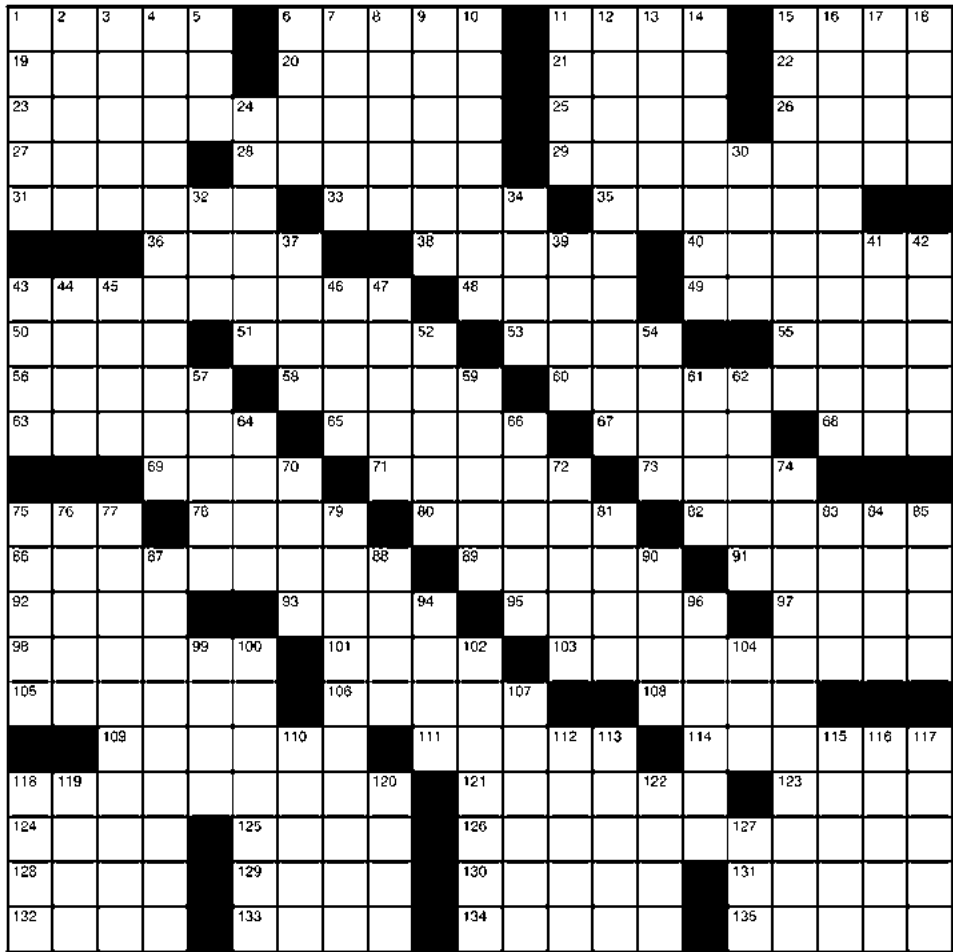


Double R

Edited by Linda and Charles Preston

ACROSS

- 1 Yankee legend
- 6 Silt deposit
- 11 Golfing hazard
- 15 Monumental entrance
- 19 Relating to the eye covering
- 20 White wader
- 21 Inner Hebrides island
- 22 Gilbert, of "Roseanne"
- 23 Nat King Cole standard
- 25 Crèche figures
- 26 Ruthian blow
- 27 Cold shoulder
- 28 Roman emperor
- 29 Prince Philip's duchy
- 31 St. Francis's birthplace
- 33 Big carriers
- 35 Turn in
- 36 Military vehicle
- 38 Benefactor Yale
- 40 Chooses
- 43 Trigger-happy cowboy?
- 48 Name in British politics
- 49 Sketch anew
- 50 Actress Adams
- 51 Go bad
- 53 Sea eagles
- 55 Roman moon goddess
- 56 Adheres
- 58 Fax's predecessor
- 60 Acting like Judas
- 63 Debates
- 65 Winter woe
- 67 Track part
- 68 Educ. aides
- 69 See-through shot
- 71 Catch of the day, maybe
- 73 Ski lift
- 75 Orch. section
- 78 Contender
- 80 Globe-trotters' lodging, e.g.
- 82 Suave
- 86 Ordinary people
- 89 Three-masted sailing ship
- 91 Hardy, to Stan
- 92 \_\_\_ Romeo
- 93 Peach part
- 95 Myopic Mr.
- 97 Kedrova of "Zorba..."
- 98 Thawed
- 101 Type of monster?
- 103 He played "Meathead"
- 105 Forever, to Frost
- 106 Booties
- 108 European capital
- 109 Fan
- 111 Single mast sailing vessel
- 114 Censorship tactic
- 118 Having Mach speed
- 121 San Fernando Valley community
- 123 Musician Shankar
- 124 Second to none
- 125 Reverse
- 126 Doo-wop hit of '58
- 128 Tractor-trailers



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11/10/19

- 129 Penitent
- 130 Thin porridge
- 131 Pupil's place, in Paris
- 132 Pub fare
- 133 Father
- 134 Linear measurements
- 135 Gumbo ingredient

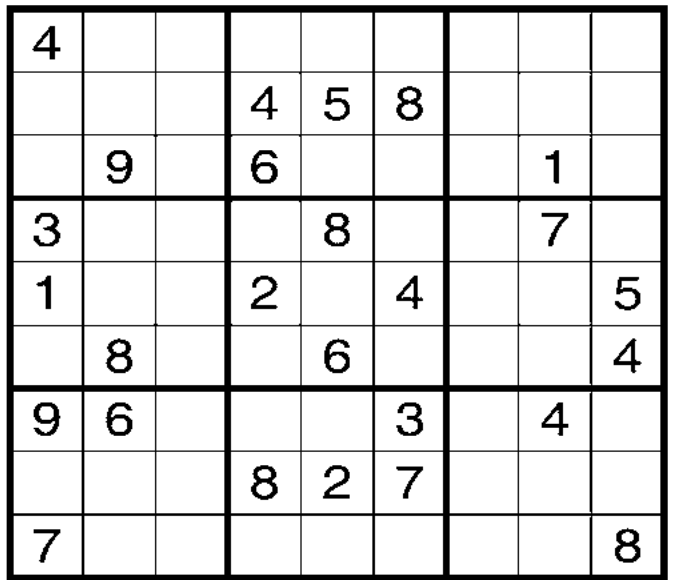
DOWN

- 1 Bodily sac
- 2 Girlfriend of 43 Across
- 3 Uncle \_\_\_
- 4 Updike novel
- 5 The whole enchilada
- 6 With 83 Down, Swedish actress
- 7 Evildoers
- 8 Irregularly notched
- 9 Cracker seed
- 10 Barren
- 11 Fourth dimension
- 12 Wile E. Coyote's prey
- 13 Actress Dickinson
- 14 Artist, often
- 15 Without a doubt

- 16 Boot camp trainee
- 17 Steep rugged cliff
- 18 Biblical verb
- 24 Frostings
- 30 Ill temper
- 32 \_\_\_ Paulo
- 34 Position
- 37 Retained
- 39 Food-flavoring plant
- 41 Ulrich "VegaS" role. Dan \_\_\_
- 42 Window treatments
- 43 Singer McEntire
- 44 Olfactory trigger
- 45 Architect Maya \_\_\_ Lin
- 46 Small deer
- 47 Diva Beverly
- 52 Parasite
- 54 "Pronto!"
- 57 Self-regulating mech.
- 59 Copy
- 61 Pokes fun at
- 62 Texas mission
- 64 Put to sea
- 66 Native American emblem
- 70 Pound sound
- 72 Exclude
- 74 A Coors competitor
- 75 Dishonor

- 76 Vacancy sign
- 77 Target practice site
- 79 Teddy Roosevelt, for
- 81 Big name in blocks
- 83 See 6 Down
- 84 Scrabble piece
- 85 Get an earful of
- 87 She's a sponsor
- 88 Hip bones
- 90 Ty of the Tigers
- 94 Good sign
- 96 Golden State neighbo
- 99 Adam's grandson
- 100 Roundabout ways
- 102 Physical sensitivity
- 104 Diamond stat
- 107 Mexican state
- 110 Boredom
- 112 Happen
- 113 Pointed
- 115 Be busy
- 116 Walled Spanish city
- 117 Claret and Merlot
- 118 Skater Lipinski
- 119 Churn
- 120 Center
- 122 Zeroes
- 127 Old-time auto

Sudoku



9 To 5 By Harley Schwadron



The Observer Crossword Puzzle

**SCRABBLE G R A M S**

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Double Word Score

3rd Letter Triple

PAR SCORE 260-270  
BEST SCORE 324

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, 6th 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.

VROGE

COLTU

OLODED

PRICST

Check out the new, free JUST JUMBLE app

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I should've made a reservation. I didn't think they'd be busy tonight.

HE TOLD HIS WIFE THERE WOULDN'T BE A LONG LINE, BUT HE ----

Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.



SCRABBLE

## Edgar scores a high of 417 points

Vice president Sylvia Makus had seven games above 300, including four in one day. Her high score was 372. Secretary Larry Edgar had five games over 300, topped by a score of 417. Pam Smithson also had five games above 300, including her first win against Edgar. Her high score was 333. Suthy Chhoeuy had four 300-plus games, with a high of 407.

Former president Flo Nesland had three games higher than 300. Her best was a 328. Ruth Depuy had two games with scores above 300, with a high of 344. President Maria Giegerich had two 300-plus games, including a 321. New member Diane Seeger posted a score of 383. Wanda Bemben recorded a 374. There were four bingos.

The club meets on Wednesdays in Clubhouse 3, Room 5. Games begin at 1, 2, and 3 p.m. New members are welcome. Anyone with questions about the club should call Edgar at (310) 927-3785.

—Lawrence Edgar

## GOLF from page 29

Both the Monday and Friday Golf Leagues play at four local courses, all within 15 minutes of Leisure World, starting at 7 a.m., except holidays. The courses are David L. Baker, Meadowlark, Riverview and Willowick in Garden Grove. There is a prize pool for each round that players are not obligated to enter. Prizes are awarded for low gross in each flight; two prizes for closest to the pin on par threes; and a prize for the lowest number of putts in each flight. If interested, contact, Gary Stivers, (714) 313-3697.

—David LaCascia

## Exercises fit for senior citizens

Exercise shouldn't be seen as a risky activity. On the contrary, regular exercise is the key to preserving your health. The trick is finding low-impact workouts that keep you strong—without triggering previous injuries or causing more. Isometrics are a type of strength training in which the joint angle and muscle length do not change during contraction. Isometrics are done in static positions, rather than being dynamic through a range of motion.

An exercise to try is the "plank."

This is when you stay in the push up position without moving and hold your body still for up to 30 seconds at a time. The "forearm plank" is the same as before except you are resting on your forearms instead of your hands. Keeping up with exercises like those mentioned and your workouts won't just improve your strength, balance and confidence, it'll also lower your blood pressure, manage high cholesterol, decrease symptoms of chronic conditions and even reduce the risk of hip fractures in most people.

E-mail your **SPORTS** and **GAMES** stories to  
chrisw@lwsb.com

E-mail your **HEALTH** stories to  
chrisw@lwsb.com

## CHESS FROM PAGE 28

**Solution to this week's puzzle:** : Rf1  
The white Rook moves from a1 to f1. Any answer by black, the white's next move is check mate.

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Hardwood floors, carpet,  
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SBA0003.

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Personal Assistant/  
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Available for:  
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domestic organization,  
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All with compassion  
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**Just Like Your Daughter**  
Call Janice, 714-313-4450  
SB Lic. #IUS0006/Bonded 10/31

Affordable Caregiver. Assist  
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Elizabeth 951-867-1275 11/14

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Affordable rates with optimum  
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LW, reliable, honest caregivers.  
Licensed, 24 hour, part time, doctors,  
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#HYC0001. 12/19/19

Maria's experienced caregivers, run  
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PAN0003 12/26

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Before 10 A.M.  
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Experienced Personal Assistant  
Available. I can help with:  
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• Walking Dogs  
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I would love to help you out with  
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resident in seal beach. Call Ashley  
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HOUSECLEANING  
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We make your home sparkle! 7  
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Excellent referrals in LW  
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Seal Beach Business license  
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Everything for your computer  
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Call (714) 264-6198

2002 E2GO TXT two passenger  
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Spiffy candy apple red electric  
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\$950 OBO 714-878-5054

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Wanted by L.W. Resident: Pickup  
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Call Tony: 707-774-4097 11/14

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Call us so we can come out and give  
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Conscientious, Dependable,  
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For over 4 years I have been giving  
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Needs to be in Mutual 8. Please  
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Like new, black recliner. **drastically reduced**, asking for \$75 must see.  
Call 513-490-6250 11/07

Crosswalk Caliber Elite Treadmill  
multiple inclines/speeds  
possible hook-up with computer  
measures your distance/heart rate/  
speed.  
Excellent condition. \$250  
Call Bob: 562-342-7343 11/21

Small game table and four chairs,  
beautiful wood. We'll take the best  
offer. 760-534-3336

For sale: \$600  
Windermere Mega Motion Power  
lift recliner. Model N-3002 Akan  
– Color Slate. Assisit person into  
standing positon. Like New:  
purchased in March 2019 for  
\$1,275. 760-808-0485 11/7

FREE to good home. Sweet,  
gentle male cat. Neutered, shots,  
cute, black and white tuxedo  
coloring. Approx 10 months. one  
eye.  
Call or text Troy 714-615-7785

Two power chairs for sale one is 5  
years old completely redone brand  
new batteries, battery charger, seat,  
back, and motor. Asking \$750.00  
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Lift Chair/Recliner in Like-New  
Condition, \$800 - Golden Technolo-  
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Purchased new from Alpine Medi-  
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Used by my father for less than a  
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Matching, waterproof coverings  
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**Santa Fe Importers Italian Deli**  
Positions available for counter help,  
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Full and part time positions  
available. Flexible hours.  
Looking for friendly, upbeat,  
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love of good food.  
\$12-\$13/hr. Sick pay. Benefits for  
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Applications available at 12430-B  
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Patio Sale – Shop for holiday  
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the pound) and microwave.  
Thursday, Nov. 7 and Friday, Nov.  
8, 9 a.m. – 1 p.m. 13941 El Dorado  
Dr. Mutual 2 66A

Estate Sale  
Thursday only, Nov. 7, 2019  
9 a.m. – 2 p.m.  
Solid wood dresser and twin bed  
frames. Furniture, couch, clothes,  
kitchen. 1460 Pelham Road, #106E  
(Mutual 5) 714-651-0028

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Nov. 7 and 8 from 8:30–2. La-  
Z-boy sofa bed, swivel rockers,  
beautiful dining set with six chairs,  
handpainted accent furniture,  
Sligh desk, 4 drawer wood file  
cabinet, rocking chair, large hutch/  
bookcase, 12x15 rug. White dresser,  
nightstands. Ladies clothing (S/M)  
shoes (size8) purses, hats, lots of  
costume jewelry. Floor steamer, 3  
wheel walker, microwave, singer  
lockstitch, vacuum. Estate Sales by  
Docia Drake, 714-514-8232. P.O.  
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Esd0001

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LEISURE LIVING: Mr. Hank &  
Associates 25 years in L.W.  
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Best Buy: corner 2 bed/2 bath  
M2 44G, Very seculuded unit,  
\$499,000  
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Free large 2020 calendars. Pick  
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Over 125 units for sale.  
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**COUNTRY COTTAGE**  
2 BDR, 2 bath, greenbelt.  
Move-in ready, white kitchen,  
washer & dryer, close parking.  
**Mutual 10, 246L \$419,000**



**BEAUTIFUL GREENBELT**  
2 BDR, 1-1/2 bath,  
Gourmet cook's kitchen,  
3 bay windows, washer/dryer,  
new flooring, move-in ready.  
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**REDUCED MOVE-IN READY**  
2 BDR/1 1/2 bath, fully expanded  
corner drive up, washer/ dryer,  
dishwasher & more  
**Mutual 2, 19F \$339,000**

**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!**



**ELEGANT EXPANSION**  
on a pretty greenbelt. 2 BDR/1  
Bath, new kitchen, formal dining,  
four skylights, south facing,  
washer & dryer  
**Mutual 10 - 253E \$325,000**

2 BDR/1 Bath, Basic unit, facing  
South, private entrance, Cut  
down shower, lovely courtyard.  
**Mutual 6, 144E \$182,900**

**BASIC 1 BDR**  
on a nice greenbelt, Cut down  
shower, skylights, fresh paint.  
**Mutual 3, 7C \$135,000**

2019 ESCROWS		
Mut. 6, 56L		\$340,000
Mut. 11, 276i		\$145,000
Mut. 4, 52B		\$165,000
Mut. 9, 219F		\$175,000
Mut. 11, 282B		\$225,000
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

Service Is My Priority! Call me for a FREE Market Evaluation



**1460 PELHAM RD #106-B**  
2 BEDS | 1 BATH |  
950 SQ FT |\$288,888



Best expanded 2 bedroom  
on the market. Central LW  
location. Lots of premium  
upgrades. New flooring,  
plantation shutters, skylights,  
elegant master suite. Mutual  
5 requires only \$25,000 in  
assets. Must See!



**KEITH KOSS**  
REALTOR®  
DRE #01407100  
**714.421.2612**  
Keith@KeithKoss.com  
KeithKoss.com



**JOYCE REED**  
Resident Broker  
**Notary Available**  
**596-8656**



**Mutual 15, 1-D \$265,000**  
2-bedroom, 1-3/4 baths,  
expanded with small patio.  
Close to Main Gate, laundry  
and carport.



**Mutual 9, 232K \$165,000**  
Cute 1-bed partial expansion,  
heat pump, close to carport.  
Move right in.

**Unbelievable Real Estate**  
DRE#00460268



**Joanie Korman**  
LW Resident,  
Real Estate Specialist  
BRE#01937786  
**(714)**  
**308-8034**

**“Where Life Just Got Easier”**

2 Bed 2 Bath Expanded,  
Bonus Room, Chef's Kitchen,  
Quarts Counters/Peninsula  
Gorgeous, Gorgeous,  
Gorgeous!  
**M8 184K \$412,000**

2 Bed 1 Bath Expanded,  
Bonus Room, Front Porch,  
Sprinkler System  
**M6 64B \$260,000**

2 Bed 1 Bath Fully Expanded,  
W/D, Dishwasher,  
Central Heat/Air, Greenbelt  
**M5 96E \$265,000**

1 Bed 1 Bath  
Classic Original Unit  
**M1 59C \$133,000**

2 Bed 1 Bath Corner,  
W/D, Dishwasher,  
3 Heat Pumps,  
Upgrades Galore  
**M2 57F \$349,000**

**2 Bed 2 Bath**  
**Coming Soon M5**

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Broker/Manager



**Susie Allen**



**Barbara Diette-Dobias**



**Robin Gray**



**Kathy Guppton**



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**(562) 594-0515**

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Seal Beach, CA 90740



**Claudette “CC” Cooley**

**Two-Bedrooms**

<b>Mutual 12 62E</b>	<b>\$185,000</b>	<b>Skylights</b> , cut-down shower, newer heat pump, great price	<b>Mutual 7 168E</b>	<b>\$320,000</b>	<b>Full expan.</b> , 1 1/2 baths, washer/dryer, cent. air, location
<b>Mutual 2 10H</b>	<b>\$200,000</b>	<b>New windows</b> , 2 large skylights, white bamboo wood floors	<b>Mutual 2 57F</b>	<b>\$349,000</b>	<b>Corner</b> , washer/dryer, 3 heat pumps, skylights
<b>Mutual 11 278J</b>	<b>\$208,000</b>	<b>Granite counters</b> , dual pane windows, lam, floors	<b>Mutual 9 218F</b>	<b>\$385,000</b>	<b>One of a kind</b> , 2 bathrooms, washer/dryer, private location
<b>Mutual 8 203J</b>	<b>\$239,900</b>	<b>Greenbelt</b> , cent. air, solar tubes, smooth ceilings, very nice	<b>Mutual 8 184K</b>	<b>\$412,000</b>	<b>Washer/dryer</b> , 4 skylights, green belt, very nice
<b>Mutual 10 238F</b>	<b>\$240,000</b>	<b>Basic corner</b> , wrap around patio, newer paint, carpet	<b>Mutual 9 226L</b>	<b>\$437,000</b>	<b>Fabulous greenbelt</b> , washer/dryer, move-in condition
<b>Mutual 3 35B</b>	<b>\$248,900</b>	<b>Full expan.</b> , lam. floors, washer/dryer, updated bath	<b>Mutual 15 25F</b>	<b>\$476,000</b>	<b>1-3/4 baths</b> , washer/dryer, cent. air, btfl. remod.
<b>Mutual 15 3K</b>	<b>\$249,000</b>	<b>1-3/4 baths</b> , double pane windows. skylight, drive-up, greenbelt			
<b>Mutual 15 41H</b>	<b>\$249,000</b>	<b>2 baths</b> , partial expan., gated patio, faces south, quiet			
<b>Mutual 15 41H</b>	<b>\$249,000</b>	<b>Faces south</b> , 2 baths, corner, partial expan.			
<b>Mutual 7 153E</b>	<b>\$254,900</b>	<b>1-1/2 baths</b> , south facing, lam. floors, clean			
<b>Mutual 6 64B</b>	<b>\$260,000</b>	<b>Partial expan.</b> , cent. air, new laminate floors			
<b>Mutual 6 137A</b>	<b>\$263,000</b>	<b>Corner</b> , cent. air, washer/dryer, move-in-ready			
<b>Mutual 5 96E</b>	<b>\$265,000</b>	<b>Washer/dryer</b> , 4 skylights, smooth ceilings, cent. air			



**Fay Wescott**



**Philip Bak**

**One-Bedrooms**

<b>Mutual 1 59C</b>	<b>\$133,000</b>	<b>Basic unit</b> , newer carpet, shows well
<b>Mutual 9 212K</b>	<b>\$153,900</b>	<b>3 air cond.</b> , units, skylights, natural light, quiet
<b>Mutual 4 78B</b>	<b>\$155,000</b>	<b>Enclosed patio</b> , drive up, skylights, lam. flooring
<b>Mutual 1 47D</b>	<b>\$187,000</b>	<b>Dream location</b> , dual pane windows, a must see



**Linda Patton**



**Adrian Villarreal**



**Leah Perrotti**



**Jay Cho**



**Estee Edwards**



**Conrad Rodriguez**



**Irv Hart**



**Joanie Korman**



**Tim Kearns**



**Jong Kim**



**Paul Kim**



**Chris Kim**





**SHOWS LIKE A RESORT**

**2 Bedroom, 1 Bath**  
Skylights, DW, 3 Zone AC, Fresh Paint, Large Storage Room  
1261 Knollwood Rd 45J -  
Mutual 4 - **\$239,000**



**BACK ON MARKET**

**2 Bedroom 2 Bath, Greenbelt Views**  
Skylights, Upgrades, Charm -  
1320 Kenwood 158B  
Mutual 7 - **\$299,500**



**FULL EXPANSION**

**Full Expansion**  
1660 Northwood Rd 276L  
2 Bedroom 1 Bath  
Fully Expanded, Drive Up, Greenbelt, AC, Dual Pane Windows  
Endless Possibilities  
Mutual 11 - **\$269,000**



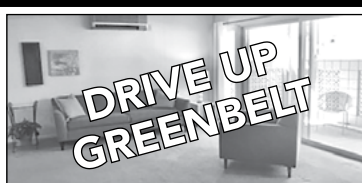
**IN ESCROW**

**2 bedroom, 2 Bath, Seeing is Believing**  
Fully remodeled, Great Views, Tranquil Setting  
1901 McKinney Way 16Q  
Mutual 15 - **\$319,000**



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REAL ESTATE

**JOHN WEBSTER 818-398-4124**  
johnwebster@firstteam.com CalBRE# 01976550  
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**DRIVE UP GREENBELT**

**2 Bedroom 2 Bath**  
Light and bright, Dual Pane Windows and Heat Pump steps to parking and laundry  
1811 St John Road 41E  
Mutual 15 - **\$269,000**



**SAID YOU WANT IT ALL?**

**2 Bed, 2 Bath**  
Drive Up Corner, Greenbelt View, Expanded Living and Master, Beautiful Hardwood throughout, Laundry, Central AC, Dual Pane Windows, Patio Entrance, Remodeled and Updated tastefully  
1860 St. John Road 32A -  
Mutual 15 - **\$389,000**



**IN ESCROW**

**Magic Triangle in Mutual 11**  
Remodeled Kitchen and Bath, Laundry, Skylights, Central AC Dual Pane Windows, Laminate Floors, Spectacular  
13100 Shawnee Lane 280J  
Mutual 11 - **\$318,000**



**DONNA JEAN**

**McIntyre**  
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**NEW LISTING**

**Mutual 14 Del Monte 28e**  
2Bd/1Ba Extended unit, NEW carpet, NEW Paint & Blinds, White Kitchen, Washer/Dryer, walk-in closet, Skylights, tile patio w/Stacked Stone and storage closet.  
**WONDERFUL UNIT \$274,000**



**Mutual 4 - 47h Knollwood**  
Gorgeous 2 Bedroom/2 Bathroom Remodel sits on wide V-greenbelt, Chef kitchen, skylight, W/D, laminate floors, dual pane windows.  
**Stunning! Tons of Details \$398,000**



**COMING SOON**

**Mutual 1 Very Private**  
RARE Extended 1Bd/1Ba, sits privately on greenbelt. South Facing, extra-large closet w/Carport and Laundry Steps away from unit!!  
**Perfect starter unit in LW**



**FEATURED UNIT**

**Mutual 1 - 37L Annandale**  
2Bd/1Ba Expanded Corner Unit So-East Exposure on Greenbelt Super Bright, Laminate Floors Skylights, CLEAN. Carport space is close to unit, walk to shopping center!  
**Great Price Value \$214,900**



*An Independent Brokerage!*



DRE#01335069

**Our Buyers LOVE US!**

M12	2Bd/1Ba	\$180,000	Closed Escrow
M12	2Bd/2Ba	\$343,950	Closed Escrow
M11	2Bd/1Ba	\$426,000	Closed Escrow
M16	1Bd/1Ba	\$140,000	Closed Escrow
M14	2Bd/1Ba	\$254,900	Closed Escrow



**PENDING**

**Mutual 12 - 42a Interlachen**  
Nicely Upgraded Corner 2Bd/2Ba "WOW" Kitchen, Dual Pane Bay Windows, Built-ins, Central Heat/Air, W/Dryer, Granite, extras!  
**This GEM has it all! \$325,000**



**COMING SOON**

**Mutual 2 Nicely Upgraded**  
New Laminate Floors, Skylights, NEW Paint/Cabinets, Hardware, Light/Bright, Nice Porch!



**PENDING**

**Mutual 14 - 20e Sunningdale**



**PENDING**

**Mutual 11 - 265G Interlachen**



**Robin Gray**

**(562) 209-5605**

rwgraysales@verizon.net  
DRE 01027333

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HomeServices

California Properties



**Barbara Diette-Dobias**

**(562) 754-5628**

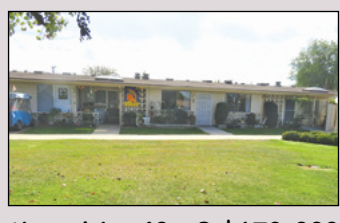
barbaradobias@gmail.com  
DRE 00887640



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



**Mutual 8-184E \$229,500 NEW LISTING** - Basic 2-Bedroom with wrap around patio looking at a greenbelt setting is freshly painted throughout, has laminate floors, a remodeled kitchen with a dishwasher, built-in microwave and oven, and a skylight. Remodeled bathroom, forced air heating and air.



**Mutual 1 - 40 - B \$173,000 NEW LISTING** - Fully Expanded 1-bedroom on a beautiful, HUGE greenbelt setting. Both the living room and bedroom are expanded with laminate floors. Kitchen has a ceiling fan, a skylight and newer Formica counters. Bathroom cabinets are white with a skylight and a cutdown shower and vinyl floors. Freshly painted - Close to carport parking



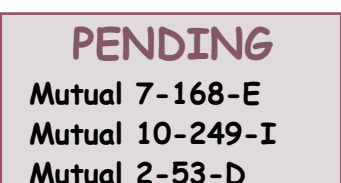
**Mutual 9-218-F \$385,000 PRICE TO SELL** ... Completely One-of-a-Kind Remodel! This elegant drive-up home has it all ... Privacy, 2 beds, 2 baths, bay windows with seats and plantation shutters, gourmet kitchen with stainless steel appliances, tile floors, smooth ceilings, crown molding, recessed lighting, fresh paint, central heat/air, w/dryer, large walk-in shower in the master bath - plus a bathtub in the guest bath!



**Mutual 11-268-K \$369,900 FABULOUS ONE-OF-A-KIND** drive-up! Looking for it all ... Remodeled 2 bed, 1.5 bath with the kitchen moved to the front and a window over the sink! Granite counters, smooth cathedral ceiling, crown molding, beautiful floors, recessed lighting, skylights, central heat/air, spa tub in master bedroom, side by side w/d and so much more ...



**Mutual 12-62-E \$185,000 TAKE A LOOK AT ME NOW!!** Basic two bedroom one bath. With New paint, cut down shower, skylights, cleaned carpets, newer heat-pump, East facing on a courtyard with close parking! Come and make your touches and call it your home! Great price, Call to see!



**PENDING**

**Mutual 7-168-E**  
**Mutual 10-249-I**  
**Mutual 2-53-D**  
**Mutual 15-23-R**  
**Mutual 6-143-E**  
**3727 Canehill,**  
**Long Beach**  
**455 Galleon Way,**  
**Seal Beach**



**Mutual 11-278-J \$208,000 NEW LISTING** ... Two bedroom, 1 bath basic unit on a pretty courtyard setting! Newer dual pane windows, heat-pump, granite counters in the kitchen and bath, solar tubes, covered patio with storage, and close street parking.



**LET OUR**  
**Community Experience & Community Knowledge**  
**Make Your Move**  
**a Pleasant Event**

**Together WE Have Over 30 Years of LW Experience**

**CALL ROBIN & BARBARA**

"Double the Effort. Double the Results"



**TAKING BACK-UPS**

**Mutual 7-168-E \$320,000 GREAT PRICE** ... Steps to Central Park ... Remodeled and expanded 2 bed - 1.5 bath on a green! Pretty wood and marble floors, newer kitchen with granite counters, NEW central heat/air, w/d, skylights that open, smooth ceilings, crown molding, recessed lighting, bay windows, and a French door that leads to the brick patio.



**TAKING BACK-UPS**

**Mutual 2-53-D \$204,000 NEW LISTING** ... Adorable cottage with a wonderful ocean breeze - 2 bedrooms, 1 bath with pretty laminate wood-look floors, New bathroom tile floor, New paint throughout, tiled patio with built-in storage, and an enclosed front patio giving you extra space without the added cost and a gorgeous view of the oversized courtyard and a fabulous tree!

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





**Kathy Gupton**  
Associate Broker  
DRE # 00744676

562 618-9940

# Kathy & Gloria

## Gupton & Hadley

We are **SISTERS**

Specializing in the  
**LW Community**



**Gloria Hadley**  
Realtor®  
DRE # 01057681

562 884-3594



**Mutual 15, 25F \$476,000**

Fabulous 2 bedroom, 1-¾ bath, remodeled atrium floor plan, featuring an open kitchen with custom cabinets with pull-out shelves, lazy-susans, granite counters, stainless steel appliances including dishwasher, microwave and beverage cooler. Also a water purification and filter system. Dining room is adjacent to sizable living room. Master bedroom has mirrored wardrobe doors. Private full bath has granite counters and bathtub enclosure. Second bedroom may be used as a den or office, has mirrored wardrobe doors, ceiling fan and built-in shelves. Second bathroom has granite counters, walk-in shower and stacked washer/dryer. Atrium has an electrically operated skylight. Additional features are double-pane windows with shear covered blinds, central heat/air, hardwood floors. Private large enclosed brick patio partially covered with extra storage cabinets and jacuzzi.



**Mutual 15, 32K \$249,000**

Eloquent traditional home featuring 2-bedroom, 1-¾-bathroom, spacious living room and formal dining room with ceiling fan. Living room has custom draperies framing triple-pane windows and over-looks an open balcony and beautiful tree-lined greenbelt. Kitchen has white cabinets, built-in electric appliances and double-pane windows. Master bedroom suite has double-pane windows, mirrored cupboard and 2 wardrobe closets. Master bathroom has bathtub with shower and skylight. Second bedroom has lots of closet and cupboard space and double-pane windows. Second bathroom has stall shower and skylight. This lovely home has carpeting throughout, leaded glass entry door and is close to drive-up parking and carport. This charming home is definitely a must see.

### NEW LISTING



**Mutual 14, 23D \$269,000**

Nicely expanded 2 bedroom 1 bath corner unit, which has patio with storage and leaded glass entry door. Spacious living room with bay window and seat, dining area off kitchen with ceiling fan. Kitchen with built-in appliances including microwave, white cabinets, pantry and skylight. Bathroom has double sinks, walk-in shower with seat and skylight. Master bedroom expanded with area for sitting and walk-in closet. Second bedroom has built-in that may be used as desk or media center, also has sliding door leading to another small patio. This home has abundant natural light, laminate floors throughout, vertical blinds and central Heat and air conditioning.



**EVERYTHING IS  
SELLING!**

**I can sell  
your's too!  
Call Kathy**



**Mutual 4, 78B \$155,000**

Charming 1-bedroom, 1-bath cottage with drive up, enclosed patio which adds approximately another 200 sq ft of living space that may be used for office, dining or den, also has large storage room. Living room open, kitchen bright with skylight, Built-in appliances, wood cabinets. Bedroom has glass sliding doors that lead to patio enclosure, Bathroom with skylight, white cabinets, vinyl flooring. Other features are carpet in living room and bedroom, laminate flooring in kitchen and enclosed patio, white blinds, wall air conditioner. This is a light bright unit.

### PENDING

Mutual 11, 265L	
Mutual 15, 28G	\$389,000
Mutual 1, 42J	\$148,000
Mutual 1, 44B	\$179,900
Mutual 10, 247H	\$159,000
Mutual 4, 48K	\$225,000
Mutual 9, 237G	\$315,000
Mutual 5 124L	\$265,000



**Mutual 15, 40B \$279,000**

2 bedroom, 1 bathroom, atrium



### PENDING

**Mutual 10, 250A \$449,000**

2-bedroom, 1-¾ -bath corner, fully expanded



### PENDING

**Mutual 1, 2F \$369,000**

Expanded 2-bedroom 2-bath on greenbelt



### PENDING

**Mutual 6, 128G \$289,000**

Expanded 2-bedroom corner



### PENDING

**Mutual 17, 88A \$469,000**

2-bedroom, 1-3/4-bath condo.



### PENDING

**Mutual 12, 72H \$369,000**

Expanded 2-bedroom, 2-bath



### PENDING

**Mutual 4, 89D \$197,000**

Expanded 1 bedroom 1 bath on greenbelt.



### PENDING

**Mutual 5, 96G \$318,000**

2 bedroom 1 bath corner facing greenbelt.

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Realtor®



Suzanne Fekjar  
Realtor®



Verna Chumley  
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Elana Altman  
Realtor®



Dawn Januszka  
Associate Broker



Hanna Rubinstein  
Realtor®



Gail Alonzo  
Realtor®



Marsha Gerber  
Realtor®



MUTUAL 9 - 220A  
\$259,000

Partial expansion on this 2 B/R corner unit; Move-in condition; Shows great



MUTUAL 7 - 146D  
\$125,000

One of the lowest prices in the community; One-bedroom unit



MUTUAL 2 - 9L  
\$498,000

Full modern expd. with everything; 2 bath; washer/dryer; central air; corner



MUTUAL 15 - 37Q  
\$259,000

Two bedrooms, Two baths, Upstairs unit; On lovely green; Move-in condition



MUTUAL 15 - 46M  
\$249,000

Great Reduction! Two bedrooms, Two baths, Upstairs Unit; Faces breeze



MUTUAL 2 - 10I  
\$277,000

Partially expd. two bedroom, remodeled kitchen, Travertine floor



MUTUAL 3 - 31A  
\$319,000

Partial expansion; small patio; Very nice spot Nice central location



MUTUAL 8 - 178F  
\$484,900

Designer's Dream; Modern Two-bedroom corner remodel!



MUTUAL 15 - 23K  
\$240,000

Upstairs two-bedroom, two-bath unit; Plantation shutters; very clean unit



MUTUAL 9 - 222L  
\$339,000

Fully expanded corner, new paint and carpet



MUTUAL 3 - 25A  
\$369,000

Corner hi-side exp. 2 heat pumps, washer/dryer



MUTUAL 10 - 256G  
\$249,900

Fully expanded corner unit in lovely spot



MUTUAL 14 - 32F  
\$248,900

Very nice clean basic floor plan with large patio



MUTUAL 1 - 40G  
\$249,000

Partially expanded two-bedroom corner; Dining added



MUTUAL 15 - 22E  
\$199,000

Spacious upstairs "Tree-house" with large dining area end enclosed patio, Must see!!



MUTUAL 2 - 62F  
\$299,000

Fully expanded two-bedroom corner unit; Easy access



MUTUAL 2 - 43H  
\$120,000

Great price on this one-bedroom unit; Close to "downtown"



MUTUAL 12 - 62F  
\$459,000

Expanded corner; 2 bedrooms, 2 baths; Bay windows; remodeled kitchen; Central air



MUTUAL 2 - 15F  
\$499,000

Modern Expansion Two full bathrooms; Built in fireplace and 65" TV, Best in LW!



MUTUAL 9 - 222A  
\$475,000

Modern expansion; Has everything - 2 full baths, 2 master suites; Oversized kitchen



MUTUAL 3 - 4E  
\$189,000

Great price on this Two bedroom unit; Enclosed patio



MUTUAL 11 - 278I  
\$219,000

Two-bedroom unit in great location



MUTUAL 3 - 23G  
\$479,000

Remodel, Two Bedrooms; Two Baths; W/D; Bay Windows, Corner; central location



MUTUAL 2 - 36L  
\$249,000

Expanded two-bedroom unit; Easy access



MUTUAL 15 - 23C  
\$275,000

Expd. two-bedroom, two-bath corner unit; 1300 sq. ft.; Lots of room & Easy access



MUTUAL 2 - 30F  
\$485,000

Modern expansion; Has everything; Two baths, W/D



MUTUAL 2 - 29D  
\$499,000

Very different floor plan; Two baths; W/D, patios



MUTUAL 15 - 29R  
\$269,000

Basic upstairs unit with enclosed patio, dishwasher



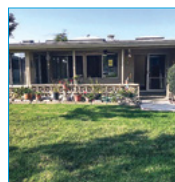
MUTUAL 3 - 26L  
\$499,000

Fabulous MODERN expansion; Has everything! Two baths; W/D: A Must See!



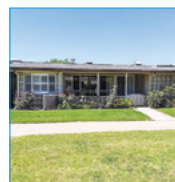
MUTUAL 1 - 11D  
\$175,000

One-bedroom unit; Close to large greenbelt



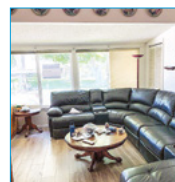
MUTUAL 12 - 64C  
\$270,000

Two bedrooms; 1 1/2 bath; 2 times expansion; greenbelt. Freshly painted; laminate flooring



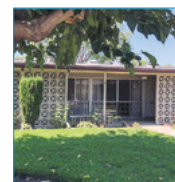
MUTUAL 8 - 196H  
\$242,500

Partially expanded two-bedroom unit; Pretty spot



MUTUAL 8 - 199I  
\$259,000

Two-bedroom unit on a lovely green; Expanded



MUTUAL 8 - 180K  
\$150,000

Great price on this one-bedroom unit



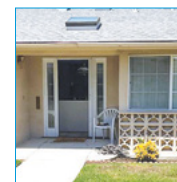
MUTUAL 15 - 44A  
\$279,000

Best price on an Atrium corner; Approx. 1100 sq. ft.!



MUTUAL 7 - 145G  
\$249,000

Fully expanded corner unit; Easy access



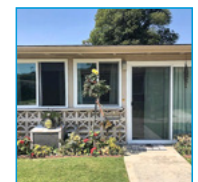
MUTUAL 5 - 97D  
\$339,000

Fully expanded two-bedroom unit; washer/dryer



MUTUAL 12 - 35B  
\$244,900

Expanded two-bedroom unit; 1.5 baths; Easy access



MUTUAL 1 - 32K  
\$179,000

Fully expanded one-bedroom unit; South facing

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For 2019, I have a total of **82** Leisure World pending and closed sales. I have buyers for yours too! Call me today for a free market evaluation!



**1603 Monterey Road #22L | M2 | \$479,000**  
New construction: 2 bedroom, 1 ¼ bath. Gourmet kitchen with stainless steel appliances. Wall mounted fireplace, washer/dryer, dual pane windrows. Great location.



**1601 Glenview Rd #64A | M12 | \$359,900**  
2 bedroom, 1 1/2 bath fully expanded unit on peaceful greenbelt. 4 skylights, walk-in closet, central A/C. Laminate flooring, granite counters, dishwasher, self-cleaning oven and many other upgrades.



**1280 Weeburn Rd #31G | M3 | \$239,800**  
Beautiful 2 bedroom, 1 bath corner unit. Dual pane windows, laminate flooring, new carpet, 2 A/C heat pumps, stone countertops and backsplash. Microwave, upgraded cabinetry, 2 skylights.



**1563 Monterey Road #23G | M2 | \$249,000**  
Partially expanded corner unit. Surrounded by green, open space. 2 bedroom, 1 bath, has A/C heat pump, dishwasher, ceiling fan & 2 skylights. Laminate and vinyl flooring. Large finished storage unit.



**13221 St Andrews Dr. #153B | M7 | \$272,000**  
Partially expanded with dual pane windows, new custom gourmet kitchen, custom front door, crown molding, solar tubes, cut down shower, cam lights.



**1330 Oakmont #144L | M6 | \$242,000**  
Corner 2 bedroom, 1 bath, partially expanded unit. Dual pane windows, A/C heat pump, dishwasher, microwave, water filtration system, skylights.



**13681 St Andrews Dr #25D | M1 | \$194,500**  
Fully expanded and remodeled 1 bedroom. 1 bath unit. Gourmet kitchen, 2 A/C heat pumps. Granite countertops, wood floors, stainless steel appliances.



**13630 Alderwood Lane #77L | M4 | \$210,000**  
Original corner unit in with 2 bedroom, 1 bath. Storage on patio. Make this unit your own..

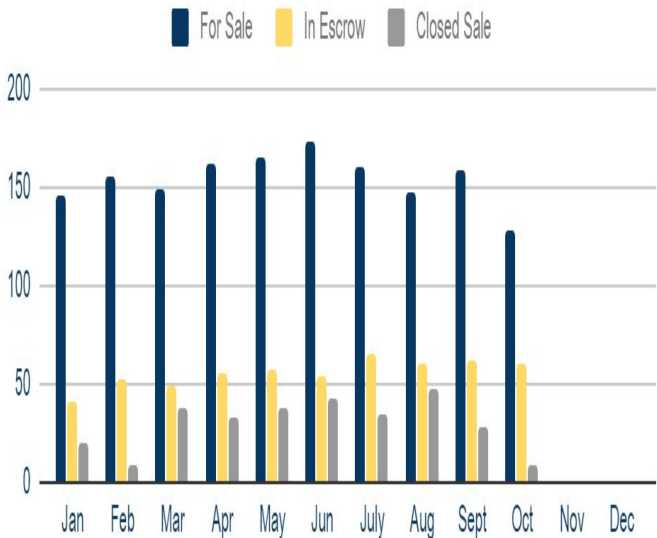


**13560 St. Andrews Dr #3B | M14 | \$449,000**  
Fully expanded 2 bdrm, 1 1/2 bth. Remdeled, new Stainless Steel appliances, central A/C and heat, dual pane windows, plantation shutters, wshr/dryer, 4 skylights located on 1st tee of golf course. Freshly painted cabinets throughout.



**1781 Sunningdale Rd #48L | M14 | \$388,000**  
Fully expanded corner unit with side patio. 2 bedroom, 1 1/2 bath, central A/C, remodeled kitchen, smooth ceilings, bay windows, washer/dryer, walk-in closet. Close to main gate.

11/05/2019- Year To Date MLS Activity



I have access to the total inventory!

On **November 5th, 2019** a total of **128** units show as active listings on the CRMLS (this is where Realtors list property for sale).

**20** - 1 bedroom/1 bath  
from \$120,000 to \$199,000

**55** - 2 bedrooms/1 bath  
from \$185,000 to \$369,000

**53**- 2 bedrooms/2 baths from  
\$229,000 to \$499,000

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







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