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TAX HELP

GAF TAX PROGRAM
Make appointments now for GAF-sponsored tax help in Clubhouse 6.
Page 13



WATCH BIG GAME IN CH 4
The NFL championship game is Sunday, Feb. 2—the 49ers will play the Chiefs.
Page 11

NAVAL WEAPONS STATION



National training drill to commence Feb. 3
Leisure World residents may see an increase in law enforcement activities in and around the Seal Beach Naval Weapons Station from Feb. 3-14 as base personnel take part in a nationwide security exercise.
The exercise, called Citadel Shield-Solid Curtain 2020, will be conducted simultaneously on all navy bases throughout the continental United States. At the Naval Weapons Station, drills and training will be conducted on a wide range of potential security scenarios.
The exercises may cause increased traffic around the weapons station, delays in base access and temporary gate closures. The station's "Giant Voice" mass notification loudspeaker system may also be used. Civilian boat traffic through Anaheim Bay is unlikely to be affected.
The event is not in response to any specific threat, but is a regularly scheduled annual exercise, developed to enhance the training and readiness of Navy security teams.
For more information about the exercise, contact the Naval Weapons Station Seal Beach Public Affairs Office at (562) 626-7215. Live updates will also be posted on the station's Facebook page (search under "Naval Weapons Station Seal Beach, Detachment Fallbrook, Detachment Norco").

MIND BOOSTERS

Class starts Friday; location changed
The Alzheimer's Family Center's (AFC) Mind Booster series coming to Leisure World starting tomorrow, Jan. 31, from 1-4 p.m. is now full. More than 90 people signed up for the class, which has been moved from Clubhouse 3 to Clubhouse 4. The interactive series is taught by a prestigious group of experts and memory care professionals. For more information, call GRF Member Resource & Assistance Liaison Cindy Tostado, LCSW, at 431-6586, ext. 317.



The Leisure World Library has a resource aisle for people looking to get their affairs in order. Library Operations Supervisor Vanessa Morris holds guidebooks with forms and other information.

EMERGENCY CONTACTS

Make sure Stock Transfer has current information

Emergencies can happen anytime, especially to older people, who have a higher risk of falls and acute, critical illness. One of the most urgent matters of business upon moving into Leisure World is filing a GRF Emergency Contact Form with Stock Transfer. And then it's important to make sure it's up to date.

In recent weeks, a spate of medical emergencies landed single residents in area hospitals, which were forced to track down family because there were no emergency contacts on file or the contact information was outdated. GRF Member Resources and Assistance Liaison Cindy Tostado advises residents to review contact information and make sure it's current.

Without accurate contact information, hospitals have no guidance on a patient's wishes and may aggressively treat someone who doesn't want heroic measures taken.

"It's important to have information up to date, know where it's located, and give copies to your doctor and decision makers so that your wishes are carried out," said Cindy.

According to Health Insurance Portability and Accountability Act of 1996 (HIPAA) policies, doctors treating patients will only be able to communicate condition information directly to family members, not unrelated emergency contacts or caregivers. But without viable contact information, it can take much longer to connect with relatives.

Emergency contact forms are available at Stock Transfer or the LW Library. People can pick them up, fill them out and drop them in any white GRF mailbox. Forms were also sent out in the GRF annual mailings.

In addition to reviewing contact information, the beginning of a new year is a good time to take stock of other important documents. Once a medical emergency occurs, it can be too late to dictate your wishes. Here are five legal documents everyone should have in place.

» **Medical Directive:**

Also known as an Advanced Directive, this document sets out the level and extent of care you want to receive if you are ill or incapacitated. It delineates whether you want heroic measures to be kept alive. Many people do not want such invasive measures taken. The Medical Directive ensures your wishes are met and it provides clarity and guidance to family members.



Cindy Tostado, member resources/assistance liaison

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DIRECTIVES, page 3



VALENTINES DAY
Tickets on sale for dinner dance on Feb. 14 at 7
Tickets are selling briskly for the GRF Valentine's Day Dinner Dance Friday, Feb. 14, at 7 p.m. in Clubhouse 4. The dinner will feature a dinner of chicken piccata, garlic mashed potatoes, green beans almandine, Sonoma salad and chocolate mousse for dessert, catered by Country Gardens.
Anthony and Doniele Bernasconi, whose repertoire features Frank Sinatra, Marvin Gaye, Billy Joel, James Brown and Michael Bubl , will perform. Their versatile and engaging style draws the audience onto the floor and gets the house rocking.
The event is expected to sell out; seating is limited. Tables may be purchased by groups of eight, subject to availability. Tickets are \$30 per person or \$220 for a table and are available at the Recreation Office in Building 5. For information, contact Kathy Thayer or Andrew Delaney at 431-6586, ext. 326, or email events@lwsb.com.

GRF RECREATION
Club flea market lottery is tomorrow
The GRF Recreation Committee has approved three open flea market reservations a year, subject to clubhouse availability. Any LW club or organization may apply at the Recreation Office in Building 5 to host a flea market or rummage sale as a fundraiser. The drawing will be held tomorrow, Jan. 31.
Dates will be assigned by the Reservations Office according to the space available, but clubs may express a preference for the month or months they would prefer.
Applicant clubs must run the event exclusively with club members. Clubs that did not hold a flea market last year will be given preference in this lottery, but all clubs are welcome to apply.
For more information, contact kathyt@lwsb.com.

TRAFFIC ALERT
Alley behind HCC to close Feb. 3-7
The alley behind Building 5 and the Health Care Center will be closed to traffic Feb. 3-7 due to repairs by Spectrum.





The Emergency Information Council Subcommittee is comprised of Phil Mandeville (l-r), Kathy Almeida, Midge Bash, Dr. Rosa Fabian, GRF Safety and Emergency Coordinator Eloy Gomez, Lynn Baidack and Marty Williams. The subcommittee is off to a good start for 2020 beginning with planning this year’s Emergency Preparedness Expo. The subcommittee hopes to make it as good if not better than last year’s event, which is geared to provide Leisure World residents with an opportunity to learn more about preparation for all types of disasters.

Protect Yourself From the Flu

We’re Halfway Through Flu Season

Flu season lasts until April, which means we have several months to go. Unfortunately, there have been a number of deaths this year, including two people in Orange County.

We’re All At Risk

Anyone can get the flu. Very young children and older adults are particularly at risk. If you have a chronic condition, like diabetes or heart disease, the flu could be even worse. That’s why taking a few steps to prevent it is so important.

You Can Prevent It

There are a few things you can do to keep yourself - and loved ones - safe from the flu:

- Cover your nose if you cough or sneeze.
- Wash your hands regularly.
- If you feel sick, stay home.
- Get vaccinated.
- Already sick? Your doctor can prescribe



medication to help with the symptoms.

Get Your Flu Shot—It’s Not Too Late

The flu shot is one of the most effective ways to protect yourself and your community. This is especially important if you have chronic conditions. Talk to your doctor or pharmacist to learn more about the flu shot.

Keep in mind that the flu shot can take a few weeks to be effective. It’s better to get it sooner than later.

—OptumCare at the HCC



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KATELLA

Senior Living Community



ALAMITOS WEST

Health & Rehabilitation

Katella Senior Living Community's variety of care options and seemingly endless amenities allow you to fill your days with family, friends and activities that mean the most. Tastefully decorated in California casual style, Katella Senior Living Community serves a wide range of lifestyle preferences and care needs including:

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

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

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

We’d love to hear from you!

KATELLA SENIOR LIVING COMMUNITY

3952 Katella Avenue, Los Alamitos, CA 90720
562-596-2773 | katellaseniorliving.com
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ALAMITOS WEST HEALTH CARE CENTER

3902 Katella Avenue, Los Alamitos, CA 90720
562-596-5561 | alamitoswest.com

MANAGED BY

The Goodman Group



CITY OF SEAL BEACH Bathroom improvement grant provides safer tub/showers to qualified LWers

Leisure World residents who have taken advantage of the Seal Beach Bathroom Improvement Grant are satisfied with jobs well done, and they are safer. The free bathroom improvements make it easier for people to get in and out of tub/showers. In fact, over 1,000 residents have already made similar improvements utilizing federal grant funds—no charge to the resident. Currently, there are funds to do 50 more and the city is requesting applications.

The program is made through a possible grant from HUD, Orange County and Seal Beach. The OC Housing and Community Development Department allocates the federal grants from HUD every year to assist 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. Toilets can be replaced with high-boy models. The City of Seal Beach selects approved contractors for the work.

To qualify, applicants must be over 55 years of age and have a gross annual household income less than or equal to the Orange County levels as follows: One person, \$66,500; two people, \$76,000; and three people, \$85,500.

A licensed medical doctor must complete the Doctor’s Analysis Form rating the physical condition of the applicant with respect to mobility problems, pain with movement or trouble with balance. This rating helps prioritize the most needy applicants until the funds are all spent. All information is kept confidential.

Applications and doctors forms are available online at sealbeachca.gov or people can call CivicStone at (909) 364-9000 to have one mailed.

COMMUNITY ACTION PARTNERSHIP Sign up for food benefits on Feb. 20

Free food is available in Leisure World to eligible residents who are 60 years or older through Community Action Partnership of Orange County (CAPOC), which has a monthly distribution site by Clubhouse 4. The next food distribution will be Feb. 20.

Every third Thursday from 9-11 a.m., qualified people receive 30 pounds of food, including canned fruit, vegetables, meat, rice, juice, cereal and more.

Eligible seniors must live in Leisure World, be at least 60 years of age and meet income guidelines as follows: up to \$1,354 a month for one person; \$1,832 for a two-person household; and \$2,311 for a three-person household. To sign up, bring a photo ID, and proof of income (Social Security/SSI Statement, letter or bank statement or paycheck stub).

People who are unable to apply themselves or pick up the box of food may send a proxy to act on their behalf with appropriate ID. People who need help arranging a proxy can call GRF Member Resource Liaison Cindy Tostado at 431-6586, ext. 317.

CalFresh Benefits

Qualified LW residents can get help applying for CalFresh, formerly known as food stamps, in person with Cindy Tostado, GRF Member Resource and Assistance Liaison, online or via phone.

People who are over 55 and meet the following monthly income guidelines may qualify: One-person household: \$2,010 per month; two-person household: \$2,708 per month.

To assist in the application process, the following are required documentation; bring your:

- ID

- Green Card or Citizenship Certificate
- Social Security Card
- Proof of Income
- Rent Receipt and Bills

Ways to apply:

- By Appointment in LW: Call 431-6586, ext. 317
- Online: GetCalFresh.org
- Phone: (800) 281-9799
- Walk In: 1928 S. Grand Ave., Santa Ana, 92703

For more information, call Tostado, LCSW, GRF member resource and assistance liaison, 431-6586, ext. 317.

Chairs of Love Luncheon

The Chairs of the Love Luncheon will be held on Valentine’s Day, Feb. 14, at 11:30 a.m. to honor cancer patients and survivors. All are welcome to attend this fun, free event that will be held at the Community Church of Leisure World.

Leisure World men and woman who have dealt with cancer are welcome to enjoy sandwiches, salads, dessert and coffee. In addition to the food, there will be games and a lively sing-along. It will be an afternoon of fun and fellowship.

Attendance is by reservation only. Call Taylor White at (562) 596-6358 and leave a name and number. You will receive a call back.

EMERGENCY INFORMATION

Council meeting day has changed

The Emergency Information Council (EIC) monthly meeting day has changed to the second Thursday of the month, starting Thursday, Feb. 13, at 10 a.m. in Building 5, Room B.

The Emergency Information Council is open to all members of Leisure World who would like to know more about being prepared in the event of a disaster.

—Kathy Almeida

DIRECTIVES
from page 1

» **Power of Attorney for Healthcare:**
A power of attorney for healthcare designates a person to make your healthcare decisions. When you appoint someone in advance, fast and effective decisions can be made in the event of illness or incapacity. Otherwise, it's a slow and costly process requiring medical testimony with the probate court.

» **Power of Attorney for Finances:**
A power of attorney for finances designates someone to manage your financial affairs, pay bills, sell property, contract for services, rent property, pick living arrangement and so on.

» **Revocable Trust:**
Retain control over your estate while making transfers of assets to beneficiaries. You designate what property (home, investments, jewelry, and so on) goes into the trust and to whom it will be granted. A revocable living trust has an important advantage: it allows an estate to avoid probate at the time of people's deaths. A revocable living trust is one of the single most important documents for older adults — or anyone with assets — to have in their estate plan. It functions as a will, allows an estate to avoid probate, makes a potential guardianship process unnecessary and lets you retain control of your assets for as long as you are able to manage them.

You don't need to be rich or have vast assets — a life insurance policy, checking account, house or any asset of value merits establishing a revocable living trust. There are other important advantages to this type of trust. For one thing, unlike a will that becomes a matter of public record, a trust is private.

Also, without a trust, an estate will go through probate, a costly and lengthy process in which the court administers the distribution of the estate. And if the estate holds property in multiple states, it will have to go through probate in each state.

» **Will:**
A will is a legal document that lets you tell the world who should receive your assets after death.

Some of these forms are available at the Leisure World Library. If you need help navigating a crisis, GRF Member Resource and Assistance Liaison Cindy Tostado is here to help you. This confidential and free service is for people who are:

- Caring for an ill or aging relative
- Coping with a life changing diagnosis
- Making long-term care arrangements
- Feeling overwhelmed and stressed
- In need of assistance in your home
- Interested in a volunteer opportunity
- Homebound and in need of a friendly visitor

To reach Cindy, call 431-6586, ext. 317.



CONSTRUCTION WORK—Crews have spent the last several weeks tarring the roof of the Amphitheater complex, which is where the LW Weekly news office is located. The job is almost finished but pedestrians are advised to use caution in the area while equipment is there.

JFTB

Reservations required for base tour offered Feb. 20

The Los Alamitos Joint Forces Training Base (JFTB) will offer public tours of the base on Feb. 20, May 21, Aug. 20 and Nov. 19. The three-hour tours are scheduled on Thursday afternoons.

The fully-guided bus tour includes an introduction and historical overview of the base—highlighting its current state and federal missions. Featured stops include the 40th Infantry Division Headquarters, Los Alamitos Army Airfield Base Operations and other locations as available.

Space is limited, and partici-

pants are registered in the order reservations are received. There is no admission fee; participants will receive a group photo as a souvenir of their visit.

Tour reservations can be made by sending an e-mail to the JFTB Public Affairs Officer at richard.w.lalor2.nfg@mail.mil. E-mails must include full name, address (including zip code), phone number, e-mail address and California driver's license number for each participant. Once a tour is filled, additional reservation requests will be

accommodated by registering people for the next available tour date if they request it.

Due to enhanced force protection requirements, all participants must be pre-registered and will be required to show current government-issued photo identification to the guard at the main gate for access to the installation.

For more information, contact Col. Richard Lalor at (562) 795-2096 or richard.w.lalor2.nfg@mail.mil, or Staff Sgt. Crystal Housman at (805) 458-3825 or crystal.c.housman.mil@mail.mil.



New Year, New You: Women's Health Bingo

You'll be seeing a lot of red on February 7, but for good reason: It's a way to raise awareness for women's heart health. Heart health conditions can be managed, but many women don't get screened or know what to look for. Join us for **New Year, New You: Women's Health Bingo** at the Health Care Center on February 7 to learn about common health risks in women. Au Co Nguyen, DO, is a primary care doctor at Seal Beach Village. She'll be leading the bingo session and helping us all learn what we can do to care for ourselves, our mothers, our daughters, and our loved ones.

Bingo prizes will be provided, as well as light snacks. **Be sure to wear red.** Space is limited, so call ahead to save your spot.

New Year, New You:
Women's Health Bingo

Date: Friday, February 7 at 12-1 p.m.
Location: 1661 Golden Rain Road
Seal Beach, CA 90740
Health Care Center Conference Room 1

Reserve your place by calling **1-562-795-6204**
For more information, visit
[OptumCare.com/bettercare](https://www.optumcare.com/bettercare).



WATCH YOUR STEP

Security issues grow as more people transition to smart TVs

It's hard to picture a modern home without smart equipment—Smart thermostats, smart refrigerators, robot vacuums and smart TVs. Around 70 percent of the TVs sold worldwide are smart TVs. Although they bring more entertainment, these devices also carry new digital threats.

Sometimes people forget that smart TVs are as vulnerable to cybercrime as smartphones and computers. Daniel Markuson, digital privacy expert at NordVPN, says that “although smart TVs are connected to the Internet and have similar functions to computers, they aren't equipped with the same security tools, which makes them easy prey for hackers.”

As smart TVs gain more features, the amount of private information they handle increases too. TVs aren't just for watching movies and shows anymore. Now they are used for web browsing, streaming video content, gaming and even shopping online.

To enjoy a smart TV to the fullest, users need to download various apps and games. These cost money, so credit card details are filled in. Putting financial information, logins, and passwords on TVs make them appealing targets for hacking.

According to Markuson, a smart TV can be used to spy on its users. Hackers can access its camera and microphone through malware, which can be slipped into a TV when it is connected to Wi-Fi. Footage can be used for blackmail. By watching homes and listening to conversations, hackers know what goods are there, where they are kept and what the homeowner' plans are.

If you use your smart TV for web browsing, it can be infected with various viruses. Like computers, smart TVs run on software, but they don't have the same strong antivirus and firewall systems installed. Once a TV gets infected, browsing history, passwords and other private data become accessible to hackers. And they won't miss the opportunity to use this information in ransomware attacks.

The experts suggest a few simple principles every smart TV owner should follow to protect their device.

- Always update the TV's software whenever a new version becomes available. Software updates are crucial for cybersecurity as manufacturers do their best to patch vulnerabilities. Updates often repair security flaws, fix or remove various bugs, add new features and improve the existing ones. Some TVs install updates automatically by default. With others, you may need to check for updates periodically to make sure your device runs on the latest version.
- The best practice for any Internet-connected device is to install a firewall and use a virtual private network (VPN). VPNs extend private networks across a public networks, and enables users to send and receive data across shared or public networks as if their computing devices were directly connected to the private network. Encryption is a common, though not an inherent, part of a VPN connection.
- Connect the smart TV to the Internet only when needed. It isn't necessary to have your TV connected to Wi-Fi all the time. To make it less vulnerable to hacker attacks, turn on the Wi-Fi connection only when you are using it.
- Download apps from official stores only. Do not install any programs and games from unofficial sources on your smart TV. Make sure that both the app and its provider are reliable. Moreover, if an application asks for access to your data, camera or microphone that isn't necessary for its operation, never accept it.
- Be careful with personal files and financial data. Shopping online on a big smart TV screen might be fun, but be careful providing credit card details and other sensitive information this way. Although some manufacturers equip their TV sets with security features, they cannot guarantee safety online. “People who synchronize their smart TVs with their computers to access compatible media content should be especially cautious,” warns Markuson. The connection between your smart TV and your computer can be a weak link and lead to a data breach.
- Use strong Wi-Fi passwords. This practice is the most obvious and the easiest to follow. Create a strong password to protect your Wi-Fi connection at home and don't share it with any outsiders.
- Turn off your TV camera when not in use. Whether it's a built-in camera or the one connected to a TV via Wi-Fi, turn it off when not using it. If you can't turn off your camera, use a piece of tape or a sticker over the camera lens to cover it.

— NordVPN

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.

Syd Pomi, Mutual 17, thanks Beverly Bender for her efforts to keep shareholders apprised of the goings on about the possibility of a restaurant.

Letters to Editor

Editor:

I have had several maintenance services since I moved to Leisure World Mutual 3 a year and a half ago.

My suite is a one-bedroom apartment, facing northwest. I see the sun rise, and I open my blinds to get its full benefit each morning.

I need to turn on lights during day to make it brighter since the sun does not stay over my cottage long enough.

Lately I have had difficulty reading even with all the lights on. The fluorescent lights were rather dim; a few other lightbulbs are also dim.

I thought it might be my eyes since my ophthalmologist said I had a very early stage cataract a few months ago.

I contemplated changing the bulbs myself. I needed to buy bulbs, but I was not sure which ones to buy. I thought to climb up to take the near dead ones to store to buy new ones, but then I needed a ladder to open the plastic covers and remove them. The job seemed way too much for my not-so-young body.

I called maintenance about three weeks ago and came home today to see a slip on the door saying the service was done.

I hurried to get in and turn the light switch on. Walla, it is so bright that I can see everything, including my face which is so wrinkled under the new light bulbs.

Thanks to our maintenance crews and department.

Also a salute Thomas Edison again.

Chung Hur
Mutual 3

Editor:

I have lived in Leisure World for nearly 20 years, before that my parents, and before that my cousins, who were among the original buyers.

When Leisure World was designed it was recognized that many of us were coming from much larger homes and would be restricted in hosting family and friends by the size of our new homes. The clubhouses were built as a way of making that possible, as an extension of our homes here in Leisure World.

Over the years the access and use of these spaces has become more and more restrictive, culminating with the new policies prepared by the GRF Recreation Committee, adopted by the full board and implemented by the Recreation staff. Right now there are residents who are sitting at home while in the past they were at exercise classes and meeting with friends for social events. Many of these folks may not be able to drive out of Leisure World to reach other locations for exercise and social interaction.

Access to exercise opportunities and social interaction are critical to the physical and mental health of everyone, especially seniors.

I urge the full GRF Board to

ask for a report and review the impact the new recreation policy has had over the last several months and will have in future months. Some modifications to the policy and its implementation may be needed to meet the needs of our residents.

Esther Cummings
Mutual 10

Editor:

My neighbor is 95 years old and has the worst agency representation of caregivers. Here is an example of the issues that occurred last week. The first caregiver burnt the shareholder's kitchen with a grease fire and hosted another previously hired caregiver.

Paramedics took the caregiver to the emergency room after the fire and left the resident. A photo of one of the resident's cheeks looks as though someone took a lighted cigarette to her cheeks and hands. The resident was not taken to the hospital.

The second caregiver stayed in the resident's unit with a moving truck parked outside. The caregiver stored three large trash bags of recycled bottles in the resident's patio and personal items in half of the spare bedroom.

The resident had no knowl-

edge that the items were stored until a second shift relief/caregiver complained to the resident.

A family member from San Diego visits maybe three times a year and when complaints were issued, they were ignored.

The agency that hired the two caregivers is supplying a replacement caregiver. I intercepted the agency when they came to visit last week and I asked that both caregivers not return to Leisure World. The lies and denial of two members or owners of the agency was unbelievable to protect their agency.

When does it become interfering to report activities when the line crossed and there is an abuse of a resident? I'm sure many neighbors in senior complexes wrestle with this question.

Pam McDougal
Mutual 1

Editor's Note: Any person who suspects that abuse of an elder has occurred should report it. When in doubt, always err on the side of caution and report. Intervention can often save the assets, health, dignity or even the life of the elder. To make a report of Elder Abuse contact Orange County Adult Protective Services at 800-451-5155. Remember: In an emergency always call 911.

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.

POLICY, page 5



An Official Golden Rain Foundation Publication
Serving the Shareholders of
Leisure World Seal Beach



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

Nataly Chigireva, Communication & Technical Director <i>ext. 384; natalyc@lwsb.com</i>	Deadlines: News articles, 4 p.m. Thursday prior to publication week; Classified ads, 2:30 p.m. Monday of publication week
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Stephen Bannon, Production Editor <i>ext. 392; stephenb_news@lwsb.com</i> Pre-press, online and vision-impaired editions, IT	Missing LW Weekly Newspaper: (562) 472-1284
Karen McElwain, Advertising Sales <i>ext. 393; karenm_news@lwsb.com</i>	Delivery address: 13533 Seal Beach Blvd., Amphitheater Building Seal Beach, CA 90740
Sylvia King, Advertising Sales <i>ext. 391; sylvia_k@lwsb.com</i>	Dan Pomeroy, Distributor <i>Eagle Rock Services</i>
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Katya Lukina, Communications coordinator <i>ext. 266; katyal@lwsb.com</i> graphic designer, digital media coordinator	

Religion



Community Church's mission's team prepares for "Souper Soul Sunday," with (l-r) Mara Williams, Pastor Johan Dodge, Kelly Frankiewicz, Peggy Coles, Virginia Olejnik, Joyce Reed.

COMMUNITY CHURCH

Pick a “Souper” Bowl Sunday winner with canned goods

Community Church loves to find ways to reach out in support of those in need. The Missions Team will again sponsor the annual “Souper” Bowl Sunday event on Sunday, Feb. 2. The canned food drive benefits the people who are food insecure in the local area.

Community Church is asking LW residents to save up their nonperishable food items in preparation for Super Bowl Sunday on Feb. 2. There will be bins set up in the Narthex with banners reading "San Francisco

49ers” or “Kansas City Chiefs.” People are encouraged to deposit their cans in the bin that represents their favorite team on their way in to worship on Feb. 2. Community Church will see who the real “Souper” Bowl winner will be.

On Sunday, Feb. 2, Pastor Johan Dodge will deliver a Scripture-based message and open Communion will be served. The Scripture lesson is 1 Corinthians 1:18-31. Taylor White will serve as lay liturgist. Worship services are on Sundays

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

Redeemer Lutheran

Pastor Lisa Rotchford of Redeemer Lutheran church will preach "Love in the Gospel: Justice, Kindness and Walking Humbly" on Sunday, Feb. 2, at 10:30 a.m. Evelyn Stephens and Maria Swift are greeters. Scripture readings and prayers will be led by Cedric Elmer and Nancy Leuben. Carmen Leslie will assist in serving the Lord's Supper. Refreshments will follow the service.

The midweek worship service for prayer, reflection and Communion is every Wednesday at 11:30 a.m. The Book of Proverbs continues to be the focus of the Wednesday Bible class, which meets on Wednesday, Feb. 5, from 10:30-11:30 a.m. in the easily accessible first floor conference room inside the main entrance.

Security
(562) 594-4754

Beit HaLev

Beit HaLev's online synagogue is now on YouTube. Everyone can join the live interactive service on the *YouTube.com* channel, "Shabbat Shalom LIVE."

Rabbi-Cantor Galit Shirah conducts live, online (livestream) Shabbat services every Friday evening at 6 and Saturday morning at 10:30. Services can be accessed on [Facebook.com/galityomtov](https://www.facebook.com/galityomtov) and on [YouTube.com](https://www.youtube.com). Rabbi Galit Shirah also conducts weekday Ma'ariv (evening) services every Thursday at 4 p.m. for [SimShalom.com](https://www.simshalom.com). There is a “chat” area where viewers can converse interactively with the rabbi and the global congregation.

The Torah portion “Bo” in most Jewish texts begins with the English words: “Adonai said to Moses, ‘Go to Pharaoh.’” The word “Bo” literally translates as “come,” not “go.” God is literally accompanying Moses and Aaron in their request of Pharaoh to “Let my people go.” The Parashah includes the final three plagues, instructions for the Passover Seder, the slaying of the firstborn males, including Pharaoh’s own son and the beginning of the Exodus from Egypt.

Rabbi-Cantor Galit offers lessons in chanting Torah and Haftarah, Voice lessons and Hebrew lessons. A Modern Hebrew class has just started. Anyone interested in lessons should contact Rabbi-Cantor Galit Shirah at (562) 715-0888 or email at duets@icloud.

Assembly of God

Participating in the Lord's Supper is the main focus for Assembly of God's Sunday service in Clubhouse 3, Room 2. Assembly of God believes that commemorating the Lord's death and resurrection is pivotal to its faith.

Pastor Sam Pawlak will continue with part five on the “Man, This is Living” Ten Commandment series with a message titled, “The Dad and Mom Thing.” Denise Smith will lead the congregation in songs of worship and Diana Mushagian will inform the congregation of the church’s activities and lead in the offering time.

Two prayer meetings are held each Sunday, at 10 a.m. and 5:15 p.m. for praise and bringing needs before God before the following service.

Associate Pastor Dan Ballinger will lead songs selected by those present and Denise Smith will bring a special vocal solo at the hymn sing in the lobby of Clubhouse 3 at 6 p.m. Pastor Sam will close the hour-long service with a devotion. After the service, there will be a chance to share treats brought by others and visit with friends.

The Bible study on Wednesday is in Clubhouse 3, Room 7, at 10 a.m. Pastor Sam will lead the group as it continues studying in the Book of Revelation.

Interfaith Council

The Leisure World Interfaith Council is having its Installation Gala Dinner tonight at 6 p.m. in Clubhouse 2. The dinner is catered and the entertainment is provided by the Anna Derby and the Suede Sole Dancers. Ronde Winkler is the installing officer and the master of ceremonies is Jim Greer of the LDS community. The LWIC will also honor Gil Moore, retired pastor of Redeemer Lutheran Church for his many years serving the Leisure World community and the LWIC.

Mindfulness Meditation

The Buddha Circle will meet for a Mindfulness Meditation session from 2-4 p.m. on Wednesday, Feb. 5, 12, 19 and 26, in Clubhouse 3, Room 7. The sessions are facilitated. Donations are welcome; admission is free. For more information, call (714) 234-8735 or email rebeccagad71954@gmail.com.

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A black and white photograph of two men, Mike and Mike, standing side-by-side and smiling. They are both wearing polo shirts. The man on the left has glasses and a goatee, while the man on the right has short, light-colored hair. They are in an indoor setting with various items on shelves in the background.

실 비치 코너스톤 교회

장립 10주년 기념 감사예배

Seal Beach Cornerstone Church

10th Anniversary of Church Foundation, Appreciation Worship

실 비치 코너스톤 교회 장립 10주년을 맞이해서 모든 성도님들과
안인 동료 여러분들을 모시고서 감사예배를 드리고자 정중하게
초대하오니 오셔서 하나님께 큰 영광을 돌리시기 바랍니다.
Seal Beach Cornerstone Church invites all to Celebrate at its
10th Anniversary Worship Service.

- * 일시: 2020년 2월 2일(주일) 오전 9시 45분
Date: Feb. 2, 2020, Time: 9:45 A.M.
- * 장소(Location): Club House 2
- * 주소(Address): 13861 El Dorado Dr.
- * 전화(Telephone): 562)331-6104

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실 비치 코너스톤 교회

SEAL BEACH CORNERSTONE CHURCH

Health & Fitness



Top Loser Leona SanSeverino (l) is shown next to speaker Carol Chambers (r), who gave a program on Power Words and how they can help you achieve your goals.

WA-RITE

SanSeverino is the Top Loser

Leona SanSeverino was this weeks Top Loser with a four-pound loss. She's been out of town for three months and didn't have much control over her diet. Now that she's home, she is able to eat more sensibly. Mainly getting off the sugar.

Being positive is always a plus and we all know the power words have in our daily lives. Some of those words are forgiveness, honesty, love, acceptance, help, accountability, responsibility, respect, faith and control.

Carol Chambers mentioned that there may be times when we are tempted to eat that fried chicken or a few French fries, allow yourself to indulge, eat whatever you may be craving and then get back on track. Forgive yourself, don't dwell on yesterday, it's a new day, move forward. Think about those power words and take control.

Food for Thought: Your body is a self help and self healing machine. Fuel it properly.

Wa-Rite is a support group of women needing to lose 10 pounds or more. Members meet on Fridays in Clubhouse 3, Room 1, from 9-10 a.m. Weighing is from 7:45-8:45 a.m. Annual dues are \$10. Members must be a LW resident to join. For more information call Carol Chambers at 822-4641 or Bev Bender at 594-9148.

—Margaret Humes

Coffee improves physical performance

Caffeine stimulates your nervous system, signaling fat cells to break down body fat. But it also increases epinephrine (adrenaline) levels in your blood. This is the fight-or-flight hormone, which prepares your body for intense physical exertion.

Caffeine breaks down body fat, making free fatty acids available as fuel.

Given these effects, it's unsurprising that caffeine can improve physical performance by 11–12 percent on average.

Therefore, it makes sense to have a strong cup of coffee about half an hour before you head to the gym.



Fitness Fusion focuses on upper and lower body strength and yoga class. The fee is \$4 per class when paying on the first of the month for the full month, or \$5 a class if not attending regularly.

What Is blood pressure?

Blood pressure (BP) is the force of the blood pushing against the walls of the arteries as it circulates throughout the body. This pressure is highest when the heart beats, pumping the blood. This is called systolic pressure. When the heart is at rest between beats, blood pressure falls.

Blood pressure is always given in the form of two numbers, one over the other, like a fraction. The systolic pressure is the upper number and the diastolic pressure is the lower number. For example, a person's BP reading may be 120/80 mmHg. Millimeters of mercury (mmHg) is the unit used to measure pressure. For this reading, you would read the blood pressure as 120 over 80.

WELLNESS CLUB

Next meeting is Feb. 4 CH 3

The Wellness Club is up and running again after a two-month hiatus. Meetings are on the first and third Tuesday of each month in Clubhouse 3, Room 2, at 2 p.m. The next meeting will be held on Feb. 4. Members are invited and encouraged to come and share their thoughts on topics, speakers and any wellness-related issues relevant to them. For any questions, more information or further clarification, please contact Charla Gae at (562) 446-0005 or Mark Harrington at (562) 889-9101.

—Charla Song

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.

Thursday, Jan. 30 — Beef taco salad with seasoned ground beef, chopped lettuce, cheese, tomatoes, beans, sour cream, tortilla strips, salsa, corn and bean salad, orange juice, vanilla ice cream, fresh fruit

Friday, Jan. 31 — French onion soup with crackers, open face hot turkey sandwich with gravy mashed potatoes, bread, cranberry sauce, Mandarin oranges

Monday, Feb. 3 — Bran muffin, milk, orange juice, low fat yogurt, butternut squash pasta with feta cheese, tomato and zucchini salad, dinner roll with Promise, Mandarin oranges, kung pao chicken, jasmine rice, Oriental vegetable blend and cake

Tuesday, Feb. 4 — Hardboiled eggs, milk, orange-pineapple juice, low fat yogurt, bread with Promise and sugar free jelly, heart healthy salad (garbanzo beans, corn, kidney beans, diced tomatoes, feta cheese with olive oil and lemon juice), dinner roll with Promise, cookies, meatballs with Swedish sauce egg noodles green peas, dinner roll with Promise, fresh orange

Wednesday, Feb. 5 — Oatmeal, milk, orange juice, low fat yogurt, raisins, chicken fiesta salad, carrot raisin salad, dinner roll with Promise, fruit crisp, pork tenderloin with mushroom gravy, mashed potatoes, California vegetable blend, dinner roll with Promise, applesauce

Thursday, Feb. 6 — Cottage cheese, milk, orange pineapple juice, bread with peanut butter and sf jelly thai chicken salad with dressing, crackers tropical fruit mix, fish with tartar sauce, cilantro lime rice, broccoli, dinner roll with Promise, fresh fruit

Friday, Feb. 7 — Multigrain Cheerios, milk, orange juice, low fat yogurt, cranberry basil chicken salad, quinoa salad, dinner roll with Promise, ambrosia stuffed pepper, brown rice, spinach, dinner roll with Promise, pineapple chunks

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Sports & Games

POKER TOURNAMENT

Ed Loritz wins Tournament

Ed Loritz won the final table on Saturday, Jan. 18, beating Barry Brideau with a flush while Barry had a straight. This is Ed's second final table win. He has been a club member since inception. Ed has lived in LW for 29 years. He is retired from a long sales career.

The other final table winners from third to last place were: Glenda Saunders, Judy Jasmin, Guta Basner, Sal Maciel and Glenn Everson. Susan Rose dealt the final table.



Ed Loritz

High hand was won by Silvin Maciel with a straight flush and the second highest hand was won by Dolores Cook with 6666A. The special promotion was two-three and won by Chung He Schmidt and Doug Wolfe.

The next regular tournament is Feb. 1 at Clubhouse 6. Doors open at 11 a.m., players need to arrive no later than 11:45 a.m. There is no late seating. Contact Guta Basner at (619) 850-6052 for more information. Free lessons are given by Barry Brideau, (714) 401-7622.

BOWLING

Wood leads with 555 series

Pindilicious continued their winning ways by sweeping Charlie's Angels. Gary Wood led the way with a 555 series, while teammates Sue Holbrook added a 156 and Joyce Ingram a 159.

Very Striking lost the first game to Strikingly Different, but came back to win three games. Dave Silva opened with a 202 and had a 584 series. Connie Terry rolled the high game for the ladies with a 170. Tom Kaczmarek of Strikingly Different had the high series of the day with a 190, 205 and 222 for a 617 series.

—David Silva



Meadowlark Golf Course, Huntington Beach, Jan. 17

MEN'S FRIDAY GOLF

Stivers and McKusky defeat a cool and wet meadowlark

The Men's Friday Golf League played on Jan. 17 at the par 72-5700-yard Meadowlark Golf Course in Huntington Beach. Eight men, one woman braved the foggy, chilly and damp start of the round and teed off at 7 a.m. The sunrise was beautiful and slightly hidden by the low fog caused by the earlier morning rain. By 9:30 a.m. the sun came out and took the edge off the cold. With plenty of water and sloping, elevated greens this golf club challenges everyone. This week's scores were pretty good considering the wet course.

A flight - First place, Gary Stivers, three under 69; second, Jim Goltra, one under 71 plus a birdie and fewest putts, 27; third, Dave LaCascia, 72; fourth, John Meter, 74 plus closest to the pin on the par three 140-yard seventh hole; fifth, Sam Choi, 77 and a birdie.

B flight - First place, Bill McKusky, 5 under 67 with two birdies and fewest putts, 28; second, Dennis Kotecki, 78; third, Liz Meripol, 79; fourth, Lowell Goltra, 80.

Both the Monday and Friday Golf clubs play at four local courses, all within 15 minutes of Leisure World, starting between 7-7:30 a.m., except holidays. The courses are David L. Baker in Fountain Valley, Meadowlark in Huntington Beach, Riverview and Willowick in Santa Ana. LW Men's Club membership is not required. Ladies, friends, spouses and family are welcome. 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. Holes-in-one, although infrequent, are generously rewarded. If interested, contact, Bill McKusky (562) 430-8618 or Gary Stivers, (714) 313-3697.

—David LaCascia

CRIBBAGE CLUB

Deady beats 56 players Jan. 21

Connie Deady was the big winner with a score of 846 followed by Bea Lossow at 838, Gary Jantzen at 835 and Dale Quinn at 827. Norm Martin had six games of 121. Eileen Dohl, Irvine Bernstein and Sylvia Clinton had no wins. There were 57 players on Jan. 21.

Connie treated the club to homemade carrot cake and dulce de leche ice cream in celebration of her birthday. Connie and Margaret Smith served.

The Cribbage Club meets on Tuesdays at noon, Clubhouse 1. Partners are not required. Play finishes by 3:30 p.m. We always have room for more players. Lessons are available for beginners and those that need a brush up. Call Patti Smith at (562) 242-4674, leave your name and number, she will arrange for lessons. All are welcome. Players should arrive by noon.

—Bobbie Straley



Guta Basner and Tom Pappas

POKER TOURNAMENT

Pappas wins Player of the Year

The Player of the Year Poker Tournament was held on Jan. 25. There were 25 final table winners from 2019 competing for the title. Ten people advanced to the final table.

Tom Pappas beat Guta Basner with a pair of Queens. Tom joined the club two years ago and has already won the final table three times. He is a retired restaurant owner and has lived in LW for eight years. His hobbies are golf and poker.

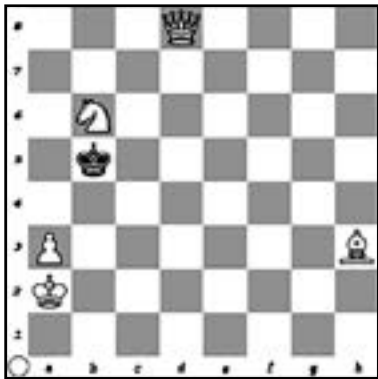
The remaining players from third to tenth place are: Lem Hall, Harry Seva, Dennis Kotecki, Wendy Wu, Joyce Smith, Larry Slutsky and Bill Clawson.

Poker Club is having Texas Hold'em tournaments the first three Saturdays of the month in Clubhouse 6. Be sure to arrive by 11:45 a.m. The tournament will begin at noon. For information contact Guta Basner at (619) 850-6052. For free lessons call Barry Brideau at 714-401-7622.

Chess Club Puzzle

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

Chess partners are available in Leisure World when the LW Chess Club meets from 1-6:30 p.m. on Fridays in Clubhouse 3, Room 7. Beginners are welcome for a free lesson.



CHESS, page 17

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WE CORDIALLY INVITE YOU TO JOIN OUR DENTAL FAMILY

COMMUNITY SING

Carmen Edwards will lead sing Monday

The Community Sing will meet Monday, Feb. 3, in the lobby of Clubhouse 3 at 6:30 p.m. Everyone is welcome. People who want to participate in Opening Acts should come at 6 p.m. to sign in with leader Carmen Edwards. Bring music for the pianist if needed.

Carmen will lead the sing-along and introduce her half-time guest, singer Ric Dizon.

On Jan. 13, Opening Acts began with Richard Yokobi singing “Always On My Mind” (accompanying himself on his amplified electric guitar). Then Chuck Zeman sang “That Lucky Old Sun,” followed by Byong Choi singing “When I Dream” (accompanied by Pat Kogok).

After opening acts, song leader Ethel Carter led group singing until 7:15 when she introduced “Mr. Hank” Barto, the half-time guest. He played a medley of tunes, including “Memories,” “Music of the Night,” “Send in the



Carmen Edwards

Clowns,” “Autumn Leaves,” “You Are My Sunshine” and “I Want to Be in America.”

The audience cheered and applauded loudly for Hank’s skillful performance. The musical evening ended with “Kumbaya.” Many thanks to pianist Pat Kogok.

—Ethel Carter

GENEALOGY CLUB

Workshops are Thursdays in CH 3

The Genealogy Club Library is now open five days a week. New hours are Monday-Friday from 1-4 p.m. The club is hoping to offer some weekend hours soon.

The Genealogy Library is located in Clubhouse 3, Room 10.

The club offers free workshops every Thursday from 1:30-2:30. Everyone is welcome to attend.

Upcoming workshops are:

Feb. 6 – Presidential Connections

Feb. 13 – Marriage Traditions

Feb. 20 – Ancestry DNA

Feb. 27 – The State of Virginia

The workshops are free.

—Janet Lessin

LEISURE TIME

New dance classes start on Monday

The Leisure Time Dancers invite everyone, including new members, to come to Clubhouse 6 on Mondays for ballroom dance classes. A class in Texas two-step starts at 2 p.m. and country waltz at 3 p.m.

In March, a country-western medley of cowboy polka will be added. It includes a 10-count polka, Cotton Eye Joe, for the second hour. Singles and couples are welcome.

Dancers rotate.

Cost is \$6 for one hour or \$10 for two. For more information, call instructor Richard Sharrard at (562) 434-6334.

VIDEO PRODUCERS

iPad classes are held on Tuesdays

Join iPad expert Fred Carpenter to learn new tips and tricks about the device and its camera and video capabilities.

There will be time to discuss specific problems people have. Everyone is welcome.

Classes are sponsored by the Video Producers Club on Tuesdays from 2-4 p.m.

The location is pending due to the relocation of the Video Producers Club.

For more information, call Carpenter at (310) 755-5925 or email sail1942@gmail.com.

COMMUNITY KARAOKE

Essie Hicks led off 40 singers last week

Perky Essie Hicks sang an animated “I Do, I Do, I Do,” leading the other 40 Community Karaoke singers on a busy Wednesday night in Clubhouse 1.

Carolyn Mottola gave out chocolates after singing “Candy Man.” Sandy and Richie Hyman have different tastes in music, one doing “Give Me One Reason” and Richie doing a lively “Twist & Shout.” The audience enjoyed love songs by Vickie Van Ert, Martin Rosendaal, Bob Barnum, Richard Yokomi, Mike Breen, David Noble, Tino Tupas, Culley Eaby and Shannon Harrison.

A couple out for a walk popped in as they were intrigued by the variety of voices and selection of music. They were enticed by crooners like Tony Tupas, Pete Tupas, Byong Choi and Ren Villaneuava, and sopranos Ruby Johnson and Susan Kelleghan. To mix it up, everyone got to sing along with Vito Villamor doing “Johnny B. Goode,” Bev Adams and Susan Kelleghan on “Country Road” and Wayne Urban in “In the Misty Moonlight.”

All 40 karaoke performers did a fine job on stage while people sipped hot coffee and snacked on donated treats. Everyone is



Essie Hicks

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

—Margie Thompson

LAPIDARY CLUB

CH 4 room closed

The Lapidary Room in Clubhouse 4 is officially closed until February.

The reopening date to be announced.

The room is closed for remodeling.

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 in class or email 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.

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

•**Leisure Time Dancers:** Texas two-step starts at 2 p.m. and country waltz, at 3, in Clubhouse 6 on Mondays 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:** Bolero is taught from 9-10 a.m.; the waltz, from 10-11 a.m., Saturdays, in Clubhouse 1; Candi Davis; instructor; dancers rotate. Sessions are \$5.

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

•**Zumba Club:** 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.

LW 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 Uno 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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NFL CHAMPIONS

Chiefs vs. 49ers game is Feb. 2

The GRF Recreation Department will screen the NFL Championship Game on Sunday on Feb. 2 in Clubhouse 4 on the big screens. The party starts at 3:30 p.m. This year, the GRF has added multiple monitors to enhance the viewing experience. Come with friends and enjoy complimentary snacks. For more information, call the Recreation Department at (562) 431-6586, ext 324.

“Letters to Julian,” the movie scheduled to be screened on Feb. 2, has been canceled.

It’s the NFL’s 100th season, and the Kansas City Chiefs vs. the San Francisco 49ers will bring a heavyweight matchup that will not disappoint when a dominant defense meets a dominant offense (and the hottest in the NFL postseason).

The game will be the first time these two teams have met a Super Bowl.

This is the first Super Bowl appearance for the Chiefs in 50 years.

The last time Kansas City made it this far, it was Jan. 11, 1970, when the Chiefs topped the Minnesota Vikings in Super Bowl IV for their first—and only—Lombardi Trophy.

This is the 49ers’ seventh Super Bowl appearance.

San Francisco went to five Super Bowls between 1981-1994 and won all five of them, then returned to the big game in 2012, when they lost to the Baltimore Ravens.

LA Phil Bus

The LA Philharmonic’s 2019-2020 concert season continues until May 22. Join the Long Beach Auxiliary of the LA Phil on its chartered bus to Friday matinee concerts at the Walt Disney Concert Hall.

For \$25 round trip (eight-concert season cost, \$160), people can board the bus at the Leisure World Amphitheater at 8:45 a.m., departing at 9 a.m. for a stop at the Los Altos Target parking lot on Bellflower Boulevard at 9:15 a.m.

Concert tickets (senior rates available) can be purchased from the Philharmonic ticket office by calling (323) 850-2000 or emailing information@LAPhil.org.

The remainder of the schedule is as follows:

- Jan. 31: All-Strauss
- Feb. 28: Ives 4 and Dvorak 9 with Dudamel
- March 20: Piatigorsky International Cello Festival: Haydn Concerto
- April 24: The Planets
- May 22: Dudamel Conducts Norman and Prokofiev

Contact Laurie Gilmore, (949) 584-6267 or gilmore21@earthlink.net for bus service information and reservations.



Joyful Line dancers got together for unplanned group photo with demonstration teacher Jojo Weingart (back, center in black).

JOYFUL LINE DANCE

Big group of happy dancers is seeking full time teacher volunteer

The Joyful Line Dance Club meets on Wednesdays from 3-4:30 p.m. in the lobby of Clubhouse 3 for enjoyable exercise. Members learn new music and new steps to make the class fun.

The club began classes in February 2014 to provide everyone with an opportunity to improve

emotional and physical fitness in retirement, and get a chance to socialize with others.

The club specifically encourages men to come to class and learn to line dance. Currently the club has more than five male members who like to learn different dances every Wednesday

afternoon.

Jojo Weingart, Hui O Hula teacher, demonstrated the latest from a 2019 line dance called “Get Up” at the Jan. 22 class to the delight of everyone there. Her artistic and lovely movements and exciting new music captivated the crowd. She will return as often as

she can to teach. The club appreciated her volunteering.

Currently the club is looking for a volunteer to teach students who love to learn.

To find out more about teaching or to try out to teach, contact Anna Derby at (562) 301-5339.

—Anna Derby

LB Symphony Bus

The Long Beach Symphony will provide bus transportation to attend its classical concert celebrating the rich heritage of music composed based on folk melodies of the America, particularly the USA and Mexico. The concert will be held on Saturday, Feb. 8, at 8 p.m.

Anyone interested in round trip bus transportation can meet the bus no later than 5:30 p.m. at the bus loading area in front of the Amphitheater near St. Andrews Road.

Although many Leisure World residents have been riding the bus and have already purchased single or season bus tickets, new bus riders may purchase the round trip tickets at the bus for \$16 each with cash or a personal check. Correct change is appreciated.

People who want to purchase concert tickets or bus tickets using a credit card or who want more information about the concert can contact the Symphony Box Office at (562) 436 3203 or www.Long-Beachsymphony.org or Bev Emus, Leisure World Bus co-hostess, at (562) 296-5586.

Dancers & Mixers

Everyone is invited to Dancers & Mixers Valentine dance on Monday, Feb. 4, in Clubhouse 4 from 7-9 p.m. Linda Herman will provide live dance music to sweep your sweetheart away. Partners are generally not needed, as there is a mixer and some line dancing. Feel free to bring favorite goodies. Yearly membership dues are now payable. For more information, call 431-1257.



The first-place winners at Jan. 14 Art League competition were Vicky Mayhew (l-r), masters; Alice Sioson, popular vote; and Diana Harrison, intermediate. LW artists are welcome to attend the Art League meetings on the second Tuesday at 7 p.m. in Clubhouse 4.

PHOTO ARTS

Club sponsors contest with cash prizes

The Photo Arts Club is sponsoring a contest focusing on Main Street, Seal Beach, between Ocean and Pacific Coast Highway.

The best of three photos will be judged at the club’s regular meeting on Thursday, Feb. 13, at 1:30 in Clubhouse 3, Room 9.

Everyone is welcome to enter up to three photos. Prizes are \$100 for first, \$50 for second and \$25 for third place.

The photos may be in black-and-white or color, and must be mounted in a 16-by-20 inch mat.

Photos will be judged on subject matter, composition, interest, creativity, focus, lighting and technique.

For more information, call Regine Schumacher at (562) 430-7978.

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The Velvetones will play in Clubhouse 1 on Sunday, Feb. 2. This is a change from the band’s usual venue of Clubhouse 4. Lori Banta and Dennis Bryan will perform with the big band starting at 6 p.m. Admission is free and all are welcome.

GRF WEEKLY DANCE

Velvetones bring big ballroom to Clubhouse 1

Due to the “Big Game” this Sunday, the Velvetones will play in Clubhouse 1 instead of Clubhouse 4, its usual location. The music starts at 6 p.m.

The Velvetones is Leisure World’s own professional big band.

Whether it be a well-known big band standard, contemporary jazz showcase, sentimental vocal ballad or a hard-swinging brass feature, the Velvetones provides a unique and complete package of musical entertainment.

The Velvetones normally play at LW Clubhouse 4 on the first and third Sundays at 6 p.m.

Their concerts are free, but tips are acceptable and appreciated.

People are asked to observe the following:

- No table saving; doors open at 5:30 p.m.
- People must be out of the clubhouse no later than 10 p.m. to permit adequate time for the custodian to tear down tables and chairs, and arrange the set-up for the following day.
- No announcements are permitted from the stage, except by the bands.
- Clubhouse lighting and audio-visual equipment can only be adjusted by the custodian according to the instructions they have been given.
- Everyone is asked to sign in, either as a resident or guest, in the spot provided.

This is the only way GRF can judge the popularity of your favorite bands.

—from the Recreation Dept.

SBTV Channel 3

SBTV-3 airs on TWC-Spectrum Channel 3, Frontier Fios Channel 37 and online streaming at sbtv3.org/schedule . Have Roku? Go to http://roku.streamsource.tv/add/sbtv . The playback schedule is available at SBTV3.org .		
Thursday, Jan. 30		
4 pm	No Snow	11 pm Vintage Vehicles
4:21 pm	LW Yoga	11:30 pm Bob Cole Conservancy
4:30 pm	Harmonizing Humanity	Tuesday, Feb. 4
5 pm	Choral December 2019	4 pm Harmonizing Humanity
6 pm	SB Christmas Parade	4:30 pm LW Yoga
7:30 pm	Velvetones December 2019	4:37 pm LW Tree Lighting Event
8:20 pm	McGaugh 1st Grade 2019	5 pm Dove Sonza’s 75th
9 pm	Studio Cafe	6 pm Dixieland Jazz Band
10 pm	Vinyl Rock	7:10 pm Doo Wop Christmas
Friday, Jan. 31		
4 pm	LW Tree Lighting	8 pm Velvetones
4:10 pm	Doo Wop Christmas	9 pm Studio Cafe
5 pm	Bob Cole Conservancy	10 pm Cerritos Center,
5:50 pm	Dixieland Jazz Band	
7 pm	SB Christmas Parade	
8:30 pm	Sea Inside	
9 pm	Cerritos Center- Bronx Wanderers	
10:45 pm	Aquarium of the Pacific	
11 pm	Vintage Vehicles	
Saturday, Feb. 1		
4 pm	LW Yoga	
4:07 pm	No Snow	
4:30 pm	Harmonizing Humanity	
5 pm	McGaugh 4th Grade Go West!	
5:45 pm	LW Tree Lighting	
6 pm	Chorale December 2019	
7 pm	Studio Cafe	
8 pm	LAUSD	
10 pm	SB Christmas Parade	
11:30 pm	Bob Cole Conservancy	
Sunday, Feb. 2		
4 pm	SB City Council 1-27 Replay	
5:30 pm	McGaught 1st Grade 2019	
6:15 pm	McGaugh Pageant of the Arts	
7:30 pm	McGaugh Go West!	
8:30 pm	Velvetones December 2019	
9:20 pm	LW Yoga	
9:30 pm	Bob Cole Conservancy	
10 pm	Cerritos Center Voodoo Daddy	
Monday, Feb. 3		
4 pm	No Snow	
4:24 pm	Dixieland Jazz Band	
6 pm	Studio Cafe	
7 pm	SB Planning Commission Mtg.	
8:30 pm	Ocean Perspectives	
9 pm	Vinyl Rock	



Leisure Whirlers dancers get ready for Valentine’s Day.

LEISURE WHIRLERS

Cupid’s Heart party is Feb. 7 at 6:30

Leisure Whirlers Square Dance and Round Dance Club will hold a Cupid’s Heart party on Friday, Feb. 7, in Clubhouse 4 from 6:30-9:30 p.m.

Pre-rounds are from 6:30-7 p.m. Square and round dances are alternated from 7-9 p.m., when the potluck and socializing start. Singles and couples are welcome. There is a singles rotation so everyone can dance. Cost is \$7 per person. For more information, call Lenore Velky at (562) 799-9482.

Square Dance Class

Classes are held every Monday from 7:30-9:30 p.m. Come to have fun and/or brush-up on dancing skills. Singles and couples are welcome. There is a singles rotation so everyone can dance. Classes are held at the Garden Grove Women’s Club, 9501 Chapman Ave., in Garden Grove. For more information, call Mel Branham at (714) 803-0250. A new class for beginning dancers will be starting the first Monday in March.

Friendship Club Computer Classes

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. Instructors Jeff Sacks, Bob Cohen and Miryam Fernandez teach the classes.

The schedule is as follows:

Monday, Jan. 27: Clubhouse 3, Room 4
11 a.m.—iPhone/iPad App Store (Cohen)
Noon—Prepare for the CA DMV Test (includes Real ID info) Sacks

Tuesday, Jan. 28, Clubhouse 3, Room 7
1-3 p.m.—Understanding the Cloud (Cohen)

Monday, Feb. 3, Clubhouse 3, Room 4
11 a.m.—Google Translate, How to be Fluent in 103 Languages (Cohen)
Noon—iPhone Basics Part 2 (Fernandez)

Monday, Feb. 10, Clubhouse 3, Room 4
11 a.m.—Beginning Android (Sacks)
Noon—Beginning Chromebook (Sacks)

Monday, Feb. 17, No Class, Presidents Day

Monday, Feb. 24, Clubhouse 3, Room 4
11 a.m.—Use Your Voice-Alexa, Siri, Google Assistant (Cohen)
Noon—Prepare for the CA DMV Test w Real ID info (Sacks)

Tuesday, Feb. 25, Clubhouse 3, Room 7
1-3 p.m.—How to Choose Your Next Computer (Sacks)
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.

Opera Club

Everybody is invited to come and watch “Don Carlo,” Part 1, in Clubhouse 3, Room 1, on Tuesday, Feb. 4, at 1:30 p.m. Verdi composed this opera about political, religious and romantic intrigue based on Schiller’s play “Don Carlos,” recounting 16th-century tales about the Spanish Inquisition. This 1983 production at the Metropolitan Opera is visually and musically sumptuous, featuring Placido Domingo in the title role with Mirelli Freni and Grace Bumbry in the women’s roles. The conductor is James Levine. Club member Lucy Poropat will share her knowledge of this opera with us.

In Act 1, France and Spain are at war but Don Carlo, heir to the Spanish throne, has nevertheless come to Fontainebleu to get to know Elizabeth de Valois, princess of France, to whom he is betrothed. However, as a condition of peace, King Henry II of France bestows the hand of his daughter Elizabeth in marriage to Don Carlo’s father Phillip II of Spain.

Act 2 depicts Con Carlo contemplating his beloved who is now his stepmother, as the third wife of King Phillip II. Don Carlo bemoans his fate to Roderigo, Marquis of Posa, who enlists Don Carlo in coming to Flanders to put an end to Spanish oppression there. The stage is now set for further intrigue in Part II, which will be shown Monday, Feb. 10, at 1:30 at Clubhouse 3, Room 2.

The opera is sung in Italian with English subtitles. No dues or fees are collected. The room is open at 1 p.m. but not before. No dues or fees are collected. For further information, contact Bev Emus, Club President at (562) 296 5586 or beverly90740@gmail.com.

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 Clubhouse 3, Room 12, from Monday-Friday from 10 a.m.-noon.

MYSTERY INK BOOKSTORE

Author to discuss his novel ‘Deep State’

Author Chris Hauty will discuss and sign his novel, “Deep State,” at the Mystery Ink Bookstore, 8907 Warner Ave., No. 135, Huntington Beach, on Saturday, Feb. 8, at 2 p.m. For more information, call (714) 960-4000.

Jack Carr, author of “The Terminal List” and “True Believer” praises the book: “The plot... rings eerily true in a novel that will keep you turning the pages well into the night.

Be warned, you might not look at newspaper headlines the same way come morning.

In a country with a government of the people, by the people and for the people, is the Deep State really pulling the strings?”

Employed for the last 30 years as a screenwriter, Chris Hauty has worked for every major movie studio in nearly all genres and in collaboration with Hollywood professionals ranging from Mel Gibson to Jessica Alba.

He currently lives in Venice, California, in the company of a classic Triumph motorcycle and a feral cat.

“Deep State” is his first novel.

Community

SUNSHINE CLUB

LW Weekly editor shares 37 years of LW experiences

Cathie Merz, editor for LW Weekly, will be the guest speaker at the Sunshine Club on Friday, Jan. 31, at 10 a.m. in Clubhouse 3, Room 2. She has been with the Leisure World newspaper for nearly four decades.

During her tenure, Cathie has met many shareholders and witnessed many Leisure World occasions. She will share about experiences with LWers and highlights of her 37-year career in LW before she retires on Feb. 20. It will be one-of-kind presentation.

Did you know that she received a BA in home economics-housing design from California State University, Long Beach? She was also sports reporter for football on local radio stations and a community reporter for the San Bernardino Sun Telegram and Rialto Record while in high school. After 40 years at Leisure World newspaper, give or take a couple of years to have children, she has held almost every position at the newspaper.

The Sunshine Club is honored to have worked with Cathie as its incomparable Community Editor. She contributed an invaluable amount of effort for club's success and growth in nine years, starting with a club's banner and graphic to encourage everyone to get along.



Cathie Merz

The club logo with everyone holding hands was her idea too.

The Sunshine Club is designed to help all people to get along in the community and for neighbors to have better communication, while getting the best out of living in Leisure World by learning how to use available information. The club uses LW Weekly as a textbook to go over LW news, general columns, etc.

The Sunshine 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. They are invited solely to provide information. Any interaction with the business outside of the meeting is "on-your-own."

The club encourages shareholders to arrive 10-15 minutes early to get a seat and enjoy refreshments before the meeting.

The club promotes saving the earth by asking participants to bring a mug whenever possible.

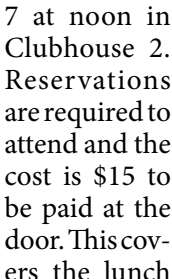
The Sunshine Club meets on Fridays in Clubhouse 3, Room 2, except the first Friday in Room 9, from 10 a.m.-noon. All shareholders are welcome to attend; no membership required. For more information, call Anna Derby at (562) 301-5339.

Anna Derby at (562) 301-5339.

CALRTA

Author is guest at Feb. 7 luncheon

Division 56 of the California Retired Teachers Association will have its luncheon meeting on Feb.



7 at noon in Clubhouse 2. Reservations are required to attend and the cost is \$15 to be paid at the door. This covers the lunch and program. Ron McDonald

Reservations can be made by calling Sue Grimsley at (562) 431-3083. Payment is required unless cancellations are made no later than Feb. 5.

The lunch will be catered by The Loft restaurant. The meal will consist of macaroni and cheese, short ribs, bacon fried rice, desert and beverages.

Ron McDonald will be the speaker. He is the author of a book titled, "Arlington Anthology-Field of Honor." He will speak about those buried in Arlington Cemetery.

A portion of the profits from his book is donated to the Gary Sinise Veterans Foundation.



Community bingo is played Sunday

Community bingo, hosted by the American Legion, the Legion Auxiliary and the Filipino Association of Leisure World (FALW), is played on Sundays in Clubhouse 2. The doors open at 1 p.m. with the first call at 1:30 p.m.

Complimentary refreshments are served.



The Blue "B" bus route will be featured this month.

MINIBUS

Orientation sessions are Feb. 6

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, Feb. 6, 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, call Fleet Manager Grant Winford at 431-6586, ext. 372.



Rita Fueyo (l-r), Sue Warnke and Barbara Maas will return calls left on the GAF answering machine to schedule appointments for the GAF tax program.

GAF

Time to make tax appointment

The AARP Tax-Aide Program sponsored by the Golden Age Foundation begins Monday, Feb. 3. Volunteers will prepare and e-file returns on Monday, Tuesday and Wednesday mornings. Call (562) 596-1987 and leave your name and telephone number on the GAF answering machine. A volunteer will return the call to schedule an appointment.

To participate, you must be a full-time California resident and qualify to file as single or married filing jointly. The following records should be brought to the appointment, if they are applicable to you:

- Social Security card, required
- Driver's license, State issued ID, Passport or Leisure World photo ID
- Copy of 2018 Federal and State returns
- Forms 1099 for interest, dividends, pensions, social security benefits, sales of stocks
- Cost of stocks and bonds that were sold during 2019
- Form 1095-A if you purchased medical insurance through Covered California
- Forms W-2
- For itemized deductions, prepare and total a list of medical expenses, charitable contributions, taxes, interest and other deductions. Bring the list along with the organized receipts
- Copy of a check if you want a refund to be deposited into your checking account

Note that individuals with rental property, a net loss from self-employment or out-of-state tax returns are not in-scope for this program.

An Intake/Interview Sheet (Form 13614-C) *must* be completed for each return that is prepared. For your convenience, the form is available in the Leisure World Library. Pick up the form and complete it in advance.

The Tax preparation room is in Clubhouse 6, Room A, on the second floor. The process will take at least an hour to have the documents input, reviewed and the return prepared.



Golden Age Foundation volunteers, dressed in red vests, will be available to help get papers to the shredder truck on Feb. 6.

GOLDEN AGE FOUNDATION

Shredding, donation trucks coming

The Golden Age Foundation will sponsor free shredding and donation trucks in the Clubhouse 2 parking lot on Thursday, Feb. 6, from 10 a.m.-noon to help shareholders get rid of unwanted papers and items and get a jump-start on Spring cleaning.

Shareholders are reminded to remove staples and paper clips from papers for shredding. Contaminated bags will be turned away.

The Salvation Army is looking for donations of clothing, small household items, things that can be carried into the truck, and small e-waste items, note pads, cell phones. All items should be clean. Large pieces of furniture will not be accepted.

Golden Age Foundation will also collect small batteries for disposal during the event.

The service lines close at 11:30 a.m.

The next shredding and Salvation Army truck service will be in June; every four months. The exact date will be announced in May.

The Golden Age Foundation is a nonprofit 501(c) (3) charitable organization dedicated to serving the special needs of Leisure World shareholders. The foundation was established in 1973 by members of the Board of Directors of the Golden Rain Foundation.

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



Sylvia Makus and Flo Nesland are the official scorers for the Y Service Club Triviamania games.

Y SERVICE CLUB

Purchase Triviamania tickets for Feb. 15

The Y Service Club is offering home delivery for tickets to the Triviamania game on Saturday, Feb. 15, starting at 1 p.m. in Clubhouse 2. Call Bill Denton at (562) 209-0816 to order tickets and to arrange for delivery. Bill is also the guy you call for questions about the event. Tickets are \$10 each, payable by cash or check. Tickets can also be purchased at the door on Feb. 15.

Triviamania is a fun and challenging Jeopardy-type game customized for seniors. The club has come with exciting new questions on a variety of topics. Tables of up to eight people put

AMERICAN LEGION

Pancake breakfast is Feb. 22

The American Legion Post 327 will host the first pancake breakfast for 2020 on Feb. 22 in Clubhouse 2.

The breakfast will run from 8-10:30 a.m. All are invited. It's a great way to share a meal with friends and neighbors.

All members of the Post and Auxiliary have been mailed tickets. Tickets will also be sold at the door for \$5 per person.

All members should call Lee Esslinger for job assignments.

their heads together to come up with the correct answers. Singles, couples, and groups all welcome.

Social quiz type games are a great way to exercise your brain while meeting new friends and enjoying a fun afternoon. The winning table earns three times its buy in; with the second-place winners earn two times its buy in; and the third place table getting its buy-in money back. Water and snacks are available for purchase.

Proceeds from the game help support YSC programs associated with the local YMCA and projects that benefit the Leisure World community.



The Post continues to sponsor bingo on Sundays in Clubhouse 2. This is a great way to support local veterans. The men are also planning special lobby games before the bingo registration begins at 1 p.m.



LW DEMOCRATIC CLUB

Members prepare for March 3 Primary Election

The LW Democratic Club has been busily preparing for the March 3 Primary Election. The club's goal has been twofold. Members have been writing letters designed to reach every Democratic and No Preferred Party potential voter in Leisure World early next month. These letters address changes in how the voting will take place as well as stress the importance of voting in this primary.

In addition, the club's meetings have featured presentations by its endorsed candidates, Congressman Harley Rouda and Garden Grove City Councilwoman Diedre Nguyen who is running to replace Republican Tyler Diep in the California State Assembly. In the middle of all this activity, several members joined Congressman Rouda in attending the Women's March 2020.

Interested voters are encouraged to attend the club's next membership meeting on Wednesday, Feb. 19, in Clubhouse 4 at noon. The program will feature presentations by several primary election candidates for the Orange County Central Committee who are endorsed by



Tony O'Dell Rogers
WOMAN'S CLUB

Rogers returns for Valentine's meeting Feb. 4

The Woman's Club regular meeting will be Tuesday, Feb. 4, in Clubhouse 2 at 1:30 p.m. The theme is Valentine's Day and members are encouraged to wear Valentine-themed outfits including hats.

Tony O'Dell Rogers will be back as entertainer for the Valentine's Day celebration. Tony entertained last February and was fabulous with his rendition of Sinatra, Dean Martin and others noted for a distinctive style.

The club's philanthropic gift for February will be donated to "The Day You Were Born," a non-profit program dedicated to providing a small family birthday party for children who would not otherwise have a celebration due to their unfortunate circumstances. Unwrapped donations for 2- to 12-year-old children such as clothing, educational items, games, backpacks, etc., are appreciated.

Refreshments will be served following the entertainment portion of the meeting. Leisure World women are welcome to attend as guests. To become a member, contact Membership Chair Penny Wright at (562) 799-9486.



Congressman Harley Rouda (r) with LWer Bev Bender at the Women's March 2020.

the club. This committee is the governing body of the County's Democratic Party. Despite its importance, the work of this committee is not well known by most voters. The Central Committee is responsible for the party's endorsement of candidates for local offices such as members of city councils and school board, as well as for coordinating campaign activity throughout the county. LW Democratic Club President Mary Tromp is running for one of the six 72nd Assembly District open seats on the committee.

The California Democratic Party announced that it will open a campaign office in Huntington Beach. Several candidates

running for office will be in attendance at the formal opening on Feb. 1. All Democrats are invited. For more information or to volunteer to help, contact Club President Mary Tromp at (562) 412-0898.

The next important election in which all Leisure World Democrats can take part will be on Sunday, April 19, when voters will caucus in their individual Assembly districts to select delegates to the Democratic National Convention in Milwaukee, Wisconsin, July 13-16. Any registered Democrat can run to be a delegate but the deadline for filing is March 3. For more information, call (562) 296-8521 or go to the club's website (address below).

Plans are also underway for hosting a Leisure World town hall in September during which all voters, regardless of party, will be invited to hear from Congressman Harley Rouda.

Readers should email lwsb-democraticclub@gmail.com or go to the newly updated website sblwdems.wordpress.com to learn more about the Democratic Club. A calendar of both club and related events is included on the website. All LW Democrats and their supporters are invited to participate.

LW REPUBLICANS

Deposit ballots at GOP booth

The LW Republican Club has designated every Friday as "Red Hat Day" at its booth in front of Clubhouse 6, the gym and table tennis building. Individuals who support the Republican Party are encouraged to proudly show their colors on that day. Red ball caps with USA in huge white letters will be available for sale.

The booth will be open and ballots will be received on Mondays, Wednesdays and Fridays until Feb. 21, and Monday-Friday from Feb. 23-March 3. Ballots placed in the dropbox at the booth will be turned in to the Registrar of Voters office in Santa Ana each day.

The fire station on North Gate Road, just outside Leisure World, will be an official Vote Center. Residents will be allowed to register to vote and/or cast their ballots starting Feb. 3, every day including weekends.

For confirmation that your voter registration was received or that your ballot was mailed to your residence call the OC Registrar of Voters at (714) 567-7600 or go to the website www.ocvote.com.

People visiting the GOP booth can also sign petitions to recall Gov. Gavin Newsom.

Residents who have trouble getting to the booth can call (714) 771-0273 and leave a message with contact information.

At the next meeting, Feb. 19, club members will discuss the new Proposition 13, which undermines the original Prop 13 that has been law since 1978. Prop 13 states that property taxes cannot be raised by more than 1 percent a year.

Another issue that will be discussed is Assembly Bill 5, which reclassifies most independent contractors as employees. Up until Jan. 1, when the law took affect, workers who set their own hours and were not told by the company how to do their jobs could be considered independent contractors. The new law requires that independent contractors must not be involved in doing work in the same type of business as the company they do the work for. The new law is considered to be a major job killer, especially by small businesses.

The Republican Club meets the third Wednesday of each month at 7 p.m. in Clubhouse 3, Room 2.

Residents who have any questions about the club or how to volunteer can call David Harlow at 335-0779.

—Brian Harmon

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GRAND OPENING

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Our Realtors are trained professionals who work *exclusively* in Leisure World. Every sale we make returns income to the Golden Rain Foundation, and every resident enjoys a reduction in their monthly fees!

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Escrow Officer



Verna Chumley
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Marsha Gerber
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Maryann Shaddow
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Everyone is Invited!

FRIDAY, JANUARY 31ST

Light Refreshments Will Be Served All Day



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INVESTMENT FORUM

New rules affecting retirement is topic

The Investment Forum will meet on Tuesday, Feb. 11, at 2 p.m., in Clubhouse 3, Room 6.

February’s presentation will be: “A New Guide to Retirement.”

The federal government recently made major changes that could have a significant impact on retirees. With the passage of the SECURE ACT, dozens of new laws, impacting 401(k)s, annuities, IRAs and taxes have gone into effect this year. We will briefly explain some of those provisions and what their impacts may be. The new rules could provide tax benefits to some and tax hurdles for others. Questions are appreciated and encouraged. Curiosity and suggestions for future topics and presentations are welcomed.

For over 30 years, the Investment Forum has been commit-

ted to informing and educating Leisure World residents by presenting monthly discussions on timely, critical financial topics and current economic trends. The Forum is committed to providing residents the information, knowledge and confidence, essential to making more informed and effective financial decisions.

Presentations are sponsored by Stratos Wealth Management Group, an independent RIA (Registered Investment Advisor) of LPL Financial.



Young Charles Darwin

LW HUMANISTS

Darwin Day will be celebrated Feb. 2

Come celebrate Darwin Day with the Leisure World Humanists on Sunday, Feb. 2, at 11:30 a.m. in Clubhouse 4, Room 1.

Members will honor Darwin’s theory of evolution with a free lunch, a panel of speakers who will give short presentations on Darwin’s life and a Darwin quiz with prizes.

Notice that in honor of Darwin, the club arranged to meet an hour later than usual so people can sleep in on that Sunday. The club will meet at 11:30 a.m. instead of 10:30 a.m.

Italian-American Club resumes meetings Feb. 5

The Italian American Club begins the new year on Wednesday, Feb. 5, at noon in Clubhouse 4. There was no meeting in January as the regular club time fell on New Year’s Day.

There will be a \$5 baked potato bar. Membership, \$10, is due and payable at that time as well.

For reservations, etc., call Sunny Beech at 355-2918. All Leisure World residents are welcome.

Space is available for obituaries of residents and former residents.

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

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

SILVER FOX

Car club will visit Chip Foose Design

On Tuesday Feb. 4, the Silver Fox Car club will go to Chip Foose Design in Huntington Beach to tour the shop.

Chip Foose is well-known for his “Overhaulin” Television show. There is no charge for the tour, but participants must be there no later than noon to get in.

The club will leave from the Clubhouse 3 parking lot at 11:15 a.m. Non-members are welcome.

The club’s regular meeting is on Tuesday, Feb. 1, at 6 p.m. in Clubhouse 3, Room 3.

Other upcoming events are the car show in San Clemente on Feb. 22 and the Garden Grove car show on March 20.

All events are free and open to all car enthusiasts. Visit the club’s Facebook page for more information.

Brugma, Darline
1929-2020

Darline Brugma, Mutual 5, died Jan. 20, 2020.

Darline was born on March 31, 1929, in Ulen, Minnesota, to Herman Kline and Mary (Leonhardt) Kline. At a very early age, the family moved to Moorhead, Minnesota, where she attended elementary school, high school and Moorhead State College (now a university).

While in college she met and married Charles Kellett in 1949. Following his death in 1953, she moved to California and was employed at Douglas Aircraft in the engineering department as an executive secretary. It was here that she met Fred Brugma. They were married in 1958. They along with their daughter Lisa, enjoyed extensive family travels. Darline was always active in church and volunteer work.

After her husband retired they spent several years with Church World Relief Disaster Response.

They moved to Leisure World in 1998. She was an active member of Leisure World Community Church, and a member of PEO Sisterhood, Woman’s Club and the American Legion Auxiliary. She was an avid bridge player and a member of several bridge groups.

She was preceded in death by her husband, parents, four sisters and two brothers.

She is survived by her daughter Lisa (Craig); two grand-

daughters, Emily and Elaine; and a great-granddaughter, Claire; a great-grandson, Cade; and numerous nieces and nephews.

Services at Leisure World Community Church will be held on Saturday, Feb. 22 at 10 a.m. A light lunch will be served following the service in Edgar Hall.

...

In Memoriam

- Jacob Zawilimaki 20
 - Mary Jane Thomas 83
 - Joseph Affatato 81
 - Shannon Jackson 56
 - Anne Trevaux 88
 - Nester Gomez 83
 - Darrell Rogers 90
 - June Williams 82
 - Israel Gaitan 66
 - Carol Mannette 73
 - Antonio Benavides Jr. 69
 - Arlene Johnson 73
 - Troy Isaac 50
 - William Bliss 79
 - Dominick Demone 58
 - Daniel O’Brien 27
 - Maynard Quesenberry 90
- Families assisted by
McKenzie Mortuary,
961-9301

—paid obituary

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.

The office is open Tuesday-Friday.



Bus departs
LW for Pauma

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

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



Leisure World Shareholders with signs gathered in the patio area of Clubhouse 5, Room B, prior to the GRF Recreation Committee meeting on Jan. 6 to protest and to draw attention to GRF Policy 70-1203-1, Section 1.4, which eliminated and combined several clubs including yoga, pilates and bridge, among others.

RECAP
from page 5

of pending changes in operations and procedures as deemed in the best interest of the Recreation Committee to fulfill Policy 70-1447-1, as presented.

Security, Bus & Traffic Committee –Amend 80-5538-1, Bus Safety Rules

MOVED and duly approved to amend 80-5538-1, Bus Safety Rules, which identifies the type of hand-pulled carts allowed on the buses at the driver’s discretion, adds “assistive devices” to the items that must not protrude into the aisle, establishes a prohibition of pets, except for registered service animals on the buses, specifies the rules for transporting pets on the buses, for GRF approved pet event days, and affirms the bus drivers’ authority.

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Travel

The Future of Tourism

As we enter not just a new year but a new decade, I believe that there has never been a greater time for travel and tourism.

Last decade marked the first time that one-billion people traveled across an international border as a visitor in a single year. That’s over a billion people who have made travel and tourism a profound force for good, moving national economies, societies, identities and possibilities forward like no other sector could.

But just like the new opportunities for the tourism industry and the communities tourism impacts, it will also create a myriad of challenges.

The good news? Those communities and organizations that start preparing now are the ones that will collect on their early investment in the decade to come.

Responsible tourism and destination stewardship:

Some are calling it the Greta Effect. Last year Greta Thunberg, the young Swedish environmental activist, made headlines after making the trip across the Atlantic to attend a United Nations climate summit via catamaran, outfitted with solar panels and hydro-generators to minimize her carbon footprint. Around the same time, the flygskam (shame to fly, in Swedish) movement was taking off, encouraging travelers to stop taking flights in an effort to lower carbon emissions.

Destination diversification:

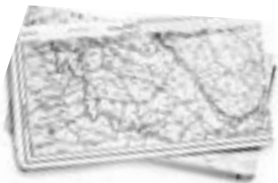
The new year will also see an increase in destination diversification among travelers, or what some have called second-city travel, meaning the exploration of lesser-known destinations in a bid to reduce over-tourism and protect the environment. Over half of global travelers want to play a part in reducing overtourism, while would swap their original destination for a lesser-known but similar alternative if they knew it would have less of an environmental impact, according to *Booking.com*.

The risk is that in today’s digital media climate, these so-called “second cities” can quickly become overrun with visitors themselves. Such was the case for Lake Elsinore, California. Last year, the city of roughly 63,000 people was invaded by visitors during a poppy super bloom. With more than 50,000 visitors a day coming to enjoy the spectacular wildflower experience, the city was unable to manage basic services and eventually shut down the canyon.

Because of this, second-city destinations are beginning to plan for growth in a more strategic manner. Such is the case with Richmond, Virginia, which last year engaged in the development of a 10-year tourism master plan. Richmond is a destination poised for growth. The city was listed on the New York Times list of 52 Places To Go In 2020. By 2030 the Richmond region is expected to welcome more than 9 million visitors. In anticipation of this growth, Richmond Region Tourism developed a Tourism Master Plan in an effort to be thoughtful about how the quality of the visitor experience can be balanced with the quality of life for residents; about the kinds of visitors who would most appreciate the region’s character, its people and its offering; and how the region can responsibly grow its tourism industry for the benefit of all in the community.

—Travel Expert at resonancececo.com

On the Go



Day Trips

Harrah’s Rincon — Seven days a week, free, Amphitheater, 7:30 a.m., (877) 777-2457 ext. 4704

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

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

Pala Casino — Tuesday, Thursday, Saturday and Sunday, Amphitheater 8 a.m. (713) 623-4643

Overnight Trips

The best bands in bluegrass — Feb. 24-28, Long Beach, Catalina, Ensenada, day at sea, Long Beach. Danny Stewarts bluegrass cruise by Carnival Inspiration. Contact Ellen Brannigan, (310) 890-2368.

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

Windy City Getaway — April 26-May 1, Chicago River Cruise, Willis Tower Skydeck, Frank Lloyd Wright’s Home & Studio and more. A Meridian Guided Travel (714) 871-8520

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

Alaska Cruise — May 16-30 Roundtrip from San Pedro, Incredible Golden Princess amenities till Feb. 29, Joanna Matos, Traveling Tigers Club, (562) 598-1849

Baseball Games and Hall of Fame — July 22-29, six teams, four ball-parks, four games, motor coach sightseeing tour from Newark, NJ of four states, Joanna Matos, Traveling Tigers Club, (562) 598-1849



Earlene Sutherland

Celebrate one of the most majestic means of transport with a peaceful hot air balloon flight over the rolling hills and lush vineyards of the Temecula Valley. Visitors can take in a panoramic view of Southern California’s unique topography, beautiful estates, and awe-inspiring scenery with sunrise flights, available year-round to explore the subtle seasonal changes that take place throughout the valley. Go to visitemeculavalley.com for more information

Laughlin Trip Set for April 20-22

The Womans Club of Seal Beach annual bus trip to Laughlin, Nevada is scheduled for April 20-22.

The fund raising event is one of many events that the club sponsors during the year, supporting local organizations, student and civic activities.

The fun-filled event includes the charter bus to and from Laughlin, two nights at the Edgewater Hotel and two free meals at the hotel. \$150 single; \$120 per person double occupancy. The bus leaves from the Seal Beach Community Center at 151 Marina Dr., at 8 a.m., April 20, and returns about 5 p.m., April 22. Parking passes are available for those wishing to leave their cars at the center.

Registration information is available by calling Marilyn Van Dyke at (562) 434-7113 or (310) 560-3782.

—Marilyn Van Dyke

TRAVELING TIGERS

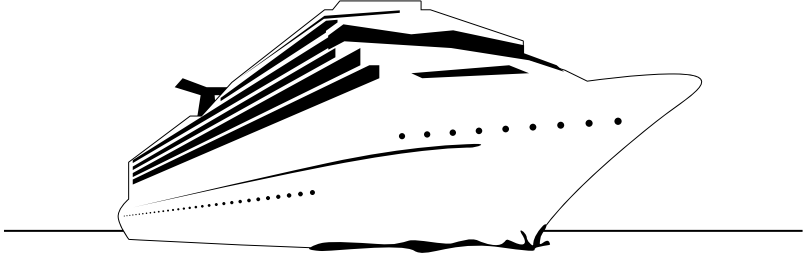
Alaska set for May 16

The Traveling Tigers next trip is set for Alaska on May.16-30.

A 14-day Alaska Inside Passage with Glacier Bay and Victoria Canada cruise on the Golden Princess ship. Traveling roundtrip from San Pedro (Los Angeles Cruise Terminal).

Amenities included are unlimited Beverage Package, unlimited Wi-Fi, Gratuities and \$100 deposit for those who reserve by Feb. 29.

Cabins start at \$1,899 plus taxes, fees and port expenses of \$255. It is one of the most desired seasons to see Alaska.



Three cruise trends of the year

Here are the top three predictions for the most noteworthy travel and cruise trends of the year.

1. Expansion and innovation: Many of the cruise lines are employing a “bigger is better” philosophy, building ships that have amenities that rival their on-land counterparts’ finest amenities. That means an unparalleled at-sea vacation experience.

For example, Royal Caribbean debuted the world’s largest cruise ship, the 228,081-ton Symphony of the Seas in 2018. It features robot bartenders, a water slide with a 92-foot drop and a nine-story zipline. But they’re not stopping there. They’ve begun construction on a new ship, scheduled for a maiden voyage in 2021. This ship, the Wonder of the Seas, is Royal Caribbean’s fifth Oasis Class ship and will set sail from Shanghai, China. It will feature the line’s seven-neighborhood concept and promises to offer the ultimate in features and amenities.

2. Expedition Ships Scale Down: There’s a new generation of yacht-like expedition ships hitting the water, and this cruising niche is flourishing. Why? Seasoned travelers are looking for unique, intimate destinations and, to get there, cruise ships must be able to navigate smaller bodies of water.

Crystal Cruises lead the way in this category, offering big things in small packages. The all-suite Crystal Esprit visits iconic yachting destinations from the Dalmatian Coast and Greek Isles to the Arabian Peninsula and Seychelles and features a staff of 90 catering to just 62 guests in 31 butler-serviced suites. Celebrity Cruises also has a ship in this race, so to speak. The Celebrity Xpedition is an expedition-based ship that sails the Galapagos Islands. With a passenger capacity of just 100 passengers, her compact size allows guests to view the many islands and natural wonders of the Galapagos in an up-close and personal way.

3. Great Lakes cruising: There’s been a surge in interest for domestic cruising, as evidenced by the popularity of U.S. river cruise lines such as American Queen Steamboat Company and Blount Small Ship Adventures, and the Great Lakes are another domestic cruising destination that’s gaining momentum.

The Great Lakes are a series of freshwater lakes that span the U.S.-Canada border, which makes them an easily accessible cruising destination from both countries. A number of U.S. cities can serve as ports, including Chicago, Cleveland and Detroit, among others. These areas are seeing a rebirth that’s well-worth exploring. Detroit, for instance, has a gorgeous waterfront and pier area, a lovely art center that’s experienced a renaissance, and beautiful churches and architecturally-significant buildings.

Cruises in the region offer a window into history: today’s ships trace the same routes visited by historical figures such as Charles Dickens, Mark Twain and former United States President William Howard Taft.

—Cruise Compete

CHESS

From page 9

Solution to this week’s puzzle: Qe1

The white Queen moves from e1 to c1. Any answer by black, the white’s next move is check mate.

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Answers on page 22

By Jim Scancarelli



By Russell Myers



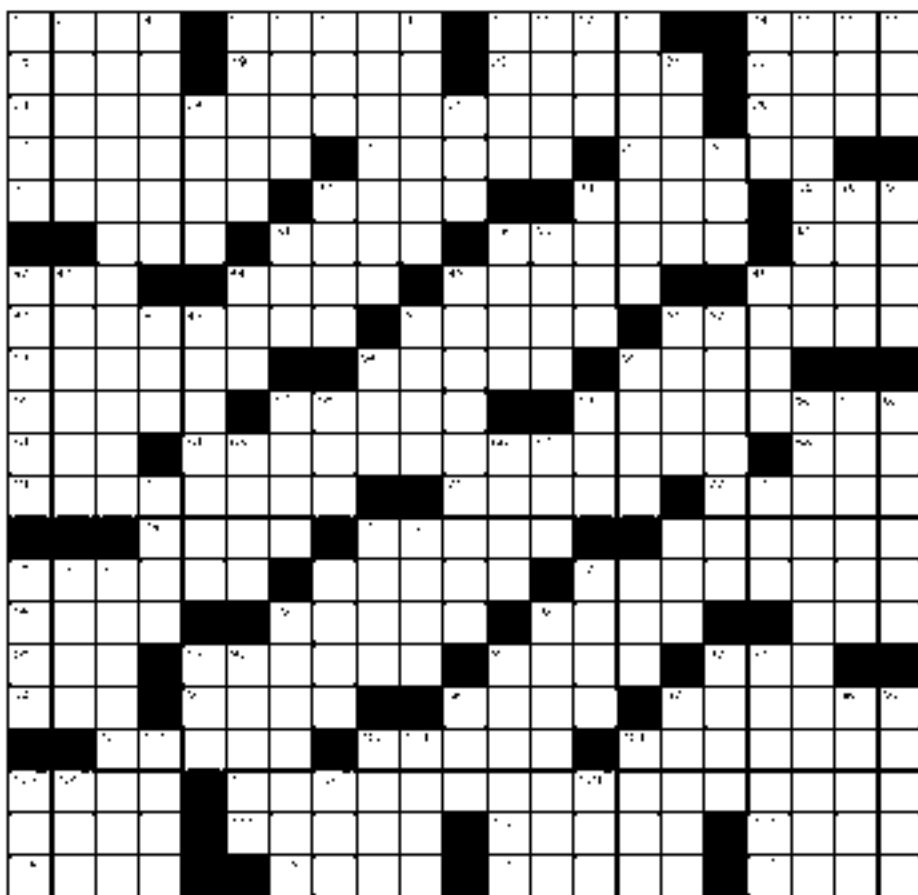
By Raph Dunagin & Dana Summers



Edited by Eugene and Charles Peterson

ACROSS

- 1 Mammal, neighbor
- 5 Cock-like Melospiza's
- 10 Budds
- 14 Benthic, open
- 18 No part
- 19 Distant life take, up
- 20 Famous Edulist
- 22 Astronomical long
- 23 none
- 26 Nicholas, Alexander
- 27 Black-bellied
- 28 Snow parts
- 29 Girls
- 31 Bear
- 32 Did a term job
- 34 Certain ventral, alpha
- 34 Flies instead
- 37 Tinkash, title
- 38 "Lauchlin Currier" poem
- 39 Calligraphic, on the
Seaside
- 41 Not the partner
- 42 Bread or Sunday
- 44 Plum's parts
- 45 Tragedian
- 46 "Place you" "
- 47 Short-lived rodents
- 50 Not low cuts
- 51 After 1945
- 53 Weighed
- 54 Tre used up
- 55 Blue tie, huge
- 56 Beaks
- 57 Wading bird
- 59 Elwood
- 63 Eyes, animal
- 64 seven
- 68 Southern, in States
- 69 Vow, given
- 71 Ugly, the soprano
Johanna
- 72 P.P. Pangloss
- 74 Heracles, wonder
- 75 But, cheap
- 77 Indian language
- 78 Journal, series W.R.
- 81 Ugly
- 82 "Cervine" "of cats" "
Robert Frost
- 84 Peak
- 85 Mammal's, eye
- 86 Bay, contents
- 87 Deputy, Chief of Staff
- 88 " Sea, Vernal List
- 89 Axis, 50's
- 91 Dracula's, stake
- 92 Still, officer
- 94 Her, trap, ants
- 95 Unanimous, disclosure
- 96 Mine, vehicle
- 97 Deters
- 100 Map, source
- 102 Fairy's, opposite
- 104 Uncommon
- 105 River, to the North Sea
- 107 "34" "82" "11"
- 110 List, of names
- 111 Mammal type
- 112 Mammal, species



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1.25.20

- | | | |
|----------------------------|----------------------------------|---------------------------------------|
| 113. Chained | 31. Bread crumb | 73. A little bit of action on falling |
| 114. One victim | 32. She's spare's wrinkles | 75. Marjorie Nat. vs. American |
| 115. Data | 33. Storage receptacles | 76. Peppercorn flay |
| 116. Pecan or pecan drugs | 35. Camp beds | 77. Talk of Chickens |
| 117. Mean ending | 36. Cackle | 78. Coppers |
| | 38. His is Laver | 79. Nymph who loved Nat. vs. |
| | 39. Seed covering | 80. Unstable |
| DOWN | 40. Mr. Dillier | 81. Composer Sator |
| | 42. Participation | 82. On this, e.g. |
| | 43. General's party | 83. Overhaul |
| | 44. Directed | 85. Conflicts |
| 1. Crickles, e.g. | 45. "I once..." | 86. One of Sam's credit |
| 2. Out recipient | 46. Composer Bartok | 89. This above |
| 3. "Once..." | 48. Lucine d'Arcy, e.g. | 90. N. vs. L. smaller |
| 4. Organ's counterpart | 49. Refining counteractions | 91. Stinging |
| 5. General's course | 50. Crises, calamity | 92. Stowies |
| 6. Fear | 51. Ripped | 93. Not dense |
| 7. Stop, say | 52. Success in Novel | 96. Satisfactory subject |
| 8. Hatred and Witches | 54. Exist. pl. | 97. "I'm not!" in Rome |
| 9. Mellow Metaphor | 55. Rejoice, diction | 98. Boys |
| 10. City in Samuandy | 57. Now's partner | 99. Solid-stemmed grasslike plant |
| 11. Chops with mixed, e.g. | 58. Asper and McMahon | 101. Renowned anchor |
| 12. Lake advantage of | 59. Opp. of NSW | 102. Name's volume |
| 13. Arrant traitor | 60. "Nothing" | 103. Trade of social order |
| 14. Hill builders | 61. Related on the mother's side | 104. Italy's cousin |
| 15. Crab's cousin | 62. Actor, Mary, et al. | 105. NSW province |
| 16. "Down in the" | 65. Serby's sister | 106. McIntosh strategy |
| 17. Rural surface mustard | 66. For fear that | 108. "I'm not!" in Rome |
| 21. Mary, Eve, or Isabel | 67. Canine eye | 109. Holy pattern of York |
| 24. Long of Lovers and | 70. Lamented | |
| 25. Contag. McHott | | |

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

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SWHABACH

"The boss sort of keeps an open mind."

[illegible]

A. E. E. E. Y. D. D.

A. E. U. L. N. K. M.

A. I. T. S. H. C. F.

A O U U S V C

PAR SCORE 250-270

QUEST SCORE 142

2017年12月

FIVE RACK TOTAL


TIME LIMIT 25 MIN

• • • • •

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

Unscramble these four jumbles
one letter to each square
to form four ordinary words

DPAAT




 Grid / Table Design: 5x5, 10


PITYS

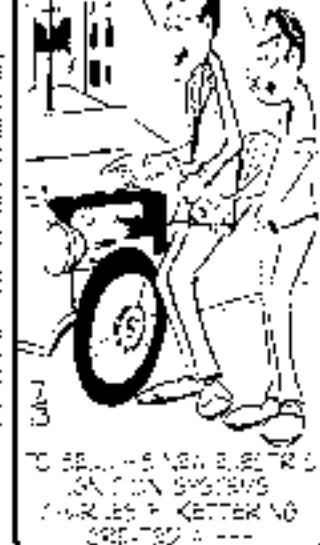
SOYMI T

[illegible]

CINLH

 This will engage the engine.

 If gun bores this knuckle bustor.



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

Hot Shots beat Puckmasters Jan. 24 Kim takes the win on Jan. 21

Shuffleboard League continued into week 14 on Jan. 17 at the Clubhouse 1 courts. The Puckmasters beat the Hot Shots 11–7. Puckmasters all game winners were Red Ryals, Bob Peterson, John Gustaves and Ellie West.

Puckmasters edged a little closer to the Hot Shots who were leading in the standings. Puckmasters are in second, Sliders were in third.

Shuffleboard League continued into week 15 on Jan. 24

at the Clubhouse 1 courts. The League games are now half over. This week the Sliders beat the Puckmasters 11–7. The Sliders all game winners were Sally Fowler, Peggy Hamilton, Darlene Myers and Larry Shulman. Puckmasters all game winner was Cindy Zurn.

The next league game will be the Hot Shots vs. the Sliders on Friday, Jan. 31. The Hot Shots are currently first in the standings. Puckmasters are in second and Sliders are third.

Feb. 5 is the monthly meeting. Join the players for coffee, donuts and social time at 9:30 a.m. Meeting starts promptly at 10 a.m. Practice will be immediately after the meeting.

Feb. 8 is the Valentine’s day potluck dinner party. The event starts at 5:30 p.m. in Clubhouse 3, Room 2. The club will play Left-Center-Right. Sign up for dinner items at the courts. Remember to bring 12-quarters and three \$1 bills to play the games. The Saint Patrick’s Day potluck dinner is scheduled for March 14 at 5 p.m. in Clubhouse 3, Room 2.

—Dave LaCascia

Thirty-eight members played on Jan. 21 for low gross, low net, and fewest putts on a very chilly, damp and cloudy Tuesday.

The Flight winners were:

A Flight - Low gross, Devora Kim, 26; low net, Grace Choi, 26; fewest putts, GeeGee Kwak, 11.

B Flight - Low gross, Yvonne Yim, 32; low net, tie between Sandy Derouin and Sally Jacobs, 30; fewest putts, tie between Yvonne Yim and Sandy Derouin, 14.

C Flight - Low gross, tie between Hailee Yang and Sun Lee, 35; low net, Liz Meripol, 26; fewest putts, Theresa Lim, 10.

D Flight - Low gross, Melinda lee, 35; low net, Mary Lancaster, 25; fewest putts, Sandra Dedubovay, 11.

—Dale Quinn

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OPTUMCARE AT THE HCC

Seeing red for heart health

By Grecia Nunez
HCC, Optum Care

You'll be seeing a lot of red this month, but for good reason: February is heart health month.

Dr. Au Co Nguyen is a primary care doctor at Seal Beach Village. She will be leading a special event "New Year, New You: Women's Health Bingo" at the Health Care Center on Feb. 7. The event is in Conference Room 1, from noon-1 p.m. Bingo prizes and light snacks will be provided.

"Our hearts are powerful organs, but they still need care," Dr. Au Co said. "There are a lot of things we can do to show our hearts some love."

One of the best things to do is exercise, but Dr. Au Co has some other suggestions. "A lot of people are intimidated by the gym or working out, so they just don't do it," she said. "Instead of exercising, go dancing. Go swimming. Walk your dog three times a day instead of twice. These are all forms of exercise. We just think of them as fun activities."

Your diet also matters. "Eating healthy can be tricky," Dr. Au Co said. "It's a lot easier to stick to the same bad foods we like. Try changing things up a little. Instead of salt, try a new spice. Skip the beef burger and go for a turkey patty. You may find other things you like more that just happen to be healthier."

Most importantly, don't give up. If your goal is to eat healthier, lose weight, or exercise more often, that can take time. "Change isn't easy and you should expect that you won't meet your goals right away," Dr. Au Co said. "But keep at it. Every little bit helps with your heart, so keep your focus on what you want to achieve."

Join Dr. Au Co for women's heart health bingo on Feb. 7, from noon-1 p.m., at the Health Care Center, Conference Room 1. Everyone is invited – wear red for heart health month.

Men are also welcome. This is a fun event for everyone to learn how we can support our loved ones – and ourselves – in taking care of our hearts.

Grecia Nunez is a senior ambassador at the Health Care Center. She is available to help patients with navigating the health system Mondays and Wednesdays, from 9 a.m. to 1 p.m.



Grecia Nunez

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 or call Caron Adler at 433-0232. For cancellations call your site manager at (562) 439-5000 before noon to cancel a meal for the next weekday.

Thursday, Jan. 30 — Beef stew with potatoes, celery, carrots and onions, biscuit, pineapple upside down cake, egg salad sandwich with lettuce and tomato, quinoa salad

Friday, Jan. 31 — Breaded baked fish with tartar sauce mixed vegetables, peaches and strawberries with yogurt, taco salad with shredded chicken, diced tomato, corn, black beans, cheese, cilantro, salsa dressing and crackers

HCAA lip reading classes offered

Free Lip Reading classes offered through the Hearing Loss Association of America (HCAA) Long Beach/Lakewood Chapter at the Weingart Center, 5220 Oliva Ave., Lakewood. The next class will be on Feb 5. No formal registration or sign-up. All are welcome.

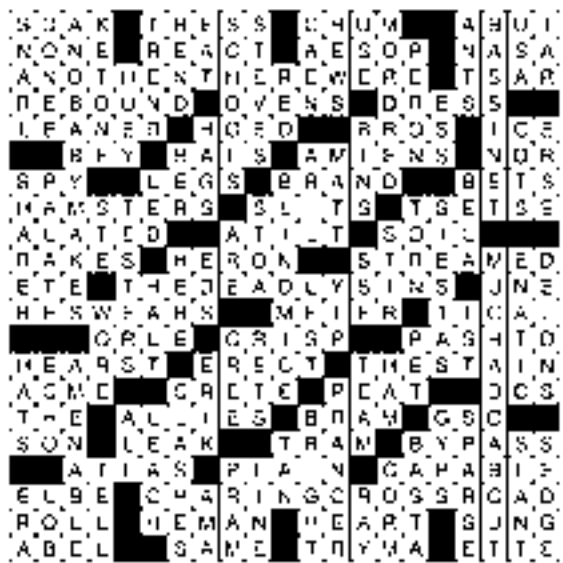
HCAA is a volunteer support group offering education on coping skills and resources to help people with hearing loss to help survive in a hearing world. Classes are held every Wednesday from 9:30-11:30 a.m. Classes began Jan. 8 and continue on Feb. 5, 12, 19, and 26. For more information, call (562) 438-0597 or visit www.hlaa-lb-lakewood.org.

Puzzle Answers

Puzzle page 18

SCRABBLE GRAMS SOLUTION											
D	E	A	D	E	Y	E		RACK 1 =	62		
N	U	M	E	R	A	L		RACK 2 =	59		
C	A	T	F	I	S	H		RACK 3 =	95		
V	A	C	U	O	U	S		RACK 4 =	65		
P	L	A	S	T	I	C		RACK 5 =	61		
PAR SCORE 280-290									12/1/1	342	

Crossword Answers



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

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

Jumble Answers

Jumble Answer	ADAPT	TIPSY	MOSTLY	UNCHIN
	To sell his new electronic ignition systems, Charles F. Kollmeyer created a	START-UP COMPANY		

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Leisure Leggers

The walking and running club meets at 8 a.m., Mondays, in front of Clubhouse 6 for a 30-60-minute walk. For more information, call Tom Pontac, (562) 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.

Tai Chi Chaun

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LW Yoga Club

Monday - Clubhouse 4, Section C, 5:30-6:30 p.m. (formerly Yoga with Sally)

Tuesday - Clubhouse 4, Section C, 8:30-9:30 a.m. with Travis; 10-11 a.m. with Jenny

Thursday - Clubhouse 3, Room 1, 8:30-9:30 a.m. with Travis; 10-11 a.m. with Jenny. For more information, contact Connie Adkins, (562) 506-5063

PICKLEBALL

LW tournament on Feb. 8

The pickleball club is hosting a Leisure World tournament on Feb. 8, at Clubhouse 2. Sign-ups can be done at the registration table. Just find the tournament notebook and register according to ratings 2.5, 3.0, 3.5 and 4.0.

Warm-ups will begin at 9 a.m., the competition will begin at 9:30 a.m. As usual, president Tim Linehan needs volunteers to help with organization and level management. Contact Tim at (714) 818-6404.

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CARPORT FOR RENT
For Rent: Mutual 1, Carport 927. Call 562-430-4869 ^{1/30}

FUNERAL/MEMORIAL SERVICES

Companion Lawn Crypt (double) for sale at Forest Lawn, Cypress. Space 1 AB Lot 5916. Located in the Garden of Protection section. Situated adjacent to the Ascension Mausoleum. Forest Lawn has valued this Companion Crypt at \$12,000. Our asking price is \$9,500 plus Forest awn's \$250 transfer fee. If interested, please call Juliet at 714-767-1439 or 562-296-8802. ^{2/7}

FREE ITEMS

FREE 142" Corian countertop with integrated sinks, call or text 562-248-6898.

Want to place a
Classified or renew your
existing one?

Turn it in by **Monday** at
2:00 p.m.
for Thursday's
publication

MISCELLANEOUS FOR SALE

Tricycle for sale, almost new! 250 OBO! 707-923-1476 ^{1/30}

FURNITURE FOR SALE
Call 763-227-4303

- Mission style queen BED and MATTRESS
- Mission style MIRROR
- Mission style dining TABLE and six CHAIRS
- "Stylus" Brown corduroy upholstered COUCH
- Entertainment-storage-display CABINET
- Gold and blue stripe satin fabric RECLINER
- Three section brown-beige suede-leather COUCH with two built-in recliners
- Antique five-drawer DESK and CHAIR
- Two matching END TABLES
- Electric power lift oversized blue fabric upholstered RECLINER
- One light blue fabric OTTO-MAN
- "Rapallo" leather LOVESEAT
- Free standing "Ott" LIGHT for sewing
- Wooden kitchen TABLE and four CHAIRS
- Folding TV TRAY TABLES, set of four
- Beige upholstered DAVENO BED SOFA

For Sale: China hutch \$200 OBO, 2 sofas, and kitchen items. Call 714-906-2148 ^{1/30}

LG 55-inch LED flat screen TV with heavy-duty full motion articulating wall mount unit. \$200. Pick up only.
Call 562-221-4253.

ESTATE / PATIO CARPORT / SALES

Household Items for Sale: Refrigerator, house wares, furniture, lamps, etc. Thursday and Friday from 9 a.m. to 1 p.m. 13330 Del Monte #10D
562-598-0715

THIS WEEKEND ONLY – ESTATE SALE

Couch, love seat, coffee table with matching end tables, lamps, queen bed frame & headboard, dresser, kitchen table w/4 chairs, stackable tables. Photos available on OfferUp or on Flickr at <https://www.flickr.com/photos/186565139@N02/albums/72157712820441526>
1381 Golden Rain Road, 21K, Mutual 3. Friday Saturday Sunday 10:00 a.m. - 4 p.m.

ESTATE SALE,
MUTUAL 5, 119-G, 13670 Cedar Crest Lane,
Jan. 30th and 31th, Thursday and Friday from 9 a.m. to 2 p.m. An immaculate house full of everything. Nice Queen Bedroom Set, Table and chairs, dressers, sofa w/matching chair, fish poles, desk, jewelry, clothes, shoes, cabinets, TV, kitchen appliances and so much more..Please come by and say Hi! Kristi Martin, P.O. Box 1351, Seal Beach, 714-655-5473, Seal Beach Business License MAR0016.

No Paper By 9 A.M.?
(562) 472-1284
Before 10 A.M.
State Mutual
& Apt. Number

Classifieds

CLASSIFIED ADVERTISING is just what the name indicates - ads positioned in classifications appropriate to their content. Therefore, no ad may contain advertising more appropriately positioned in another classification unless it is a part of an appropriately placed ad and extremely closely related to that classification. Example: an ad advertising drapery sales and installation under the Window Covering Sales & Installation classification may also promote drapery *cleaning*. However, the same ad may not advertise cabinet refinishing, a bicycle for sale, etc. Ads for a variety of household services may appear in the Handyman and/or House Cleaning classifications.

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or Renew your
current ad?

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430-0534 or send
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\$299,000

Corner, Drive-Up,
Two Bedroom, Two Bath

Central AC, Treetop Views,
Tranquil Setting
Dual-pane windows.
Shows like a model.
1811 St. John Road 41P
Mutual 15

SOLD

RESORT LIVING
ON SALE
\$223,500

Turn Key,
Two Bedroom, One Bath

Three Zone AC,
Tranquil Setting
1261 Knollwood Rd 45J
Mutual 4

COMING SOON

2 Bedroom, 1.5 Bath,
Expanded Corner Atrium

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Mutual 15, 1-D
\$245,000

Expanded 2-bedroom,
1-3/4 baths, with small patio.

Close to Main Gate, laundry
and carport.

— • • —

Mut. 9, 232A — CLOSED
Mut. 7, 152-A — CLOSED
Mut. 15, 16-R — CLOSED
Mut. 6, 67-J — CLOSED

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Erika Shapiro

Resales Specialist • Mutual 17 Resident
Traveling Notary
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GREAT BUY
Basic 1-bedroom,
on nice green, fresh paint.
Mutual 3, 7C
\$140,000

REDUCED MOVE-IN
READY
2 BDR/1 1/2 bath,
fully expanded corner
drive up, washer/ dryer,
dishwasher & more
Mutual 2, 19F
\$319,000

COUNTRY COTTAGE
2 BDR, 2 bath, greenbelt.
Move-in ready, white
kitchen, washer & dryer,
close parking.
Mutual 10, 246L
\$395,000

I SOLD 20 in 2019
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

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- We are always
ACCESSIBLE and AVAILABLE
- We are honest in
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ON TOP OF EVERYTHING!

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Mutual 2 – 59e Merion Way
2B/1B, SW facing L-Shape unit,
Very Bright, NEW Laminate Floors,
Skylights, White Cabinets NEWLY
Painted, NEW Hardware, Enclosed
Porch, Carport Space is steps away
from your unit! Clean & Beautiful!
MOVE IN READY at \$205,000

NEW LISTING

Mutual 6 – 60K Fairfield
2Bd/1Ba, Extended unit w/3 Bdrm.
layout, NEW paint, Laminate floor,
washer/dryer, tons of Character,
pocket door, immaculate, bright.
Lowest HOA Dues! \$255,900.

COMING SOON

Mutual 2 Corner Unit
2Bed/1Bath Expanded End Unit in
private location. Keep Watching.

TEAM DONNA JEAN

Suzanne Ahn
DRE#0110737
Realtor®
s.ahn@yahoo.com
562-810-1614

Andrea Bair
DRE#02016003
Realtor®
andrea@teamdonnajean.com
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M14 2B/1Ba	\$269,000	Upgraded
M12 2B/1Ba	\$333,000	Corner
M12 2B/2Ba	\$397,000	Remodel
M11 2B/1Ba	\$250,000	Corner
M2 2B/1Ba	\$195,000	Basic Unit
M14 2B/2Ba	\$355,000	Upgraded
M12 2B/1Ba	\$325,000	Corner
M10 1B/2Ba	\$140,000	Upgrades
M14 2B/1Ba	\$211,500	Expanded
M4 2B/2Ba	\$397,000	Remodel
M14 2B/1Ba	\$180,000	Basic Unit
M8 2B/1Ba	\$279,000	Remodel
M14 2B/2Ba	\$498,000	Remodel
M14 2B/1Ba	\$219,000	Basic Unit

Whether Buying or Selling, call
Hanna Rubinstein

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562 900-4243
for the best service.

Mutual 15, 44A \$279,000
Atrium in private location with
nice greenbelt view. Laminate
floors and fresh paint.

Mutual 15, 21M \$285,000
Second floor, 2-beds, 2-bath
new laminate floors, tree top
views in great location.

UNDER CONTRACT

Mutual 12, 64C \$259,900
2-beds, 1-1/2 baths, partially
extended on a nice greenbelt.
Great location close to park-
ing and laundry —new lami-
nate floors and freshly painted.
Move-in condition with nice
patio and storage cabinets.

UNDER CONTRACT
IN 1 WEEK

Mutual 14, 52i \$230,000
2-beds, 1-bath on gorgeous
green. Move-in condition.
SOLD OVER ASKING PRICE

2019 Escrows
In Escrow

Mut. 14, 52i - Sold in 1 Week
Mut. 8 198I - Sold in 1 Day
Mut. 3, 15F - Representing Buyer
Mut. 15, 25F -Representing Buyer

Representing Sellers

Mut. 4, 85B	SOLD
Mut. 7, 171D	SOLD
Mut. 5, 112K	SOLD
Mut. 2, 31I	SOLD
Mut. 2, 46I	SOLD
Mut. 1, 31H	SOLD
Mut. 6, 131I	SOLD
Mut. 5, 115E	SOLD

Representing Buyers

Mut. 4, 40G	CLOSED
Mut. 10, 241C	CLOSED
Mut. 11, 276B	CLOSED
Mut. 7, 151B	CLOSED
Mut. 7, 151D	CLOSED
Mut. 1, 2F	CLOSED
Mut. 10, 242K	CLOSED
Mut. 11, 250K	CLOSED
Mut. 3, 18K	CLOSED
Mut. 6, 59G	CLOSED

Berkshire Hathaway Home Services
DRE# 01308588



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Helen Blizzard -M14
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We closed seven sales in January 2020
and listed and sold over 70 in 2019.



Young Ro — M7
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Yong Pyon — M1
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Terry Barto
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Barbara Griswold
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Jackie Meyer
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COUNTRY COTTAGE
2 BDR, 2 bath, greenbelt.
Move-in ready, white kitchen,
washer & dryer, close parking.
Mutual 10, 246L \$395,000



REDUCED MOVE-IN READY
2 BDR/1 1/2 bath, fully expanded corner
drive up, washer/ dryer, dishwasher, more
Mutual 2, 19F \$319,000



GREAT BUY
Basic 1-bedroom,
on nice green, fresh paint.
Mutual 3, 7C \$140,000

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Kathy Gupton
Associate Broker
DRE # 00744676

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Gloria Hadley
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562 884-3594

Buying or selling...

You could go it alone, but why bother when you can count on pros like us. Whatever your circumstances, whatever your needs, we can help. Give us a call today.



Mutual 15, 32K \$239,000

Eloquent traditional home featuring 2-bedroom, 1-3/4-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.



PENDING

Mutual 2, 48H \$210,000

This lovely home faces greenbelt, has wrap around patio with newer outdoor carpet and skylight which is a really nice feature.



PENDING

Mutual 7, 176E \$210,000

This 2 bedroom 1 bath cottage has drive-up, wrap around patio, with storage, living room open, kitchen with white cabinets, built-in appliances.



PENDING

Mutual 4, 78B \$148,000

Charming 1-bedroom, 1-bath cottage with drive up, enclosed patio which adds approximately 200 sq ft of living space.



PENDING

Mutual 4, 50A \$249,900

This a fully expanded 2 bedroom 1 bath home with dual pane windows, bay windows in living room, master bedroom and den/dining room and Central heat and air conditioning.



PENDING

Mutual 14, 23D \$255,000

Nicely expanded 2 bedroom 1 bath corner unit with patio storage. Spacious living room with bay window, dining area off kitchen. Built-in kitchen appliances. This home has abundant natural light, laminate floors and central heat and AC.

SOLD

Mutual 5, 229D

Mutual 14, 23F



SOLD

Mutual 9, 234I \$158,000

Charming 1 bedroom 1 bath cottage that faces greenbelt with drive-up parking. Patio with storage, wood entry door and retractable screen.



SOLD

Mutual 15, 25F \$476,000

Fabulous 2-bedroom, 1-3/4 bath remodeled atrium floor plan with brick patio and washer/dryer.

PENDING

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Chris Kim
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Gail Alonzo
562-673-6703

(562) 594-0515

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Seal Beach, CA 90740

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Two-Bedrooms

Mutual 2 10H \$199,995
New windows, 2 large skylights,
white bamboo wood floors

Mutual 8 203J \$227,000
Greenbelt, cent. air, solar
tubes, smooth ceilings, nice

Mutual 7 161E \$229,000
Expanded, greenbelt, double
pane windows, skylights

Mutual 10 238F \$230,000
Basic corner, wrap around patio,
newer paint, carpet

Mutual 1 13L \$232,500
Spectacular green, french
doors, lam. floors, very nice

Mutual 15 32K \$239,000
1-3/4 baths, open balcony,
skylights, double/triple pane
windows

Mutual 4 50A \$249,900
Full expan., washer/dryer,
dual pane, needs TLC

Mutual 8 203I \$249,900
Partial expan., washer/dryer,
cent. air, nice

Mutual 2 60L \$253,000
Corner, greenbelt, enclosed
patio, lam. flooring, drive-up

Mutual 7 153E \$254,900
1-1/2 baths, south facing, lam.
floors, clean

Mutual 9 208L \$259,000
Fantastic greenbelt, turnkey,
expanded, dual pane, fresh paint

Mutual 2 44K \$269,000
Full expan., skylights, double
pane, wood flooring

Mutual 15 44A \$279,999
Atrium, fresh paint, wood
lam. flooring, heat pump

Mutual 2 57L \$299,000
Gorgeous trees, washer/dryer,
cent. air, very clean

Mutual 7 164E \$304,900
Central park, washer/dryer,
full expan., skylights

Mutual 1 70F \$325,000
Corner, washer/dryer, central
& heat, turn key

One-Bedrooms

Mutual 4 73K \$144,500
Enclosed patio, large skylight,
move in condition

Mutual 9 212K \$152,000
3 air cond. units, skylights,
natural light, quiet

Mutual 16 54E \$169,000
Full expan., hard wood floors,
double insulation, great view

Mutual 1 40B \$173,000
Expanded, huge greenbelt,
lam. floors, skylights



Claudette "CC" Cooley
310-484-9600



Linda Patton
562-522-3364



Adrian Villarreal

Robin Gray & Barbara Diette-Dobias

Robin Gray

(562) 209-5605

rwgraysales@verizon.net
DRE 01027333

Your Leisure World Sales Team

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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.)

New Listing



Mutual 1-38-D \$174,900

1- bedroom, 1-bath south facing, fully expanded unit on an amazing greenbelt setting. Close to downtown and churches. L-shaped living room with huge closet.



Mutual 8-203-I \$249,900

Darling two bedroom "U-Shaped" expansion with Central Heat/Air, Stackable Washer/Dryer, large master bedroom with a walk-in closet, dining room, skylights, dual paned windows and a nice size tile patio with a gate and storage sitting on a green - plus close carport and street parking!! Be sure to check this out - it's a good one!!



PENDING

Mutual 11 278-J
Mutual 2 57-L

Brittney Way, Cypress
St. Irmo Walk- Naples



Mutual 1-40-B \$173,000

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 cut-down shower and vinyl floors. Freshly painted - Close to carport parking



TAKING BACK UPS

Mutual 4-73-K \$146,500

Basic 1 bedroom with an enclosed patio and a skylight to make this home light and bright. Kitchen is painted with newer counter tops, ceiling fan and a skylight. PLUS! a walk-in tub with a shower to relax. Call Edwina to see — 562-706-7999



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**For 2020, I have a total of 5 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 | \$348,500

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, soundproof wall between unit and laundry room, LAUNDRY IS FREE in this mutual..



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.



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

Corner unit, 2 bedroom, 1 bath. Expanded master and living area. Oversized skylights in kitchen and bathroom. A/C heat pump, refrigerator with bottom freezer. Plantation shutters, laminate flooring and carpet. Drive-up location.



13741 Thunderbird Dr., #49L | M1 | \$210,000

Corner 2 bedroom, 1 bath overlooking beautiful greenbelt. Patio with storage unit. 2 Skylights, Dishwasher, New Oven, Ceiling Fan, A/C Heat Pump, Mirrored Closet Doors, Cut Down Shower. Close To Parking and Laundry.



1562 Golden Rain Rd #44G | M2 | \$229,000

Lowest priced 2 bedroom, 2 bath unit in Leisure World. New flooring, skylights, close to all amenities.



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.



1622 Merion Way #38G | M2 | \$469,000

Completely remodeled 2 bedroom, 1 ½ bath corner unit. Designer kitchen w/ stainless steel appliances, large island, central A/C and heat, washer/dryer, marble tiled bathroom, walk-in closet, expanded master bathroom. HAS EVERYTHING!



13741 Annandale Dr., #18J, M1 \$145,000

Basic 1 Bedroom, 1 Bath with New Flooring and Paint throughout. A/C Heat Pump, Dishwasher, 2 Skylights, Storage on Patio.



1781 Sunningdale Rd #48L | M14 | \$388,000

Fully expanded corner unit with side patio. 2 bedroom, 1 ½ bath, central A/C, remodeled kitchen, smooth ceilings, bay windows, washer/dryer, walk-in closet. Close to main gate.



I have access to the total inventory!

On January 28th, 2020 a total of 95 units show as active listings on the CRMLS (this is where Realtors list property for sale).

9 - 1 bedroom/1 bath
from \$140,000 to \$199,000

47 - 2 bedrooms/1 bath
from \$180,000 to \$337,600

39- 2 bedrooms/2 baths from
\$229,000 to \$549,900

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