



Musical Theater West presents 'Ragtime' Friday, Feb. 7, through Sunday, Feb. 23.

Page 11



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The American Legion Post 327 will host a pancake breakfast from 8-10:30 a.m. on Feb. 22 in Club-house 2. Come and share a meal with neighbors and friends.

Page 16

ALERT OC
Sign up for disaster notifications from SB
by Eloy Gomez
GRF Safety/Emergency Coordinator

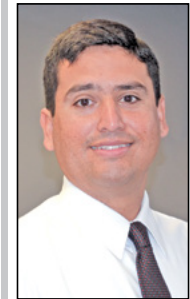
If an earthquake started rumbling or you noticed smoke in the community, what would you do first? Do you know which types of disasters affect Orange County and how to prepare for them?

The city of Seal Beach is trying to be the most prepared city in OC! Sign up for AlertOC to receive life-saving alerts and stay one step ahead of emergencies.

AlertOC is Orange County's emergency notification system. It is fast, free and allows you to register multiple locations to receive alerts for your home, workplace and more. If an emergency situation occurs in any of these locations, you will receive a notification, even if you aren't currently there.

Signing up for AlertOC takes just a few minutes online at www.AlertOC.org. Your information is completely private. You will be asked to create a username and password so you can log in and manage your information and preferences.

Being prepared can reduce the fear, anxiety and losses that come with disasters. We know that the next emergency is coming. We just don't know when or what kind it will be. But we can—and must—prepare now for the next emergency by signing up for notifications at www.AlertOC.org. Our family, friends and community depend on it.



Eloy Gomez

LAUGH CLASSES IN LW

Certified laugh leaders share hilarity



Beverley Bender (center, standing, red shirt) and Janice Laine (standing, third from right) facilitate the Keep 'Em Laughing improvisation class (above) and Bender conducts the monthly Laughing for the Health of it at the HCC every second Wednesday (below).

"Hearty laughter is a good way to jog internally without having to go outdoors."
—Norman Cousins

by Ruth Osborn
rutho_news@lwsb.com

It's a small world—and a funny one—for Beverley Bender and Janice Laine, Leisure World's only two certified "laugh leaders."

Small, because Bev and Janice lived their entire pre-retirement lives thousands of miles from each other and here they are in Leisure World, the only two people certifiably fluent in the universal language of laughter.

And funny? Well, you just have to meet them one time to see they are positively rooted in humor. Like any true devotees, they seek to bring the big benefits of a good belly laugh to others. LW residents can partake of the fun in one of two classes: Laughing for the Health of It, led by Bev, and Make 'Em Laugh, an improv class led by Bev and Janice.

Think about it: There are thousands of languages, hundreds of thousands of dialects, but the only language everyone speaks is laughter. Even babies can laugh before they can talk.

And it's contagious.

As Bev and Janice point out, everybody loves to laugh. Kids naturally laugh dozens



of times a day. It feels good; it connects people; it lifts burdens.

And it promotes good health.

A good, hearty laugh relieves physical tension by leaving your muscles relaxed for up to 45 minutes afterward, according to medical experts. Laughter boosts the immune system and increases infection-fighting antibodies, improving resistance to disease. It protects the heart, improves the function of blood vessels and increases blood flow, which can help protect against a heart attack.

There are emotional benefits as well.

Nothing works faster or more dependably to bring the mind and body back into balance than a good laugh. It triggers the release of endorphins, the body's natural feel-good chemicals.

LAUGH, page 3

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—Marianne T., Sonus Patient



Instructors from North Orange Continuing Education (NOCE) are pictured with the GRF directors and staffers who were instrumental in bringing, and administering, a Learning Center to Leisure World. GRF Recreation Chair Leah Perrotti (second from right) and GRF Physical Property Chair Kathy Rapp (front row, third from left in blue) and their committees have worked for two years to bring education opportunities to Leisure World residents in the comfort and convenience of their own community. Also shown are GRF Recreation Director Terry DeLeon (far left), Recreation Assistant Manager Kathy Thayer (second from left in pink), Library Operations Supervisor Vanessa Morris (next to Kathy) and Library Operations Assistant Taylor Green (far right). More than 200 residents turned out Jan. 17 to meet the teachers and find out more about the classes, which include mature driving, food and nutrition, technology help, painting, ceramics, yoga and staying mentally sharp. Registration and class start dates will be forthcoming; classes will be held in clubhouses 3 and 4; two-hour classes will run for 12 weeks.



The city's new welcome sign is on Seal Beach Boulevard.

CITY OF SEAL BEACH

Community development chief named

After an extensive search, the City of Seal Beach has selected Les Johnson as the next director of community development.

The director of community development is responsible for the administration and operation of three divisions: Planning, Building and Safety, and Code Enforcement.

The Department is responsible for providing services that promote the community's short - and long-term development in-

terests in maintaining Seal Beach's high standards of development in its residential, commercial and industrial areas.

Les Johnson has a professional career of more than 25 years in community development.

A native of Washington State, Les graduated from Central Washington University in 1990.

He served as community development director for the City of Enumclaw, Washington, for more than a decade until moving to California in 2005.

Les spent 10 years with the City of La Quinta where he served as planning manager and community development director. Les joined the City of Indio in 2015 where he served as development services director for three years.

In 2018, Les assumed the role as development services director for the City of Los Alamitos, where he has also served as interim city manager since August.

Les and his wife, Nga, have been married for 27 years.

LW Dines Out

Hometown Buffet will serve a Monday night all-you-can-eat buffet on Jan. 27 for \$11 all inclusive, starting at 4:30 in Clubhouse 1. Checks, cash and credit cards are accepted.

Support for the Monday Night Restaurant program is on the decline and vendors are asking for suggestions on what would draw patrons back. Send ideas to events@lwsb.com. The dinner service is of great benefit to those who no longer drive and the menus have been scaled down to make restaurant class cuisine more affordable.

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

Hometown Buffet Menu

- Clam Chowder
- Caesar Salad ala Hometown
- Coleslaw
- Meatloaf
- Rotisserie Baked Chicken
- Creamy Mashed Potatoes/Gravy
- Veggie Rice
- Steamed Cut Corn
- Steamed Carrots
- Freshly Baked Dinner rolls
- Bread Pudding
- Chocolate Pudding
- Banana Pudding

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Endorphins promote an overall sense of well-being and can temporarily relieve pain.

Humor is strong medicine at every level, and Bev, MA, gerontology and sociology, dispenses it from the Health Care Center on a monthly basis in her Laughing for the Health of It class.

On a recent Wednesday, about a dozen Leisure residents showed up to spend 45 minutes devoted to laughter.

A smiling Bev Bender in her newsboy cap conducted the class: "It's not about a joke, no politics, no selling, it's about being silly. It's not about laughing at each other; it's laughing with each other," she said. The class is about the physical aspects of laughing, "how you feel when you come in and how you feel afterward. When we are here, we forget about everything."

And you do. First of all, she instructs everyone to recite "ho, ho ho—ha, ha, ha—hee, hee, hee" on command. It may not sound funny, but when you stand in a circle with 12 other grown-ups who are ha-ha-ha-ing—it's funny. You find yourself laughing.

"You cannot laugh and feel pain," she points out as she gives the next exercise: Pretend you won the lottery and laugh. It starts out as fake laughter, but everyone's doing it, so people just go along with the group, but soon, it's truly hilarious, just short of belly-clutching.

The class consists of a series of prompts—laughing in traffic, showering with laugh soap, conducting a train, dancing the ha-ha cha-cha—to act out. The exercises are interspersed with the "ho, ho ho—ha, ha, ha—hee, hee, hee" mantra.

And 45 minutes later, you feel a whole lot lighter and connected to the crazy crew around you.

Some people take the class as a distraction from pain or illness, including cancer.

In 2017, an institution in Japan conducted a randomized controlled trial to evaluate the

JOINT FORCES BASE

Training exercise may be noisy

A visiting U.S. Army aviation unit has been training, including night flight operations, at Los Alamitos Army Airfield (LAAAF) on Joint Forces Training Base since Jan. 17. The exercise will continue through Jan. 27.

The training is designed to maintain overall operational readiness and proficiency of the aviators and will include periods of increased air traffic.

Residents living near Joint Forces Training Base may hear aircraft arriving and departing outside of normal airfield operating hours and increased aircraft noise during the hours of darkness.

Efforts will be taken to minimize inconvenience to base neighbors during the training.

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



Laugh leaders Bev Bender and Janice Laine

effects of laughter on the quality of life in patients with cancer. The study used laughter yoga, comedy and jokes and found that laughter therapy helps people deal with depression, anxiety and stress.

Some people take the class for emotional relief.

Sigmund Freud found that laughter releases tension and can be used as a coping mechanism when people are upset, angry or sad.

Bev is by inspired Norman Cousins, who recovered from a painful collagen illness that rendered him immobile in his 50s. Only one in 500 people diagnosed with ankylosing spondylitis is fully cured.

In his novel, "Anatomy of an Illness," Norman Cousins describes how he beat the odds by developing a recovery program incorporating megadoses of Vitamin C, which he read could

combat the inflammation associated with his condition. And he focused on maintaining a positive attitude, characterized by love, faith, hope—and laughter. He induced it with Marx Brothers films, "Candid Camera" and selections from E.B. White's "Subtreasury of American Humor." Cousins quickly found that 10 minutes of hearty laughter would yield about two hours of painless sleep.

That was a "joyous discovery," he said. The Saturday Review editor fully recovered and lived to the age of 75, a quarter century after battling the disease.

Like Cousins, Bev and Janice are convinced that laugh therapy is a painless, free way to a better day.

Janice, a retired Huntington Beach Unified teacher, said she was inspired to "laugh herself well" during a midlife bout with depression.

And she did.

These days, Janice and Bev team-lead the Make 'Em Laugh class. The two women met in a now-defunct LW club called Enter Laughing. When that club ended, the pair started the improvisational club.

On a recent Thursday, a dozen LWers showed up for this live theater class, in which the plot, characters and dialogue of a scene or story are made up in the moment. Improvisers will often take a suggestion from the leader or fellow classmates to get started. The class defies description but it's funny and entertaining to watch the twists and turns of imagination.

Even first-timers have no trouble improvising. As Janice said, we're doing this all day, every day, as soon as we wake up. So why not come and laugh.

You may even live longer. A study in Norway found that people with a strong sense of humor outlived those who don't laugh as much. The difference was particularly notable for those battling cancer.

This priceless medicine is fun, free, and easy to use. And it's dispensed monthly through the Laughing for the Health of It class, led by Bev, on the second Wednesday at 1:30 p.m. at the Health Care Center and weekly, at Make 'Em Laugh on Thursdays at 10:30 a.m. in Clubhouse 3, Room 6.

Come check it out—as Bev says, it's fun, free and non-fattening!

CTAP

Free phone event is Jan. 24 at 9 a.m.

Special California Phones are free to eligible Californians. Now, it's easier to hear, dial and make calls. The next free phone event is Jan. 24 from 9-11 a.m.

Bring your completed CTAP application with a doctor's signature and get your phone the same day.

CTAP applications can be picked up in the Optum Health Care Center, Member Resource Liaison Office in Bldg. 5, first floor, or by calling (800) 806-1191 or visit www.CaliforniaPhones.org.

The Jan. 24 and Feb. 28 smart phone training classes are full.

LW Library Trip

The Leisure World Library is sponsoring a bus trip to explore the Los Angeles County Arboretum's 127 acres of plants, natural landscapes, wildlife and historic buildings on Thursday, Feb. 20; tickets: \$20.

The LA County Arboretum was opened to the public in 1956 and features more than a dozen gardens and geographical plant collections including Africa, Australia, Madagascar and the Canary Islands.

To purchase tickets, stop by the Recreation Department in Building 5. For more information about the trip, call the library at (562) 598-2431. For information regarding ticket availability, call (562) 431-3586, ext. 326.



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- Improved walking and balance

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—Leona Sanseverino

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Perspectives

WATCH YOUR STEP

Fraudsters turning to email to steal Social Security benefits

by Cathie Merz
cathiem_news@lwsb.com

Inspector General of Social Security Gail S. Ennis issued a warning earlier this month that crooks are turning to email as a way to steal Social Security benefits. Scammers are sending faked documents by email to convince victims to comply with their demands.

She received reports of victims who received emails with attached letters and reports that appeared to be from Social Security or Social Security OIG. The letters may use official letterhead and government “jargon” to convince victims they are legitimate; they may also contain misspellings and grammar mistakes.

The emails are the newest variation of Social Security phone scams, which continue to be widespread throughout the United States. Using robocalls or live callers, fraudsters pretend to be government employees and claim there is identity theft or another problem with one’s Social Security number, account, or benefits.

They may threaten arrest or other legal action, or may offer to increase benefits, protect assets, or resolve identity theft. They often demand payment via retail gift card, cash, wire transfer, internet currency such as Bitcoin, or pre-paid debit card.

Social Security will never send an email asking to provide personal data, such as Social Security number, date of birth or other private information.

As public awareness of phone scams increases, criminals come up with new ways to convince people of their legitimacy.

Social Security will never:

- Threaten you with arrest or other legal action if you don’t immediately pay a fine
- Increase your benefit in exchange for a payment
- Require a specific means of debt repayment, like a prepaid debit card, gift card or cash, or demand an immediate payment
- Ask for your credit or debit card numbers
- Send official letters or reports with personally identifiable information in an email
- Say that your Social Security number has been suspended

If there is ever a problem with your Social Security number or record, in most cases Social Security will mail you a letter. If you do need to submit payments to Social Security, the agency will send a letter with instructions and payment options. You should never pay a government fee or fine using retail gift cards, cash, internet currency, wire transfers, or pre-paid debit cards. The scammers ask for payment this way because it is very difficult to trace and recover.

The Social Security Administration (SSA) says it received more than 450,000 impostor complaints, or 1,230-plus a day, during the year ending Sept. 30. The figure is a 2,856 percent increase over the prior year, when there were only 15,221 complaints.

The Federal Trade Commission logged an additional 138,548 Social Security impostor scams through the first nine months of 2019, up from 39,426 a year earlier.

If you receive a call or email that you believe to be suspicious, about a problem with your Social Security number or account, hang up or do not respond.

If you think you’ve been the victim of a Social Security scam, contact the OIG online at oig.ssa.gov or the OIG’s fraud hotline at (800) 269-0271.

The Office of the Inspector General offers these tips to protect yourself from fraudsters.

Understand the threats—Fraudsters use several forms of impersonation, advance fee and phishing schemes. They might claim to be from SSA, the IRS or another government agency and request your information. They might claim that you have won the lottery or become eligible for an investment if you pay an upfront fee. They might design emails or text messages that look legitimate and request your immediate response. Be aware of these types of schemes, so you can identify them and guard against them.

Exercise caution—In general, no government agency or reputable company will call or email you unexpectedly and request your personal information or request advance fees for services in the form of wire transfers or gift cards. Build a habit of verifying the identity of anyone who asks for your personal information over the phone, and say you will respond through the entity’s customer service channels. If anyone pressures you to provide information or money over the phone, it’s a scam and you should just hang up.

Secure your information—Store your Social Security card in a secure location; avoid carrying it with you. Shred documents that list personal information such as your Social Security number and banking information. Avoid opening emails from unknown sources or clicking on suspicious hyperlinks. Equip your computing devices with strong anti-virus software and maintain strong passwords. Regularly check your credit reports for suspicious activity.

Letters to Editor

Letters to the Editor should include name, Mutual number and phone number, and be emailed to cathiem_news@lwsb.com or typed and delivered to the LW Weekly office in the Amphitheater Building.

Editor:

In the last year there have been changes in our community, both physical and emotional that I find disturbing.

The first item is the vandalism of the Menorah. After reading the article it appears that the Jewish community over reacted to the situation. Not at all! It was an act of anti-semitism and has been reported as such to the anti-defamation league. The lights are symbolic of Hanukkah and the perpetrator knew that. It was not an act of petty thievery. It took place at the front gate, where were our security people? It would have been best for administration to say “There is never a place in our community for this kind of behavior.”

Another thing is the restaurant. We are not a country club. We are tax paying residents of a community. With Taco Tuesdays, whatever else and Monday restaurant options, there are enough choices for all. And that is the magic word. Variety is what we have. Let it Be!

My last gripe is the loss of the Osher Lifelong Learning Institute (OLLI) program on premises. These classes are available in colleges across the country. Mr. Osher, our Daddy Warbucks, left this incredible grant, which funds the program. It is meant for those who want to learn new ideas, or perhaps while working you had no time for Shakespeare,

Perspectives Policy

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

Letters to the Editor: Maximum number of words: 250. Letters should be typed and delivered to LW Weekly by email preferred), regular mail, deposited in a white GRF drop box, or hand-delivered. Letters must be of general interest to the community and may contain opinions, suggestions, compliments and complaints without being scurrilous, libelous, defamatory, repetitive or otherwise inappropriate. The names of individual employees, titles and/or departments will not be permitted in letters that could adversely impact any Foundation employee directly or indirectly.

Member Column: At a maximum 500 words, columns may present an argument, opinion or information about pending issues of concern to the community. Priority to first-time or less frequent writers. Some names will be left out to protect privacy.

Contributor: Restaurant review, theater review or travel journal submissions welcome

music, art or current events. You name it—it’s there and only there. Classes are taught at a college level with instructors well versed in the subject.

Syd Pomi
Mutual 17

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Editor:

The annual Martin Luther King Day of celebration, sponsored by the Leisure World Senior Patriots For Peace, was a special event not to be missed. Ninety-one year old Rev. James Lawson, a living legend, personal friend and confidant of King’s, was the guest speaker. He shared eloquently, to the assembled residents, his personal role and relationship with Dr. King.

During his 40-minute presentation Dr. Larson went on to share many stories, spanning his years of involvement dating back with the Birmingham bus boycott in 1955. This boycott was the spark that ignited the Civil Rights Movement, and catapulted M.L.K. to a leadership role, and formation of the Southern Christian Leadership Conference, the Nobel Prize award and the revered status he holds today as advocate for freedom, and equality for all.

King was assassinated in 1968. Dr. Larson’s closing message, to standing applause from the assembly was, “We have come a long way since Rosa Parks refused to move to the back of the bus, but we, as a nation, still have a long way to go.”

Stevin Cohen
Mutual 14

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Editor:

Great information was inserted inside the LW newspaper regarding Thomas McKenzie’s free legal and financial workshops plus real estate update.

Mr. McKenzie is a lawyer and Realtor.

One good item to know about is a living trust. And provisions you *must* have in your living trust. Plus what it can cost if you have placed your unit in a living trust in Leisure World.


Golden Rain Foundation has Finance Policies. The policy numbered 5061-7, STOCK TRANSFER LEGAL REVIEW OF TRUST FEES 7.1.3. is very, very important to know about. In particular, Golden Rain Foundation’s attorney has a fee of \$125 just to look at the Certification of Trust. And even if you are selling your unit that has been placed in a living trust, there are still the attorney’s fee.

Also, we are known as shareholders in Leisure World, Seal Beach. So one good idea is to find out what is other investment firms want to know. If you have assets at a brokerage firm such as Fidelity or Schwab in stocks or even where you bank your checking account, do they need to have *their* attorney review your Certification of Trust? And then you have to pay *their* attorney for selling your assets?

It is very important to be informed!


Thanks!

Carol Franz, Ph.D.
Mutual 2



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

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Government

GOP CLUB

48th Congressional District candidate was LW guest

Congressional candidate Brian Burley shared his life story and opinions on the issues with the LW Republican Club.

He is running for California's 48th Congressional District, now held by Harley Rouda. He is on the ballot in the primary election on March 3.

Burley has worked in the information technology field where he currently owns an information technology consulting and social media marketing company based in Huntington Beach.

He told how he was raised in a small Midwest town in Michigan where his father was a forklift operator and his mother was both a waitress and an accountant. He first came to Huntington Beach in 2007 to visit his mother, who had moved to California to receive cancer treatment at the City of Hope. He fell in love with the area. His mother passed away in 2011.

Brian Burley first attended California State University, Fullerton, but quickly transferred to his dream school, University of Southern California, where he earned his bachelor's degree in political economy. While at USC, Brian served as a funding delegate, where he voted on mat

GOP, page 18

LW Demo Club supports Prop 13

The LW Democratic Club board has announced its support for Proposition 13, which will be on the March 3 Primary ballot. This measure, originally passed as AB 48 by the 2019 California legislature, would supplement local bond funds for California's schools and colleges. It prioritizes aid to districts with lower local resources and greater need. It should be noted that both members of the legislature representing Leisure World, Democrat Tom Umberg and Republican Tyler Diep, voted for AB 48.

In its support of Proposition 13, the California League of Women Voters has pointed out that public education is of fundamental interest to California and is a state constitutional guarantee. They emphasize that a safe, secure and modern learning environment can be a powerful foundation for a child's education. However, California's schools are aging and need critical upgrades to meet current health and safety standards. LW's Democratic Club agrees with the League that chronic underfunding has left most public-school communities unable to adequately address their needs, increasing the danger of greater disparities among them.

More information about Proposition 13 can be found on the internet at <https://calmatters.org/projects/california-2020-pri>

DEMOS, page 18

Schedule of Mutual Meetings

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

Thursday, Jan. 23	Mutual 1 Administration9 a.m.
Friday, Jan. 24	Mutual 6 Administration 9:30 a.m.
Monday, Jan. 27	Mutual 8 Administration9 a.m.
Tuesday, Feb. 4	Mutual 16 Administration 9:30 a.m.
Tuesday, Feb. 4	Mutual 17 Administration 1:30 p.m.
Wednesday, Feb. 5	CFO Council Conference Room B..... 10 a.m.
Thursday, Feb. 6	Presidents' Council Clubhouse 49 a.m.
Monday, Feb. 10	Mutual 9 Administration9 a.m.
Wednesday, Feb. 12	Mutual 4 Administration 9:15 a.m.
Thursday, Feb. 13	Mutual 12 Administration9 a.m.
Friday, Feb. 14	Mutual 3 Administration9 a.m.
Tuesday, Feb. 18	Mutual 15 (rescheduled) Clubhouse 49 a.m.
Tuesday, Feb. 18	Mutual 14 Conference Room B..... 1 p.m.
Wednesday Feb. 19	Mutual 5 Conference Room B.....9 a.m.
Wednesday, Feb. 19	Mutual 7 Administration 1 p.m.
Thursday, Feb. 20	Mutual 2 Administration9 a.m.
Thursday, Feb. 20	Mutual 11 Conference Room B..... 1:30 p.m.
Friday, Feb. 21	Roundtable with Mutuals/GRF Administration 1 p.m.
Monday, Feb. 24	Mutual 8 Conference Room B.....9 a.m.
Wednesday, Feb. 26	Mutual 10 Administration9 a.m.

GRF Committee Meetings

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

Thursday, Jan. 23	Management Services Review Ad Hoc Administrationcanceled
Tuesday, Jan. 28	GRF Board of Directors Clubhouse 4 10 a.m.
Monday, Feb. 3	Recreation Committee Conference Room B 1 p.m.
Wednesday, Feb. 5	Governing Document Committee Administration 10 a.m.
Wednesday, Feb. 5	Physical Property Committee Administration 1 p.m.
Thursday, Feb. 6	Architecture Design Review Committee Administration 1 p.m.
Friday, Feb. 7	GRF Board Executive Session Administration 1 p.m.
Monday, Feb. 10	Mutual Administration Committee Administration 1 p.m.
Tuesday, Feb. 11	Facilities and Amenities Review Ad Hoc Administration 1 p.m.
Wednesday, Feb. 12	Security, Bus & Traffic Committee Administration 1 p.m.
Thursday, Feb. 13	Communications/ITS Committee Administration 1 p.m.
Friday, Feb. 14	Finance Committee Conference Room B 9 a.m.
Friday, Feb. 14	Executive Committee Administration 1 p.m.
Tuesday, Feb. 18	Website Ad Hoc Committee Administration 1 p.m.
Wednesday, Feb. 19	Strategic Planning Ad Hoc Committee Administration 10 a.m.
Friday, Feb. 21	Roundtable with Mutuals/GRF Administration 1 p.m.
Tuesday, Feb. 25	GRF Board of Directors Clubhouse 4 10 a.m.
Tuesday, Feb. 27	Management Services Review Ad Hoc Administration 1 p.m.

GRF Board of Directors Agenda Clubhouse Four Tuesday, January 28, 2020, 10:00 a.m.

1. Call to Order/Pledge of Allegiance
2. Roll Call
3. President's Comments
4. Announcements/Service Awards/Staff Commendation
5. Seal Beach City Council Member's Update
6. Health Care Advisory Board Update (pp.
7. Shareholder/Member Comments
 - Note: Foundation Shareholder/Members are permitted to make comments before the meeting business of the Board begins. The Open Meeting Act allows boards of directors to establish reasonable time limits for the open forum and for speakers to address the board. (Civ. Code §4925(b)... Time limits, per speaker, are limited to:
 - 4 - minute limit per speaker, when there are no more than 15 speakers
 - 3 - minute limit per speaker, 16 - 25 speakers
 - 2 - minute limit per speaker, over 26 speakers
8. Consent Calendar (Ms. Stone)
 - a. Committee/Board meetings for the Month of December
 - i. Minutes of the Recreation Committee Board Meeting of December 2, 2019
 - ii. Minutes of the Physical Property Committee Board Meeting of December 4, 2019
 - iii. Minutes of the Security, Bus & Traffic Committee Board Meeting of December 11, 2019
 - iv. Minutes of the Executive Committee Board Meeting of December 13, 2019
 - b. GRF Board of Directors Minutes, December 17, 2019
 - c. January GRF Board Report
 - d. Accept Month of December Financial Statements for Audit
 - e. Approve Reserve Funds Investment Purchase
9. Reports
 - a. Facilities and Amenities Review (FAR) Ad hoc Committee
 - b. Management Services Review Ad hoc Committee
 - c. Strategic Planning Ad hoc Committee
 - d. Website Ad hoc Committee
10. New Business
 - a. General
 - i. Conceptual Approval – Orange County Registrar, Onsite Voting Drop Box
 - b. Communications and ITS Committee
 - i. FINAL VOTE: Adopt 20-2806-2, Service Fees
 - c. Executive Committee
 - i. FINAL VOTE: Amend 30-5025-3, GRF Election Procedures
 - ii. Approve GRF Director's Handbook
 - d. Facilities and Amenities Review Ad hoc Committee
 - i. FINAL VOTE: Amend 70-1406-1, Limitations on Use
 - ii. FINAL VOTE: Adopt 70-1406-2, Limitations on Use, Fees
 - e. Finance
 - i. Amend 40-2230-3, Authorized Signatories
 - f. Physical Property Committee
 - i. Non-scheduled Reserve Funding – Replacement of Allen's Alley Wall
 - g. Recreation Committee
 - i. Amend 70-1400-01, Co-occupants and Qualified Permanent Residents (QPR), Use of Clubhouses
 - ii. FINAL VOTE: Adopt 70-2504-2, Library Fees
 - iii. FINAL VOTE: Adopt 70-1447-1, Use of Community Facilities, Mini-Farm – Rules
 - h. Security, Bus & Traffic Committee
 - i. Amend 80-5538-1, Bus Safety Rules
11. Staff Reports
 - i. Director of Finance's Report – Ms. Miller
 - ii. Executive Director's Report – Mr. Ankeny
12. Board Member Comments
13. Next Meeting/Adjournment

Next regular GRF Board of Directors meeting, Tuesday, February 25, 10:00 a.m., Clubhouse Four

Replace expired decals at CH 5

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

Decals are issued 8 a.m.-4 p.m., Monday-Friday and Saturday, 9 a.m.-1 p.m., unless the weather is damp.

For Your Information

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

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.

Religion



Pastor Sam and Maggie Rios

FAITH CHRISTIAN ASSEMBLY

Guest from Amazing Grace Assembly

Pastor Sam and Maggie Rios will minister at Faith Christian Assembly on Sunday, Jan. 26, at the 10:30 a.m. and 5:30 p.m. services. Pastor Sam preaches at Amazing Grace Assembly of God in Anaheim. He is gifted in preaching God's Word, and his wife, Maggie, is gifted in singing. Sam and Maggie used to be in Pastor Gwyn Vaughn's youth group at Faith Tabernacle in Los Angeles back in the 1960s. It will be a special reunion and a wonderful time to enjoy their ministry.

Faith Fellowship Time is on Tuesday at 11 a.m. in the Garden Room. The Midweek Bible Study is taught by Pastor Sheri Leming on Wednesdays at 11 a.m. in the Garden Room. the GriefShare begins Feb. 7, at 2 p.m.

To receive a free newsletter and for more information on the church, call (562) 598-9010 or visit www.FCAchurch.net.

Congregation Sholom

Congregation Sholom's Friday night services will take place at 7 on Jan. 24 in Clubhouse 3, Room 9, with Rabbi Karen Isenberg. An Oneg will follow services.

Saturday services will be on Jan. 25, in Clubhouse 3, Room 9, at 9:30 a.m. An hour of Torah study will begin at 10:15. The service will be followed by a potluck lunch at noon.

There will be a Shabbat dinner of chicken and rice on Friday, Jan. 31. The dinner will follow the 5:30 p.m. service in Clubhouse 3, Room 9. Congregation Sholom asks for families with last names beginning A-I to bring a salad; J-S, a dessert or appetizer; and T-Z, a side dish. RSVP to Susan at susanmichlindesigner@gmail.com by Monday, Jan 27.

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

LW Baptist

Leisure World Baptist Church continues its services on Sunday, Jan. 26, with a warm welcome in Clubhouse 4. Bob Simons will teach the Sunday school lesson from 8:40-9:10 a.m. Coffee and conversation will be held in the kitchen before service starts at 9:45 a.m.

Congregational hymns include "Love Lifted Me," "Down at the Cross" and "Why do I Sing about Jesus." The choir will sing, "Come Christians, Join to Sing." Offertory selection played by pianist Yvonne Leon and soloist Connie Lee will sing "There Is Sunshine In My Soul Today."

Pastor Rolland Coburn's message is titled, "Victory in Living" from Romans 12:14-21.

The prayer room is open following the service, where members of the congregation will meet with people and pray over their needs with them.

The women's Christian fellowship and Bible study group will meet on Monday, Jan. 27, in Clubhouse 3, Room 6, at 10 a.m. The Energizers meeting will be Wednesday, Jan. 29, in Clubhouse 3, Room 1, at 1 p.m. The deacons meeting is in the same room at 2 p.m.

For more information call 430-2920.

Redeemer Lutheran

"Come, See and Follow Me" is Jesus' call to the world and is Pastor Lisa Rotchford's sermon for Redeemer Lutheran's Sunday worship service on Jan. 26 at 10:30 a.m. Nancy Anderson and Maria Swift are greeters. Scripture readings and prayers will be led by Juanita Townsend and Carol Costello. Fellowship with refreshments will be held after the service.

The midweek worship service for prayer, reflection and Communion is every Wednesday at 11:30 a.m. The Wednesday Bible class is still reading from the Book of Proverbs. The next meeting is Wednesday, Jan. 29, from 10:30-11:30 a.m. in the easily accessible conference room inside the main entrance.

Security
(562) 594-4754



Pastor Bruce and Margaret Humes

FIRST CHRISTIAN CHURCH

"Overcomer" screening on Jan. 24

First Christian Church will screen the movie "Overcomer" on Friday, Jan. 24, at 1 p.m. and again at 5:30 p.m. This movie details the inspiring story about an unlikely runner who pushes herself to the limits. She trains for the biggest race of her young life encouraged by words and prayers of a friend.

The Saturday service begins at 5:15 p.m. with the hospitality room opening at 4:30 p.m.

Elder Jack Frost will lead the Bible study on Sunday at 9 a.m. The group is currently in the Book of Luke. Carol Speake and Sue Kaminski will open up the hospitality room for refreshments and fellowship at 9:30 a.m.

Pastor Bruce Humes begins the worship service at 10:15 a.m. with praise, prayer, and Scripture, followed by Margaret Humes leading the congregation in hymns of worship, "Turn Your Eyes Upon Jesus," "I Am Thine, O Lord" and "It is Well with My Soul." The Communion hymn will be "The Blood will Never Lose its Power."

The church choir, under the direction of Margaret Humes, will sing "Friend Of God." Elder Larry Massey will present the Communion meditation and service today.

Anita Ragole will sing "I Walked Today Where Jesus Walked." Pauline Massey will read Scripture from the Book of James followed by Pastor Bruce's in-depth teaching of the passage.

Service times are Saturday at 5:15 p.m. and Sunday at 10:15 a.m. The Hospitality Room opens 45 minutes before each service for fellowship and light refreshments. Pastor Bruce leads the prayer and verse-by-verse Bible studies that are held on Tuesdays and Thursdays; both beginning at 9:30 a.m.

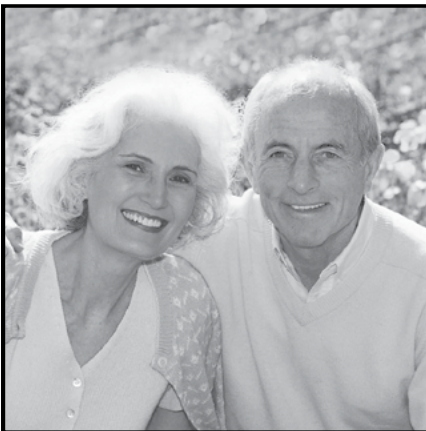
Hearing enhancements are available at all church functions. Call the church office at (562) 431-8810 for further information.

St. Theodore's

The Rev. Reese Riley will celebrate and preach at St. Theodore's Episcopal Church Communion worship service on Sunday, Jan. 26, at 12:15 p.m. in the sanctuary of Redeemer Lutheran Church. Fellowship with refreshments follows in the easily accessible first floor conference room.

Join St. Theodore for its combined Lutheran and Episcopal worship service with prayer, reflection and Holy Communion held every Wednesday at 11:30 a.m. in its sanctuary chapel.

E-mail your RELIGION stories to
laurieb@lwsb.com



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실 비치 코너스톤 교회 창립 10주년 기념 감사예배

Seal Beach Cornerstone Church
10th Anniversary of Church Foundation, Appreciation Worship

실 비치 코너스톤 교회 창립 10주년을 맞이해서 모든 성도님들과
한인 동포 여러분들을 모시고 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

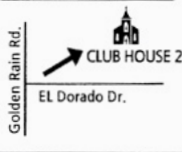
Date: Feb. 2, 2020, Time: 9:45 A.M.

* 장소(Location): Club House 2

* 주소(Address): 13861 El Dorado Dr.

* 전화(Telephone): 562)331-6104

교회 찾아오는 길



실 비치 코너스톤 교회

SEAL BEACH CORNERSTONE CHURCH

PAID ADVERTISEMENT

FREE Leisure World Gold Show

"Turn Your Broken or Unused Gold Jewelry, Gold & Silver Coins and Sterling Silver Into Instant Cash"

One Day Only. This Sunday 10am to 5pm.

The *Leisure World Gold Show* is happening this Sunday in Seal Beach. You can get paid cash instantly for your unused/unwanted gold jewelry (even if damaged), gold coins, silver coins, and dental gold — in fact, *anything* containing gold.

Real Gold?

What if you don't know if an item contains real gold? Don't worry, bring it anyway and gold buyer specialist *Greg Schilling*, owner of *Schilling Gold Exchange* will test and inspect your item to determine amount of gold content, purity of gold (10K, 14K, 18K, 24K), and weight.

Mr. Schilling will provide you information about your item and discuss purchasing it for cash should you wish to sell it.

Often times people with gold items are amazed at how much something is worth.

Hold or Sell — It's Up To You

There is never any pressure for you to sell your item.

Mr. Schilling states, "I have a lot of folks who just want to know more about their item, which is fine. Often times there is sentimental value

attached, in which case I always recommend to my customers they hold on to it. I build my business through repeat customers, and I know that if I treat my customers right, they will refer their family and friends. I want everyone to walk away feeling good about attending this event."

Comments From Previous Gold Show Attendees

"After shopping around, I found *Schilling Gold Exchange* gave me the best price for my gold. I highly recommend *Schilling Gold Exchange* to other Seniors. " — J.R.

"I am more than pleased with *Greg Schilling* of *Schilling Gold Exchange*. He was able to give me top dollar for my gold jewelry and coins. After my wife passed, I had some gold coins that I wanted to cash-in. Not only did *Greg* give me a fair price, but I also got more than I was expecting as one of the coins had extra numismatic value that I was unaware of. I now recommend to all my family friends they use *Schilling Gold Exchange* instead of jewelry stores." — G.P.

"Try it. You'll like it. Very friendly and honest. " — M.B.



Mr. Schilling (on right), of *Schilling Gold Exchange* and member of the *World Gold Council*, and *American Numismatic Association*, evaluates jewelry for show goers. Mr. Schilling will be at the event and available to provide information about gold jewelry, gold and silver coins, sterling silverware sets, and diamonds.

Admission Is Free

The event is free and there is never any fee to bring your items for evaluation. Plus, there are no long lines. Wait times if any, are only about 5-10 minutes. There is plenty of free parking.

Location & Time

The event will be held at:
Hampton Inn & Suites
2401 Seal Beach Blvd
Seal Beach, CA

Sunday, January 26, 2020
10am-5pm.

Private In-Home Appointments

If you have a large collection, or are home-bound, or have diamonds, call (949) 239-1521 for information on scheduling a private appointment with Mr. Schilling.

Instant Cash

Don't miss this opportunity to turn your unused, broken, or unwanted gold jewelry, gold coins, silver coins, dental gold, Sterling Silverware sets, and diamonds into cash.

This event is one-day only — don't miss it!

ADMISSION IS FREE!

You Get Paid For:

- Gold Jewelry
- Gold Chains
- Gold Coins
- Silver Coins
- Dental Gold
- Anything Gold!

Plus..

- Sterling Silverware Sets!
- Diamonds

Note: If you have a large gold collection that you would like to get evaluated for possible sale, please call (949) 239-1521 for information about a private in-home by appointment.

LEISURE WORLD GOLD SHOW

1 DAY ONLY. THIS SUNDAY, JAN, 26TH, 2020

Turn Your Gold, Silver, & Diamonds Into INSTANT CASH!

FREE ADMISSION!

Leisure World Gold Show
Sunday January 26th, 2020 10am-5pm

Hampton Inn & Suites
2401 Seal Beach Blvd, Seal Beach
For hotel directions only call (562) 594-3939

5% SENIOR CITIZEN COUPON

This coupon is good for Senior Citizens age 65 and older, and is good for an extra 5% cash on any sales (except for gold coins and bullion) made to *Schilling Gold Exchange* at the event. Original coupons only. Coupon valid through show dates only. One coupon per person. Present coupon at event.



Leisure World Gold Show
Sunday, January 26th, 2020
10am-5pm

Leisure World Gold Show | coupon code SB202001

INSTANT CASH!

Have A Large Collection?
Private In-Home Appointments

If you have a large collection, or are home-bound call (949) 239-1521 for information on scheduling a private in-home appointment with Mr. Schilling.

Schilling Gold Exchange
(949) 239-1521



Beit HaLev

Beit HaLev’s online synagogue is now on YouTube! People 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* and on *YouTube.com*. In addition, Rabbi Galit Shirah conducts weekday Ma’ariv (evening) services every Thursday at 4 p.m. for *SimShalom.com*. There is a “chat” area where viewers can converse interactively with the rabbi and the global congregation.

The Torah portion this week is “Va’eira,” which begins with the revelation of the Divine Name, continues with the abuse of the Hebrew slaves by Pharaoh, the listing of the names of the leaders of each tribe and the first seven Plagues thrust upon Egypt. As each Plague becomes more and more disastrous, Pharaoh becomes more and more “hard-hearted.” The Hebrews become disheartened by Pharaoh’s stony reaction to the distress of the Egyptian people, but it all follows God’s plan.

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



Rabbi-Cantor Galit Shirah

Assembly of God

The hymn sing will feature a dynamic speaker who is recognized globally for her expertise in combating human trafficking and working to end violence against women. The event will start at 6 p.m. in the lobby of Clubhouse 3.

Dr. Sandi Morgan is an ordained pastor with the Assembly of God, earned her PhD degree in Philosophy Intercultural Studies from Biola University and is currently the director of the Global Center for Women and Justice at Vanguard University. She was recently appointed to the White House Private Partnership Advisory Council to End Human Trafficking. In addition to this work, Dr. Morgan is also a pediatric nurse and volunteers with Doctors of the World Athens, Greece.

The topic of human trafficking is prevalent in the world today and the presentation by Dr. Morgan will be a time for everyone to become more aware of the situation and how to help. The public is welcome.

Associate Pastor Dan Ballinger will lead songs selected by those present and Cliff Vanderwal will bring special music. The fellowship time concludes the evening with visiting with friends and sharing treats brought by members.

Associate Pastor Dan will open with praise and prayer and then lead the congregation in worship at the 10:30 a.m. service. Pastor Sam Pawlak will then continue the sermon series on the Ten Commandments, “Man, This Is Living” with a message titled, “God’s Sabbatical.”

The Wednesday Bible study will continue in Clubhouse 3, Room 7, at 10 a.m. as Pastor Sam directs the study from the book of Revelation.



Elder Seong Joong leading hymn sings before service.

SA-RANG CHURCH

Inter-faith church celebrates 16 years

The Sa-rang Church is observing its 16th anniversary of the founding of the church on Sunday, Jan. 26, at 11 a.m. The congregation of about 100 members is served by the team of five retired pastors of diverse backgrounds including the Assembly of God, Methodists and Presbyterian. The inter-denominational church is lead by Rev. Kyo Min Soh. The pastors are voluntary and not compensated for their care and services. Each takes turns in preaching, Bible studies and presiding.

Christian Women’s Fellowship Bible Study

Christian Women’s Fellowship and Bible study group will meet on Monday, Jan 27, in Clubhouse 3, Room 6, at 10 a.m. The group is studying the book “Women in the Bible.” All residents are welcome. For further information, call (562) 431-0597 or (562)594-8100.

Holy Family Catholic Church

Holy Family Catholic Church, 13900 Church Place next to the St. Andrews Gate, will observe The Solemnity of Our Lord Jesus Christ, King of the Universe, on the third Sunday in Ordinary Time. The First Reading is Isaiah 8:23-9:3 and the Second Reading is 1 Corinthians 1:10-13, 17.

Masses and Confessions Schedule

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

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

Mindfulness Meditation

The Buddha Circle will meet for a Mindfulness Meditation session from 2-4 p.m. on Wednesday, Jan. 22 and 30, in Clubhouse 3, Room 7. The sessions are facilitated. Donations are welcome; admission is free. For more information, call (714) 234-8735 or email *rebec-cagad71954@gmail.com*.

For your information:

Deadline for classified ads for the LW News is Monday, 2:30 p.m. for the following week, except holiday weeks.

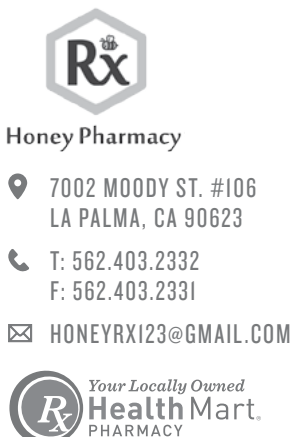
10 years
experience
10 년 약사 경력!



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친절, 정확, 신속, 그리고 정직한 서비스를 약속 드립니다.

- Shingles (대상포진)
- Flu (독감)
- Pevnar 13, Pneumovax 23 (패렴)
- Hepatitis A, Hepatitis B (간염)
- M-M-R (홍역, 볼거리, 풍진)
- Meningitis (수막염)
- Tdap (파상풍, 디프테리아, 백일해)
- HPV – Human Papilloma (인간 유두종)



This pharmacy is independently owned and operated under a license from Health Mart Systems, Inc.

The Rock Church

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

Sunday services are at 9 and 11:15 a.m. in English. Spanish service is at 1:45 p.m. Listen to Sunday messages for free by going to *www.gototherock.com*.

For more information call (714)526-8233.

For your information:

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

SBCSL

The Spiritual Living Center, 500 Marina Drive in Seal Beach, is a loving spiritual sanctuary where everyone is welcome and the abundance of life is celebrated through study, inspiration, gratitude and service. Sunday services are held at 9 and 11 a.m., and inspirational music is included.

Ongoing events at the Center include A Course in Miracles discussion group on Mondays from noon-1:30 p.m.; Living and Thriving Through Life After a Loss support group, 10 a.m., the third Saturday of the month; and a Native American Drum Circle Meditation, 6:30 p.m. on the third Wednesdays.

For more information on classes, workshops and other events, visit the Center’s website at *www.sbcsl.org* or call the office at 598-3325.



Practitioner Annemarie Lovdahl

Interfaith Council

The Interfaith Council promotes, facilitates and coordinates the work of the member faiths in our community. It develops spiritual awareness and supports worthwhile enterprises. It meets at 4 p.m. the second Tuesday of each month in Redeemer Lutheran Church. Each religious group that meets in our community may have two representatives, with one vote per group.

The Council sponsors a community Thanksgiving service the Monday before Thanksgiving. All retired clergy in our community are invited to the Council’s annual dinner in January. For more information call (562) 598-8697.

The Salvation Army

The Salvation Army will host a speaker a representative from Wells Fargo Bank on Monday, Jan. 27, at 7 p.m.

The subject will be on Consumer Fraud. Questions and answers will be addressed. This event is open for anyone to attend.

Religion Editorial deadline is
Thursday at 4:00 p.m.
for the following Thursday’s
publication

Health & Fitness

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. 23 — Sweet and sour chicken, brown and wild rice, seasoned broccoli, fresh banana, ham and cheese sandwich with lettuce, tomato and pickle, marinated confetti salad

Friday, Jan. 24 — Homemade meatloaf with brown gravy, garlic and chive mashed potatoes, peas and carrots, ambrosia salad, entrée Caesar chicken salad with romaine lettuce shredded cheese, croutons, Caesar dressing, crackers

Monday, Jan. 27 — Barbeque chicken leg and thigh, barley and mushroom pilaf, California blended vegetables, pears with cinnamon, chicken salad sandwich with spinach and tomato, German potato salad

Tuesday, Jan. 28 — Roasted pork with honey and garlic sauce, Macaroni and cheese, broccoli, tropical fruit cup, entrée Greek chicken salad, tomato, olives, cucumber, feta cheese, vinaigrette dressing and crackers

Wednesday, Jan. 29 — Hawaiian chicken with pineapple, brown rice, Oriental vegetables, cantaloupe chunks, turkey, ham and cheese sandwich with lettuce, tomato, and pickle, tri-color slaw.

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, blackbeans, cheese, cilantro, salsa dressing and crackers

OPTUMCARE AT THE HCC

Setting goals

By Carson Bloomquist
LW contributor

You’ve probably heard “new year, new you” a lot this year. Everyone has come up with their resolution and is committed to it – for a few more days, anyway.

If you have diabetes and made some resolutions about your health, you’re in luck: we sat down with Maureen Ngo, a clinical pharmacist and certified diabetes educator. She has put together some helpful tips on keeping resolutions, which she will be presenting on Jan. 27 at the Health Care Center.

“The best way to keep a resolution is to make it SMART,” Maureen said. “It means creating a goal that is Specific, Measurable, Achievable, Realistic, and Timely.”

So how does that work? “It may sound complicated, but it’s quite simple,” she said. “Here’s an example. If you want to eat better, add two vegetable servings to your dinner by the end of the month.”

Another thing that can help: technology. “There are a lot of easy-to-use devices to keep you on track,” Maureen said. “There are some that measure your exercise, some that keep a log of your food, and others that help you with sleep.”

First meeting of the year

The Impaired Vision and Hearing Club will Meet for the first time in 2020 on Jan. 28 at 1:30 in Clubhouse 3, Room 1. The guest speaker will be Oskar Aguilar. Oscar is employed as a Field Operations Specialist. He serves as a communications specialist for the deaf and hard of hearing. Dues are \$3. Be sure to make your reservation for the handicap bus. President Juanita Townsend invites all Leisure World residents to join our group.

Weekly Health, Exercise Classes

Chair Exercise

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

Fitness Fusion Upper/Lower Body Strength and Yoga

Classes are from 11:15 a.m.-12:15 p.m. on Tuesdays and Thursdays in Clubhouse 6, top floor; \$4 per class by the month or \$5 for occasional drop-ins. For more information, call Marion Higgins at (562) 296-8328.

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

Tai chi classes increase mobility and balance at 9:20 a.m. on Tuesdays in Clubhouse 3, Room 1. Beginners welcome. For more information, call Joann Mullens at (562) 596-3936.

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

Mind booster

The Alzheimer’s Family Center’s (AFC) Mind Booster series is coming to Leisure World on Fridays, Jan. 31, Feb. 7, 14 and 21 from 1-4 p.m. in Clubhouse 3.

This four-week research-based series includes:

- Step-by-step methods for maintaining cognitive skills
- Tricks and tips for improving memory
- How to feed your brain with the right diet

Pre-registration is required. Cost is \$25, payable to Alzheimer’s Family Center. To register, mail a check to Alzheimer’s Family Center, 9451 Indianapolis Ave., Huntington Beach, CA, 92646, or contact Marie Oyegun at MOyegun@AFSCenter.org (714)593-9630.

For more information, call GRF Member Resource and Assistance Liaison Cindy Tostado, LCSW, at (562) 431-6586, ext. 317.

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. 23 — Potato and leek soup, crackers, Cobb salad with shredded chicken, eggs, cheese, tomato and red onions, salad mix ranch dressing, apple crisp and orange pineapple juice

Friday, Jan. 24 — Cream of spinach soup with crackers, Vietnamese coconut chicken breast, pineapple fried rice, broccoli spears, tropical fruit mix

Monday, Jan. 27 — Macaroni and cheese stewed tomatoes, broccoli spears, fresh melon

Tuesday, Jan. 28 — Split pea soup, crackers, Vietnamese caramel chicken breast, brown rice, california blend vegetables, Ambrosia

Wednesday, Jan. 29 — Tilapia topped with savory tomato sauce, wild rice pilaf, peas and carrots, whole wheat dinner roll, Promise, orange juice, custard

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

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Experienced tax professionals.....	yes.....	maybe	maybe
Complicated financial transactions prepared.....	yes.....	maybe	maybe
Will send you a reminder when your estimated tax payments are due (June, Sept. and Jan.).....	yes.....	no	no
Free mailing of tax returns-we pay the postage	yes.....	no	no
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Shred all sensitive information.....	yes.....	probably	maybe
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Available for questions all year.....	yes.....	maybe	no
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CLUB MEETING SCHEDULE

ARTS & CRAFTS

Art League, 2nd Tues. (except Aug., Dec.), 7 p.m., CH 4, (562) 706-4921
Art Classes, Mon., Wed., Thur., Fri., 9 a.m.-noon; Fri., 1-4 p.m., CH 4, Art Room, 594-6064
Ceramics, Wed., 10 a.m.-2 p.m., CH 4, Ceramics Rm, 423-9805
Clay Crafters, Mon., 1-4 p.m., Fri.; 1-4 p.m.; CH 4, Ceramic Rm., (949) 636-6798
Creative Writers, fourth Friday, 1:30 p.m., CH 3, Room 1
Knit & Crochet, Tues., 9 a.m., CH 4 Ceramics Room, 598-1079
Korean Literary Club, 2nd, 4th Mon., 9:30 a.m., CH 3, Rm. 7, (714) 705-3199
Lapidary & Jewelry Making, Mon.-Fri., 9 a.m.-3 p.m.; Thurs., 5-7 p.m., Sat., 9 a.m.-1 p.m., CH 4 Lapidary Facility
Make 'Em Laugh, Thurs., 10:30 a.m., CH 3, Rm. 6, 296-8647
Oil Painting, Tues., Fri., 9 a.m.-noon, CH 4
Photographic Arts, 2nd Thurs., 1:30 p.m., gen'l mtg and workshop, CH 3, Rm. 9, 430-7978
Producers Club, acting class, 1st, 4th and fifth Wed., 1:30 p.m., Video Producers Room, 598-0880
Quilting Bees, Wed., 9 a.m., CH 3, Lobby, 493-3645, 743-9827
Theater Club, regular mtg., 4th Fri., 10 a.m., Amphitheater Little Theater; 596-6358
The Writers Group, 1st, 3rd Thur., 1-3 p.m., CH 3, Rm 6, 596-5033
Woodcarving, Tues., 1-3 p.m. CH2, 799-0966

BRIDGE

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

CARDS & GAMES

Chess, Fri., 1-6:30 p.m., CH 3, Rm. 7
Cribbage, Tues., noon, CH 1
Euchrites, Wed., 5-8 p.m., CH 3, 431-2682
Farklers Club, 2nd Mon., 5-10 p.m., CH 3, Rm. 4
Gadabouts Bingo, 2nd Sun., 1:30 p.m., CH 2, 598-3743
Jolly Time Cards, 2nd Fri., 11 a.m.-4 p.m., CH2, 240-5416
LW Bunco, 2nd, 4th Mon., 6 p.m., CH 3, Rm. 1, and 2nd, 4th Sat., 1:30-4 p.m., CH 3, lobby; (562) 596-1346.
LW Tournament Poker Club, 1st, 2nd, 3rd Sat., 11:45 a.m., CH 6, Hospitality Room, 592-8911
Mexican Train Dominoes, Mon., 5:30 p.m., CH 3, Rm. 9, 493-9411
New York Club Bingo, 1st Sun., 1:30 p.m., CH 2
Panhellenic, 1st Fri., 12:30 p.m., CH 3
PEO Lunch and Games, 4th Wed., 11:45 a.m., CH 2, 431-8240
Pinochle, **Friendly**, Thurs., 12:30 p.m., CH 1, 430-5828
Pinochle, Mon., 12:30 p.m., CH 1, 431-1045
Pinochle, Sat., 11 a.m., CH 1, lobby, 240-5416
Scrabble, Wed., 1-4 p.m., CH3, Rm. 5, 598-1384
Sheepshad Club, 1st, 3rd, 5th Fri., 6-10 p.m., CH 3, Rm 6, 341-0249
Social Club, 4th Fri., 11:30 a.m., CH2, 240-5416
Variety Poker, Tues., 1:30 p.m., CH 6, (714) 458-5751
Y-Rollers Yahtzee, 1st, 3rd Fri., 12:30 p.m., CH 3, Rm 6; 596-7237

DANCE

Ballet Fitness, Sat., 1:30 p.m., CH 6
Dancers & Mixers, (ballroom dancing), 1st Tues., 7-9:30 p.m., CH 4, 431-1257
Dancing Feet Ballroom and Line Dance Club, 4th Sun., 6-9:30 p.m., CH 2; line dance lessons, Thurs., 7-9 p.m.; Sun., 4-6 p.m., both CH 6; (551) 998-4223
Dance Fitness, Mon., 5:30 p.m.; Wed., 5 p.m.; Thurs., 8:30 p.m., CH 6, upstairs, (714) 487-2446
Flowering Step Line Dance, Mon. and the 3rd Tues., 10 a.m., CH 2, 296-8068
Grapevine Line Dance, Thurs., 2-5 p.m., CH 6, Rm. C
Hui O Hula, Mon., 10-11:15 a.m., upstairs, CH 6; Tues., 1:15 p.m., upstairs, CH 6, 252-9676, kumu@huiohula.com
Joyful Line Dance Club, Wed., 3-4:30 p.m., CH 3, lobby; 301-5339
Leisure Time Dance, Mon., 2-4, CH 6, 301-6119

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

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

EDUCATION

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

HOBBIES & SPORTS

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

MUSIC

Ad Hoc Singalong, Tues., 4 p.m., CH 3, lobby, 431-4221
Community Sing, Mon., 6:30 p.m., CH 3, lobby, 493-3054
Good News Singers, Tues., Thurs., 9-10 a.m., CH

3 lobby (Tues.), Rm. 9 (Thurs.), 243-0047
Guitar Club, Fri., 1:30-4:30 p.m., CH 6, 489-6133
Karaoke, Wed., 5:30 p.m., CH 1; practice session, Tues., 1-3 p.m., CH 6; 493-0484
Korean American Chorale, Fri., 9:30-11:30 a.m., CH 4 (1st Fri, CH 3, Rm 9) 431-3036
Korean-American Classical Music Academy, 2nd, 3rd, 4th Thurs., 9:30-11:30 a.m., CH 4, (213) 716-8662
Korean-American Guitar Club, Thur., 9:30 a.m.-noon, CH 6, Room B, 342-9946
Korean-American Women's Sing Along Club, Wed (except 4th Wed.), 2-3:30 p.m. CH 4, Section C, (909) 762-5393
LW Chorale, Mon., Wed., 9-11 a.m., CH 3, Rm. 1 or 2, 243-0047
LW Opera Club, 1st Tues., CH 3, Rm 1; 2nd Mon., CH 3, Rm 2; 1:30-4:30, 296-5586
LW Symphony Orchestra, Mon., Wed., 12:30-2:30 p.m., Amphi. stage, (615) 898-0669
Musical Strings, Fri., 1-4 p.m., CH 3, Rm. 9, 481-7663

NATIONALITY/CULTURE

American-Latino Club, 1st Fri., noon, CH 4
Britannia Club, 2nd Thur., 1:30 p.m., CH 3, Rm. 1, (661) 312-6394
Chinese-American Friendship Club, 2nd Wed., 3rd and 4th Thurs., 1-8 p.m., CH 3, Rm. 1, (562) 588-3014, (337) 424-1218
Filipino Association of LW, 2nd Sun., 2-8 p.m., CH 3, Rm. 1, 493-1406
Italian-American, 1st Wed., noon, CH 4, 355-2918
Korean American Association, 2nd Thur., March, June, September, December, 5-10 p.m., CH 2
JPN-Nikkei Club, 2nd Sat., Jan., March, Sept., Nov.; 3rd Sat., May, July, 9:30 a.m.-3, CH3, Rm 1, (714) 317-1102
Vietnamese American Club, last Fri., noon, CH 3, Rm. 1 or 2, (714) 322-8086

OCCUPATION

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

RELIGION/PHILOSOPHY

Beit HaLev, House of the Heart, Fri., 6 p.m., Sat., 10:30 a.m., livestream.com/Galityomtov/Facebook.com/galityomtov, 715-0888, 493-2680
Buddha Circle, 4th Saturday, 9:30-11 a.m., CH 4
Chinese Bible Study Fellowship, Tuesdays, 1:30-3:30, CH 3, Room 5
Christian Fellowship and Fun Club, 4th Tues., 6 p.m., CH 4, 455-6218
Christian Woman's Fellowship & Bible Study, 10-11 a.m., 2nd Mon., 10-11 a.m., 431-0597, 594-8100
Community Church Women's Ministry, Sarah Circle, 4th Tues., 10:30 a.m., Community Church
Congregation Sholom, Services: Fri., 7-9 p.m., CH3 Rm- 9; Sat., 9:30-11:30 a.m., service, kid-dush, Torah study, CH 3, Rm. 9; 505-3622
Course in Miracles, Fri., 4-5 p.m., CH 3, Rm. 8
Dongbu Pyungkang Church, Sun., 10 a.m., CH 6, (949) 514-4346
Korean Catholic Fellowship, 2nd Wed., 5 p.m., CH 3, Rm 9; 3rd Saturday, 5 p.m., CH 3, Rm. 9, (949) 892-8899
LDS Family Home Evening, 3rd Mon., 6 p.m., CH 3, Rm. 6, 703-9342
LW Humanists, 1st Sun., 10:30 a.m., CH 3, Rm. 1, 209-3183
LW Hanin Church, Sun., 10:15 a.m., praise; 10:30 a.m., worship; Bible study, Wed., 5:30 p.m., CH 3, Rm. 7, (213) 550-9991
Salvation Army Home League, Monday (except 5th week), Sept.-July, 7 p.m., CH 4, 209-2399
Sa-rang Church, Sun., 11 a.m., CH 3 Lobby; Wed., 6:30 p.m., CH 3, Rm. 1, 431-3036
Seal Beach Cornerstone Church, Sun., 9:45 a.m., CH 2, 331-6104

SELF IMPROVEMENT

AA Friends, Wed., 3:30 p.m., CH 3, 500-5105,

(213) 248-0539
AA Friends 2, Mon., 6-7 p.m., CH 3, Rm. 7, (213) 248-0539
AA Participation Meeting, 8:30 a.m., Sat., CH 3, 209-0816, 972-7567
Chair Exercise, Tues., Fri., 9:30 a.m., CH 1, 493-7063
Early Risers, cardio workout, Tues., Thurs., 6 a.m., CH 6, upstairs, (310) 489-2390
Impaired Vision & Hearing, 4th Tues., 1:30 p.m., CH 3, Rm. 1, 431-4026
Joy Walking & Jogging Club, Sat., 7-9 a.m. (DST-summer); 7:30-9:30 a.m. (DST-winter), Amphitheater stage.
Qi Gong & Tai Chi Chih, Tues., 9:15-11 a.m., CH 3, Rm. 1, 596-3936
Redeemer Respite Care, Mon., Tues., Thurs., 9:30 a.m.-3:30 p.m., Redeemer Church, 596-1209
Relax & Alert Meditation, Sat., 9:30 a.m., CH 6
Fitness Fusion—Upper/Lower Body Strength and Yoga, Tues., Thur., 11:15-12:15, CH 6, 296-8328
Tai Chi Chuan, Sat., 9:30 a.m., CH 6, 493-6719
Wa-Rite, Fri., 7:45-8:45 a.m. weigh-in, new members arrive at 8:15 a.m., 9 a.m., meeting starts, CH 3, Rm. 1, 760-1293
Yoga Club, Mon., 5:30-6:30 p.m., CH 4, Sec. C, 225-0273; Tues., 8:30-10:30 a.m., CH 4 lobby; Thur., 8:30 a.m., CH 3, Rm. 1, 506-5063 or (714) 225-1978

SERVICE ORIENTED

Amateur Radio Emergency Service Club, 1st Wed., 10 a.m., CH 3, Rm. 9, 431-6586, ext 409
American Legion Auxiliary, genl. meeting, 3rd Mon., 1:30 p.m., CH 4, Section A; board meeting, 2nd Fri., 1-3 p.m., CH 3, Rm 4, 594-0209
American Legion Post 327, 3rd Mon., board meeting, noon; general meeting, 1:30 p.m.; CH 4, Sec. B; 594-0209
Community Emergency Response Training (CERT), 1st Fri., 1 p.m., CH 5, Rm. B
Concerned Shareholders of LW, 4th Thur., 1 p.m., CH 3, Rm. 2
Knights of Columbus, 3rd Wed., 7:30 p.m., St. Isadora Church, Los Alamitos, 708-5500
Military Officers Assoc. of America, 3rd Thursday, 6 p.m., Navy Golf Course, Cypress, 430-6512
PEO, Chapter RT, 2nd & 4th, Mon. (dark June, July, Aug., Dec.), 10:30 a.m., CH 3, Rm. 9
Salvation Army, Mon., 7 p.m., CH 4, 296-8539
Senior Patriots for Peace, 2nd Tues., 2:30 p.m., CH 3, Rm. 2, program; 3rd Wed., 3 p.m., CH 3, Rm. 3, open board meeting; 296-8554
We the People Club, Wethepeople.Lw@gmail.com
Where We Live, 3rd Mon. CH 3, Rm. 3, 6:30 p.m., wherewelcome@yahoo.com
The Woman's Club, general mtg., 1st Tues., 1:30 p.m., CH 2; card party, 3rd Fri., 11:30 a.m., CH 2; board mtg., 3rd Wed., 10:30 a.m., CH 3, Rm. 7
Y Service Club, 3rd Wed., CH 3, Rm 2, 7:30 a.m.

SOCIAL

Friendly Couples, 2nd Wed., 5:30 p.m., CH 3, Room 2, 430-2891
LW Sunshine Club, Fri., 10-noon, CH 3, Rm. 2 (except 1st Fri.), 301-5339
LW RV Club, 3rd Tues., 6 p.m., CH 4, 340-9074, lwrvclub90740@gmail.com (dark June-August)
Noon Spoons, 4th Wed., 11:30 a.m., specified restaurants, 213-3923
Paws, Claws & Beaks Club, 3rd Wed., 4 p.m., CH3, Rm. 9, (714) 423-8279, (714) 930-5314
PEO Chapter RT Card Club, 4th Wed., 11:30 a.m., CH 2, 431-8240
Phil-Am Social Club LW, last Fri., 2-8 p.m., CH 3, Rm. 2, 431-6508
Rainbow Sisters, 1st Tues., 6-8 p.m., CH 3, Rm. 2, (530) 902-5117
Rollin' Thunder Golf Cart Club, 4th Tues., noon, CH 2, 431-6859
Schmooze Club, 2nd Tues., 10 a.m., CH 3, Rm. 9, 598-2022
Yiddish Club, 1st Thurs., 7 p.m., CH 3, Rm. 2, 431-3774

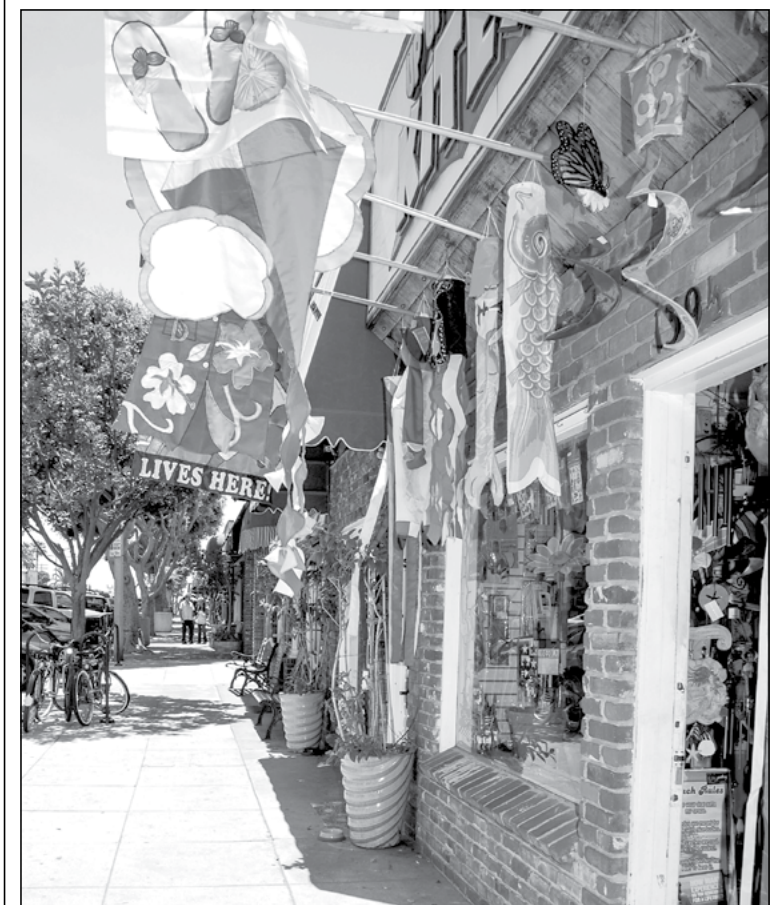
To Make Changes

Changes must be made in writing at the LW Weekly office or via email to: rutho_news@lwsb.com.
For more information, call 472-1277.
The office is open Monday-Friday from 8 a.m.-5 p.m.

Arts & Leisure



Terry Otte and Abilene will host its regular dance concert at 7 p.m. on Saturday, Jan. 25, in Clubhouse 2. Doors open at 6:30 p.m.; saving tables is prohibited. All Leisure World residents and friends are welcome. Bring beverages and snacks. Abilene is Seal Beach Leisure World's No. 1 country rock band. Terry Otte (standing, in cowboy hat) leads Abilene and shares singing duties with Tina Schaffer. Guitarist Rod Anderson, bassist Mike Simpson and drummer Jim Greer round out the group. Leisure World residents and friends can dance and party to the music of Abilene on the fourth Saturday of the month in Clubhouse 2. Sign in, either as a resident or guest, as this is the only way GRF can judge the popularity of your favorite bands.



Shoot your best shot of downtown Seal Beach and enter the Photo Arts contest for a chance at winning a cash prize.

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-x-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.

Friends of the LW Library

The Friends of the Leisure World Library raises funds to support the library through the sale of donations at the Friends Bookstore located across the patio.

People are welcome to browse for bargains in books, including children's books, cards, puzzles and more from 9:30 a.m.-3:30 p.m., Monday-Friday, and 9:30 a.m.-12:30 p.m. on Saturday.

LBSO

Folk melodies are focus on Feb. 8

The Long Beach Symphony will celebrate the rich heritage of folk melodies from the United States and Mexico on Saturday, Feb. 8, at 8 p.m. in the Terrace Theater of the Long Beach Performing Arts Center (300 E. Ocean Blvd.)

The program opens and closes with works by American Aaron Copland. The first, *El Salón México*, is named after a dance hall said to have played three kinds of music: one for the upper-class, a more vigorous working-class music and a foot-stomping music of the peasantry. As the music segues from one class to the other, audiences will hear drunkenness, twirling dancers, lots of brass and memorable clarinet solos.

Next, the audience will be taken south of the border to hear from Arturo Márquez (b. 1950), who captures the essence of his native Mexico in his charming *Concerto for Harp "Mascaras"* that will be delivered by interna-

LBSO, page 21



Gary Patent



Brittany Anderson

MUSICAL THEATRE WEST

Acclaimed 'Ragtime' opens Feb. 7

Musical Theatre West (MTW) brings five-time Tony Award-winning musical *Ragtime* to the Carpenter Performing Arts Center Feb. 7-23. Based on E.L. Doctorow's acclaimed novel, the 13-time Tony-nominated musical tells the story of three families trying to find their way during the turn of the 20th century in New York City; each struggling with the changing cultural climate in America and each facing the promise of hope and new beginnings in the midst of prejudice and bigotry.

Showcasing music and lyrics by the Tony Award-winning team of Stephen Flaherty and Lynn Ahrens and a Tony Award-winning book by Terrence McNally, "*Ragtime*" features a score with such memorable songs as "Your Daddy's Son," "Wheels of a Dream," "Till We Reach That Day" and "Make Them Hear You."

Ragtime paints a nostalgic and powerful portrait of three diverse groups in the United States: African Americans, represented by Coalhouse Walker Jr., a Harlem musician; upper-class suburbanites, represented by Mother, the matriarch of a white upper-class family in New Rochelle, New York; and Eastern European immigrants, represented by Tateh, a Jewish immigrant from Latvia.

Many early 20th century historical figures are interwoven into the fabric of the story, from Harry Houdini, Evelyn Nesbit, and Booker T. Washington to J. P. Morgan, Henry Ford, Stanford White and Emma Goldman.

Musical Theatre West's production stars Terron Brooks as Coalhouse Walker, Jr. A two-time NAACP Award nominee for supporting actor, Brooks won acclaim for his portrayal of Eddie Kendricks in the Emmy Award winning NBC mini-series "*The Temptations*" for which the Los Angeles Times described his voice as "smooth and soulful." In 2001, Terron starred opposite Debbie Allen and Hamilton's Renee Elise Goldsberry in the film *All About You*, for which he also co-wrote the theme song and contributed original music to the soundtrack. Broadway credits include the roles of Simba in *The Lion King* and Seaweed in *Hairspray*.

Brittany Anderson (Sarah) has starred in productions with the Cupcake Theatre: *The Old Maid* and *the Thief* (Laetitia), *The Mikado* (Yum-Yum), *Fiddler on the Roof* (Fruma-Sarah) and *Dreamgirls* (Charlene). Additional credits include *Newsies* (Simi Valley Cultural Arts Center) and *The Music Man* (5-Star Theatricals). Anderson can also be seen on the PBS special "Josh Groban: *Stages Live*."

Gary Patent (Tateh) is an award-winning actor and screenwriter. Theatre credits include *Ragtime* (3-D Theatricals - Ovation Award Nomination), *Plunge* (Sons of Semele Ensemble - Stage Raw Nomination), and *The Immigrant* (Pico Playhouse - Ovation Award Nomination). Patent also appeared in *Awake and Sing* (Odyssey

MTW, page 21

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COMMUNITY KARAOKE

Lively Leila Claudio took the stage

Lively Leila Claudio always makes people smile at the weekly Community Karaoke parties. She performed Wednesday night singing “I’ll Never Find Another You.”

Janice Chapman introduced her childhood friend as they harmonized on “Dream Dream.” Walter Piippo sang a cute number called “Spooky,” and Bob Groncki and Kathy Swinger did a fine “Sounds of Silence.”

Carolyn Mottola and Vito Villamar had fun with “Release Me.” Other joyful tunes were offered by Sue Piippo, Essie Hicks, Vicki Van Ert, Barbie May and Richard Yokomi.

The audience also appreciate powerful ballads done by Tony Tupas, Bob Barnum, Ren Villaneauva, David Nobel, Mike Breen, Pete Tupas, Rick Hering, Ric Dizon, Ruby Johnson, Susan Kelleghan, Culley Eaby, Martin Rosendaal, Byong Choi and Wayne Urban.

Next week is the annual country-western jamboree. Dust off your cowboy hat and mosey



Leila Claudio

on over to Clubhouse 1. Karaoke regulars are tuning up some old favorites of Willie Nelson, George Strait, Dolly Parton, Patsy Cline and others that everyone will enjoy. The fun begins each Wednesday in Clubhouse 1 at 5:30 p.m. Everyone is welcome to come and sing or cheer on friends and neighbors.

—Margie Thompson

LB AUXILIARY

Bus transportation offered to LA Phil

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.

VIDEO PRODUCERS

Free training offered weekdays

The Video Producers Club offers free training weekdays from 10 a.m.-noon in Clubhouse 3, Room 12-A.

Get answers to video related questions and step-by-step demonstrations; no appointments needed.

Drop in Mondays to learn more about creating and editing videos with Joe Osuna; Tuesdays, how to transfer VHS tapes to DVD or other media, Richard Houck; Wednesdays, general information about the club and its services, Irene Cistaro; Thursdays, using smartphones and tablets to take videos, Joseph Valentinetti; and Fridays, creating and editing videos, Janice Laine.

For more information, stop by the club room in Clubhouse 3, Room 12, from Monday-Friday from 10 a.m.-noon.

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COMMUNITY SING

Opening Acts to start at 6:30 p.m.

Leisure World residents are invited to attend the Community Sing Monday, Jan. 27, in the lobby of Clubhouse 3 starting at 6:30 p.m. People who want to participate in Opening Acts should come at 6 to sign in, and bring music for pianist Pat Kogok if needed.

After Opening Acts, Leila Claudio will lead the group singing and then introduce her half-time guests, singers Susan Kelleghan and Bev Adams.

Theater Club

The Leisure World Theater Club will meet on Friday, Jan. 24, at 10 a.m. in the Loft above the Amphitheater.

Members are encouraged to pay their \$5 annual dues if they haven’t already.

The club will discuss its plans for the April fund raiser. Bring ideas to the meeting.

Embroiderers Guild

The Long Beach Chapter of the Embroiderers Guild of America, Inc., will meet at 10 a.m. on Friday, Jan. 24, at Long Beach City College’s Lifetime Learning Center Building. The program begins at noon.

Meet at Room 122 in Building QQ.

Parking is located in Lot 10. Parking permits are available at Room 122, \$2 per day or \$5 dollars per semester.

Parking is free with a hand-capped placard in any space.

The chapter meeting is the fourth Friday of the month. Guests are welcome.

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.

LW

Weekly

430-0534

LW Dance Classes and Clubs

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

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

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

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

•**Flowering Step Line Dance:** Free classes are held at 10 a.m. on Mondays in Clubhouse 2 and the third Monday at 9:30 in Clubhouse 3. Young-ah Koh is the instructor. For more information, call 296-8068.

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

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

•**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:** The Leisure Time Dancers will have classes in the cha cha at 2 p.m. and tango 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:** West Coast swing 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.

Genealogy Club

The Genealogy Club offers themed workshops on Thursdays from 1:30-2:30 p.m. in the Genealogy Library in Clubhouse 3, Room 10.

Everyone is welcome to attend workshops or visit the library to see what the club has to offer. The library is open Monday-Thursday from 1-4 p.m. except holidays.

The workshop schedule is:

- Jan. 23—Massachusetts (The First on a Series on States)
 - Jan. 30—Black Sheep and Ne’er-do-wells
- The workshops are free.

—Janet Lessin

Video Producers iPad Class

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 may 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.

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A big mahalo/thanks to musicians Larry Yamashiro (l-r with ukulele), Stephanie Sundius, Ron Hom and Richard Yokomi (r with guitar) for playing Hawaiian music for Hui O Hula in class. It is a privilege because there is nothing better than practicing the hula to live music. The musicians and hula dancers will be entertaining the Hospitality Center in Clubhouse 6 on Jan. 27, the last Monday of the month from 10-11 a.m. All are welcome. There will be free coffee and treats provided by Golden Age Foundation. Kudos to the volunteers who happily serve and look after the morning crowd there. Hula dancers are also getting ready to entertain LW Vietnamese Club in Clubhouse 3 on Feb. 1. It will be celebration of Tet—the lunar New Year. The year of the Rat falls on Jan. 25 this year. For free hula dance lessons, call 252-9676.



Vicky Mayhew is holding the decorative tea pot she won at the drawing at the Art League meeting on Jan. 14. With her are demonstration master potters Barry Hage and his wife, Rosalind. They have worked in clay for over 45 years. Their work combines the techniques of wheel throwing and hand building. Pieces are hand decorated and fired multiple times with ceramic stains and glazes.



Ben Benjamins (l-r), John Harper and Esther Cummings were award winners at the Photo Arts Club.

PHOTO ARTS

Abstract art was focus of January contest

The winners of the abstract photo competition at the January meeting were first-place Ben Benjamins with “Bean”; second, John Harper with “Roots”; and third, Esther Cummings, with “Windows.” The next meeting of the Photo Arts Club is Thursday, Feb. 13, at 1:30 p.m. in Clubhouse 3, Room 9. The highlight of the February meeting will be the judging of the entries in the Main Street Photo contest. Entries are to be taken on Main Street between Ocean Avenue and PCH. Each photographer can submit up to three photos. Prizes are \$100 for first, \$50 for second and \$25 for third. Everyone is welcome (for more information on the contest, see page 11).

—Esther Cummings



The Garden Club garden of the month belongs to Vi Patonai, 13540 Medinac Lane, 104-F. It features a lovely mix of colorful pots, decorations, plants and a beautiful fountain.

GRF RECREATION DEPT.

LW bands are drawing more residents to weekly parties

by Kathy Thayer
assistant recreation manager

In September, the contracts for Saturday Night Dances ended. Attendance had dropped off significantly and a large percentage of people attending those dances did not live here. The GRF Recreation Committee had even asked its booking agent to try some new bands to see if the numbers improved. They did not.

Subsequently, the Recreation Committee approved a three-month experiment to allow some band clubs to take over the weekend dances. While the previous Saturday Night Dances were under contract and paid for by all shareholders/members, these club bands, which have proved to be enormously popular in Leisure World, perform here for free, and offer a wider variety of music genres.

The numbers are in and are shown in the Recreation Department Activity report for 2019. As is clearly demonstrated in the chart below, the feedback on these bands has been very positive and the money saved is significant. Be sure to check the LW Weekly to see who's playing each week, and pick up a newsletter at Recreation, the LW Library, Administration or the Exercise Room with the full schedule.

WEEKEND DANCES	DANCES PER MO.	Residents	Guests	Total attending
Vinyl Rock	1.5	197	30	227
Velvetones	2	217	42	259
Abilene	1	216	47	263
Combined Band Average	4.5	210	39	250
Jim Gilman	1	38	18	56
Linda Herman	1	94	33	127
Once for the Road	0.5	60	15	75
The Trio	1	41	18	59
Stardust Trio	0.5	57	24	81
American Gold Band	2	53	16	69
Combined Band Average	6	57	20	78
Second Guessing	0.5	47	15	62
Stardust Sounds	1	57	25	82
Robin Fellows Group	1	61	26	87
Now and Then Trio	1	51	28	79
Craig Mc Knight Band	1	46	20	66
Combined Band Average	4.5	52	22	75
AVG. ALL BANDS	4.5	106	27	133

Friendship Club

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 and Miryam Fernandez are joined by new instructor Bob Cohen, who taught adults how to use technology for fun and profit at over a dozen community and adult education venues. He is a master on iPhones, Internet marketing, blogging and apps. Drawing on his career as a technology professional and entrepreneur, his ex-

pert training classes for all levels will help others become more familiar with using and making money using technology. 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
COMPUTER, page 21

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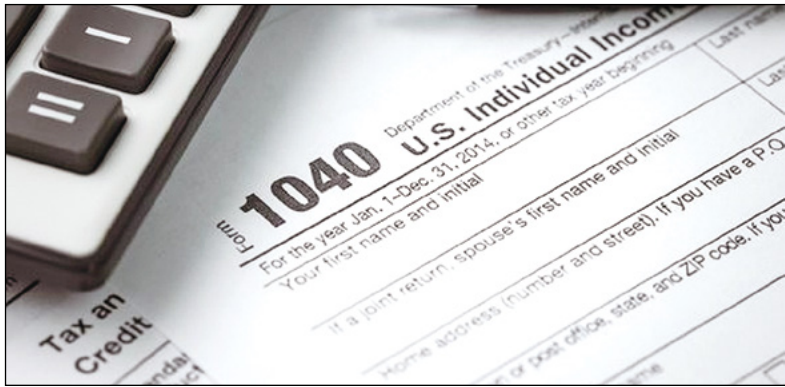
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Español (Spanish): Llame al número arriba indicado para recibir servicios gratuitos de asistencia lingüística. **繁體中文 (Chinese):** 撥打上面的電話號碼即可獲得免費語言援助服務。 **Tiếng Việt (Vietnamese):** Xin gọi số điện thoại trên đây để nhận được các dịch vụ hỗ trợ ngôn ngữ miễn phí. **한국어 (Korean):** 무료 언어 지원 서비스를 받으려면 위의 번호로 전화하십시오. **Tagalog (Tagalog – Filipino):** Tawagan ang numero sa itaas upang makatanggap ng mga serbisyo ng tulong sa wika nang walang bayad. **Русский (Russian):** Позвоните по номеру, указанному выше, чтобы получить бесплатные услуги перевода. **Kreyòl Ayisyen (French Creole):** Rele nimewo ki pi wo la a, pou resevwa sèvis èd pou lang ki gratis. **Français (French):** Appelez le numéro ci-dessus pour recevoir gratuitement des services d'aide linguistique. **Polski (Polish):** Aby skorzystać z bezpłatnej pomocy językowej, proszę zadzwonić pod wyżej podany numer. **Português (Portuguese):** Ligue para o número acima indicado para receber serviços linguísticos, grátis. **Italiano (Italian):** Chiamare il numero sopra per ricevere servizi di assistenza linguistica gratuiti. **Deutsch (German):** Wählen Sie die oben angegebene Nummer, um kostenlose sprachliche Hilfsdienstleistungen zu erhalten. **日本語 (Japanese):** 無料の言語支援サービスをご要望の場合は、上記の番号までお電話ください。 **فارسی (Farsi):** برای دریافت تسهیلات زبانی بصورت رایگان با شماره فوق تماس بگیرید.

Diné Bizaad (Navajo): Wóda hí béesh bee hani'í bee wolta'ígíí bich'í' hódíílnih éí bee t'áá jiik'eh saad bee áká'ánída'áwo'déé nika'adoowoł. **العربية (Arabic):** الرجاء الاتصال بالرقم المبين أعلاه للحصول على خدمات مجانية للمساعدة بلغتك



Community



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-year 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.



AMERICAN LEGION

Buy tickets for pancake breakfast

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.

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.

SENIOR PATRIOTS FOR PEACE

MLK will be remembered at vigil

Senior Patriots for Peace will resume its "Last-Wednesday-of-the-Month" peace vigils beginning Jan. 29 from 4-5:30 p.m. on the sidewalk along Seal Beach Boulevard at the Main Gate of Leisure World.

Senior Patriots for Peace will continue the remembrance of Dr. Martin Luther King's life by dedicating the peace vigil to the legacy of the Civil Rights activist and Nobel Peace Prize awardee.

Dr. King dedicated his life to peace and nonviolence. The recent escalation of hostilities between the United States and Iran is completely against his message for world peace.

Following King's assassination in 1968, his widow, Coretta Scott King, reinforced his message when she said, "We must never stop trying to push back the barriers of discrimination, hatred and suffering. We must always strive to make change in a forceful, but nonviolent manner. To do otherwise would be to turn our backs on the principles for which Martin Luther King Jr. stood."

The principles which King stood for are reflected in the Senior Patriots for Peace Mission Statement, "to call attention to the need for a return to peace in our cities and our world with a renewed tolerance of others." To that end, the club additionally focuses on issues of social justice



Dr. Martin Luther King

and the environment to nurture a world where people can live healthy and peaceful lives for generations to come. Without justice, there can be no peace.

Signs reflecting Dr. King's message of "nonviolence, peace, equality and justice for all," in addition to "no war with Iran," will be provided.

All are invited to take action, and pay tribute to the legacy of Dr. King, by participating in the peace vigil for any block of time between 4-5:30 p.m. on Wednesday, Jan. 29. Rain will cancel.

For further information, call Lucille Martin at (562) 430-1047, or Jacquie Clarke at (562) 494-6304.

Aqua therapy is topic tomorrow at Sunshine Club

John Davies, MSPT, will be the guest speaker at the Sunshine Club tomorrow, Friday, Jan. 24, at 10 a.m. in Clubhouse 3, Room 2.

His presentation will be about the benefits of the water and how rehabilitation works with aquatic therapy.

Davies received his master's of science, from Children's Hospital School of Physical Therapy in 1985. He has practiced physical therapy for over 30 years and is one of the few therapists who has a certificate in aquatic therapy through the American Physical Therapy Association.

He is also a certified manual therapist, and has developed his own technique in aquatic therapy. John's extensive experience includes treating patients with neurological conditions, orthopedic injuries, chronic pain, and developmental disabilities. John implemented the aquatic therapy and pediatric programs at a clinic in Huntington Beach, where he



John Davies, MSPT

worked for over 10 years. He worked with professional athletes and celebrities at the prestigious Kerlan-Jobe Orthopedic Clinic for seven years. John has also worked as a physical therapy instructor at American Career

College, and he continues to mentor many students.

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.



Golden Age Foundation volunteers, dressed in red vests, help gather documents for the shredder.

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 4 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.

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

Concerned Shareholders

The Concerned Shareholders will meet at 1 p.m. today, Jan. 23, in Clubhouse 3, Room 2, to elect its board of directors. The meeting will include a discussion on the new Bill SB-323, the elections for Mutual and GRF boards of directors and GRF club policy. Dues of \$3 are payable this month.



Doniele and Anthony Bernasconi

GRF

Valentine’s Day dinner/dance set

The GRF Valentine’s Day Dinner Dance, slated for Friday, Feb. 14, is just around the corner, and tickets are selling quickly. The romantic not-for-couples-only evening will begin at 7 p.m. in Clubhouse 4, with a dinner of Chicken Piccata, garlic mashed potatoes, green beans almandine, Sonoma salad and chocolate mousse for dessert, catered by Country Gardens Caterers.

Music and dancing will be provided by Anthony and Doniele Bernasconi, whose repertoire runs the gamut from Frank Sinatra and Marvin Gaye to Billy Joel, James Brown, and Michael Bublé. Their versatile and engaging style draws the audience into the fun and gets the house rocking.

Book early as this event sells out and 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.

FALW

Purchase tickets to Valentine dance

The Filipino Association of Leisure World (FALW) held its monthly meeting on Jan. 12 to discuss the upcoming Valentine’s Dinner-Dance on Saturday, Feb. 8, in Clubhouse 4 at 5:30 p.m. This is a buffet dinner and guests can BYOB.

Tickets are available for purchase for \$30 per person. This is one of the best FALW events and is always a sold-out affair.

The event will highlight the selection for the “muse” of the night through random drawing of door stubs of every lady in attendance. Whoever is selected as “Muse” chooses her escort for the evening. This adds to the joyous celebration of Valentines’ Day.

The menu for the evening will be a combination of Pacific and Western cuisine. There will be freshly cut fruit, cakes and cookies for dessert, fresh green salad and refreshments.

Music will be provided by a famous Los Angeles band, “The Midnight Motion Band.” This band plays music for most FALW events and celebrations. Guests always look forward to their music because they play all genres.

For tickets, call Eileen Merritt, (562) 486-1252; Ren Villanueva, (323) 854-6209; Ric Dizon, (714) 225-3597; or Myrrha Villanueva, (562) 493-1406.

Rollin’ Thunder’s Buy-and-Drive Day was success



The Rollin’ Thunder Golf Cart Club in cooperation with the GRF Recreation Department sponsored Buy-and-Drive Day at the Pit Stop adjacent to the Mini Farms on Jan. 15. Shareholders brought their golf carts to purchase new tires. Seventeen carts received new tires at the event. A lot of the tires were completely bald said member Pat Davis. The club was very satisfied with the outcome and hopes to sponsor another Buy-and-Drive in the future to promote golf cart safety. “You can’t just throw the golf cart in the trunk to go get them replaced like a bicycle,” said Pat.



BEACHPLAZA
DENTAL



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Watch the Big Game with friends

The GRF Recreation Department will host the Big Game Sunday, Feb. 2, in Clubhouse 4 on the big screens, starting at 3:30 p.m. This year, there will be multiple monitors to enhance the viewing experience. Plan to join friends and enjoy complimentary snacks. For more information, call the Recreation Department at (562) 431-6586, ext 324.



Traditional symbols of Tết.

VIETNAMESE-AMERICAN CLUB

Lunar New Year begins Jan. 25

Saturday, Jan. 25, is Chinese New Year, the Year of the Rat, or Lunar New Year is celebrated in many Asian countries.

Chinese New Year is a major holiday in Greater China and strongly influences lunar new year celebrations of China's neighboring cultures, including the Korean New Year, seol; Tết of Vietnam, and the Losar in Tibet.

To celebrate Lunar New Year the Vietnamese-American Club will host a Tết celebration in the Clubhouse 3 Lobby from 5-9 p.m.

Tết is considered the biggest and most popular festival of the year in Vietnam. It is celebrated on the first day of the first month in the Lunar calendar. Tết is the occasion when Vietnamese family members show respect and remember their ancestors as well as welcome the New Year. Families get together to have big meals, decorate Tết trees and eat Tết food to welcome the new year.

During the first day of Tết, most people begin the act of visiting and greeting families and friends in their homes and offering good wishes; this is called Bai Nian. In the Vietnamese culture, close relatives and the elderly are typically afforded more respect, and as such are visited on the first day of the new year. Traditionally, younger people visit older relatives and friends, while married couples tend to visit the husband's family. This activity promotes opportunities to pass out the money-filled red envelopes, called Hong Bao. People also like to pass out food, wine and other assorted gifts.

Married couples often visit the wife's family the second day. More distant family members and friends are greeted until the 15th day, which is the official end of the holiday.

Celebrations continue throughout the holiday. Lion dances and performing troupes are commonly seen in public places, along with operas and dragon dances. Dragon dances are similar to lion dances but with distinct dragon costumes instead. Lunar New Year begins on the day that the new moon appears between Jan. 21 and Feb. 20 and celebrations continue for up to 15 days.

According to legend, the beginning of Lunar New Year started with the fight against a mythical beast called "Year." "Year" looked like an ox with the head of a lion, and was believed to inhabit the sea. On the night of New Year's Eve, "Year" would come out to harm animals, people and their property. Eventually, people discovered that "Year" feared the color red, fire and loud sounds. Therefore, for self-protection, people formed the habits of posting red Dui Lian in front of their houses, launching fireworks, and hanging lanterns at year end.

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Seal Beach Cornerstone Church presented a check for \$1,000 to Golden Age Foundation as part of its 10th Anniversary Celebration. GAF President Carole Damoci (second from right), accepted the check from Senior Pastor Peter Kang (r) while Paul Im, congregation committee chair, and Anna Derby, GAF publicity/fundraising chair, look on. Seal Beach Cornerstone Church Sunday services are held in Clubhouse 2 at 9:45 a.m. A special 10th anniversary service will be held on Sunday Feb. 2.

AM LEGION AUXILIARY

Annual fashion show/luncheon is on March 28

The American Legion Auxiliary will hold its annual fashion show/luncheon on Saturday, March 28.

This year the fashions will be from Soft Surroundings in the Rossmoor Shopping Center.

The chairwoman of the event, Labrenda Carson, has a lot of new surprises for the fashion show so secure tickets early.

Tickets will remain \$25 per person or \$200 for a table of eight.

To purchase tickets, call Cathy Boufford at (562) 598-9361.

The ladies continue to make poppies in Clubhouse 1 at 10 a.m. on Wednesdays. Any crafty ladies are welcome to attend.

DEMOS from page 5

mary-proposition-13-school-facilities-election-voter-guide/

...

SBLW Democratic Club Vice President Kathy Moran has announced additional "Letter Writing Parties" for Jan. 27 and 28. Anyone able to help in this effort to reach out to fellow Leisure World Democrats and No Preferred Party voters should phone Clara Wise at (909) 957-9886 for information as to time and place.

...

Readers are invited to email lwsbdemocraticclub@gmail.com or go to the newly updated website sblwdems.wordpress.com to find out 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 the club's next membership meeting on Wednesday, Feb. 19, in Clubhouse 4 at noon.

HCC
24-Hour Nurse
795-6216



Ralphie, Peete and Katiness are ready for their \$25 exams today at the Vet Care Clinic at the Community Church on Church Street from 9-11 a.m. The low cost clinic is for Leisure World residents only. Rabies vaccines are \$12. For more information, call Elaine Miller, (925) 997-3412.

GRF

Clubs invited to sponsor flea markets

The GRF Recreation Committee has approved three open flea market reservations a year, subject to clubhouse availability. Any LW club or organization may apply to sponsor a flea market or rummage sale as an organization fundraiser at the Recreation Office in Building 5.

Club sponsors will be drawn at random on 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 the Reservations Office by email at kathyt@lwsb.com.

GOP from page 5

ters concerning the allocation of tuition funds to campus organizations and causes.

Burley said that his most important issue as a congressman would be balancing the federal budget. "This could be done by freezing spending in most areas," he said.

Burley also advocated requiring E-verify to be used by all companies to prevent the hiring of illegal aliens.

During the question-and-answer period he was asked what could be done about homelessness. He said that we do not need more tent cities and the camping laws should be enforced.

He also said he is pro-life and also supports the Second Amendment.



Brian Burley

The LW Republican Club meets every third Wednesday at 7 p.m. in Clubhouse 3 Room 2.

Obituaries

Space is available for obituaries of residents and former residents. • An "In Memoriam" column is available free of charge. Limited to name, mutual number and date of death.

• An obituary with or without photo is available free of charge for the first 250 words. Additional words will be charged at the rate of 25 cents per word. Notices written by the news staff will be free and no more than 250 words.

• Notices from mortuaries and non-GRF members will be printed exactly as submitted and charged at the non-member classified advertising rate, \$12 for the first 12 words and 25 cents for each additional word.

• Bordered, decorative obituaries and eulogies are available in any size at the prevailing display advertising rate.

• Obituaries may be published as news articles when the person has been a member of the GRF Board of Directors, or when, in the opinion of the managing editor, the passing of a person is newsworthy to a sufficiently large number of GRF members.

• A "Card of Thanks" section is available in the classified section of LW Weekly at the member classified advertising rate, \$8 for the first 12 words and 25¢ per word thereafter, for persons wanting to express their thanks for help during bereavement, sickness, etc.

Kiklowicz, Cecelia 1924-2020

Services for Cecelia Kiklowicz, 96, who died Jan. 1, 2020, will be held at the Holy Family Church on Jan. 29 at 11 a.m. with a luncheon to follow.



Price-Arle, Velma Arlene 1931-2020

Our beloved mother, grandma, great-grandma and great-great grandma, Velma Arlene Price-Arle, went home to heaven on Jan. 5, 2020.

She was born on March 5, 1931, to her parents Harold and Thelma Archuleta in Denver, Colorado.



Her family moved to Southern California, where she met her husband Gordon Price. The two lovebirds married on July 10, 1947, and together raised five children. They served in ministry at several Southern Baptist churches, where Gordon pastored after his time in the Navy.

Velma became a widow at the age of 42, and then earned her real estate broker's license.

Velma and her mother moved to Paso Robles, California, upon purchasing a motel. They spent their time traveling to Hawaii, where Velma met her second husband Gene Arle. They married on July 17, 1987, and made their home in Paso Robles, then Kona, Hawaii, and lastly in Seal Beach.

Velma's passions were spending time with her family and friends, mission trips and traveling the world.

Velma is survived by her children, Gemma Krumland, Tama (Gene) Alexander, Eric (Dorothy) Price, Katrina Merson, and Devin (Maxine) Price, along with her 13 grandchildren, 17 great-grandchildren, and one great-great-grandchild.

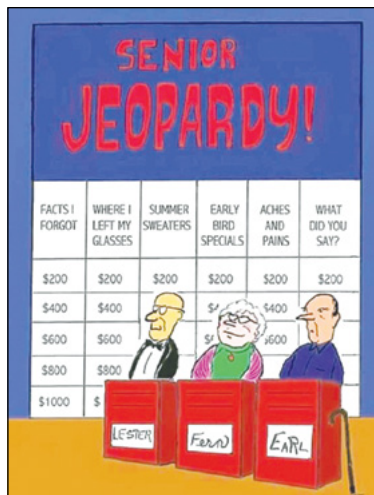
Velma loved the Lord and her family rejoices in knowing they will one day see her again in heaven.

Services were held on Jan. 19 in Leisure World, Clubhouse 4.

In Memoriam

Charles Sudolsky 82
Ervin Richard 90
Pedro Blanco 103
Milda Black 99
Melba Washington 75
Herman Hampton 81
David Schullerr 74
Perry Taylor 55
Alinda Wright 71
Scott Green 63
Robert Hibbing 80
Bill Rollins 44
Helen Anyiam 81
David Troy Sr. 56
Families assisted by
McKenzie Mortuary,
961-9301
—paid obituary

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



Y SERVICE CLUB

Triviamania returns Feb. 15

The Y Service Club (YSC) is sponsoring the first Triviamania game of 2020 on Saturday, Feb. 15, from 1-4 p.m. in Clubhouse 2.

Singles, couples and groups are all welcome to join and compete for cash prizes. The winning table will take home three times its buy in; second place two times its buy in; and third place receives the registration fee back. Proceeds are shared among all table members.

Tickets are \$10 each, payable by cash or check.

To purchase tickets and to arrange for home delivery, call Bill Denton at (562) 209-0816. Tickets can also be purchased at the door on Saturday, Feb. 15.

HHUG collecting items for homeless

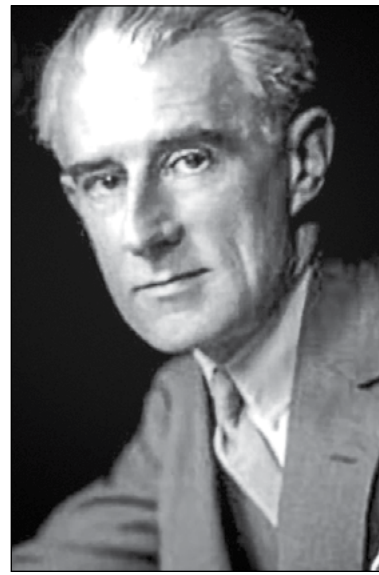
Hearts and Hand United in Giving (HHUG), a local non-profit, donates clean used towels and washcloths, new disposable razors, toothbrushes, travel size shampoos, lotions, bath soaps and toothpaste to the Long Beach Multi-Service Center that provides a variety of services to homeless men, women and families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

HHUG makes two deliveries every month.

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



FALW members celebrating their birthdays in January are Ric Dizon (l-r), Ailene Bustamante, Ren Villanueva, Wenie Diancin, Rene Jose, Joe Sabroso and Tony Tabora.



Maurice Ravel

KACMA

Ravel's 'Bolero' will be featured

The Korean American Classical Music Association will have a program today, Jan. 23 at 9:30 a.m. in Clubhouse 4, featuring Maurice Ravel's "Daphnis and Chloe," Suite No. 2 and "Bolero." Ken Chong will lead an appreciation of the classical music, following Robert Chung's presentation of favorite songs selected by the members.

All are invited. The program is presented in Korean.

The club encourages fellowship through appreciation of classical music and by attending concerts.

For further information, contact President Angel Joh, (562) 598-0313; Vice President Kyungok Huh, hanandkay@gmail.com; or Program Chair Robert Chung (562) 387-7377, robertschung@hotmail.com.

The LW Weekly
430-0534

CALRT

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. 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 mac and cheese, short ribs, bacon fried rice, dessert 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 Sineise Veterans Foundation.



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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

Dublin and Ireland's Wild Atlantic Way — Features Dublin, Giant's Causeway, Kylemore Abbey, Belfast, Irish Farm Visit, Sheepdog Demonstration and more. March 23-April 1, Meridian Guided Travel (714) 871-8520
Windy City Getaway — Features Chicago River Cruise, Willis Tower Skydeck, Frank Lloyd Wright's Home & Studio and more. April 26-May 1, Meridian Guided Travel (714) 871-8520
Coastal New England — Features Boston, Cape Cod, Martha's Vineyard, Mystic Seaport, Plymouth Plantation and more. May 12-19, Meridian Guided Travel (714) 871-8520
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

Mayor Steve Jones selected as new OCTA chairman

ORANGE – Garden Grove Mayor Steven R. Jones was unanimously selected today as the new chairman of the Orange County Transportation Authority Board of Directors, which guides transportation-improvement projects and public transit for all of Orange County. Jones served as the OCTA board's vice chairman for the last year. He replaces outgoing Chairman Tim Shaw.

"OCTA's mission to keep Orange County moving is vital to the quality of life here in our county and it's a true honor to be chosen by my colleagues to help deliver a balanced and sustainable transportation system," Jones said. "We are underway on several major transportation improvements, including on I-405 and, in my backyard, I'm excited to see progress on building the OC Streetcar. I'm eager to work with my colleagues and with the public to ensure these important projects efficiently move forward."

Jones was born in Garden Grove and is a lifelong resident. He graduated in 1986 from Rancho Alamitos High School before continuing his education abroad at Kings College, Cambridge University, England in 1988. He then returned to the states and earned a bachelor's degree and a Master of Business Administration degree from the USC, with a dual emphasis in finance and real estate.

The OCTA board is composed of 18 members including the five county supervisors, two members from city councils in each of the five supervisorial districts, two public members and the Caltrans District Director serves in a non-voting ex-officio capacity.

—Eric Carpenter, OCTA

Using apps as a travel assistant

Five free apps to help make traveling easier and more enjoyable. Some are for entertainment and some are technical apps that assist users to find the best route to get to the final destination. Here is a short list of the best apps to use this year.

- **Glympse:** This app allows you to share your location with fellow travelers, which can be handy if you're driving caravan-style or have family or friends eager for your arrival. You can select contacts and give them permission to view your location for a set amount of time.
- **GasBuddy:** Use this not only to locate the closest gas stations, with customer reviews, but to find out the gas prices at each. It's billed as the worlds largest community-based fuel app, with 60 million downloads worldwide.
- **HotelTonight:** Use this hugely popular app to search for last-minute hotel deals while you're on the road or still at home (you can search as early as a week ahead). Hotels want heads in beds, so they're willing to slash rates rather than leave a room empty.
- **Roadtrippers:** A handy route-planning app, it enables you to mark your beginning and end points, then figure out how you want to noodle around in between. You can search for all the places to eat and stay, as well as top-rated attractions along the way, and note them on your personalized map.
- **Waze:** This app is super useful for both commuters and vacationers, allowing drivers to steer clear of traffic tie-ups. It aggregates user-generated traffic and road-condition information to identify the fastest route, and it sends alerts about accidents or other snags down the road.

- **RepairPal:** Use this one at home as well as on the road if car trouble hits. You plug in the make of your car and the problem (or your best guess), and the app provides you with area mechanics and an estimate for repair.
- **Podcast Addict (Android) and Podcasts (Apple):** The hours can fly by when you're listening to a wonderful story, and there are plenty these days in the form of podcasts — about sports, politics, true crime, even old-school-style dramas. These apps connect you to thousands of options, as well as to your favorite radio shows.

Other app suggestions: AirBnB, Google Maps, Google Translator, AirHelp, Hopper, TripIt and FlightAware.



Earlene Sutherland and her grandson enjoy their birthdays together in Temecula on a hot air balloon ride.

Los Angeles County Arboretum

The Leisure World Library is sponsoring a bus trip to explore the Los Angeles County Arboretum's 127 acres of plants, natural landscapes, wildlife and historic buildings on Feb. 20; tickets: \$20.

The LA County Arboretum was opened to the public in 1956 and features more than a dozen gardens and geographical plant collections including Africa, Australia, Madagascar and the Canary Islands.

To purchase tickets, stop by the Recreation Department in Building 5. For more information about the trip, call the library at (562) 598-2431. For information regarding ticket availability, call (562) 431-3586, ext. 326.

TRAVELING TIGERS

Reserve your spot today

The Traveling Tigers Club is planning three different trips for the first half of 2020.

A 14-day Alaska Inside Passage with Glacier Bay and Victoria Canada cruise on the Golden Princess ship May 16 - May 30, roundtrip from San Pedro (Los Angeles Cruise Terminal). Fantastic amenities included are unlimited Beverage Package, unlimited WI-FI, Gratuities and only \$100 deposit for those that reserve by Feb. 29. Cabins start at \$1899 plus taxes, fees and port expenses of \$255. It is one of the most desired seasons to see Alaska, the wildlife animal babies will be stretching their legs, wild flowers are blooming, whales are surfacing and bald eagles can be seen.

A four-day, three-night motor coach tour from Leisure World, June 9-12, Paso Robles. The traveling Tigers will be visiting three award winning wineries, going on a Hearst Castle tour, visiting Clydesdale horse ranch, making stops in the towns of Harmony, Morro Bay, Lake Cachuma, Solvang, Cambria and Santa Barbara. The trip consists of three night accommodations, three breakfasts and two lunches. Reserve your spot for \$999 per person.

An eight day Baseball Tour and More, motorcoach tour beginning in Newark, New Jersey on July 22-July 29. Fans will enjoy six MLB teams (NY Yankees, Washington Nationals, Boston Red Sox, Philadelphia Phillies, Baltimore Orioles, NY Mets) play four games in four baseball stadiums in four major cities and a tour of Cooperstown Hall of Fame museum. Traveling Tigers will witness this year's Hall of Fame induction ceremony and the Parade of Legends. Sightseeing tours are included in New York City, historic Philadelphia, Boston and a guided tour of Yale University. Daily breakfast is included. Tour is \$1,845 for doubles and \$2,395 for singles, airfare not included.

The Traveling Tigers and friends invite anyone who has a desire to cruise Alaska, see East Coast major league baseball games, visit historic cities and experience Southern California's unique wonders. Contact Joanna at (562) 598-1849 for details and flyers. Participants do not have to be a member of Traveling Tigers to be a part of the group.

—Joanna Matos

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LW Poetry

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

How to Kill a Spider

There are a number of ways to kill
a spider, assuming you want it dead,
lest in the dark of night
it crawls up the headboard onto your bed,
into your hair,
and creeps into your left ear,
a tiny spider, a larger spider,
a red-spotted spider, a Johnny Longlegs spider...

So when you're perched on the commode,
always a good time to express
your feelings about life and death,
and you see a spider on the wall,
you think...what to do?

There are a number of ways to kill a spider.

You can roll up that magazine you were reading,
make a mad dash for the creature to smash it
and send it to its eternal web in the sky,
but you may tangle your underwear around your knees
and do a faceplant on the bathroom tiles, break a hip,
and have to explain to the first responders how you
came to be in such an ignominious position...

Or...

You can spray it with Black Flag, that's a sure way,
but the house will smell for the rest of the day,
and every breath you take will shorten
your own life by a week...

Or...

You can trap it on the floor under a Dixie cup
and wait for your husband to come home for
the dreaded assassination; after all, he fancies
himself your Great Protector,
though you will have to endure his condescending
laughter when he suggests you
could have whacked it with a magazine
(he calls it the dash-and-smash)
or, better yet, Black Flagged it...

Or...

If you are really brave,
you could capture it in your hands
or possibly snatch it with a napkin
or two sheets of toilet paper,
powerfully scrunching it up with an evil cackle,
casting it into the toilet
and flushing,
which, of course, is quite a waste of water,
but it works...

My mother had a fear of spiders,
there's a fancy word for that, arachnophobia,
she did not really want to get close to them,
not close enough for the napkin method
or the spray or the magazine swat.
She had her own way—
the vacuum cleaner!
WHOOSH...gone!
Sucked up the plastic tube it went,
and to make sure it wouldn't return,
Mother wadded up a paper towel
and stuffed it in the end, sealing off all escape.

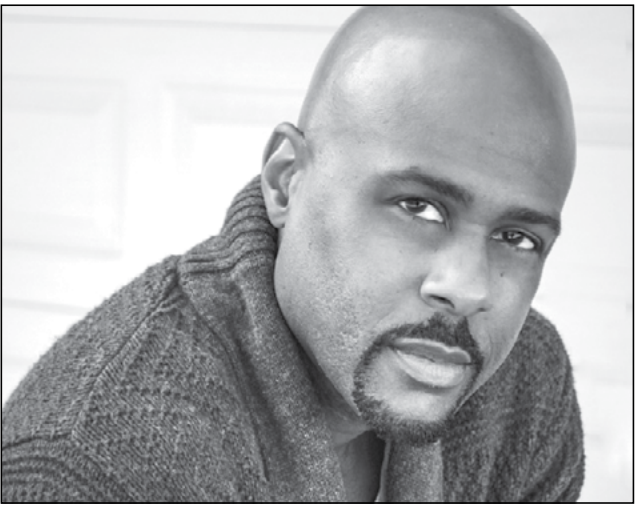
So there you have it...Mother solving the problem
without the cruelty of crushed bones. (Do spiders have bones?)
The spider finds a new environment in the trash can
when the dust bag is emptied.
Exiled but not killed.
The web of life intact!

—Fred Wind

GRF Services

Notary service, \$15 per signature, is available by appointment at the Copy and Supply Center in Clubhouse 5. For an appointment, call 431-6586, ext. 345.

Passport photos can be taken at the Copy & Supply Center in Building 5 from 8:30 a.m.- 4 p.m.; two photos, \$10. For information, call 431-6586, ext. 345.



Terron Brooks



Jessica Bernard

MTW from page 11

Sing (Odyssey Theatre), Hello Dolly! (3-D Theatricals), Soul Doctor (Lincoln Center), and Var Plays (La Jolla). Audiences may also recognize Patent for his film and television credits including "Modern Family," "Burning Dog," "Undercovers," and "Law & Order: CI."

Jessica Bernard (Mother) recently took a break from the stage to serve as the Disney Ambassador, the official representative and spokesperson for The Disneyland Resort.

Favorite credits include the title role in Disney and Cameron Mackintosh's Mary Poppins (San Diego Theatre Critics Circle Best Actress nominee) and Elizabeth in Young Frankenstein (Moonlight Theatre); Book of Mormon in Concert with Josh Gad (Geffen Playhouse); Martha in 1776 (MTW); Eliza in My Fair Lady (Candlelight, Santa Barbara Symphony); Sarah Brown in Guys & Dolls (Cabrillo, Riverside, Candlelight), Jellylorum in CATS (Cabrillo); and Pocahontas in Mickey and the Magical Map (Disneyland Original Cast).

Paul David Bryant directs MTW's production of Ragtime. A member of Ragtime's original national tour in 1998, he has since worked on almost two dozen different productions as an actor, choreographer and director. For Disneyland Resorts, Bryant serves as Show Director, staging productions from California to Hong Kong.

His additional credits include directing productions

MYSTERY INK

Authors discuss mystery book

Authors Thomas and Jo Perry will discuss and sign their latest books at the Mystery Ink Bookstore, 8907 Warner Ave., No. 135, Huntington Beach, on Saturday, Feb. 1, at 2 p.m.

In Thomas Perry's, "A Small Town," Hawkins is a multifaceted creation, awash in moral ambiguity but determined to exact her multiple pounds of flesh. ownies vs. evil invaders—is cathartic, with all the archetypal power of The Wild Bunch."

In Jo Perry's, "Everything Happens," cold hearts and broken hearts intersect a blistering American desert. Classic American noir with a contemporary outlook, the writing is sharp enough to slice bone," said Tim Hallinan, Edgar Award-winning author. For more information, call (714) 960-4000.

of The Full Monty (San Diego Musical Theatre and Norris Theatre), Ragtime (San Diego Musical Theatre), Elton John and Tim Rice's Aida (Candlelight Pavilion Dinner Theatre), and Promises, Promises (Merry-Go-Round Playhouse). With Musical Theatre West, Bryant appeared in The Producers and the Reiner Reading Series performance of Anyone Can Whistle.

Music Director Brian Kennedy is a Drama Critics Circle Award nominee for his work with Carrie: The Musical with The Transfer Group (Los Angeles

Theatre and La Mirada Theatre). Additional credits include the second national tour of Something Rotten! (Associate Musical Director); Oklahoma! (Music Director-Cabrillo Musical Theatre); and the concert staging of Sweet Smell of Success (Music Director – Musical Theatre Guild).

Tickets are now on sale for Musical Theatre West's production of Ragtime.

For tickets, go to www.musical.org, call (562) 856-1999, or visit the Musical Theatre West Box Office. Tickets start at \$20 for select performances.

COMPUTER from page 14

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Tuesday, Feb. 25, Clubhouse 3, Room 7

1-3 p.m.—How to Choose Your Next Computer (Sacks)
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For basic computer information, iPhone/iPad, Social Media, Google Calendar questions, contact Miryam Fernandez at 884-7460.

LBSO from page 11

tionally renowned harpist, Ina Zdorovetchi. She is noted for her compelling interpretations and unique tone. Hailed as "the harp whisperer" as well as "monster player," she has appeared as soloist with orchestras around the world, has premiered several harp concertos by prominent composers and has received numerous competition awards.

Zdorovetchi resides in Boston, playing as principal harpist with the Boston Pops Esplanade Orchestra, Portland (Maine) Symphony, and Boston Lyric Opera and teaching as the Associate Professor of Harp at Boston Conservatory at Berklee.

Following intermission, the Symphony will present Carlos Chávez's most popular composition, his Symphony No. 2, "Sinfonía india," which is comprised of three melodies originating from native-American tribes of northern Mexico.

The final work on the evening's program is Copland's captivating Appalachian Spring orchestral suite, perhaps best known for its "Simple Gifts" melody, which was taken from a collection of Shaker melodies. It is first presented by a solo clarinet, then majestically reiterated by orchestra and brass—real goose bump music. Bursting with the sounds of Americana, this moving composition by Copland will linger in listeners' hearts long after the music stops playing.

Ticketholders are invited to attend a pre-concert talk at 7 p.m. by Maestro Eckart Preu and Zdorovetchi or to enjoy free live music in the lobby of the hall before the concert.

This concert is sponsored by Mr. and Mrs. Jon Masterson and Wallboard Tools Co., Inc.

For more information, visit www.LongBeachSymphony.org or call (562) 436-3203.

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Phil Nguyen (l-r), Bob Maggie and Barry Chittam.

PICKLEBALL

Maggie take's first place

The new 4.0 winners from first to third place is Bob Maggie, Phil Nguyen and Barry Chittam.

The Pickleball club is hosting an all-Leisure World tournament on Saturday, Feb. 8 on the courts behind 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., competition at 9:30. As usual, President Tim Linehan needs volunteers to help with organization and level management. Contact Tim at (714) 818-6404.

—Susan Dodson

MENS GOLF

Williamson aces hole No. 7 in January tournament

After a two-month hiatus while the golf course was being renovated, the Men's Golf Club first tournament of the year was held on Jan. 8 at the local course. Forty-three golfers assembled and competed in three flights over 18 holes. It was an overcast and damp morning that didn't improve even after the sun came out. Even so, the round was very competitive. Congratulations to Dale Williamson who had a hole-in-one on the 90-yard seventh hole and also to the five circle hole winners.

A flight has golfers with handicaps of 0-6, B flight 7-12, C flight 13-18. All scores are net:

A flight — First, Steven Ro, 47; second, tie between John Kolthoff and Ron Steele, 54; tie for third, Dave LaCascia and Bob Turner, 55; tie for fourth, June Um, Bob Barnum, Bill Lyons and Bill Long, 56.

B flight — First, Gene Archambault, 47; second, June Yoon, 49; third, Young Jeun, 54; fourth, Ben Benjamins, 54; tie for fifth, Young Lee and Hyon Shin, 56.

GOLF, page 23

GUY AND GALS GOLF

LW Tournament resumed Jan. 15

The first Guys & Gals golf tournament of the year was played on Jan. 15 at the local LW course.

All the players were glad to restart the competition after a three-month closure for renovations to the Golf Clubhouse and tee boxes. The transformation was significant and mostly well received. With some finish work still left to be completed, thirty-two teams of one man and one woman contended over 18 holes in three flights. 'A' flight has teams with combined handicaps of 0-8. 'B' flight 9-13, and 'C' flight 14-18.

All scores are net:

Flight winners:

A flight - First place, Won Song - Jane Song, 11 under par, 43; tie for second place between Young Lee - Hae Lee and Walt Bier - Margie Thompson at 5 under 49; tie for third between Dave LaCascia - Liz Meripol, John Kolthoff - Anne Walshe, and Steve Walker - Yvonne Kim with four under 50; fourth place, Dong Kim - Devora Kim, three under 51.

B flight - First place, Steve Ro - Judy Ro with eight under 46; second, Byron Sweitzer - Bert Thompson, seven under 47; tie for third between Steve Moody - Sandy Derouin and Byong Choi - Gee Gee Kwak, six under 48; fourth, Gary Stivers - Mary Ann Moore, four under 50.

C flight - First place, David Song - Angela Song, a sensational 13 under 41; second, James Farr - Soon Ja Min at nine under 45; tie for third between Dennis Jensen - Marilyn Hewitt and James-Grace Choi, seven under 47; tie for fourth between Bill Zurn - Neva Senske and Bill McKusky - Sue Yokomi at five under 49.

There were no holes-in-one in this tournament, but 10 golfers landed inside the Circle on holes two and five. Closest to the pin on hole No. 8 was Bill Lyons and Bert Thompson, and on hole No. 17 it was Dong Kim and Patti Smith.

Guys and Gals Tournament is held on the third Wednesday of each month, and on the fifth Wednesday of months that contain five Wednesdays. January has a fifth Wednesday and the next tournament is scheduled for Jan. 29. Participants must be members of the Men's or Ladies Golf Club to play in the tournament and have a handicap.

Both the Monday and Friday Golf Leagues play at four local courses, all within 15 minutes of Leisure World, starting between 7-7:30 a.m., except holidays. Friends, ladies, spouses and family are all welcome to play or join. The courses are David L. Baker in Fountain Valley, Meadowlark in Huntington Beach, Riverview in Santa Ana and Willowick in Garden Grove. LW Men's Club membership is not required. There is a prize pool for each round that players are not obligated to enter. Prizes are awarded for low gross in

GUYS AND GALS, page 23



Helen Yoon(l) and Devora Kim (r).

LW LADIES GOLF

Ace of The Year Tournament

The Ace of The Year tournament was held on Jan. 14. The 18 lady golfers competing had each won either low gross or low net of the month during the past year. At the final competition Devora Kim won low gross with a score of 26. Helen Yoon won low net with her score of 26.

The ladies annual holiday golf luncheon is set for Feb. 3 at 11 a.m. Tickets are \$10, some are still available for purchase. For more information, contact Margie Thompson, (562) 493-0484.

The Ladies Golf Club played for low gross, low net and birdies. Seven golfers hit a total of 11 birdies during the Jan. 14 weekly tournament.

A flight - Low gross, Devora Kim, 26; low net, Helen Yoon, 26; birdies/hole, Devora Kim, No. 3, 7 and 8. Helen Yoon, No. 7 and 8. Susie Kim, No. 3. Bert Thompson, No. 7.

B flight - Low gross, tie between Joann Lim and Young Yoon, 31; low net, Dana McElrath, 25; birdies/hole, Joann Lim, No. 2 and 9; Mary Ann Moore, No. 3.

C flight - Low gross, tie between Chang Hee Kim and Jee Choi, 34; low net, Patti Smith, 25; birdie/hole, Dale Quinn, No. 3.

Flight D - low gross, Mary Lancaster, 34; low net, Kim Delias, 25.

The ladies annual holiday golf luncheon is Feb. 3 at 11 a.m. Tickets are still available for \$10. Contact Margie Thompson to purchase tickets, (562) 493-0484.

—Dale Quinn

BOWLING

Pindiculous remains in first place

Pindiculous leads the league by six games, but how they did in the most recent game is unclear since they are doing a make up against Very Striking. As a team Very Striking bowled below their team average in all three games; all Pindiculous has to do to earn a sweep is bowl its average every game. However, that isn't always easy to do.

The Mutual Busters took three from Elcisme as Maureen Habel bowled 148 and 143. Strikingly Different moved over the 500 mark and into third place by sweeping Phyl's Guys. Fred Garcia opened with a 209 for Strikingly Different and teammate Tom Kaczmarek finished with a 193.

Charlie's Angels swept Split Happens, winning three close games. Charlie Guggino had a 171 and Shannon Brennan a 137.

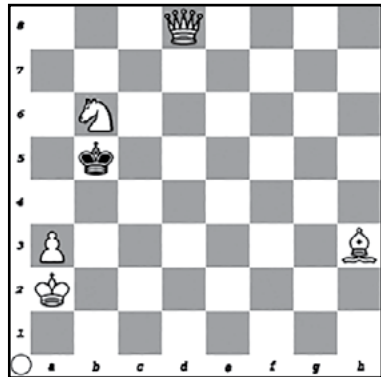
—David Silva

Chess Club Puzzle

The Persians were the first to introduce the concept of checkmate, warning your opponent when you are attacking his king. Players would shout "Shāh!", Persian for "king", when threatening their opponent's king. The idea was to prevent games from ending too early because of major oversights or lack of attention from an opponent.

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 23

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CRIBBAGE CLUB

Evelyn Ingram wins her first star

Evelyn Ingram started 2020 with a bang by winning her first star. Darlene Meyers was a very close second at 846 followed by Julie Milburn at 841 and Candy Meyers at 838. Mary Woods had six games of 121. There were 56 players on Jan. 7.

Joanne Lester provided chocolate ripple ice cream and an assortment of cookies. Margaret Smith served.

Cribbage Club meets on Tuesday at noon in Clubhouse 1. Partners are not required, and play finishes at 3:30 p.m. Lessons are available for those that don't know how to play or for anyone just needing a brush up, call Patti Smith at (562) 242-4674, to arrange for lessons. The club is open to all LW residents. Players should arrive by noon.

—Bobbie Straley

Social Bunco Schedule

The Saturday Social Bunco Club's next meeting will be Jan. 25 in the Clubhouse 3 lobby. Sign-ups begin at noon. Due to the demand for tables, a 12:30 arrival time is advised. Play begins at 1 p.m. The club meets to the second and fourth Saturday of the month. For more information, call Doris Dack at (714) 356-0443.

CHESS

From page 22

Solution to this week's puzzle: Nb6

The white Knight moves from b6 to a4. Any answer by black, the white's next move is check mate.

The LW Chess Club meets from 1-6:30 p.m. on Fridays in Clubhouse 3, Room 7.

Beginners are welcome.

GUYS AND GALS

From page 22

each flight; two prizes for closest to the pin on two par threes; and a prize for the lowest number of putts in each flight.

Holes-in-one, although infrequent, are generously rewarded. If interested, contact Gary Stivers at (714) 313-3697.

—David LaCascia

GOLF

From page 22

C flight — First, David Song, 50; second, Fred Edgeworthy, 53; tie for third, James Farr and Sang H. Kim, 54; tie for fourth, Dennis Kotecki, Lee Broadbent, and Joe DiDonato, 55.

Closest to the pin on hole No. 8 was Steve Walker and Joon Yoon on hole No. 17.

There will be two Men's Club tournaments each month, one on the second Wednesday and another on the fourth Wednesday. The next Men's tournament will be Jan. 29.

To join the Men's Golf League, contact Marv Jones or Dave LaCascia, at the Golf Starter Shop. New Men's Golf League members must join the Men's Club and play three 18-hole rounds on the local course in order to get a valid handicap. Two rounds must be played with a current club member and one round with the Qualifying Committee Chairman Ryan Hong if available. Scorecards are then left with the starter. This qualifies the individual to play in the Men's and Guys & Gals Tournaments played each month throughout the year.

—David LaCascia

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Puzzles & Comics

Answers on page 27

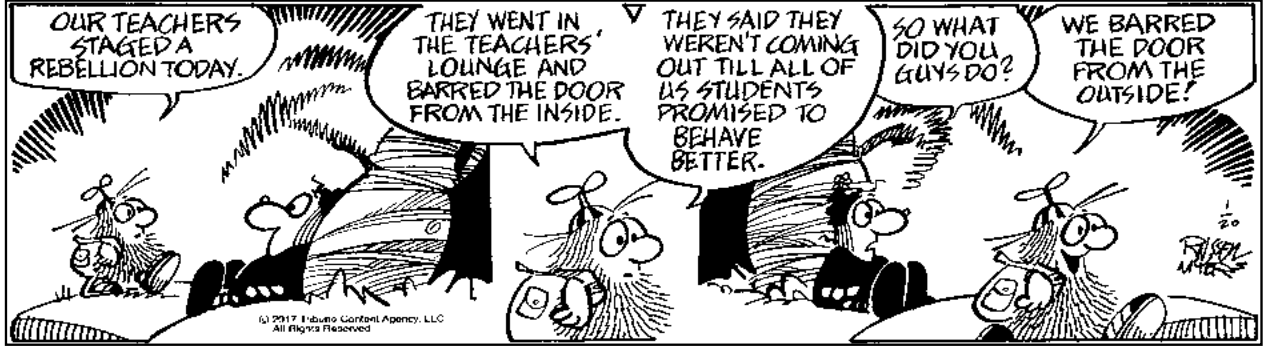
Gasoline Alley

By Jim Scancarelli



Broom-Hilda

By Russell Myers



Middletons

By Raph Dunagin & Dana Summers

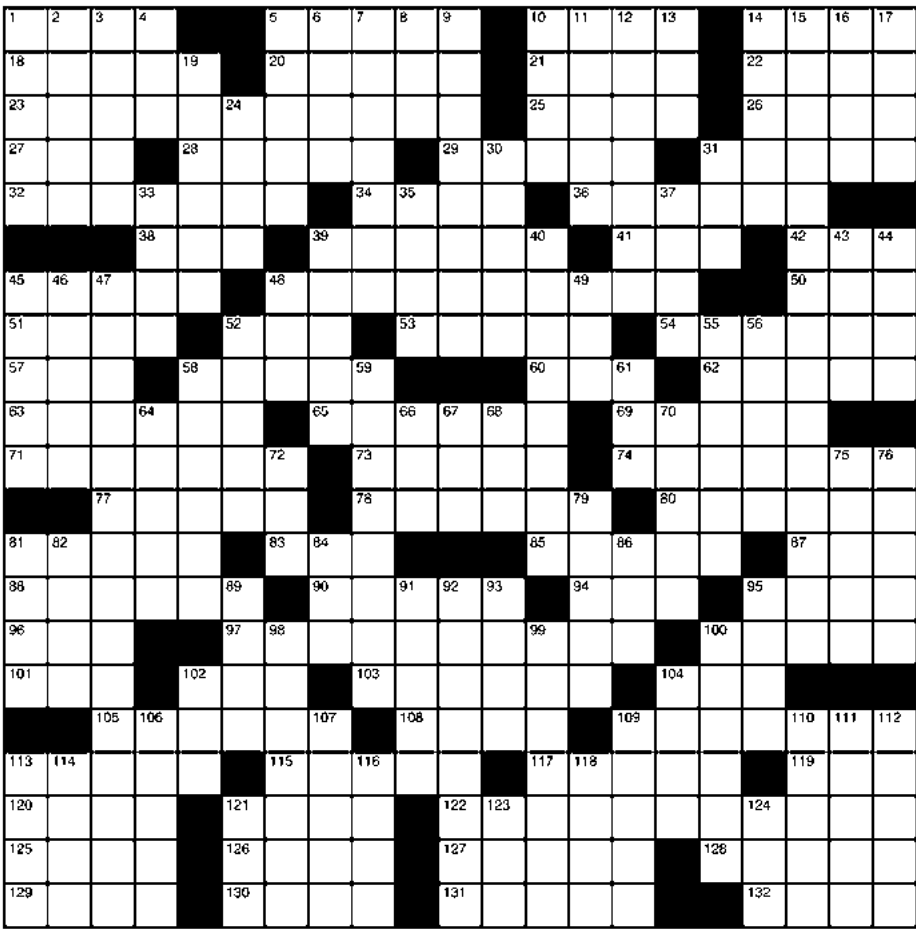


Human Menagerie?

Edited by Linda and Charles Preston

ACROSS

- 1 Like some excuses
- 5 Native-born Israeli
- 10 Daybreak
- 14 Pleased
- 18 Champagne buckets
- 20 Of a geographical region
- 21 Lotion ingredient
- 22 Ange's wing
- 23 Aka Elia the essayist
- 25 Model T
- 26 Work haard
- 27 Charged particle
- 28 Fiery crime
- 29 Entertainer
- 31 ___ Arenas, Chile
- 32 Without exception
- 34 Raton lead-in
- 36 Having limits
- 38 Curly's friend
- 39 ___ Cranston aka The Shadow
- 41 Bolt down
- 42 Testing spot
- 45 Hawthorne's birthplace
- 48 A Masters champ
- 50 Puppeteer Baird
- 51 Tedious type, slangily
- 52 Part of to be
- 53 Appears
- 54 Boardwalk feature
- 57 S.A. country
- 58 E trailers
- 60 Shocking swimmer
- 62 Like some seals
- 63 Stick
- 65 Truant; absentee
- 69 Earl Long's Blaze
- 71 New member
- 73 Hurl
- 74 Huntsman's cry
- 77 Reckless hurrying
- 78 Incendiary fuel
- 80 Din
- 81 Chew the scenery
- 83 Chew the fat
- 85 Hardly obese
- 87 ___-Locka, FL
- 88 ___ borealis
- 90 Mario or Andrew
- 94 Dale's saddleimate
- 95 Court order
- 96 Leia to Luke, informally
- 97 "Private Lives" dramatist
- 100 Foolish ones
- 101 Before, to Byron
- 102 Artist ___ Borch
- 103 Not long ago
- 104 Average
- 105 Inn
- 108 Comstock ___
- 109 Warnings
- 113 Work hard
- 115 Kind of energy
- 117 Nick of Hollywood
- 119 Number in Caesar's deck
- 120 Roll call response
- 121 Portico
- 122 "Spin City" star



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1/28/18

- 125 Take home
- 126 Hang fire
- 127 Bedeck
- 128 Onrush
- 129 The ___ the limit
- 130 "___ sow, so shall..."
- 131 Canonical hours
- 132 Eye drop

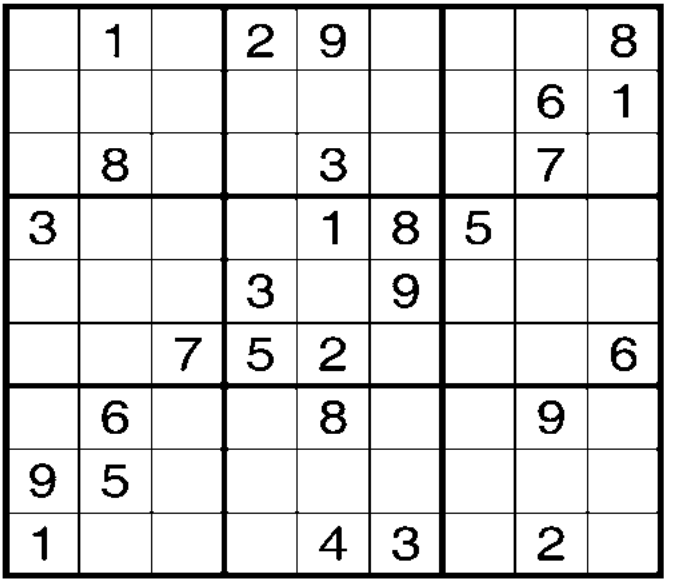
DOWN

- 1 Allowed, by law
- 2 Sneeze
- 3 Denoted
- 4 Flub
- 5 Hardly polite
- 6 Woody's son
- 7 Chair of the '60s
- 8 Aries
- 9 Tuna type
- 10 Loony
- 11 Snobbish
- 12 Not at peace
- 13 Sparks or Rorem
- 14 Whole range
- 15 Ethel's and John's brother
- 16 Landed
- 17 Crème ___ crème

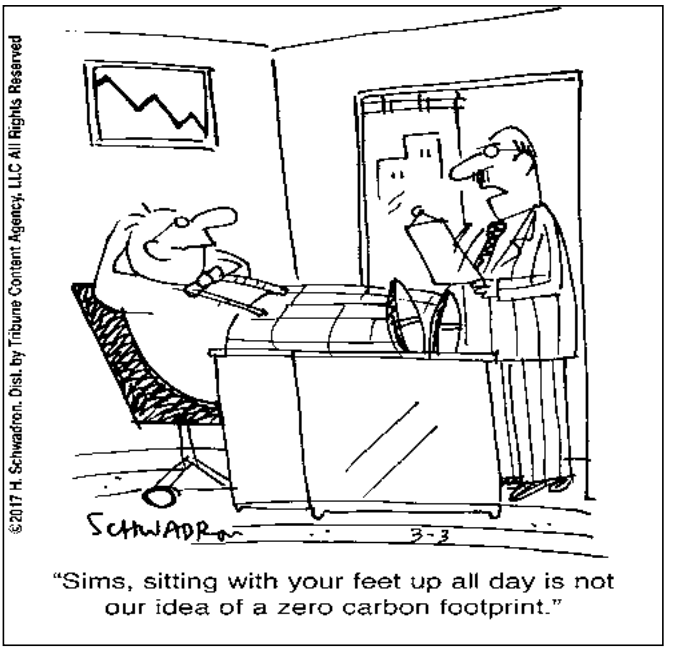
- 19 Skiing race
- 24 Gardner of mystery
- 30 "___ talk?": Rivers' query
- 31 Peach center
- 33 Prayer ender
- 35 Cockney abodes?
- 37 Final Frontier org.
- 39 ___ one's teeth; tells a whopper
- 40 "The Seven Year Itch" star
- 43 Staff member
- 44 Wasn't colorfast
- 45 Part of 37 Down
- 46 Composer Copland
- 47 Robert E. Lee's father
- 48 Regal abbr.
- 49 Verb ender
- 52 Representative
- 55 No kidding!
- 56 "Cheers" waitress
- 58 Author Dame Antonia
- 59 The English personified
- 61 WWII landing craft
- 64 Poet's muse
- 66 Expanse
- 67 Hazardly start?
- 68 Eggs, to Cato
- 70 Lacking style
- 72 Young sheep
- 75 Pueblo people

- 76 Take the stump
- 79 Tie the knot
- 81 Loosen
- 82 Naturalist John ___
- 84 Crackerjack
- 86 Silent assent
- 89 Work without ___: take risks
- 91 Florida citrus center
- 92 Streetcar driver
- 93 Saw red?
- 95 "The Way We ___"
- 98 Electra's brother
- 99 Fine lace
- 100 Attention-getters in court
- 102 Literary inits.
- 104 Party paste
- 106 Microwaves, e.g.
- 107 Not all there
- 109 Highland groups
- 110 Actress Woodward
- 111 River at Corning, NY
- 112 Cager from Philly
- 113 Women
- 114 Security problem
- 116 Put cargo aboard
- 118 Czech river, aka Eger
- 121 Salutory site
- 123 Altar vow
- 124 Stick out

Sudoku

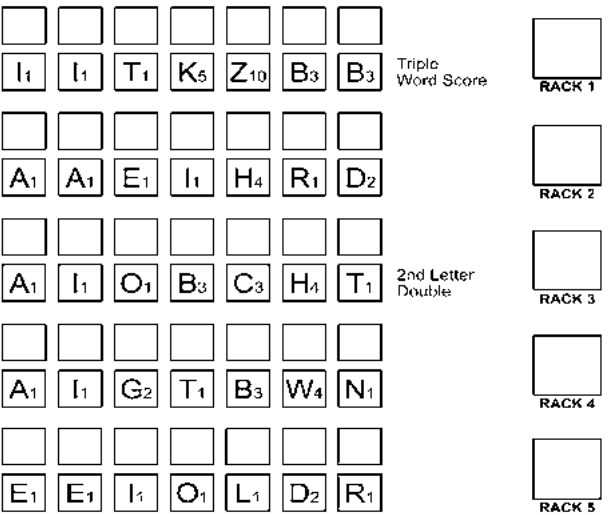


9 To 5 By Harley Schwadron



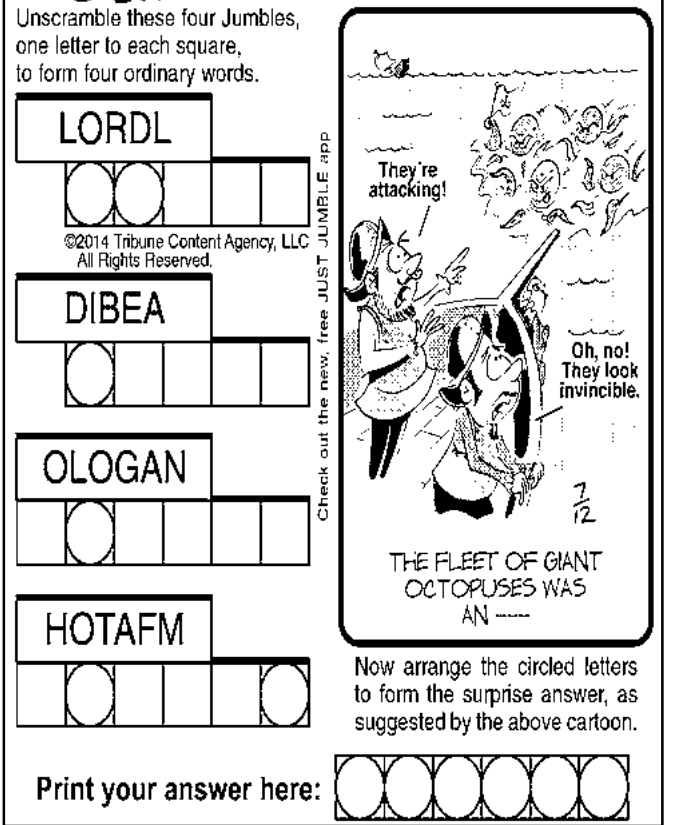
SCRABBLE G R A M S

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FIVE RACK TOTAL
TIME LIMIT: 25 MIN
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Cards and Games Scoreboard

LW Pinochle Club
Jan. 13 — Marge Dodero, 11,460; Joan Taylor, 11,450; Tony Dodero, 11,030; Jim Kaspar, 11,040.
Jan. 16 — Tony Dodero, 14,290; Jerry Hore, 12,770; Bev Adams, 11,810; Dolores Cook, 11,010.
Jan. 20 — Richard Van Wasshnova, 13,390; Marilyn Allred, 12,950; Tony Dodero, 11,340; Jim Kaspar 10,880.
Jan. 18 — Julia Troise, 12,260; Bev Adams, 11,760; Irene Perkins, 11,470; Richard Van Wasshnova, 11,180.
The club meets from noon-4 p.m. Mondays in Clubhouse 1. For more information, call Joan Taylor at (562)240-5416.
—Bert Sellers

Monday Bridge Club
Jan. 20 — First place, Howard Bleakley; second place, Anna Hore; third place, Donna Cooper.
Games begin at noon in Clubhouse 1. For more information, call Marion Standish at (562) 493-1236.
—Marion Standish

Burning Tree Duplicate Bridge Club
Jan. 18 — N/S: Alan Olschwang – Kar-Yee Nelson; Sibyl Smith-Jeanette Estill. E/W: Miriam Kelley-Judy Mathias; Judy Jones-Al Appel. Jan 17: N/S: Larry Topper-Thad Mikols; Ernie Ross-Roy Tomooka; George Alemshah-Sylvia Kaprelyan; Linda Stein-Sue Fardette. E/W: Lavonne McQuilkin-Carol Murakoshi; Louise Seifert-Stan Johnson; Dale Rensing-Bob Santen; Jeanette Estill-Marilyn McClintock; Nancy Lichter-Julie Mills. The club meets Friday’s and Saturday’s in Clubhouse 1 at 12:15. For information on how to join the fun and play, call or text Fred Reker at (615) 898-0669. The Club Championship is Saturday, Jan. 25.
—Fred Reker

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Answer: The fleet of giant octopuses was an —
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• 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.

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

Sudoku Answers 1/28/2018

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

Crossword Answers

PAR SCORE 260-270	R1	E1	O1	I1	L1	E1	D2
RACK 5 =	B3	A1	T1	W4	I1	N3	G2
RACK 4 =	C3	O1	H4	A1	B3	I1	T1
RACK 3 =	A1	I1	R1	H4	E1	A1	D2
RACK 2 =	K5	I1	B3	B3	I1	T1	Z10
RACK 1 =	SOLUTION						
SCRAMBLE G R A M S							
Puzzle page 26							

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For over 4 years I have been giving all types of rides to Leisure World residents. Rides to the airports, doctors, cruise ports, shopping and errands I also enjoy helping my neighbors with chores and maintenance around their homes.
Russ 714-655-1544. 2/29

Personal driver. LW resident. Goes to airports, hospitals, doctors offices, stores. Drives by Gary.
714-658-9457. 01/22

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HELP WANTED
Wanted: Small and growing company needs a marketing, advertising and sales specialist? We will provide training. You will work from your home. For more info: Jamesbkent@gmail.com 1/23

AUTOS/BOATS/RV'S TRAILERS FOR SALE
ELECTRIC CAR PADS
Installed at your residence. Call Frank 562-743-3832. State Contractor's License #779462. 2/12/20

MOVING, HAULING & STORAGE SERVICES
J&D HAUL AWAY AND CLEAN-UP SERVICE
No job too small, fast, reliable, great prices. Seal Beach Business License BRA0002. Dan: 562-841-3787 4/9

A FRIEND AND A TRUCK
Your moving service, any size job. Call 310-387-2618. Business License RO263644. 3/25

PET ADOPTION
Hi, My name is Pepper. My owner can no longer take care of me. I need a new forever home. I am an older cat but I can be sweet. If you are interested, please call Pamela at 562-443-8262 1/22

PET SERVICES
Nail cutting, Bathing, in home for cats and small dogs. Call or message 562-544-9555 SBlicense#Jen0006 1/23

MISCELLANEOUS FOR SALE
T.V. stand with small electric fireplace, \$50. Dark wood, 42 & 1/2" W x 30- & 1/2" H x 15" deep. 562-594-7549. 1/23

For Sale: Imogen 3 portable oxygen with 30+ Kannulas, carrying case and two batteries, \$500. Call 562-240-5273 1/23

Beautiful Brown leather recliner. Great condition. Can't deliver, must pick up. \$100. 562-431-1520.

1930s Waterfall four piece bedroom set. Very good condition, \$500. Must be able to pick up. 404-964-1158 1/23

LW Weekly 430-0534

Red scooter "Phantom" 3 wheels -indoor/outdoor with battery. \$350 good. Electric bed single raises/ lowers \$90. End table-file \$15. Call 562-596-4888. 1/15

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 \$9,5000 plus Forest Lawn's \$250 transfer fee. If interested, please call Juliet at 714-767-1439 or 562-296-8802. 2/7

ESTATE / PATIO CARPORT / SALES
Estate sale by owner
January 25, 9-3 13461 S. Fairfield #60B. Living, dining, bedroom furniture, kitchen items, clothes and more. 1/23

Patio Sale 1651 Tam O'Shanter 9J

Estate Sale - 1461 Pelham Rd., **Mutual 6 - Apt. 132E.** Thursday, Jan. 23 and Friday, Jan 24, from 8:30 a.m. to 2 p.m. La-Z-Boy sofa bed, loveseat, antique hutch, drop leaf tables, bookcases, dressers, queen bed. Francisca, Mikasa, Fenton Carnival glass. Costume jewelry, microwave, safe, patio furniture, exercise equipment. **Estate Sales by Docia Drake,** 714-514-8232. P.O. Box 427, Seal Beach Bus. License ESD0001.

Patio Sale
1710 Interlachen Rd #40C, Mutual 12
1/23 and 1/24, 9 to 2. Metal shelf, tools, clothes, household and camping stuff

Looking for a stress free way to get your house organized?
Place a classified ad for miscellaneous items to get rid of clutter fast!

Want to place a Classified or renew your existing one?
Turn it in by **2:00 p.m.**
Monday,
for Thursday's publication

Security
(562) 594-4754

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.

LWWeekly

Want to Place an ad or Renew your current ad?

Call 430-0534 or send an e-mail to laurieb@lwsb.com

Whether Buying or Selling, call **Hanna Rubinstein**
Realtor® • Mutual 11 Resident
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 12, 64C \$259,900
2-beds, 1-1/2 baths, partially extended on a nice greenbelt. Great location close to parking and laundry —new laminate floors and freshly painted. Move-in condition with nice patio and storage cabinets.

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

Berkshire Hathaway Home Services
DRE# 01308588


JOYCE REED
Resident Broker
Notary Available
596-8656
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
Unbelievable Real Estate
DRE#00460268

2019 Escrows

In Escrow
Mut. 14 - Sold in 1 Week
Mut. 8 1981 - 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**

Coming Soon
Mutual 15 - second floor,
2-beds, 2-bath new laminate floors, tree top views in great location



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

"Where Life Just Got Easier"

2 Bed 2 Bath Fully Expanded
 Move in Ready Gorgeous unit!
 Light and Bright with 5 Large
 Skylights, Light Maple Cabinets,
 Central Heat and Air.
 Light Floors.
M5 70K \$339,000

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

2 Bed 1 Bath Corner,
 W/D, Dishwasher,
 3 Heat Pumps,
 Upgrades Galore
M2 57F \$299,000


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

**Watch for my
 New Listings Coming...**


2 Bed 2 Bed Mut. 15
 2 Bed 1 Bath, Corner Mut. 4
 2 Bed 2 Bath Corner Mut. 9
 2 bed 1 Bath Mut. 5

*Call me to List or Sell your
 Home! I can List and Sell all
 Homes in LW. It will be my
 pleasure to work with you!*


Berkshire Hathaway Home Services




Erika Shapiro
 Resales Specialist • Mutual 17 Resident
Traveling Notary
562-208-5223




BEAUTIFUL GREENBELT
 2 BDR, 1-½ bath,
 Gourmet cook's kitchen,
 3 bay windows,
 washer/dryer, new flooring,
 move-in ready.
**Mutual 12, 45D
 \$399,000**



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
 \$329,000**



COUNTRY COTTAGE
 2 BDR, 2 bath, greenbelt.
 Move-in ready, white
 kitchen, washer & dryer,
 close parking.
**Mutual 10, 246L
 \$419,000**

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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The World On Sale...



**LIFE AT
 THE TOP
 \$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

2 Bedroom, 1.5 Bath,
 Expanded Corner Atrium

**COMING
 SOON**



Verna Chumley
562-598-1388
562-221-3113
 DRE: 00753726

NEW LISTINGS

Mutual 8 - 178E - \$305,000
 Fabulous two-bedroom expanded unit! On
 lovely greenbelt - Immaculate condition
 Washer/dryer; remodeled kitchen and bath

Mutual 5 - 108K - \$249,000
 Two-bedroom basic floor plan! Central location -
 Very big patio; Great location
 close to "downtown"

Mutual 9 - 222L - \$339,000
 Fabulous expanded corner unit! Two bedrooms,
 1.5 baths; washer/dryer New paint
 and new carpeting

Mutual 15 - 29R - \$254,950
 Two bedrooms, two baths; Upstairs expanded
 unit! Approximately 1300 sq. ft. of living

Mutual 15 - 37Q - \$235,000
 Least expensive in community with 2 B/Rs, 2
 Baths - Greenbelt; Great views; Open balcony

Mutual 9 - 232D - \$159,000
 Charming one-bedroom unit; Easy access - Park
 in front; Greenbelt across street;
 Very private spot

Mutual 5 - 106E - \$209,900
 Very clean two-bedroom unit; Nice central
 location; Heat Pump; Greenbelt views!

Mutual 12 - 62F - \$450,000
 Fully expanded two-bedroom corner unit! Very
 modern - has everything - great location; Two
 full baths; washer/dryer; central air

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Mutual 2 - 59e Merion Way
 South West 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 \$203,000



NEW LISTING

Mutual 6 - 60K Fairfield
 Beautiful unit with wood floors, New
 Painted, molding, pocket doors,
 lovely kitchen; backsplash, well
 maintained with tons of character.
Lowest HOA Dues! \$255,900.



Mutual 14 - 20e Sunningdale
 2Bd/1Ba Expanded Unit, South
 Facing on Golf Course. Beautiful,
 NEW carpet, NEW paint, 5 Skylights,
 Mirror Closet, Granite in Bathroom,
 Plantation Shutters, Central Heat/Air.
A GEM OF A UNIT at \$337,600

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
714-624-1981

An Independent Brokerage!
 DRE#01335069

OUR BUYERS LOVE US!

M6 2B/1Ba	\$260,000	In Escrow
M6 2B/2Ba	\$299,500	SOLD
M4 2B/2Ba	\$397,000	Sold
M12 2B/1Ba	\$180,000	SOLD
M12 2B/2Ba	\$343,950	Sold
M11 2B/1Ba	\$426,000	SOLD
M16 1B/1Ba	\$140,000	Sold
M14 2B/1Ba	\$254,900	SOLD
M14 2B/1Ba	\$219,000	Sold
M14 2B/1Ba	\$180,000	SOLD
M4 2B/1Ba	\$224,000	Sold

SELLERS LOVE WHEN WE SELL!

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



Kathy Gupton
Associate Broker
DRE # 00744676



Gloria Hadley
Realtor®
DRE # 01057681

Kathy & Gloria Gupton & Hadley

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LW Community

562 618-9940

562 884-3594



Mutual 4, 50A \$249,900

This a fully expanded 2 bedroom 1 bath home with drive-up an leaded glass entry door. This home is ready for a perfect inside remodel or update with spacious living room, extra room that may be used for den or dining room. Kitchen has white cabinets and bar, built-in appliances including cooktop, oven, refrigerator, ventless washer/dryer, skylight and ceiling fan. Expanded Master bedroom with plenty of room for office or sitting area. Bathroom has skylight and walk-in shower. Other features included are dual pane windows, bay windows in living room, master bedroom and den/dining room, white blinds, flooring consists of carpet in living room, laminate in bedrooms and den, vinyl in kitchen, Central heat and air conditioning.



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.



Mutual 14, 23D \$255,000

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



PENDING

Mutual 5, 229D

Mutual 14, 23F

EVERYTHING IS SELLING!

We can sell your's too!

Call Kathy
562-618-9940



Mutual 4, 78B \$148,000

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



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.



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.



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.



Mutual 15, 25F \$476,000

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

We can show ALL property in the LW community

Call and let us present our extensive marketing program.
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Robin Gray & Barbara Diette-Dobias

Robin Gray

(562) 209-5605

rwgraysales@verizon.net
DRE 01027333

Your Leisure World Sales Team



California Properties



Barbara Diette-Dobias

(562) 754-5628

barbaradobias@gmail.com
DRE 00887640



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



Mutual 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 patio sitting on a green - plus close carport and street parking!! Be sure to check this out - it's a good one!!



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Experience &
Knowledge
Make Your Move
a Pleasant Event

Together WE Have Over 30 Years of
LW Experience

**CALL ROBIN &
BARBARA**

"Double the Effort, Double the Results"



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



PENDING

Mutual 8-184-E \$229,500

Basic 2-Bedroom with wrap around patio looking at a greenbelt setting is freshly painted throughout, has laminate floors, a remodeled kitchen with a dishwasher, built-in microwave and oven, and a skylight. Remodeled bathroom, forced air heating and air.



PENDING

Mutual 11-278-J \$199,000

Two bedroom, 1 bath basic unit on a pretty courtyard setting! Newer dual pane windows, heat-pump, granite counters in the kitchen and bath, solar tubes, covered patio with storage, and close street parking.



PENDING

Mutual 2-57-L \$265,000

NEW LISTING ... Beautiful location and a Basic Corner too with extras! Two bedrooms and one bath, remodeled kitchen, skylights, central heat/air, raised walls and dual paned windows, laminate wood floors, new paint, and new bedroom carpet and vinyl floor in bathroom. This is a must see - drive-up green with BEAUTIFUL Trees!



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



Jim Duncan
714-356-6717
Broker/Manager



Susie Allen
562-338-3833



Conrad Rodriguez
562-746-1960



Joanie Korman
714-308-8034



Kathy Guppton
562-338-3833



Gloria Hadley
562-884-3594



Edwina DiMario
562-706-7999



Vickie Van Ert
310-220-1407



Mary Chittick
562-882-2804



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626-623-9929



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562-209-5605

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



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Seal Beach, CA 90740

BRE 00338699

Two-Bedrooms

Mutual 2 10H \$199,995 New windows, 2 large skylights, white bamboo wood floors
Mutual 8 293J \$227,000 Greenbelt, cent. air, solar tubes, smooth ceilings, very 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, washer/dryer, enclosed patio, lam. flooring, drive-up
Mutual 7 153E \$254,900 1-1/2 baths, south facing, lam. floors, clean
Mutual 14 23D \$255,000 Corner, full expan., cent. air, lam. floors

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 57F \$299,000 Corner, washer/dryer, 3 heat pumps, skylights
Mutual 7 164E \$304,900 Central park, washer/dryer, full expan., skylights
Mutual 1 70F \$325,000 Corner, washer/dryer, central & heat, turn key
Mutual 14 21E \$479,000 Golf course view, 1 1/2 bath, cent/ air, dual pane

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



Hanna Rubinstein
562-900-4243



Jay Cho
714-944-4998



Estee Edwards
562-208-2540



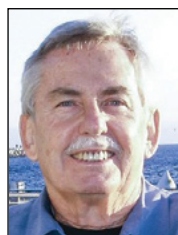
Fay Wescott



Irv Hart
562-296-5619



Philip Bak
213-550-9991



Tim Kearns
714-293-3950



Jong Kim
714-393-7792



Chris Kim
424-247-4542



Gail Alonzo
562-673-6703



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REALTOR
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carol@carolgknutson.com
sealbeach.retirementcommunity.info



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REAL ESTATE

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Seal Beach, CA 90740

For 2020, I have a total of 3 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!

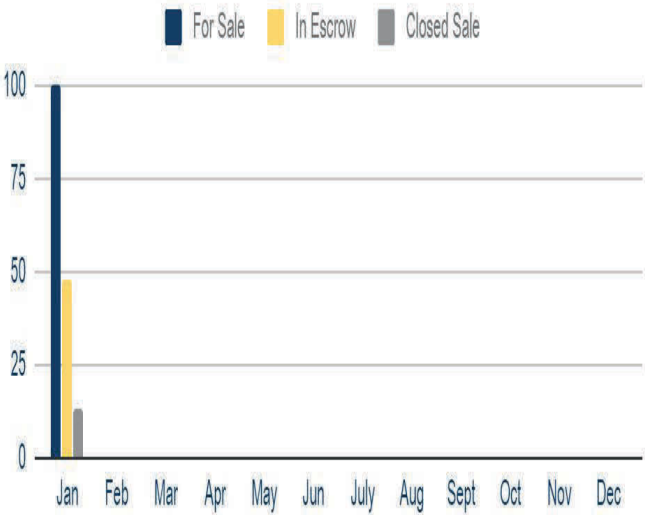


13741 Annandale Dr., #18J, M1 \$145,000
Basic 1 Bedroom, 1 Bath with New Flooring and Paint throughout. A/C Heat Pump, Dishwasher, 2 Skylights, Storage on Patio.



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.

1/21/2020- Year To Date MLS Activity



I have access to the total inventory!

On January 21st, 2020 a total of 100 units show as active listings on the CRMLS (this is where Realtors list property for sale).

12 - 1 bedroom/1 bath
from \$140,000 to \$215,000

48 - 2 bedrooms/1 bath
from \$189,000 to \$337,600

40- 2 bedrooms/2 baths from
\$229,000 to \$549,900

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





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