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'Hidden Figures'

screens today in CH 4 — Page 11

BLACK HISTORY MONTH



Community Emergency Response Team Training

Where: LW Clubhouses

When: 5 weeks, starting March 2

See page 26 for more information.

NOCE REGISTRATION

Enroll in LW classes on Feb. 18 in CH 2

The North Orange Continuing Education (NOCE) will offer a variety of classes in Clubhouses 3 and 4. Class registration will be available in person on a first-come, first-served basis. Read on for the registration procedure.

Leisure World Registration and Enrollment

Read the following information completely to ensure a smooth registration and enrollment process for everybody.

» **STEP 1:** Pick up a NOCE Registration Form from the Leisure World Library before the Feb. 18 registration and enrollment date.

» **STEP 2:** Prior to registration and enrollment, fill out the highlighted fields on the NOCE Registration Form.

» **STEP 3:** Bring your Golden Rain Foundation ID card and the completed registration form to Clubhouse 2 at 9 a.m. on Feb. 18 to enroll in classes. These two items are required.

» **STEP 4:** Line up outside the south entrance of Clubhouse 2 with the back of the line headed toward Canoe Brook Drive. Do not attempt to enter the clubhouse from another entrance.

» **STEP 5:** At 9 a.m., the south doors will open and allow residents to enter Clubhouse 2 up to capacity. Inside the clubhouse will be seven tables, each marked with a number that corresponds to the following classes:

- Table 1: Mature Driver
- Table 2: Foods and Nutrition
- Table 3: Senior Topics: Technology
- Table 4: Painting
- Table 5: Ceramics
- Table 6: Yoga
- Table 7: Staying Mentally Sharp

» **STEP 6:** Go to the table that has the class you are most interested to enroll in and wait your turn. You will need to present your Golden Rain ID Card and turn in your NOCE registration form to the registration attendant at the table.

» **STEP 7:** If you are interested in enrolling in another class you must then head to the next table and wait your turn to enroll.

» **STEP 8:** Once you have enrolled in your desired classes, exit the clubhouse.

NOCE, page 2

PRESIDENTS' DAY

GRF offices are closed Monday for holiday

In observance of Presidents' Day, all Golden Rain Foundation offices except Security will be closed Monday, Feb. 17. The Leisure World Maintenance Department will be on call for emergencies only and may be reached at (562) 594-4754.

The Golden Age Foundation Hospitality Center in Clubhouse 6 will be open from 9:30-11:30 a.m.



OptumCare will completely renovate the Health Care Center.

New Health Care Center is coming soon ➡

There have been a lot of exciting changes at the HCC over the last two years, but the biggest one starts this month: a comprehensive renovation that will create a modern, patient-friendly center, a place for everyone to feel at home. Renovations start this month and will continue through the end of the year. The clinic will remain open the entire time.

Some of the major updates include:

- Modern waiting rooms, work stations and patient exam rooms designed to improve your care experience
- State of the art digital X-ray, ultrasound and DexaScan (bone density)
- New wellness retreat, helping everyone achieve optimum health and wellness
- Internet stations
- Redesigned conference rooms for health care classes and support groups

"The renovations are part of OptumCare's commitment to creating the HCC for everyone. The HCC has provided services to Leisure World residents for more than 30 years," said Charity Kopp, practice manager. "We're adding new features to help meet the needs of residents for decades to come."

"The HCC is for everyone in Leisure World, whether they are a patient here or not," Kopp said. "Whether you see special-

ists here, get your meds at the pharmacy, go to therapy here, or attend the community classes, we want to make sure the doors are always open."

The renovation will take place in phases. The first phase, starting in the next few weeks, will result in improved specialty care. "Better exam rooms, more diagnostic tools, and hallways that are easier to navigate," Kopp explained. "We're designing everything to deliver the best care possible in a safe, inviting atmosphere. It's modern healthcare, but with heart."

Some long-awaited updates should meet the needs of residents, including a new X-ray machine and a new DexaScan machine. "We know residents have wanted these for a long time, and we are excited to have these tools," Kopp said. "The new X-ray machine has been installed and is fully functional. The DexaScan machine will be installed later in the renovation."

Future phases include adding new primary care exam rooms, modernizing the overall look and feel, and updating the community spaces, including the lobby and conference rooms, to create a more social atmosphere.

"This is such a vibrant, active community," Kopp said. "We want to deliver your Health Care Center your way."

As major changes are completed, information will be shared.

—Carson Blomquist, OptumCare



This tank looming over the Pickleball Court is being dismantled.

HAYNES PLANT

2 tanks near LW are being dismantled

LADWP will begin dismantling two large tanks at the neighboring Haynes Plant near Clubhouse 2 on Feb. 17. The dismantling work will continue for approximately five weeks, Monday-Friday from 7 a.m.-6 p.m., weather permitting.

The tanks will be carefully and systematically disassembled using special equipment. The process includes the use of torches to cut into the metal and a hydraulic shear mounted on an excavator machine to cut the metal into pieces. The pieces will be carefully removed and transported offsite for recycling. No traffic impacts to the surrounding community are expected.

During the dismantling, monitoring equipment will measure noise and air quality to ensure worker and community health and safety. Leisure World residents close to Mutual 3 and Clubhouse 2 can expect to see workers or hear some equipment noise. A flying drone may also be seen, periodically, taking aerial photos in the tank area as work progresses.

Dismantling work continues on Units 5 and 6 using a gantry



NOCE
from page 1

Space in each class is limited and not everybody will be able to attend every class they would like to. A small number of wait-list opportunities for each class will be available. Further information about wait-listed students will be provided to those who are wait-listed at the onsite registration and enrollment date.

Because the classes are free of any registration and enrollment fees, NOCE requires that each class have a minimum number of students for each class session. With that in mind, do not enroll in classes if you are not certain that you will be able to attend nearly every class session. Otherwise a class may be cancelled. It is also imperative that enrolled students to show up on the first day of class otherwise their spots may be forfeited.

Class Schedule

- **Painting**
March 3, Tuesdays, 1-2:50 p.m., Clubhouse 4 Art Studio, Yelena Hyatt-Somolina, instructor
 - **Food and Nutrition**
March 5, Thursdays, 5-6:50 p.m., Clubhouse 3, Room 7, Janet Foust, instructor
 - **Ceramics**
March 5, Thursdays, 12:45-4:35 p.m., Clubhouse 4 Ceramics Studio, Cheryl Tripani, instructor
 - **Senior Topics Technology**
March 6, Fridays, 9:30-11:20 a.m., Clubhouse 3, Room 3, Danielle Bloom, instructor
 - **Mature Driving**
March 28, Saturday, 8-4:20 p.m., Clubhouse 3, Room 7, Bob Marlowe, instructor
 - **Yoga**
April 4, Saturdays, 8-9:50 a.m., Clubhouse 3 Lobby, Dolly Lin, instructor
 - **Staying Mentally Sharp**
March 14, Saturday, 2-3:50 p.m., Clubhouse 3, Room 3, Danielle Bloom
- All classes are subject to change and cancellation. Registration and enrollment are free, but you may be asked to supply some materials for art-related classes.

CONSTRUCTION ALERT
Crews to remove
roof from Admin;
use caution in area

Howard Roofing Company will remove the roof from the GRF Administration Building on Sunday, Feb. 16, weather permitting. Roof construction is expected to be completed that week. Residents are advised to use caution in the work zone, as some areas will not be accessible.

EMERGENCY INFORMATION
Council will meet
today at 10 a.m.

The Emergency Information Council will meet at 10 a.m., today, Feb. 13, in Conference Room B in Building 5. This is a new meeting day. From now on, the EIC will meet on the second Thursday. Come learn more about what is happening in the community to promote self-empowerment in emergency preparedness.

—Kathy Almeida

RECREATION
Office will be closed
on Tuesday, Feb. 18

The GRF Recreation Office will be closed on Tuesday, Feb. 18, because staff will be attending GRF meetings or helping register LW residents for NOCE classes. The office will be open during normal business hours on Feb. 19.



The community is invited to help plant 1,300 California native flowers, shrubs and trees on Feb. 22.

SB NAVAL WEAPONS STATION
Help beautify the National Wildlife Refuge

Everyone is welcome to help improve habitat at the Seal Beach National Wildlife Refuge inside the Seal Beach Naval Weapons Station on Saturday, Feb. 22, from 8 a.m.-noon. Volunteers will plant up to 1,300 California native flowers, shrubs and trees along an upland habitat area near the refuge's salt marsh. The event is hosted by the U.S. Navy, the U.S. Fish and Wildlife Service and the volunteer group Friends of the Seal Beach National Wildlife Refuge. Reservations are required by Monday, Feb. 17, and should be made by calling the refuge office at (562) 598-1024. Names and additional information for each participant must be provided. Participants are advised to bring picture ID, hats, sunblock, walking shoes (no sandals) and gloves. All ages are welcome. Commencing operations in 1944 as a U.S. Naval Ammunition and Net Depot, Naval Weapons Station Seal Beach is the Pacific Fleet's premier munitions loading installation. The base serves an average of 40 United States Navy warships annually.

AARP SMART DRIVER
Recertification class is Feb. 17 at 1

An AARP Smart Driver recertification class will be held on Feb. 17 from 1-5 p.m. in Clubhouse 3, Room 6. People are due for a recertification if they have have taken AARP's Smart Driver two-day certification class more than three years ago. The eight-hour course must come first, and then people are eligible for the renewal class every three years. The next two-day Smart Driver certification class will be on March 16-17 from 1-5 p.m. each day. The course covers:

- Research-based safe driving strategies.
- Information on the effects of medication on driving.
- Preventive measures to reduce driver distractions.
- Proper use of safety belts, air bags, anti-lock brakes and new technology found in cars today.
- Techniques for handling left turns, right-of-way, and roundabouts.
- California rules and regulations in 19 key areas, including construction zones, child safety seats, school buses, cellphone use and more.
- Easy-to-follow format incorporating adult-learning principles.

For more information, call instructor Ruth Bradley at (714) 401-2237.

—Ruth Bradley

CAPOC Food Distributed Feb. 20

Free food is available in Leisure World to eligible residents who are 60 years or older through Community Action Partnership of Orange County (CAPOC), which has a monthly distribution site by Clubhouse 4. The next food distribution will be Feb. 20. Every third Thursday from 9-11 a.m., qualified people receive 40 pounds of food, including canned fruit, vegetables, meat, rice, juice, cereal and more. Eligible seniors must live in Leisure World, be at least 60 years of age and meet income guidelines as follows: up to \$1,354 a month for one person; \$1,832 for a two-person household; and \$2,311 for a three-person household. To sign up, bring a photo ID, and proof of income (Social Security/SSI Statement, letter or bank statement

CAP, page 26

HAYNES
from page 1

crane to remove turbine-generator parts. During gantry crane movement a safety alarm is sounded to alert nearby personnel. The gantry crane alarm will operate intermittently over the next four weeks, between 7:30 a.m. 2:30 p.m., Monday-Friday, as the crane is utilized. The alarm can be heard from parts of Leisure World. For more information, call the Haynes Unit 3-6 Dismantling Project Information Line at (800) 531-6638.

—from a prepared release

I seek.
I embrace.
I thrive.

Surrounded by the natural beauty and pleasant climate of Southern California, Katella Senior Living Community and Alamos West Health Care Center, located in Los Alamitos, offer residents everything they need to flourish.

KATELLA
Senior Living Community

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

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

We'd love to hear from you!

ALAMITOS WEST
Health & Rehabilitation

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

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

KATELLA SENIOR LIVING COMMUNITY
3952 Katella Avenue, Los Alamitos, CA 90720
562-596-2773 | katellaseniorliving.com
RCFE License #: 300602548

ALAMITOS WEST HEALTH CARE CENTER
3902 Katella Avenue, Los Alamitos, CA 90720
562-596-5561 | alamoswest.com

MANAGED BY The Goodman Group

GOOD FOOD NEWS

Get deliveries to your doorstep

One of our most basic needs is access to healthy, nutritious food. This becomes harder when people don't have easy access to transportation to be able to go grocery shopping or out to eat. For many seniors who have had to give up driving, grocery shopping is a challenge.

Fortunately, getting food delivered to your doorstep is within easy reach. If you have recently stopped driving or are finding it difficult to access fresh food, there are several businesses that have been created to combat this problem. However, many of these options may require that you have access to a computer/Internet or a smart phone.

Grocery Delivery

For seniors who can't get to the grocery store themselves, these grocery delivery services can be a lifesaver. If you're interested in grocery delivery, these are some of your top options:

- **Instacart**—Instacart has a delivery fee each time, or the option to pay \$99 a year fee for free delivery, <https://www.instacart.com>.

- **Amazon Fresh**—Amazon Fresh is available only to Prime members, at an extra monthly subscription fee, [amazon.com](https://www.amazon.com).

- **Shipt**—For a monthly or annual subscription fee, you can use Shipt for grocery delivery as often as you please. Orders over \$50 get free delivery, [shipt.com](https://www.shipt.com).

Some grocery stores offer their own delivery service. Check with local grocery stores to see what they have to offer. Or if all else fails, people can post on *NextDoor* to find a neighbor happy to pick up a few items each week for a little extra cash.

Meal Kit Delivery Service

Meal kit delivery services deliver pre-portioned ingredients for recipes that you can then cook.

If you like the idea of meal kit delivery, these are some of your options recommended by 2019 Buyer's Guide:

- **Blue Apron** – Starts at \$9.99 per serving
- **Hello Fresh** – Starts at \$8.99 per serving
- **Green Chef** – Starts at \$11.99 per serving
- **Home Chef** – Starts at \$7.99 per serving
- **Purple Carrot** – Starts at \$11.99 per serving

Some of these services offer a variety of special diets, such as vegetarian, gluten free, etc.

Prepared Meals

If cooking meals isn't for you, there are some services that can send prepared meals that only need to be warmed up and eaten.

Some of your options for this type of service are:

- **Macrobox Meals** – Starts at \$50 for a 5-meal plan, order online or by phone, (714) 812-3385.
- **Prepped by Bec** – Starts at \$11 a meal for single or subscription-based orders, online ordering.
- **Mom's Meals** – Fully prepared, refrigerated meals delivered to homes nationwide, order by phone at (877) 508-6667 or online.



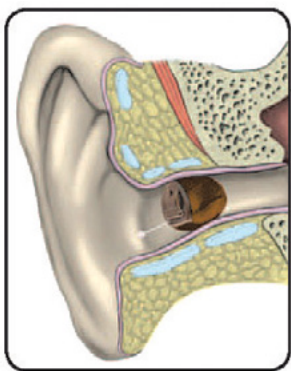
WANTED

30 GRANDPARENTS

that want to hear their grandchildren.



IF YOU ARE INTERESTED AND YOU WISH TO BE INCLUDED CALL TODAY FOR YOUR APPOINTMENT!
PEOPLE WILL BE SELECTED by February 29th, 2020



HEALTH NOTIFICATION

Are You Hard of Hearing?

A major name brand hearing aid provider wishes to field test a remarkable new digital hearing instrument in the area. This offer is free of charge and you are under no obligation.

These revolutionary 100% digital instruments use the latest technology to comfortably and almost invisibly help you hear more clearly. This technology solves the "stopped up ears", and "head in a barrel" sensation some people experience. If you wish to participate, you will be required to have your hearing tested in our office **FREE OF CHARGE** to determine candidacy and review your results with the hearing instruments with our hearing care specialist.

At the end of this evaluation, you may keep your instrument, if you so desire, at a tremendous saving for participating in this field test. Special testing will be done to determine the increased benefits of this technology. Benefits of hearing aids vary by type and degree of hearing loss, noise environment, accuracy of hearing test, and proper fit. This is a wonderful opportunity to determine if hearing help is available for your hearing loss and get hearing help at a very affordable price.

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FREE
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 This show-all picture of your ear canal is displayed on a color TV monitor.

GREAT SAVINGS!
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For mild losses only (up to 35db).
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- **FREE Video Otoscope Ear Inspection** This showall picture of your ear canal is displayed on a color TV monitor, so you'll see exactly what we see.
- **FREE Package of Hearing Aid Batteries** If you wear a hearing aid, you will receive one free package of hearing aid batteries. If we test your hearing you will receive another free package.
- **FREE In-Office Hearing Aid Repairs** All in-office hearing aid repairs shall be free. Any factory repairs, regardless of make or model, shall be 50% off.

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Hearing Aid Charger

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Miracle-Ear Hearing Center
1920 St. Andrews Dr. (Next to St. Andrews Gate)
(562) 270-0708



Perspectives

WATCH YOUR STEP

If it seems too good to be true, it probably is — just hang up

by Cathie Merz
cathiem_news@lwsb.com

Did a caller ask for personal or financial information? *Just hang up!* Is the caller threatening you or your family if you don't pay up now? *Just hang up!* Does a prize package or offer sound too good to be true? *Just hang up!*

Scams keep becoming more sophisticated and the culprits behind the scams are smarter. Consumers need to keep abreast of the latest and greatest scams. It is estimated that financial fraud costs \$45 billion annually.

While everyone is at risk of being vulnerable to scams, the numbers are staggering when it comes to senior victims. It is estimated that 20 percent of Americans who are over 65 have been financially taken advantage of and over 80 percent of telemarketing scams prey on victims over the age of 60.

In December the Stop Senior Scams Act (S.149 — 116th Congress) was introduced in the U.S. Senate. The bill establishes a Senior Scams Prevention Advisory Group, which is designed to create model educational materials to educate employees of retailers, financial-services companies and wire-transfer companies on how to identify and prevent scams that affect seniors.

The most common type of phone financial scams are calls from IRS, Social Security or Medicare impersonators. If someone calls, claiming to be calling from the IRS, Social Security or Medicare and asks for personal information, it is most likely a scam.

IRS, Social Security and Medicare do not initiate contact with taxpayers by email, text messages or social media channels to request personal or financial information.

Thousands of people have lost millions of dollars and their personal information to tax scams. These scammers use regular mail, telephone and email to set up individuals, businesses, payroll and tax professionals by claiming to be calling about unpaid back taxes and proceed to threaten senior citizens with arrest, lawsuits, suspension of their driver's license and more.

In the latest twist on a scam related to Social Security numbers, scammers claim to be able to suspend or cancel the victim's SSN. It's another attempt by con artists to frighten people into returning "robocall" voicemails.

Here are some ways to spot a Medicare scam:

- Scammers may mention overdue taxes in addition to threatening to cancel the person's SSN. If taxpayers receive a call threatening to suspend their SSN for an unpaid tax bill, they should just hang up.
- Being told you need a new Medicare card and have to divulge your Social Security number.
- Being told you need new supplemental policies.

If the IRS, Social Security or Medicare wants to get in touch with an individual, a letter will be sent through the mail and will not threaten a fine for not giving up information.

Government agencies will not request payment using prepaid debit cards, gift cards or wire transfers, or ask a taxpayer to make a payment to a person or organization other than the U.S. Treasury.

When in doubt, hang up the phone and never call back an unknown number.

The counterfeit prescription drug scam is directed at seniors looking for cheaper drug alternatives as a way to save money on a fixed income. But these drugs can be counterfeit, making this scam extremely dangerous, or the fraudsters just take the money without delivering the drugs. The Internet is the most common way criminals operate these scams, offering "better prices" on specialized medication.

The same goes with some anti-aging products. Whether it's fake Botox or bogus homeopathic remedies, seniors are being targeted by fraudsters offering anti-aging products.

If it's too good to be true, it probably is. Be very cautious when ordering medications online.

Another scam directed at seniors is the obituary scam, where con artists read obituaries in local papers and call the deceased relative's family demanding money for a supposed outstanding debt that the deceased left behind.

If someone calls unsolicited, stating they are from the bank and that there is a problem with the account, hang up and then call the bank using the telephone number from a bank statement to find out if there is really an issue with the account.

Another version of this scam is when fraudsters read the obituaries to pinpoint recent widows as targets. After identifying their next victim, a messenger arrives at the home of the recent widow with a cash-on-delivery package, claiming the recently deceased spouse ordered something and then demands immediate payment. After taking the money, the messengers are long gone before the victim realizes the box contains old magazines or newspapers that are worthless.

To prevent this kind of scam, pay attention to the information you put in the obituary. Everything you publish will be public.

Letters to Editor

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

Editor:

I would like to thank the GRF executive director for his announcement on Jan. 28 to the group of protestors gathered outside Clubhouse 4 prior to the GRF Board of Directors' meeting. He (as I summarize) guarantees that from now on every shareholder's Letter to the Editor that is received with content within the guidelines listed in the Perspectives Policy will be printed in LW Weekly, the official publication of the Golden Rain Foundation.

Debra Fudge
Mutual 1

Editors note: Policy 20-2806-1
2.3. Community Submissions Categories — *The LW weekly will consider submissions for publication as qualified within the following categories:*

2.3.1. Letters to the Editor

2.3.1.1. The maximum number of words allowed for submissions is 250.

2.3.1.2. Submissions must be of general interest to the community and may contain opinions, suggestions, compliments and complaints.

2.3.1.3. Submissions may be edited for purposes of grammar, clarity or number of words without notifying the writer.

2.3.1.4. Submissions with the stipulation that they may not be edited shall not be published.

2.3.1.5. Submissions addressed to third parties or have been published elsewhere shall not be published.

2.3.1.6. Submissions that refer to a published article, column, or submissions in the LW Weekly or another newspaper must identify that article, column, or submission by name, page and date of publication.

2.3.1.7. Submissions will generally be limited to no more than one letter per month per member.

2.3.1.8. Letters must include the writer's name and Mutual number and phone number for the editor's reference, but only the name and Mutual number will be published.

...

Editor:

During the past holiday season we heard so much about packages that had been delivered to homes and were stolen off porches. Here in Leisure World I was pleased to get a phone call from one of my neighbors saying he had found a package with my name on it but an incorrect address.

He called to say he would bring it to me shortly. He did so and would not give me his name and would not accept a gift for returning a miss-delivered Christmas gift.

So, there are good people all around and especially in Leisure World, Seal Beach. If you read this, thank you again.

Phyllis Mackey
Mutual 15

Editor:

I assume because we were a "large" club, that was a factor in being able to use the large room in Clubhouse 4. That is great, as we monthly serve food (noon meeting) so having a kitchen available is a huge benefit. The club had been allotted two sizable cupboards in the corridor behind the meeting room itself. (On the back side of the hall are ceramics and lapidary rooms, and their doors are usually closed.)

To my knowledge the only people using the hall are the ones who use the restrooms.

In compliance, our club's cupboards were emptied. Three members divvied up the contents. Each stored—as well as they could—in limited personal space in anticipation of getting our storage place back. Since July

all supplies needed monthly have had to be brought in and taken back. I think the "powers" have overlooked (disregarded) the age, stamina, strength and dexterity of the people they have been employed to serve and provide ease of life here in Leisure World, a retirement community.

Now finally is the time we are able to regain our storage. Our two ample cupboards have been reduced to one gym-sized locker with coat hooks! Really?

Or perhaps one sized to maybe hold a basketball.

This is absurd. Who comes up with this stuff and thinks it's a super idea as well as a worthwhile expenditure of our money? Terminate them!

Gloria Beech
Mutual 11

LETTERS, page 19

MEMBER COLUMN

Living with plastic bottles is detrimental

Nick Massetti
LW contributor

I decided to reduce my plastics footprint on the environment recently and stopped drinking water from plastic bottles in favor of filtered tap water. After all I did spend a few hundred dollars last year to have my Mutual 17 tap water tested by an environmental lab and it came back as good as mountain spring water.

Now University of Victoria Researcher Kieran Cox published in the June 2019 Journal of Environmental Science that people who drink water only from plastic bottles ingest about 90,000 microplastic particles every year from that water. People who drink only tap water get about 4,000 of such particles a year. This likely swamps all the microplastics I ingest from occasionally eating fish from the ocean who eat microplastics after the bottles break down.

Researcher Cox noted that these estimates are conservative and that it is completely unknown what happens once these particles enter the human body. So for me this small lifestyle choice can make a big impact on me personally as well as for plastic environmental pollution.



An Official Golden Rain Foundation Publication
Serving the Shareholders of

LW Weekly

Leisure World Seal Beach

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

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Deadlines:
News articles, 4 p.m.
Thursday prior to publication week; Classified ads, 2:30 p.m. Monday of publication week

Office hours:
8 a.m. to 5 p.m.,
Monday-Friday

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(562) 430-0534
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(562) 431-6586

Mailing address:
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Missing LW Weekly Newspaper:
(562) 472-1284

Delivery address: 13533 Seal Beach Blvd., Amphitheater Building Seal Beach, CA 90740

Dan Pomeroy, Distributor
Eagle Rock Services

VOL. 44 NO. 7

Government

Mutual Election Cycle Begins; Directors are needed

The community unity we display in Leisure World Seal Beach is a direct result of all the unpaid volunteer Mutual and GRF board members duly elected to serve their mutuals and the shareholders over many years. What better way to create and sustain a community such as Leisure World then by volunteering time toward the governance of the incredible lifestyle shareholders enjoy?

This community was founded on the premise that the Mutual Boards and the elected board directors would set into operation the day-to-day business of each mutual corporation. Directors address the issues of most importance to their electorate, that is, the shareholders. Board directors find solutions to existing problems, large and small. This is not an easy job. It takes time, effort and a willingness to unselfishly

donate a portion of a person's everyday life to the community in which they live.

Leisure World Seal Beach is full of highly qualified shareholders who have so much expertise to offer, such as knowledge of construction, plumbing and accounting. New ideas and perspectives are always needed and that means volunteers are needed. Consider becoming a candidate

for a director's position on your mutual's board of directors.

The schedule below indicates each mutual's annual meeting date and election. Note the deadlines to apply for candidacy. If you are interested or have any questions relating to becoming a candidate for election to your Mutual's Board of Directors, contact the Stock Transfer Office at 431-6586, ext. 346.

Parcel Designations Mutuals 9 and 12

Mutual Nine	
Parcel	Bldgs.
39	206-210
40	211-214
41	215-218
42	219-223
43	224-226
44	227-232
45	233-237

Mutual Twelve	
Parcel	Bldgs.
1	64-69
2	70-73
3	74-78
4	6-11
8	55-63
9	40-47
10	34-39

2020 GRF & Mutual Election and Annual Meeting Schedule

	Mu.	No. of Units	Quorum	No. of Directors Being Elected	Candidate Application Begins (90 days before election) *	Candidate Application Deadline**	Ballots Mailed (30 days before election) ***	Meeting Day	Meeting Date	Meeting Time	Notes
MAY	7	384	193	5	Sat. 2/15	Tue. 2/25	Wed. 4/15	May	5/15	10 a.m.	
	10	276	139	5	Thurs. 2/20	Sun. 3/1	Mon. 4/20	May	5/20	10 a.m.	
	14	328	165	7	Fri. 2/21	Mon. 3/2	Tues. 4/21	3 rd Thurs.	5/21	10 a.m.	
	9	384	193	7	Sat. 2/22	Tue. 3/3	Wed. 4/22	4 th Fri.	5/22	10 a.m.	Parcels in effect
	8	348	175	5	Wed. 2/26	Sat. 3/7	Sun. 4/26	4 th Tues.	5/26	10 a.m.	Meeting moved from 4 th Mon. to 4 th Tues. due to Memorial Day
	4	396	132	3	Thurs. 2/27	Fri. 3/13	Mon. 4/27	4 th Wed.	5/27	10 a.m.	Staggered terms
	16	60	20	5	Thurs. 2/27	Fri. 3/13	Mon. 4/27	4 th Wed.	5/27	2 p.m.	Election & Annual Meeting held in Admin. Conf. Room
11	312	157	6	Fri. 2/28	Mon. 3/9	Tues. 4/28	4 th Thurs.	5/28	10 a.m.		
JUNE	Golden Rain Foundation				Candidate Application Begins (90 days before election) *	Candidate Application Deadline (60 days before election) **	Ballots Mailed (30 days before election) ***	Ballot Counting Meeting Day	Ballot Counting Meeting Date	Ballot Counting Meeting Time	Notes
	Mutuals 2, 4, 6, 8, 10, 12, 14 & 16				Wed. 3/4	Fri. 4/3	Sun. 5/3	1 st Tues.	6/2	10 a.m.	New directors will be installed at GRF Annual Meeting on 6/9
	Mu.	No. of Units	Quorum	No. of Directors Being Elected	Candidate Application Begins (90 days before election) *	Candidate Application Deadline**	Ballots Mailed (30 days before election) ***	Meeting Day	Meeting Date	Meeting Time	Notes
JUNE	6	408	136	7	Sat. 3/7	Tue. 3/17	Wed. 5/6	June	6/5	10 a.m.	
	1	844	282	5	Tues. 3/10	Wed. 3/25	Sat. 5/9	2 nd Mon.	6/8	10 a.m.	Staggered Terms
	5	492	164	4	Wed. 3/11	Thu. 3/26	Sun. 5/10	2 nd Tues.	6/9	10 a.m.	Staggered Terms.
	3	432	217	7	Thurs. 3/12	Sun. 3/22	Mon. 5/11	2 nd Wed.	6/10	10 a.m.	
	12	452	151	7	Fri. 3/13	Sat. 3/28	Tues. 5/12	2 nd Thurs.	6/11	10 a.m.	Parcels in effect
	2	864	288	9	Sat. 3/14	Tue. 3/24	Wed. 5/13	2 nd Fri.	6/12	10 a.m.	
	15	502	168	7	Sat. 3/21	Tue. 3/31	Wed. 5/20	3 rd Fri.	6/19	10 a.m.	
17	126	65	3	Wed. 3/25	Thu. 4/9	Sun. 5/24	4 th Tues.	6/23	10 a.m.	Staggered Terms.	

NOTE:
* = If the date to apply as a candidate falls on a Saturday or Sunday, applications may be picked up the previous Friday.
** = On deadlines that fall on a Saturday or Sunday, applications will be accepted the following Monday. Candidate applications must be received in Stock Transfer Office by no later than 4:30 p.m. on the deadline day.
*** = If the date to mail ballots (30 days before the election) falls on a Friday, Saturday or Sunday, the ballots will be mailed the previous Thursday.

EVEN-NUMBERED MUTUALS

How to be a candidate for GRF Board of Directors

The campaign cycle for the GRF Board of Directors (BOD) begins in February.

During 2020, the Board seats representing the even-numbered Mutuals are up for election.

Candidacy is subject to all applicable state laws and accordance to GRF policy 5025-30. All candidates must be members of GRF for at least a year at the time of nomination and cannot have been convicted of a crime that would either prevent GRF from purchasing fidelity bond coverage or terminate existing coverage.

A Mutual BOD may appoint a nominating committee for the purpose of recommending a candidate for election.

All candidates recommended by a Mutual BOD or nominating committee will be given candidate instructions by the Stock Transfer Office.

Candidates must be current in payment of carrying charges. This does not include non-payment of collection charges, late charges, fines cost levied by a third party or if member has paid under protest.

All members have the right to engage in Internal Dispute Resolution (IDR) and/or Alternative Dispute Resolution (ADR) pursuant to Civil Code 5658. A member may contact the Board in writing to initiate an IDR/ADR. If an IDR/ADR is not scheduled and completed prior to the nomination deadline the candidates may be disqualified for non-payment of monthly assessments.

A candidate may be a member who is an officer or director of a Mutual Corporation, a member of any City Council, Board of Supervisors of the County of Orange, Planning Commission for the City of Seal Beach or County

of Orange.

In addition a member of any entity or partnership or an officer or director of any other corporation engaged in supplying material series or labor to GRF is strongly discouraged from running for the Board. Such actions may cause a potential conflict of interest, causing unnecessary liability, including but not limited to breaching fiduciary duties.

Each candidate may submit a statement of 300 words or less in 12-point or larger font, single-sided, to the Stock Transfer Office.

Statements shall be written in compliance with the election rules, e.g., contain the background, qualifications and platform of the candidate, and shall not contain any disparaging or defamatory content.

The statements will be mailed out with ballots.

Refer to GRF By-laws, Article Six, Section 1. Candidate shall complete an Eligibility Disclaimer to set forth that they are qualified to serve on the GRF Board of Directors.

Application for Candidacy forms and GRF Directors Handbooks are available in the Stock Transfer Office in the Administration Building beginning Wednesday, March 4, and must be submitted before the deadline, 4:30 p.m., Friday, April 3.

Members are invited to attend a Question-and-Answer Forum with current GRF Directors on Wednesday, March 25, from 1- 2 p.m. or Thursday, March 26, from 2-3 p.m., at the Administration Building, Conference Room A.

Candidates must show a photo ID when turning in the Application for Candidacy, Eligibility Disclaimer and Statement. Candidates will receive a receipt when turning in their application materials.

Candidates who complete an Application for Candidacy (or who are nominated by a Mutual's nominating committee or Board) will be listed on the Secret Mail-in Ballot.

Three packets containing the Secret Mail-in Ballot, postage-paid envelopes, balloting instructions and deadlines will be mailed to each household in the even-numbered Mutuals on Sunday, May 3.

Nominations from the floor and write-ins are prohibited.

For further information on being a candidate for the GRF Board, call 431-6586, ext. 346, for Stock Transfer, or ext. 303 for the Board of Directors Office.

Notary Service

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

Passport photos can be taken at the Copy & Supply Center from 8:30 a.m.- 4 p.m.; two photos, \$10.

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, 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 Administration9 a.m.
Wednesday, Feb. 26	Mutual 10 Administration9 a.m.
Thursday, Feb. 27	Mutual 1 Administration9 a.m.
Friday, Feb. 28	Mutual 6 Administration 9:30 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, Feb. 13	Restaurant Bar Subcommittee Conference Room B 10 a.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	Physical Property Committee, special Administration..... 10 a.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.

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

Religion



Gary Leming and Linda Hernandez each lead the men's and women's ministry

FAITH CHRISTIAN ASSEMBLY

Men's and women's group meet at 6:30

Faith Christian Assembly believes it is important for men to have a ministry devoted to them just as much as women should have their own ministry. Both groups will meet this week.

The Women's Ministry, Touch of Love, under the direction of Linda Hernandez, will meet in the garden room on Thursday, Feb. 20, at 6:30 p.m. The Men's Ministry, under the direction of Gary Leming, will meet during this time as well.

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. GriefShare is on Fridays at 2 p.m.

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

Assembly of God

"When God Won't Have It" is the title of Pastor Sam Pawlak's message this Sunday at the 10:30 a.m. service in Clubhouse 3, Room 2.

Associate Pastor Dan Ballinger will open the service with praise and prayer. Denise Smith will lead worship and Diana Mushagian lead the congregation in announcements and the time of offering. Marge McDonald is the organist and Norma Ballinger will be at the piano.

The 6 p.m. hymn sing in the lobby of Clubhouse 3 continues to attract people from various congregations in LW. Favorite hymns are selected by those present and led by Associate Pastor Dan. This week's features will be Denise Smith playing a piano solo and Pastor Sam closing with an inspirational devotion. The night will close with fellowship and sharing treats brought by those who attend.

Prayer meetings throughout the day are at 10 a.m. and 5:15 p.m.

This is the last week the Bible study group led by Pastor Sam will be in the Book of Revelation. This group meets in Clubhouse 3, Room 7, at 10 a.m.

A "Ladies Time Out" is being planned for Thursday, Feb. 20. The specific place and time will be announced Sunday.

Beit HaLev

Beit HaLev's online synagogue is on YouTube. The live, interactive service is on the [YouTube.com](https://www.youtube.com/channel/UCShabbatShalomLIVE) channel, "Shabbat Shalom LIVE."

Rabbi-Cantor Galit Shirah conducts live, online (livestream) Shabbat services every Friday evening at 6 and Saturday morning at 10:30. Services can be accessed on [Facebook.com/galityomtov](https://www.facebook.com/galityomtov) and on [YouTube.com](https://www.youtube.com).

Rabbi Galit Shirah also conducts weekday Ma'ariv (evening) services every Thursday at 4 p.m. for [SimShalom.com](https://www.SimShalom.com). There is a "chat" area where viewers can converse interactively with the rabbi and the global congregation.

"Yitro" (Jethro) arrives at Mt. Sinai with Moses' wife and sons. Moses welcomes his father-in-law, who observes how Moses tries to judge all the people by himself. Jethro advises Moses to appoint tribal chiefs to deal with all the minor issues and for Moses to only deal with the major problems that arise. The Torah portion continues with the Decalogue, the "Ten Statements" and the Revelation.

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

The Salvation Army

The Home League of The Salvation Army will meet at 7 p.m. on Feb. 17 in Clubhouse 4. Refreshments will be served before the meeting. Captain Joshua Sneed will preside.

The guest speaker will be Noreen Kirchhoff, a retired middle school history teacher. Her talk will be on Kate Marsden, a subject that is an offshoot of her previous presentation on the Colombian Expo of 1893. Kate was a nurse who traveled across Russia in 1891. She might have been as famous as Florence Nightingale, but jealousy, hate and scandal ruined her.

**Need Help?
See Classifieds**

Congregation Sholom

Friday night services with Cantor Marla Barugel will be held on Feb. 14 in Clubhouse 3, Room 9, at 7 p.m. An Oneg will follow services.

Join Congregation Sholom on Saturday, Feb. 15, in Clubhouse 3, Room 9, at 9:30 a.m. for services with Rabbi Eric Dangott. An hour of Torah study will begin at 10:15. The service will continue until noon and will be followed by a potluck lunch.



Helen Scott celebrated her centennial birthday with FCC and family on Feb. 9.

FIRST CHRISTIAN CHURCH

Celebrating member's centennial year

The family at First Christian Church joyously celebrated its beloved member Helen Scott as she turned 100 on Feb. 9. Helen was born in Canada, married a handsome New Zealander, and came to Leisure World in 1991. Her great-granddaughter Brooke joined in the celebration of this amazing centenarian who gives real meaning to the term "100 years young."

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

Sunday morning begins with Elder Jack Frost teaching Bible study at 9 a.m. The group is currently reading the Book of Luke. Carol Speake and Sue Kaminski will host the hospitality room for fellowship and light refreshments at 9:30 a.m.

Pastor Bruce 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, "Without Him," "His Name Is Wonderful," and "Heaven Came Down." The Communion hymn will be "Wonderful Grace Of Jesus."

The church choir, under the direction of Margaret Humes, will sing "Have A Little Talk With Jesus." Elder Larry Massey will present the Communion meditation and service.

Pat Kogok and Rhonda Sandberg will play, "Love Was When" for the offertory. Pat Kogok will also sing "God Loves You" as a solo. Carol Speake will read Scripture from the Book of James followed by Pastor Bruce's in depth teaching of the reading.

Service times are Saturday at 5:15 p.m. and Sunday at 10:15 a.m. The hospitality room opens 45 minutes before each service for fellowship and light refreshments. Prayer and verse-by-verse Bible studies during the week are held on Tuesdays and Thursdays with Pastor Bruce, 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.

Redeemer Lutheran

Pastor Gil Moore of Redeemer Lutheran church will preach and Pastor Lynda Elmer will preside on Feb. 16 at 10:30 a.m.

The Rt. Rev. Andrew Taylor, Bishop of the Pacific Synod of the Evangelical Lutheran Church of America, and The Rt. Rev. John Taylor, Bishop of the Episcopal Diocese of Los Angeles, will install Pastor Lisa Rotchford at 3 p.m., in a special Lutheran-Episcopal combined Communion service. Everyone is invited to the service and a special tea fellowship that follows.

The midweek worship service every Wednesday offers prayer, reflection and Communion at 11:30 a.m. The Book of Proverbs continues to be the focus of the weekly Wednesday Bible class which meets on Wednesday, Feb. 19, from 10:30-11:30 a.m. in the easily accessible first floor conference room.

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Health & Fitness



Lorraine James (l) and Annette Canale.

WA-RITE

Canale is Top Loser of the week

The Wa-Rite Club celebrates every milestone and this week members recognize a beautiful member who turned 90 years old and doesn't look a day over 70. Happy birthday to Lorraine James, may many more years of good health follow.

Top Loser of the week is Annette Canale with a 3 1/2-pound loss. She shared how she had worked hard during the month of January. She cut down on her portions, exercised more, wrote down what she was eating and yet the scale showed a two-pound gain. That was very disheartening and disappointing. Remember, the human body tries to hang onto fat, and when you exercise you build up muscle which weighs more than fat, so don't give up.

It took three weeks for the scale to show weight loss, but the body was already sculpting on the inside. Again, don't give up. That testimony encouraged a lot of Wa-Rite members because they want to see a big loss after sacrificing junk food and eating right.

Wa-Rite is a support group for women needing to lose 10 pounds or more. Members meet on Fridays in Clubhouse 3, Room 1, from 9-10 a.m.

Weighing begins at 7:45 and ends promptly at 8:45 a.m. Annual dues are \$10. You must be a LW resident to join. For questions, call Carol Chambers at 822-4641 or Bev Bender at 594-9148

—Margaret Humes

Understanding Alzheimer's and Dementia

Hear what research has shown in the areas of diet and nutrition, exercise, cognitive activity and social engagement on March 24 at 2-3:30 p.m. at the Los Alamitos-Rossmoor Library. Learn how to make lifestyle choices that may help keep your brain and body healthy as you age.

All programs are free and open to the public. To register or find out more information, call (800) 272-3900 or email kjschuppe@alz.org.

HCC

Eating healthy on a budget

By Grecia Nunez
Optum Care

It seems the healthier the food, the higher the cost. But that isn't the case. There are many ways you can enjoy nutritious meals without breaking the bank.

Diane Scott works for SCAN Health Plan. She will lead a class on this topic on Feb. 19 from 2-4 p.m. in Conference Room 1 at the Health Care Center. All residents are invited to attend.

"We need to eat well, but it can be tough when money is tight," Diane said. "Fruits and vegetables are vital to our health. A savvy shopper can get plenty of affordable food, and that's what this class is about."

One thing Diane encourages is to avoid pre-prepared items, if you can. "Pre-sliced fruits and vegetables can be far more expensive," she warned. "For example, I found a bag of pre-sliced apples for \$4.29. A bag of uncut apples was just \$1.69. That's almost a third the price!"

You can also find cheaper options at the local farmer's market. "Farmers bring their fruits and vegetables right to you," Diane said. "That means no packaging, supermarket costs, etc. You can get delicious seasonal options for a lot less than you would find at the grocery store."

So why the push on eating well? "Your body is what you put into it," Diane said. "If you eat well and get exercise, you're keeping all your organs as healthy as possible. If you eat a lot of highly processed foods, you are depriving your organs of the nutrients they need. In the long run, that can cause significant health issues."

This is especially true if you have a chronic condition. "A balanced diet can help you manage your health," Diane said. "If you have a chronic condition, like diabetes or heart disease, your diet makes a big difference in how well you control those."

To RSVP, call (562) 493-9581 and leave your name, phone number, and the name of the class: Eating Healthy on a Budget.

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, Feb. 13 — Bran muffin, milk, orange juice, low fat yogurt, Mexican chicken bowl with chicken strips, rice, corn, and beans, tortilla strips and salsa, custard, beef goulash, mashed potatoes with Promise, spinach, ambrosia

Friday, Feb. 14 — Oatmeal, milk, bread with peanut butter and jelly, butternut squash pasta with chicken strips, California salad, orange juice, cookies, stuffed cabbage, mashed potatoes, chef vegetable blend, dinner roll with Promise cake, fresh fruit

Monday, Feb. 17 — President's Day, closed

Tuesday, Feb. 18 — Mini muffin, milk, orange-pineapple juice, low fat yogurt, Provençal tuna salad, corn, lima bean and tomato salad, dinner roll with Promise, cookies, roast beef with mushroom gravy, baked potato with sour cream, chef's cut vegetables

Wednesday, Feb. 19 — Cottage cheese, milk, pineapple chunks, string cheese, beef, barley and mango salad, tomato and red onion salad, dinner roll with Promise, mandarin oranges, baked fish with pesto sauce, rice pilaf, sliced carrots, dinner roll with Promise, custard

Thursday, Feb. 20 — Oatmeal, milk, orange juice, low fat yogurt, bread with Promise, Chinese chicken salad with chicken, shredded carrots, shredded cabbage, mandarin oranges and sesame dressing, dinner roll, tropical fruit mix, cubed beef with stroganoff sauce on pasta noodles, spinach, fruit crisp

Friday, Feb. 21 — Hardboiled eggs, milk, orange juice, bread with Promise and jelly, ham sandwich with hamburger bun, carrot raisin salad, mayonnaise, Ambrosia, baked potato with vegetarian chili, shredded cheese and sour cream, California vegetable blend, apple

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, Feb. 13 — Roast turkey with sage gravy, corn bread stuffing, creamed spinach, sliced peaches with yogurt, chicken salad sandwich with lettuce and tomato, tricolor slaw

Friday, Feb. 14 — Chicken with capers in cream sauce, potatoes wedges, petite peas, red velvet cake, Mediterranean salad with chicken, red bell pepper, red onion, black olives, cucumber, cherry tomatoes, vinaigrette dressing and crackers

Monday, Feb. 17 — President's Day, closed

Tuesday, Feb. 18 — Swedish meatballs with garlic cream sauce, oven browned potatoes, broccoli and cauliflower, apple turnover, chicken salad sandwich with spinach and tomato, German potato salad

Wednesday, Feb. 19 — Breaded baked fish with tartar sauce, mashed sweet potatoes, green beans with pimento, tapioca pudding, turkey, ham and cheese sandwich with lettuce, tomato and pickle, tricolor slaw

Thursday, Feb. 20 — Roasted pork with honey mustard sauce, macaroni and cheese, mixed vegetables, chocolate cake, tuna salad sandwich with spinach and tomato carrot and raisin salad

Friday, Feb. 21 — Beef teriyaki, brown and wild rice, oriental vegetables, pear with mango, entrée Caesar chicken salad with romaine lettuce, grated cheese, croutons, Caesar dressing and crackers

THE WELLNESS CLUB

Speaking on healing pain

Dr. Stewart Edrich, DC, is the next presenter on Tuesday, Feb. 18 at 2 p.m., in Clubhouse 3, Room 2. Dr. Edrich will speak on healing pain through frequency and detox, and comes highly recommended by a Wellness Club member. For more information, contact Charla Gae at (562) 446-0005 or Mark Harrington at (562) 889-9101.

—Charla Song

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Sports & Games



Winners from the Feb. 7 Yahtzee Club game: Kathy Repasi (l-r), Marilyn Moody, and Karen Riner.

YAHTZEE CLUB

Repasi has most Yahtzees Feb. 7

The Yahtzee Club winners on Feb. 7 were Kathy Repasi for most Yahtzees, 7; Marilyn Moody for highest score, 1,745; and Karen Riner, door prize.

Yahtzee Club meets on the first and third Fridays of each month from 12:30-4 p.m. in Clubhouse 3, Room 6. Play begins at 12:45. Do not enter the room before 12:30.

All Leisure World residents are welcome to join in the fun. If you have questions or want a Yahtzee lesson prior to joining, call Kathy Rose at (562) 596-7237.

—Kathy Rose

PICKLEBALL

A good return of the serve

If the server hit a deep, slow lob – a similar return may be in order. You can do that by getting beneath the ball and scooping it up, holding your paddle down to hit the ball as it rises off the bounce.

The player should aim for an arc which peaks ten to twelve feet above the kitchen line of the opponent and lands about two to three feet from their baseline. Others advise hitting back strong and deep, keeping your opponent's away from the net.

The next Pickleball Club tournament is coming soon. Register in the notebook located outside by the courts.

The club has a monthly meeting/potluck on the first Sunday of each month in Clubhouse 2, at 5 p.m.

For more information about the club, contact Tim Linehan at (714) 818-6404.

—Susan Dodson

BOWLING

Pindilicious wins Jan. 28 game

Jan. 28 Pindilicious continued their hot streak by sweeping Phyl's Guys to take a 12-game lead, making this the second week in a row Pindilicious has won four, raising the record to 43 wins and only 17 losses. Gary Wood had a 199, Leena Schulman, a 177 and Joyce Ingram, a 161.

Charlie's Angels split with the Mutual Busters after losing the first two games. Charlie's Angels bowled a 721 with Charlie Guginow bowling a 199, Linda Temple a 197 and Shannon Brennan a 188.

Split Happens took three from Very Striking as Eric Dodd opened with a 184. Strikingly Different took three from Elcine as Larry Lobue opened with a 171.

GUYS AND GALS GOLF

Kim hits an 80 yard hole-in-one

The second January Guys and Gals Golf Tournament of the year was played on Jan. 29 at the local LW course. Devora Kim had a rare hole-in-one on the 80-yard par three 16 hole.

The morning was beautiful with lots of sun. All low scores reflected the excellent conditions.

Twenty-nine teams of one man and one woman challenged the course over 18 holes in three flights. A flight has teams with combined handicaps of 0-9. B flight 10-13 and C flight 14-18.

Flight winners:

A flight — First place, Bob Turner – Janice Turner, 7 under 47; tie for second place between Alan Sewell – Laura Garcia and Steve Walker – Yvonne Yim, 5 under 49; tie for third between Walt Bier – Margie Thompson and Dong Kim – Devora Kim, 3 under 51.

B flight — First place, Steve Moody – Sandy Derouin with a sensational 10 under 44; second, Steve Ro – Judy Ro, seven under 47; third, Jae H. Lee – Sun Lee, seven under 47; fourth, tie between Won Song – Jane Song, James Choi – Grace Choi, and Joon Yoon – Young Yoon, six under 48.

C flight — First place, David Song – Angela Song, a fantastic nine under 45; second, Bill McKusky – Sue Yokomi, seven under 47; third Gene Archambault – Stella Yoon, six under 48; fourth, Dennis Jensen – Marilyn Hewitt, two under 52.

There were 10 golfers who landed inside the circle on holes two, five, 10 and 14. Closest to the pin on hole No. 8 was Bob Turner and Stella Yoon, and on hole No. 17 was Steven Walker and Marilyn Hewitt.

The Guys and Gals Tournament is held on the third Wednesday of each month, and on the fifth Wednesday of months that contain five Wednesdays. The next Guys and Gals Tournament will be on Feb. 19. Participants must be a member of the Men's or Ladies Golf Club to play in this tournament and have a handicap.

—Dave LaCascia



Devora Kim

SHUFFLEBOARD

Hot Shots triumph Sliders

The Shuffleboard league continued into week 16 on Jan. 31 at the Clubhouse 1 courts. The league is now into the second half of the season.

The Hot Shots beat the Sliders 11-8. Hot Shots all game winners were John Mount and Milly Larsen. Sliders all game winners were Bill Hamilton and Prince Pierson.

Hot Shots are currently first in the standings. Puckmasters are in second and Sliders are in third.

High averages as of Jan. 24 for each team are listed below. Congratulations to these players and all participants for a great season so far.

Puckmasters — Red Ryals has 13 wins, six losses, .684 average; Bob Peterson, 13-10, .565; John Gustaves, 11-9, .550.

Sliders — Sally Fowler is 17-7, .708 average; Bill Hamilton, 8-5, .615; Peggy Hamilton, 6-4, .600.

Hot Shots — Sal LaScala is 15-5, .750 average; Howard Bolten, is 15-7, .682; John Mount, 8-4, .667.

The St. Patrick's Day potluck dinner is scheduled for March 14 at 5 p.m. in Clubhouse 3, Room 2.

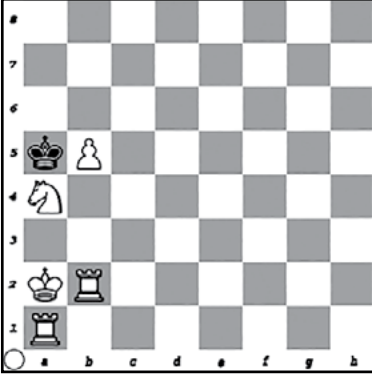
—Dave LaCascia

Chess Club Puzzle

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

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 10



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Claudia Fitzpatrick (l-r), DeVonna Murrin and Liz Meripol

LW LADIES GOLF

Song hits a hole-in-one

The Ladies annual golf holiday luncheon was held Monday, Feb. 3. Club President, Liz Meripol played the violin and was accompanied by her two friends, who played the cello and piano.

Sally Park and her committee served Korean barbecue. Carl Wiggins, the ladies club golf starter, was praised for his hard work and presented with an award. The Gross Ace of the year, Devora Kim, and the Net Ace of the year, Helen Yoon, were presented with their names engraved on plaques.

On Feb. 4, the ladies played for low gross,, low net, and circle hole No. 8. No players hit the ball from the tee directly into the circle surrounding hole eight. Congratulations to Jane Song who had a hole-in-one on hole No. 6

A flight — Low gross, Jane Song, 29; low net; tie between Helen Yoon and Janice Turner, 28.

B Flight — Low gross, Sun Lee, 34; low net, Sally Jacobs, 27.

C Flight — Low gross, Theresa Lim, 33; low net, Neva Senske, 23.

D Flight — Low gross, Patti Smith, 35; low net, Betty Regalado, 25. —Dale Quinn

MENS MONDAY GOLF

Meadowlark game is Feb. 24

The Men’s Monday Golf League played on Jan. 27 at the Meadowlark Golf Club in Huntington Beach, and on Feb. 3 at Riverview in Santa Ana. Both courses are par 70 and about 5,900 yards. The golfers challenged these two very different facilities over 18 holes. The scores at Meadowlark were very competitive with good weather and sun.

Meadowlark
A flight — First place, Gary Stivers; second, John Meyer, three under 67; tie for third between Bill McKusky and Fujio Norihiro; fourth, Sam Choi; honorable mention, Cindy Cooper and Larry Hillhouse. Gary had fewest putts and Fujio had a birdie.

B Flight — First place; Lowell Goltra, 71; second, Bob Munn, 79. Lowell had the fewest putts and Bob was closest to the pin on the par 3-140 yard hole No. 7.

Riverview
A Flight — First place, Bill McKusky, with a two under 68; tie for second between Fujio Norihiro and Larry Hillhouse, 3 over 73; third, Ron Jackson, 75; fourth, Sam Choi, 76; fifth, Gary Stivers. Gary had fewest putts, Bill had a birdie, and Fujio was closest to the pin on the par three-100 yard hole No. 9.

B Flight — First place, Marv Ballard, 74; second Bob Munn, 78. Bob had the fewest putts and was also closest to the pin on the par three-150 yard second hole.

Both the Monday and Friday Golf Leagues play at four local courses, all within 15 minutes of Leisure World.

The next Monday Golf will be on Feb. 24 at Meadowlark. If interested, contact Bill McKusky (562) 430-8618 or Dave LaCascia (801) 674-5975. —Dave LaCascia

BOWLING

Garcia scores a 617 series Feb. 4

Pindilicious, who had been on a roll came back to earth on Feb. 4 as Strikingly Different swept them. Still, they retain a ten and a half game lead over second place Strikingly Different. Fred Garcia led Strikingly Different with 171 and 211, finishing with a 235, for a 617 series. Teammate Tom Kaczmarek had two 190 games.

Jackie McReynolds of Very Striking had her high game of the season in game three as she had five strikes in a row for a 219 scratch game. That's a big 282 with handicap.

Phyl's Guys and Very Striking split that match with Phyl's Guys winning total pins by 12.

The Mutual Busters swept Split Happens and Charlies Angels Swept Elcisme.

—David Silva

CRIBBAGE

Kaspar and Chelsvig tie for first place

Cribbage Club had 58 players in attendance on Feb. 4. Kent Davidson brought cake and ice cream to celebrate his birthday. Margaret Smith and Pat Fellers served.

Marilyn Chelsvig and Jim Kaspar had scores of 842 to tie for first place. Carrie Kistner and Terry Thrift tied for second place with 831. In third was Cathy Boufford with 826. Fourth place was Gene Smith with a score of 824. Joe DiDonato won the consolation prize of \$1.

Cribbage meets every Tuesday in Clubhouse 1 at noon. Partners are not required. Seven games are played usually ending by 3:30 p.m.

If you would like to learn to play or just need a brush up, call Patti Smith at (562) 242-4674 and she will arrange for lessons one hour before the games begin. All are welcome.

—Liz Meripol

CHESS

From page 9
Solution to this week’s puzzle: Rb2
The white Rook moves from b2 to b3. Any answer by black, the white’s next move is check mate.

Cards and Games Scoreboard

LW Pinochle Club winners

Feb. 3 — Grace Buster, 11,510; Bert Sellers, 11,440; Ruth Bonnema, 11,380; Richard Van Wasshnova, 11,280.

Feb. 6 — Jim Kaspar, 12,190; Marilyn Allred, 12,190; Diana Lambert, 11,020; Jim Dix, 10,580; Antonia Zupancich, 10,380.

Feb. 8 — Peggy Kaspar, 12,650; Charlotte Westcott, 12,640; Nancy Wheeler, 11,970; Richard Van Wasshnova, 11,660.

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

Feb. 3 — First place, Marion Standish; second place, Maxine LeFleur; third place, Paul Chang.

Games begin at noon in Clubhouse 1. For more information, call Marion Standish at (562) 493-1236.

—Marion Standish

...

Bruning Tree Duplicate Bridge Club

Feb. 1 — N/S: Larry Topper-Harriet Weiss; Joan Tschirki-Bud Parish; Russ Gray-Cookie Pham; Miriam Kelley-Judy Mathias. E/W: Marilyn McClintock-Fred Reker; Ellen Kice-Sue Boswell; Howard Smith-Dorothy Favre; Chie Wickham – Kar-YeeNelson.

Jan. 31 — N/S: Larry Topper-Lynn Danielson; Sharon Beran-Sylvia Kaprelyan; Jean Kato-Barbara Harris; Priscilla Caillouette-Cookie Pham. E/W: Sue Fardette-Linda Stein; Mony Barrkol-Herb Glaz; Louise Seifert-Stan Johnson.

The club meets Fridays and Saturdays in Clubhouse 1 at 12:15 p.m. For information on how to join the fun and play, call or text Fred Reker at 615-898-0669. The Club Championship is Friday, Feb. 21.

—Fred Reker

...

Saturday Social Bunco Club

Feb. 8 — Most buncos, Pam Kelly, Sandy Weisenstein and Jean Hayes; most wins, Wilma Rojo; most babies, Marge Bradley, Joyce Ingram and Louise Damron; most losses, Rose Marie Sprague; door prize winner, Doris Dack.

The clubs next meeting will be Feb. 22 in the Clubhouse 3 Lobby. Sign-ups begin at noon. Due to the demand for tables, a 11:30 a.m. arrival is advised. Play begins at 1 p.m. The club meets the second and fourth Saturdays of the month.

For more information, call Doris Dack at (714) 356-0443.

POOL TOURNAMENT

Eight teams play at tournament

On Monday, Feb. 3, the first partners eight ball tournament of the year was held. There was a very good turnout for the event with 24 players. In the past there were only two players on a team, but having only four pool tables and so many players the tournament had eight teams of three players each.

The success of the pool league has led to players wanting to compete and socialize on a regular basis. Players played eight ball using alternate shot so each player would get a turn to shoot. This makes it more of a team game and prevents good players from dominating the action.

Each team played five games against a different opponent. After the first four rounds the team of Sal LaScala, Ken Harpham and Zelma Berkenkamp were undefeated with four wins. The only team with three wins that could catch Sal, Ken and Zelma was Russell Black, Bob Gronski and Kathy Swinger. Sal, Ken and Zelma lost their final game and Russ, Bob and Kathy won their game to set up a one game playoff for first place.

Russ, Bob and Kathy cleared their striped balls first and Kathy Swinger got the eight ball close to the lower right hand corner pocket leaving his opponents with a difficult bank. Bob Gronski was able to make the eight and take first place for his team.

The next tournament will be on the third Monday of the month, Feb. 17, in Clubhouse 2, at 6:15 p.m.; play will start at 6:30 p.m. The entry fee is \$3, and all the money is given to the winning teams.

The format, until the league starts up again on Aug. 24, will be eight ball on the first Monday of the month and nine ball on the third Monday of the month.

—David Silva

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Arts & Leisure



The Velvetones

GRF Weekly Dance

The Velvetones Ballroom Dance Orchestra is Leisure World's own professional big band, playing Big Band Swing and jazz standards – music for Dreaming and Dancing.

The band will play at 6 p.m. on Sunday, Feb. 16, in Clubhouse 4.

Whether it be a well-known bigband standard, contemporary jazz showcase, sentimental vocal

ballad, or a hard-swinging brass feature, the Velvetones provides a unique and complete package of musical entertainment.

The band plays at Clubhouse 4 on the first and third Sundays at 6 p.m. Their concerts are free, but tips are acceptable and appreciated.

The Recreation Department requests that the following be

observed:

- No saving tables; doors open at 5:30 p.m.

- People must be out of the clubhouse no later than 10 p.m. to permit adequate time for the custodian to prepare the next day's set-up.

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

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

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

Black History Month Film Screenings

The Leisure World Library will host a community film screening in honor of Black History Month, the annual celebration in February of achievements by African Americans and a time for recognizing the central role of blacks in U.S. history.

The library will screen "Hidden Figures," rated PG, from 2-4:30 p.m., today, Feb. 13, in Clubhouse 4 and "12 Years a Slave" from 2-4:30 p.m. on Friday, Feb. 28, in Clubhouse 4.

"Hidden Figures" is a 2016 American biographical drama film directed by Theodore Melfi and written by Melfi and Allison Schroeder. It is loosely based on the non-fiction book of the same name by Margot Lee Shetterly about black female mathematicians who worked at the National Aeronautics and Space Administration (NASA) during the Space Race.

These brilliant women—Katherine Johnson (Taraji P. Henson), Dorothy Vaughan (Octavia Spencer) and Mary Jackson (Janelle Monáe)—serve as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn (Glen Powell) into orbit, a stunning achievement that restored the nation's confidence, turned around the Space Race and galvanized the world.

"12 Years a Slave," rated R, is a 2013 biographical period-drama and an adaptation of the 1853 slave memoir "Twelve Years a Slave," by Solomon Northup. He was a New York State-born free African-American man who was kidnapped in Washington, D.C. by two conmen in 1841 and sold into slavery. Northup was put to work on plantations in the state of Louisiana for 12 years before being released.

This year's Black History Month theme is "African Americans and the Vote." This is an important general election year and the 150th anniversary of the Fifteenth Amendment (1870), which gave the right to vote to black men following the Civil War. It also marks the centennial of the Nineteenth Amendment and the culmination of the women's suffrage movement.

This year's theme recognizes the struggle for voting rights among black men and women throughout American history.

Happy 96th to Hui O Hula Stand-out

Hui O Hula wishes Leona Hasegawa a happy 96th birthday and many happy returns. She is revered for her wisdom and sunny disposition. After moving from Gardena 30 years ago, she has kept herself active by clogging, hula and line dancing at least four times a week. Anyone who wants to learn the art of hula is welcome classes upstairs in Clubhouse 6 on Monday at 10 a.m. or Tuesday at 1:15 p.m. For more class information call 252-9676.



VALENTINE'S DAY

Dinner dance is tomorrow at 7 p.m.

The GRF Valentine's Day Dinner Dance will be held tomorrow, Friday, Feb. 14, at 7 p.m. in Clubhouse 4. The dinner will feature chicken piccata, garlic mashed potatoes, green beans almandine, Sonoma salad and chocolate mousse for dessert, catered by Country Gardens Caterers.

Anthony and Doniele Bernasconi, whose repertoire features Frank Sinatra, Marvin Gaye, Billy Joel, James Brown and Michael Bublé, will perform. Their versatile and engaging style draws dancers onto the floor and gets the house rocking.

Tickets are available; 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.

LW LIBRARY

Getty Villa excursion is March 19

The Leisure World Library will host an excursion to the Getty Villa and its iconic collection of Greek and Roman antiquities on Thursday, March 19; tickets are \$29 and include round-trip bus transportation.

The Getty Villa on the Malibu coast in Pacific Palisades is an educational center and museum dedicated to the study of the arts and cultures of ancient Greece, Rome and Etruria.

The collection has 44,000 antiquities dating from 6,500 BC -400 AD, including the Lansdowne Heracles and the Victorious Youth.

Purchase tickets from 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) 431-6586, ext. 326.

PHOTO ARTS

Bring contest photos to meeting today

The Photo Arts group will meet Thursday, Feb. 13, at 1:30 p.m. in Clubhouse 3 Room 9. Members will evaluate Main Street photos submitted for the photo contest.

There is a limit of three entries per person. Bring photos to the meeting. Everyone is welcome, even if they are not participating in the competition.

VIDEO PRODUCERS iPad classes are held Wednesdays

Join iPad expert Fred Carpenter to learn new tips and tricks about the device and its camera and video capabilities. There will be time to discuss specific problems people have. Everyone is welcome.

Classes are sponsored by the Video Producers Club on Wednesdays from noon-2 p.m. in the Theater Club Room located in the upper deck of the Amphitheater. To locate the room, ascend the left ramp at the entrance to the Amphitheater. At the top of the ramp, the room is located on the left.

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

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Leisure Whirlers

Square dance class is starting March 2 in Garden Grove

Leisure Whirlers Square and Round Dance Club invite people to join a beginners class starting March 2. The weekly class meets on Mondays from 7:30-9:30 p.m. at the Garden Grove Women's Club, 9501 Chapman Ave. in Garden Grove. Singles and couples are welcome. There is a singles rotation so everyone can dance.

Square dancing is a lot of fun and great exercise for both the mind and body. Square dances are called in English, and there are square dance clubs all over the world so no matter where people travel they can find a club to dance with.

The nine-month class will cover the 110 square dance steps that are used in regular square dances. People are encouraged to attend all the classes since

each session builds on what was learned the week before. Experienced dancers are always needed to support the student dancers.

If you already know how to dance, brush-up classes are currently being held. So if you want

to brush up on your skills or just enjoy the fun of dancing, come and join us.

To sign up for the March 2 class or for more information, call Mel Branham at (714) 803-0250.

—Eleanor Thompson

Community Sing

The Community Sing will meet at 6:30 p.m. on Monday, Feb. 24, in the lobby of Clubhouse 3. People who want to participate in the first half-hour of three-minute Opening Acts should come at 6:15 to sign in with Bob Barnum, who will emcee of the evening.

Bring music for pianist Pat Kogok if necessary.

Bob will lead group singing until 7:15 when he will introduce the half-time guest, soprano

singer Janet Ray.

On Feb. 3, Carmen Edwards was the leader.

Participating in Opening Acts were as follows: Ethel Carter, "Happiness Is"; Chuck Zeman, "A Shanty in Old Shanty Town," (a capella); Byong Choi, "First Time Ever I Saw Your Face"; Bruce DuPont, "That's My Desire"; and ending with Diane Wasserman singing "These Boots Are Made For Walking" (karaoke).

Pianist Pat Kogok accompanied three of the singers.

Carmen led group singing until 7:30 when she introduced her half-time guest, karaoke artist Ric Dizon, who has an Elvis Presley-like singing technique.

Hesang "Endless Love," "Indescribably Blue," "Sentimental Me" and a duet with Chuck Zeman, "Are You Lonesome Tonight?"

The audience responded with loud clapping and cheering after each song.

After half-time Carmen led more group singing and ended the musical evening by leading "Kumbaya."

Many thanks to pianist Pat Kogok.

—Ethel Carter

COMMUNITY KARAOKE

Ruby Johnson celebrated her birthday

"One moment in time—when I'm more than I thought I could be," that was a lyric from Ruby Johnson's theme song as she celebrated her birthday at the Wednesday night Community Karaoke party.

Everyone enjoyed the cupcakes and ice cream that she and her family provided.

First timer Nelly Aragon was appreciated for "I Can See Clearly Now," and Bob Barnum received applause for "There's Always Me." Culley Eaby chose a popular hit "Summertime" from the musical "Porgy & Bess." Other singers included Susan Kelleghan, "Dancin' Queen"; Wayne Urban "Ahab the Arab"; Joe Tucky, with an Elvis trilogy; Ellen Brannigan, "I'll Fly Away" and popular ballads from the Tupas brothers, Tino and Pete, Martin Rosendaal, Byong Choi, Richard Yokomi and Ric Dizon.



Ruby Johnson

Thirty-two residents entertained during a lively evening.

All are welcome to come and enjoy friends and neighbors each Wednesday night in Clubhouse 1 at 5:30.

Practice sessions are held on Tuesdays upstairs in Clubhouse 6 from 1-3 p.m.

—Margie Thompson

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

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

•**Joyful Line Dance Club:** Beginning and intermediate easy-to-follow line dance classes are from 3-4:30 p.m., Wednesdays, in the lobby of Clubhouse 3. For more information, call Anna Derby, 301-5339.

•**Leisure Time Dancers:** Texas two-step starts at 2 p.m. and country waltz, at 3, in Clubhouse 6 on Mondays Richard Sharrard is the instructor. Singles and couples are welcome; dancers rotate. Cost is \$6 for one hour; \$10 for two hours. For more information, call 434-6334.

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

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

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

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

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

FRIENDSHIP CLUB

Computer classes are held weekly

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

The schedule is as follows:

Monday, Feb. 17, No Class, Presidents Day

Monday, Feb. 24, Clubhouse 3, Room 4

11 a.m.—Use Your Voice—Alexa, Siri, Google Assistant (Cohen)

Noon—Prepare for the CA DMV Test w Real ID info (Sacks)

Tuesday, Feb. 25, Clubhouse 3, Room 7

1-3 p.m.—How to Choose Your Next Computer (Sacks)

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

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

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LW GARDEN CLUB

Mary Casdorph will demonstrate the art of making fairy gardens

Mary Casdorph will be the speaker for Leisure World Garden Club on Feb. 17 at 1:30 p.m. in Clubhouse 2.

She will talk about her fascination with fairy gardens. Casdorph admits she is obsessed by fairy gardens.



Learn all about fairy gardens.

can look so much like many other plants. She loves all the fairy accessories and gnomes and is also considering expanding to mermaid gardens.

Casdorph will create a fairy garden during her presentation, which she will donate as a door prize.

The WE CARE table will be in the lobby for donations of non-perishable food items, gift cards and cash.

Coffee, tea and cookies will be served after the meeting.
—Nancy Goldstein

MUSICAL THEATRE WEST

‘Ragtime’ is in Long Beach until Feb. 23

Musical Theatre West (MTW) brings five-time Tony Award-winning musical “Ragtime” to the Carpenter Performing Arts Center through Feb. 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 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.

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. The Carpenter Center for the Performing Art is located at 6200 E Atherton St., Long Beach, on the campus of California State University, Long Beach.

Video Producers Club

The Video Producers Club offers free training weekdays from 10 a.m.-noon at a room marked Video Producers Club at the upper deck of the Amphitheater. Get answers to video related questions and step-by-step demonstrations; no appointments needed. On 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 at the Amphitheater’s upper deck from Monday-Friday from 10 a.m.-noon.

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.



HBAPA

‘Playlist 2020’ is Feb. 14-15

The Huntington Beach Academy for the Performing Arts (HB APA) will present three showings of “Playlist 2020,” a contemporary rock concert, from Feb. 14-15 in the Huntington Beach Union High School District Auditorium. Friday and Saturday evening performances begin at 7, with a Saturday matinee at 2. Tickets are \$22 for general admission; \$16 for students and seniors at hbapa.org/see.

HB APA’s innovative Music, Media and Entertainment Technology Department will hold the eighth installment of the contemporary rock concert “Playlist.” Known as Southern California’s “School of Rock,” the department encourages pop music students to write and perform original songs of their own: culminating in a performance of these songs at the annual “Playlist” concert.

The concert also showcases work from the media majors. The students tackle filmmaking and live TV directing throughout the year, and create music videos for the pop music majors’ original show.

For the sixth year in a row, each of the original songs performed at the concert will be featured on one album: “Playlist 2020: The Originals.” Produced by MMET instructor Michael Simmons, the album boasts 21 tracks written and performed entirely by students from HB APA’s media department.

GENEALOGY CLUB

Library is now open five days a week

The Genealogy Club Library is now open five days a week. New hours are Monday-Friday from 1-4 p.m.

The club is hoping to offer some weekend hours soon.

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

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

Upcoming workshops are: Feb. 13 – Marriage Traditions Feb. 20 – Ancestry DNA Feb. 27 – The State of Virginia The workshops are free.

—Janet Lessin

Pizza Thursday

Pizza Thursday hosted by Dominos Pizza is from 4-8 p.m. in the parking lot of Clubhouse 6. Special orders can be called in to 493-2212 between 10 a.m.-1 p.m.



The Leisure World Garden Club’s Garden of the Month goes a tropical garden in Mutual 15. Congratulations to Patrick O’Shea, who planted the garden at 1861 St. John Road, 38-C.

LW Poetry

This poetry feature showcase original poems by members of the Creative Writers Club of Leisure World and other GRF members. The Creative Writers meet on the fourth Friday at 1:30 p.m. in Clubhouse 3, Room 1, for poetry, fiction and non-fiction; business meeting follows.

High School Classmates

my memories of our high school times are keen
cheeks blushing like ripe apples
eyes shining like stars....
now I search my albums
to find pictures of classmates
there’s frost on the roof too
our steps are waddling like ducks
when people greet me “grandma”
I turn around to see where she is

carved within our hearts is
a motto from a very famous school:
be honest, be good, be beautiful in spirit
may these words still flow in our hearts
and through our lives everlasting

we gather and share our precious memories
forgetting our pains and sorrows
and look forward to meeting again
with lighter hearts and joys

—Cho Heah Lee

SBTV-Channel 3 Listings

SBTV-3 airs on TWC-Spectrum Channel 3, Frontier Fios Channel 37 and online streaming at sbtv3.org/schedule . Have Roku? Go to http://roku.streaming-source.tv/add/sbtv .	Sunday, Feb. 16
The playback schedule is available at SBTV3.org .	4 pm SB City Council 2/10 Replay
Thursday, Feb. 13	4:30 pm McGaught 1st Grade 2019
4 pm No Snow	5:15 pm McGaugh Pageant of the Arts
4:21 pm LW Yoga	6:30 pm McGaugh Go West!
4:30 pm Harmonizing Humanity	7:30 pm Velvetones December 2019
5 pm Chorale December 2019	8:20 pm LW Yoga
6 pm 2019 Simbang Gabi	8:30 pm Bob Cole Conservancy
7 pm McGaugh First Grade	10 pm Cerritos Center Voodoo Daddy
8 pm Velvetones	Monday, Feb. 17
9 pm Studio Cafe	4 pm No Snow
10 pm Vinyl Rock	4:30 pm Aquarium of the Pacific
Friday, Feb. 14	5 pm Vintage Vehicles
4 pm LW Tree Lighting	6 pm Studio Cafe
4:10 pm Doo Wop Christmas	7 pm Cerritos Center-Big Bad Voodoo Daddy
5 pm Dove Sonza’s 75th	8:30 pm Ocean Perspectives
6 pm Dixieland Jazz Band	9 pm Vinyl Rock
7 pm Studio Cafe	11 pm Vintage Vehicles
8 pm Ocean Perspectives	Tuesday, Feb. 18
8:30 pm Sea Inside	4 pm Harmonizing Humanity
9 pm Cerritos Center-Bronx Wanderers	4:30 pm LW Yoga
10:45 pm Aquarium of the Pacific	4:37 pm LW Tree Lighting Event
11 pm Vintage Vehicles	5 pm Dove Sonza’s 75th
Saturday, Feb. 15	6 pm Velvetones
4 pm LW Yoga	7 pm Seal Beach Planning Commission Live
4:07 pm No Snow	8 pm 2019 Simbang Gabi
4:30 pm Harmonizing Humanity	9 pm Studio Cafe
5 pm McGaugh 4th Grade Go West!	Wednesday, Feb. 19
5:45 pm LW Tree Lighting	4 pm LW Yoga
6 pm 2019 Simbang Gabi	4:07 pm No Snow
7 pm Studio Cafe	4:30 pm 2019 Simbang Gabi
8 pm LAUSD	5:30 pm Vintage Vehicles
10 pm Cerritos Center	6:30 pm Ocean Perspectives
	7 pm Studio Cafe
	8 pm Aquarium of the Pacific
	9 pm Vinyl Rock



I MY DOCTOR

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My doctor spends at least 20+ minutes per visit with me	Yes	No
I always feel welcome and relaxed at the doctor's office	Yes	No
My doctor really listens to me and answers my questions	Yes	No
My doctor looks me in the eye and does not interrupt me	Yes	No
My doctor can also provide care coordination services	Yes	No
My doctor is a warm and friendly person	Yes	No
My doctor can handle all of my complicated health issues	Yes	No

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Answered mostly 'No'? It doesn't sound as if you're getting the care you deserve.

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Community



Bianca Solis prepared ground coffee to donate to the GAF Hospitality Center.

GAF HOSPITALITY CENTER

Stop by Starbucks, say ‘thank you’

Starbucks Coffee, located in the Ralph’s at the Old Ranch Town Center, has donated coffee to the Golden Age Foundation Hospitality Center since March 2019. The GAF Hospitality Center patrons have enjoyed over 250 pounds of Starbucks coffee during the last 11 months, and the donations continue.

Starbucks Coffee Supervisor Bianca Solis contacts Anna

Derby on Monday mornings when she has coffee to donate. Bianca grinds five-to-ten pounds of beans before Anna arrives for the pick up, since the Golden Age Foundation doesn’t own a coffee grinder.

The Golden Age Foundation asks shareholders who shop at Ralph’s to stop by at Starbucks and say “thank you” for its generous donation to Leisure World.

Y SERVICE CLUB

Osteoporosis will be topic on Feb. 19

Preventing and slowing down osteoporosis will be the topic at the Y Service Club meeting on Wednesday, Feb. 19, in Clubhouse 3, Room 2.

Rehabilitation nurse Maureen Habel will present information about how lifestyle choices can prevent and slow down the process of osteoporosis.

A continental breakfast will be served at 7:30 a.m., hosted by Betty Hacke and Diane Neal. President Dianne Hart will conduct a short business meeting at 8 a.m., followed by the speaker’s presentation at 8:30 a.m.

All shareholders are invited to attend the meeting to learn more about the Y Service Club



Maureen Habel will present life choices to prevent and slow down osteoporosis.

Community Bingo is played Sunday

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

Complimentary refreshments are served.

Golden Age meets on Feb. 26, 1 p.m.

The Golden Age Foundation Board will meet on Wednesday, Feb. 26, at 1 p.m., in Conference Room B, located in Building 5 behind Recreation Department Office and GRF Security Decal Office.

All shareholders are welcome to observe the monthly Board meeting.

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

SUNSHINE CLUB

Telephone Access Program devices shared tomorrow

Andie Squires from the California Telephone Access Program will be the guest speaker at the Sunshine Club tomorrow, Feb. 14, at 10 a.m. in Clubhouse 3, Room 2.

Squires brings 17 years of experience working for the Deaf and Disabled Telecommunication’s Program (DDTP) and the California Telephone Access Program. She specializes in iPhone and Android training. She has experience working with assistive device manufacturers through presentations, training and informational booths.

Squires has a BA in deaf studies and in psychology from Cal State Northridge.

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

The Sunshine Club has frequent guest speakers from outside Leisure World who speak on vari-



Andie Squires will share information on telephone devices for hearing impaired persons.

ous 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.



The “Wild and Crazy Maniacs” compete in a recent Triviamania game.

Y SERVICE CLUB

Exercise brain at Triviamania games on Saturday

The Y Service Club will sponsor Triviamania on Saturday, Feb. 15, from 1-4 p.m. in Clubhouse 2. All are invited to come an exercise their brains.

Research on aging continues to show the importance of challenging the brain to achieve optimum physical, mental and cognitive health.

Triviamania provides an afternoon of stimulating fun as teams compete in eight rounds of trivia. Some people come as a group, and many others come and form a team, meet new friends and collaborate together to come up with the right answers. Tables are assigned on a first-come, first-served basis. Beverages and snacks are available for purchase.

Tickets are \$10 per person and can be delivered to your door. To purchase tickets and arrange for home delivery, call Bill Denton at (562) 209-0816. Tickets will also be available at the door of Clubhouse 2 at 12:30 p.m.

The winning team will take home three times the buy in; second place, two times the buy in; and third place gets their registration fee back. Proceeds are shared among all team members.

Proceeds help support local

YMCA programs and Leisure World projects.

Come have fun while exercising your brain and showing how much seniors know. The percentage of questions answered correctly is amazing.

GAF TAX PROGRAM

Call to make appointments

Free income tax service is provided by AARP Tax-Aide program volunteers and sponsored by the Golden Age Foundation. Trained volunteers prepare and e-file tax returns for fulltime California residents.

This tax service is provided Monday, Tuesday and Wednesday mornings in Clubhouse 6. Appointments are required.

Call (562) 596-1987 and leave your name and telephone number. A volunteer will call back to schedule an appointment. The Intake/Interview sheet required



for every appointment can be picked up at the Leisure World Library and should be filled out prior to the appointment. People with rental property or a net loss from self-employment are out of the scope of this program.

HEALTHY ELDERLY VOLUNTEERS NEEDED!

WCCT Global is currently conducting a clinical research study in elderly volunteers.

Qualifications:

- Healthy males and females
- Ages 70 and over
- Available for a single blood draw

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- Compensation up to \$100



To see if you may qualify, call and mention **#N-1810**
1-877-777-9228 or visit us at **wcct.com**



American Latino Club officers Carmen Edwards (l-r), treasurer; Maria Rodriguez, president; Alicia Ortuzar, vice president; and Amy Walker, secretary, donned hats and fancy attire for the club's Valentine's Day celebration and hat parade.

Partyline Plus

Elaine Miller purchased an HP printer at an estate sale during the weekend of Jan. 30. She needs the password for the printer to change it to her own. If you are the person who sold her the printer and can help, email her at susejdl65@gmail.com or call, (925) 997-3412.

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

MORE SOAKED MOMENTS ARE MADE ON MOHAWK



Donna Gambol photo

Mike Ugglu of Seal Beach Public Works flushes the lines and monitors the water quality of drinking water in Leisure World.

WHERE WE LIVE

Benefits of merging mutuals discussed

Should merging the mutuals become part of the Leisure World community master plan? Is your will/trust in order? These are topics that will be discussed at the Where We Live Club meeting on Monday, Feb. 17, at 6:30 p.m. in Clubhouse 3, Room 3. President Greg Moore will direct the meeting

Former Vice President Anne Walshe will lead an open discussion to examine the benefits of merging in the 16 mutuals into a single administrative body instead of 16 separate boards, making sure to consider both sides of the concept, and hear your views.

The club has decided to focus on topics relevant to an overall master plan for LWSB, and this is one of the first discussions in this series.

Former President Leslie Parker will present an Introductory



Workshop on the subject of wills and trusts. This presentation is part of the club's continuing series of mini-workshops on "Putting Your Life in Order" to give practical advice for all shareholders

All are welcome. Feel free to bring a beverage and snacks to share. The January meeting was packed so arrive early to get a good seat. Contact the club at wherewelive@yahoo.com.

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Mutual 2 recently installed new welcome signs at three intersections. One is at Church Place and Thunderbird Drive; another at El Dorado Drive and Golden Rain Road, and this one at Thunderbird Drive and Marion Way. The silhouette of a tree on the sign mimics the big tree behind it.

Tell our advertisers you saw them in the LW Weekly



Giddy-up. Giddy-up — Leisure Time Dancers Debbie DeGrazia (l-r), Debbi Fudge and Sylvia Uselton, spent a recent Saturday evening at Cowboy Country in North Long Beach. The ladies enjoyed dancing to country music and free Cowboy Waltz and line dance classes.

PAWS CLAWS AND BEAKS

Pet safety during emergencies is topic

Paws, Claws and Beaks will have a special presentation on LW's Community Emergency Response Team (CERT) Wednesday, Feb. 19, at 4 p.m in Clubhouse 3, Room 9.

Phillip Mandeville will give the presentation on animal safety in case of a disaster in LW. This will be part one of a disaster preparedness program for members.

For more information, contact Bonnie Kaplan, (714) 930-5314, or Jackie Hildebrandt, (714) 423-8279.

POLICY from page 5

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.

LETTERS from page 4

Editor:

Recently I attended the Google Translate-How to be Fluent in 103 Languages class. It was very educational and informative. Bob Cohen's instruction enriched my understanding of smartphones.

I'm a teacher and now, I'm back to being a student.

A good instructor who imparts new smartphone features helps my goal of learning.

I was excited to improve my knowledge of Google Translate.

Leisure World is fortunate to have volunteer experts Bob Cohen, Miryam Fernandez and Jeff Sachs providing free classes on smartphones and computers.

Lisa A. Dickson
Mutual 1



The Neighbor 2 Neighbor Club assembled Valentine's Day bags that will be distributed to all Mutual 14 apartments today and tomorrow.

LWer seeks yarn, donations to knit for the homeless

For the past six years, Kay Matthews, Mutual 2, has knitted 100-plus caps and scarves for the homeless in the Long Beach area.

Kay needs yarn or cash donations to help with her ongoing charitable work. Kay knits for Hearts and Hands United in Giving

(HHUG), a non-profit organization, which includes several other Leisure World members. Kay can be reached and (562) 598-1079.

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Travel

Derby and Oh travel to Maui

Aloha says Anna Derby and Michael Oh who began the New Year in Maui attending the 2020 Sentry Tournament of Champions at the Plantation Course in Kapalua, Hawaii, Jan. 1-5. Thirty four of the 37 2019 PGA champions competed.

Attending the tournament is an annual event for Anna and Michael.

They arrived on Jan. 2, missing the Pro-Am Tourney, a casual meet and greet with the players and the grand opening ceremonies. But they were there for the next three days in the first tee box to watch all the golfers tee off.

Later in the day they moved to the ninth hole gallery and then the 18th hole to watch the finishing rounds. Between holes they walked some great distances.

Attending the tourney for the three days was “beyond expectations,” said Anna. It was a grueling experience with lots of walking. One day they got soaked and had to escape to the clubhouse to get out of the rain.

The Plantation Course had just under gone an extensive restoration to bring it back to the standard characteristics of the course for the past 28 years.

Since 1999 the Sentry Tournament of Champions has stood as a celebration of excellent experiences. There are over 500 volunteers that help make the tournament run smoothly. Anna and Michael were grateful to the volunteers who made their experience so wonderful. “We learned once again that volunteers are the heart and soul to make the difference in everything,” she said. That helped make the tournament run smoothly.

They stayed at Anna’s niece’s condo in Lahaina during the tournament while her niece was in Los Angeles. After the tournament they moved to South Kihei for the rest of the trip.

—Anna Derby



Anna Derby and Michael Oh

AMERICAN LEGION

Pala trip is on Feb. 21

The American Legion, Post 327, will escort a day-trip to Pala Casino on Friday Feb. 21.

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

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

The bus leaves at 8:30 a.m. from the Clubhouse 4 parking lot. It returns about 5:30 p.m. Call Phyllis Pierce, 598-3743, or Chee Chee Porr, 430-5949, for reservations.

Laughlin trip set for April

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

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

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

Registration information is available by calling Marilyn Bittle at (562) 434-7113.

—Marilyn Van Dyke

TRAVELING TIGERS

Galapagos trip meeting Feb. 19

On Feb. 19 the Traveling Tigers will be meeting in Clubhouse 3, Room 9 at noon. All are welcome. Attendees will hear and see wonderful tales of adventure, exploration, science, mystery and beauty.

Join the Traveling Tigers as Donn Maryott presents Galapagos, the land where Charles Darwin observed evolution first hand, up close and very personal. See elderly turtles, giant lizards, young sea lions and blue footed boobies as they have adapted to their unique environments and continue to evolve to this day. Penguins in the northern hemisphere? Yes, they are there, sporting their black and white tuxedos for all to admire.

The presentation follows the business meeting and luncheon. Those who want to experience Galapagos, should call Susan Shaver at (562) 795-9151 for an invitation and details.



Sandra DeDubovay and Joe DiDonato

DeDubovay and DiDonato visit UAE

By Sandra DeDubovay

LW contributor

Sandra DeDubovay and Joe DiDonato took an eight-day cruise on the MSC Bellissima in Dubai. They had been there 10 years ago and enjoyed it so much that they decided to do the trip one more time.

The first excursion was a tour of the Sheikh Zayed Mosque in Abu Dhabi. Its the third largest Mosque in the world and although some Mosques only allow Muslims in the interior, this was open for all visitors to tour. Sandra wasn’t dressed properly so her tour guide loaned her a black abaya and head scarf to cover her clothing and hair. She would have hated to miss out.

Sandra and Joe were impressed with the wonder of the design. The construction took 11 years from 1996 to 2007, with over 3,000 workers a day. It is over four football fields in size. The exterior white marble is from Macedonia. Key features include 1,000 columns, surrounded by pools reflecting the stunning arched walkways and 82 domes.

The next tour stop was Doha, the major city in the country of Qatar. The revenue generated from oil and natural gas makes Qatar residents the second highest earners in the world.

The skyscrapers are a credit to the wonderful architecture of the city and its creativity. The tour ended with a visit to Souq, a vast inner-city bazaar that dates to the 19th century. It burned down several years ago and the new ruler had it rebuilt to an exact recreation of the old marketplace with the traditional Middle Eastern style and ambience including the smell and sounds.

On the last day of the cruise Sandra and Joe arrived back in Abu Dhabi, one of the seven Emirates that make up the country of the UAE. It is a must-see destination and that is the reason for their second visit there. This Middle Eastern city mixes modern, luxury and traditional elements. In just 150 years the small Bedouin village of Dubai in the Arabian desert has turned into a very modern city.

It’s hard to imagine that in the 1960s the city did not have electricity. The discovery of black gold (oil) in 1966 enabled its lightening speed development. As of 1970 concrete buildings began to replace tents, but in the early 2000’s this desert state became the playground for the unbridled imagination of international architects.



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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

Danny Stewart’s Bluegrass Cruise — Feb. 24-28, Long Beach, Catalina, Ensenada, day at sea, Long Beach. Danny Stewart’s Bluegrass Cruise by Carnival Inspiration. Contact Ellen Brannigan, (310) 890-2368.

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

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

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

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

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

Candidates for OC Central Committee will be guests

Leisure World Democratic Club members will host several of the candidates running for election to the Party's Orange County Central Committee on Wednesday, Feb. 19, at noon in Clubhouse 4.

Leisure World Democrats will be able to vote for up to six candidates to represent the 72nd Assembly District on this committee, which is the governing body of the Orange County Democratic Party.

Under the leadership of Chair Ada Briceño, the committee conducts the party's general business, approves its budget, coordinates campaign activity and endorses candidates for local offices throughout the county. A list of the club's endorsed candidates, along with information about each one, can be found on the club's website (see address below).

...

On Feb. 1, Club President Mary Tromp and Congressman Harley Rhoda joined other Democrats from throughout the county at the kickoff celebration for the opening of the State Party's campaign office located at 18700 Main Street, Units 201 and 209, Huntington Beach. For more information or to volunteer to help, contact Mary at (562) 412-0898.

...

The Democratic Party of Orange County and the LW Democratic Club leadership has taken a position in opposition to County Measure A on the Primary Election 2020 Ballot. This proposition would require a



Club President Mary Tromp and Congressman Harley Rhoda joined other Democrats at the opening of the State Party's campaign office.

yes vote of at least four of the five members of the Orange County Board of Supervisors (a 2/3 vote rather than a majority) to propose taxes to voters for approval. Voters are also reminded that the Democratic Club has joined organizations such as the League of Women Voters in supporting Proposition 13, the School and College Facilities Bond which has nothing to do with the landmark measure of the same number 13 passed four decades ago.

...

All LW voters should have received their California and Orange County's official voter information guides, as well as their vote by mail ballots. In addition, Democratic and No Preferred Party voters received letters

from the SBLW Democratic Club designed to help further clarify changes relating to the upcoming election as well as a list of the club's endorsed candidates. Voters who still have questions, want help with their ballot or assistance in delivering it to a vote center should call Mary Tromp at (562) 412-0898 or Mary Larson at (562) 296-8521.

...

Readers should email lwsb-democraticclub@gmail.com or go to the newly updated website sblwdems.wordpress.com to learn more about the Democratic Club. A calendar of club and related events is included on the website.

All LW Democrats and their supporters are invited to participate in the club's activities.

KACMA

Music by Stravinsky, Gershwin featured

Highlights of the Korean-American Classic Music Academy (KACMA) program on Feb. 13 will be pieces by Igor Stravinsky, including "The Firebird," "1919 Suite, III," "Infernal Dance, IV" and "Berceuse, V. Finale," and George Gershwin's "Rhapsody in Blue."

Ken Chong conducts the appreciation of classical music and Robert Chung presents a golden oldie and favorite songs selected by the members.

All are invited to the KACMA class from 9:30-11:30 a.m. in Clubhouse 4. The class is conducted 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 Kyun-



Igor Stravinsky

gok Huh, hanandkay@gmail.com; or Program Chair Robert Chung (562) 387-7377, robertschung@hotmail.com.

CAL STATE LONG BEACH

Free tax service offered to qualified LWers

More than 90 English- and Spanish-speaking California State University, Long Beach, accounting students, who are Internal Revenue Service certified, will provide free tax preparation assistance. Help is offered to families who make \$54,000 or less, disabled people, the elderly, students, non-residents and individuals with limited English proficiency.

The free service is part of the Volunteer Income Tax Assistance clinic (VITA), which is an IRS-sponsored program.

"VITA is win-win for our students and the community," said Sudha Krishnan, faculty advisor for the Volunteer Income Tax Assistance program.

"The students get hands-on experience while giving back to community members who often do not have the disposable income to pay for a professional tax preparer."

Last year, student-volunteers filed 1,809 state and federal tax returns, which, combined, totaled to more than \$1 million in refunds.

No appointments are required.

Individuals will be served on a first come, first served basis.

Participants must bring the following original documents—

no photocopies or pictures of these documents will be accepted:

- Government issued photo ID or driver's license.
- Original Social Security card or documents of individual taxpayer identification number.
- All W-2's and 1099's (if any)
- Other income and expense information
- Students or parents of students bring total tuition fees and expenses paid (form 1098-T)
- Parents bring total expenses paid for child's daycare if any.
- Daycare or dependent care provider's address, phone and SSN or EIN.
- Bank account and routing number (voided check) for direct deposit of refund.

• Last year's tax return is helpful, but not required.

• To file taxes electronically on a married-filing-joint tax return, both spouses must be present to sign the required forms.

The program started Feb. 8 and the regular schedule is Monday-Thursday from 8 a.m.-8 p.m.; and Friday from 9 a.m.-3 p.m. at the College of Business Computer Lab, California State University, Long Beach, 1250 Bellflower Blvd., Long Beach. Park in Lot E-1.

VITA clients must pay for parking.

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.

Shambaugh, Dorothy Jean 1932-2020

A memorial service will be held for Dorothy Jean (Morgan) Shambaugh, Mutual 15, at 10 a.m. on Saturday, Feb. 15, at the Studebaker Road Church of Christ in Long Beach. (3433 N. Studebaker Road, Long Beach, CA, 90808).

All are welcome to attend.

Dorothy died Jan. 23, 2020, at the age of 87.

...

In Memoriam

Patsy Barnett 86
Margaret Belcher 80
Randall Laster 67
Maria Alcantara 68
Akira Kawano 95
Robert Seiger 86
Lee Helire Jr 54
Roselind Killeen 80
Dale Longenecker 74
Elizabeth Murphy 71
Dorothy Zinman 100
Shirley Strevell 70
Te Yung Chang 98
Roxanne Drake 71
Eloise Ephriam 87
Carolyn Stewart 67
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—paid obituary

LB AUXILIARY

Bus provided 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 people can board the bus at the Leisure World Amphitheater at 8:45 a.m., departing at 9 a.m. Concert tickets (senior rates available) can be purchased from the Philharmonic ticket office by calling (323) 850-2000 or emailing information@LA-Phil.org. The remainder of the schedule is as follows:

- 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 for bus RSVP.



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Puzzles & Comics

Answers on page 26

Gasoline Alley

By Jim Scancarelli



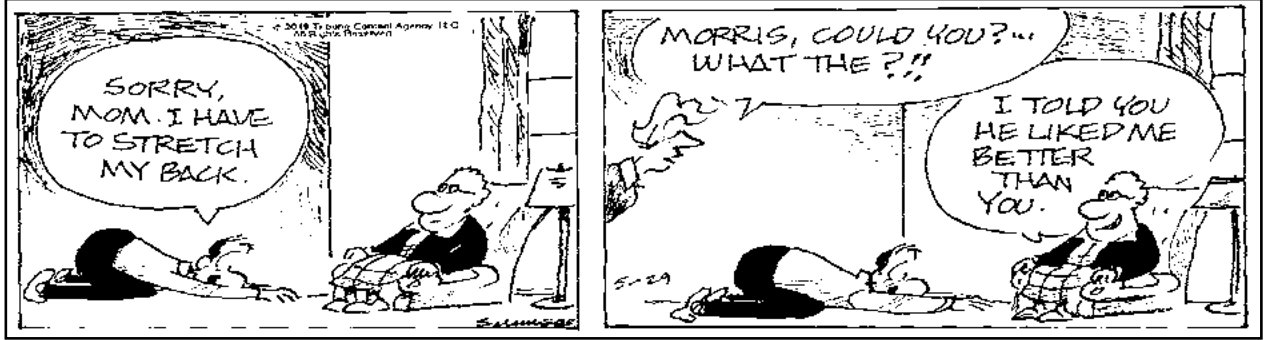
Broom-Hilda

By Russell Myers



Middletons

By Raph Dunagin & Dana Summers

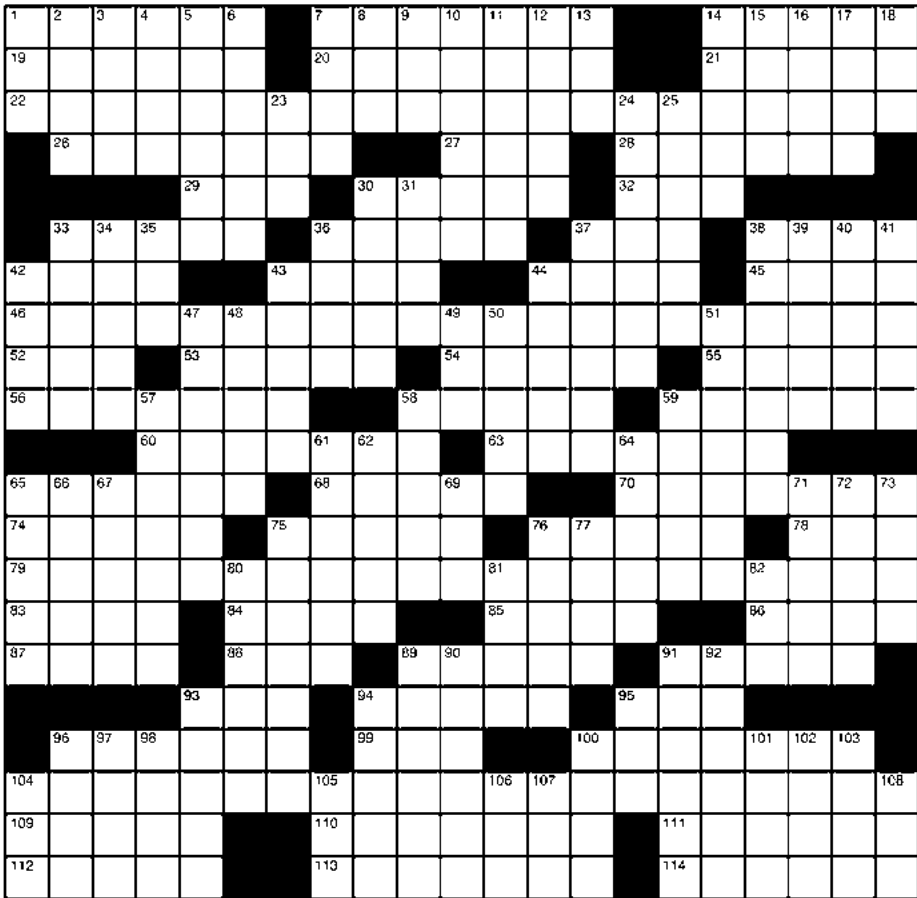


Take to Heart

Edited by Linda and Charles Preston

ACROSS

- 1 Puget Sound port
- 7 Paint solvent
- 14 Born to the purple
- 19 Captivate
- 20 Encourage
- 21 Uneven
- 22 Start of a verse, on a Feb. 14 undertaking
- 26 Freshens the room
- 27 Golfer's gadget
- 28 Hiver of printemps
- 29 Pi and sigma separator
- 30 Mix smoothly
- 32 Dancer Charisse
- 33 "Is ___ dagger ... ?": Shak.
- 36 On the qui vive
- 37 "___ the Beloved Country"
- 38 Absalom's slayer
- 42 Evening, in Paris
- 43 Steal, slangily
- 44 Andrew Sisters, for instance
- 45 Woody's boy
- 46 More of verse
- 52 Sparks or Rorem
- 53 Poznan, to Germans
- 54 Mountain ridge
- 55 Stout cord
- 56 ___ at a straw
- 58 Capital of Macapa, Brazil
- 59 Flat straw hat
- 60 "... the heart is slow ___": Millay
- 63 Keep a rein on
- 65 Tosca
- 68 A kind of spell?
- 70 Strapping young man
- 74 "The Thinker" sculptor
- 75 Bristles
- 76 Boadicea's tribe
- 78 Zilch
- 79 More of verse
- 83 Fem.'s counterpart
- 84 Bird, to Brutus
- 85 Architect ___ van der Rohe
- 86 Bright light
- 87 Tallin native: Abbr.
- 88 Compete
- 89 Lampoon
- 91 Bananas
- 93 Ott or Torme
- 94 "Young Man with ___": 1950 film
- 95 Comparative suffix
- 96 Oatmeal
- 99 Writer Fleming
- 100 Supervise
- 104 End of verse
- 109 Spartacus or Turner
- 110 More swift of foot
- 111 Optic cover
- 112 Clementine's dad
- 113 Felt
- 114 Between friends and countrymen



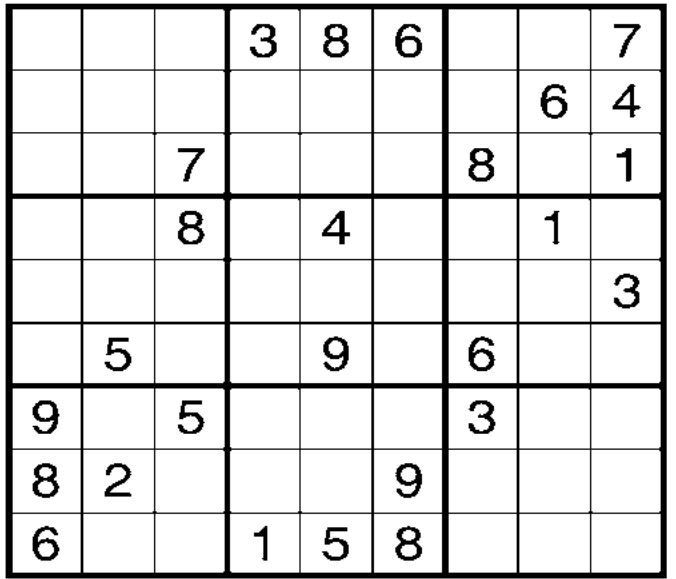
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2/9/20

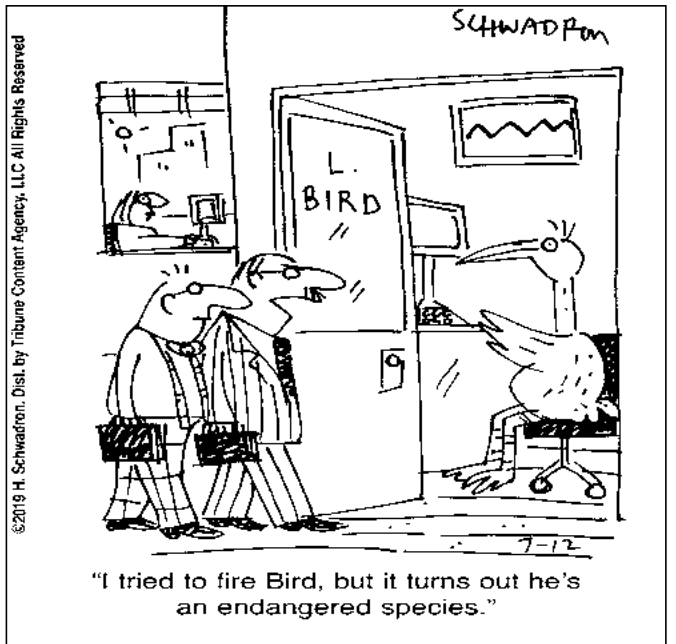
DOWN

- 1 Pro ___ (for the nonce)
- 2 Writer Seton
- 3 Alley Oop's abode
- 4 Sharif
- 5 Grinders
- 6 Motown's Franklin
- 7 New Testament book
- 8 Windy City, for short
- 9 "___ tho' it be a cross ..."
- 10 Waver
- 11 The "mysterious East"
- 12 ___ out (defeated narrowly)
- 13 Tolkien tree-giant
- 14 Decorated again
- 15 Stowe's "The Pearl of ___ Island"
- 16 Toy or weirdo
- 17 Org.
- 18 MGM lion
- 23 Updated: Prefix
- 24 Attribute
- 25 "The ___ Look Tonight," Fields/Kern hit
- 30 Carried on the wind
- 31 "Champagne Tony," 1964 British Open champ
- 33 Charlie Chan portrayer
- 34 Broom ___: comic witch
- 35 N.Y. subway
- 36 Winglike parts
- 37 Man from Canoe
- 38 Step out into traffic
- 39 Circle the earth
- 40 Solitary
- 41 Flowery arbor
- 42 Warble
- 43 PC: Wren's "Beau ___"
- 44 Welty's "Why I Live at ___"
- 47 Name to an office
- 48 Australian "teddy bear"
- 49 Sweet potato
- 50 Spencer or Dick
- 51 Informer, informally
- 52 Actress Elaine
- 58 Fighter from Down Under, for short
- 59 Memorable conductor
- 61 Antarctic penguin
- 62 Hayworth and Gam
- 64 Muscles
- 65 Wharton's Ethan
- 66 Southwestern hills
- 67 Pindar, for one
- 69 Wye follower
- 71 Map feature
- 72 Mr. Spock of "Star Trek"
- 73 Singer Campbell
- 75 Figaro's city
- 76 Skull protrusion
- 77 B-G connection
- 80 Attack with vigor
- 81 Cupid
- 82 Banking abbreviation
- 89 All a-tremble
- 90 Racetrack performers
- 91 Pocket pager
- 92 New Mexico gulch
- 93 Poet's concern
- 94 Usher's beat
- 95 "___ Got a Crush On You"
- 96 Half of CMII
- 97 Israel's Abba
- 98 French dream
- 100 Elbe tributary
- 101 Appear
- 102 "___ tete": "Alouette" refrain
- 103 John Boy Walton's sister
- 104 Belief
- 105 Diamond areas: Abbr.
- 106 Harper Valley gp.
- 107 Asian holiday
- 108 Grid: gains

Sudoku

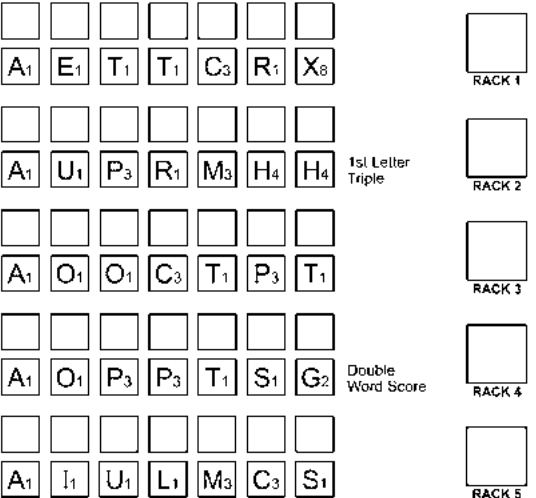


9 To 5 By Harley Schwadron



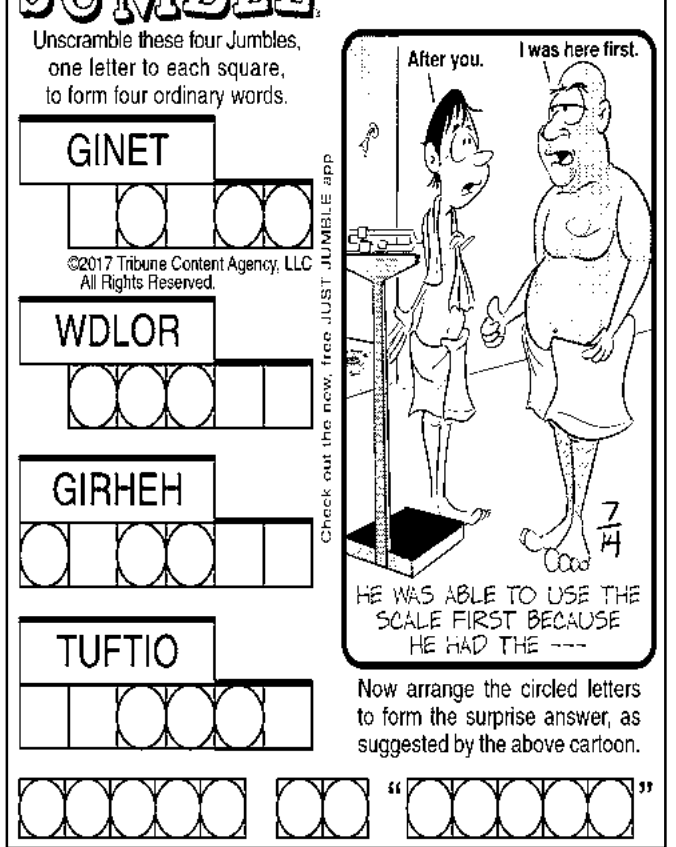
SCRABBLE G R A M S

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

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Despite winter temperatures and strong winds on Feb. 3, shareholders gathered for the fifth time to protest a petition signed by 341 shareholders submitted to the GRF Recreation Committee to draw attention to GRF Policy 70-1203-1, Section 1.4. The policy eliminated and combined several clubs including yoga, pilates and bridge, among others.

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 and Supply Center in Building 5 from 8:30 a.m.- 4 p.m.; two photos, \$10.

CERT

Training classes will begin soon

The Community Emergency Response Team (CERT) Program educates people about disaster preparedness for hazards that may impact their area.

The CERT training program is a 20-hour course, delivered over a five-week period. Training sessions cover disaster preparedness, disaster fire suppression, basic disaster medical operations, and light search and rescue.

Using the training learned in the classroom and during exercises, CERT members can assist others in their neighborhood or workplace following an event when professional responders are not immediately available to help. CERT members also are encouraged to support emergency response agencies by taking a more active role in emergency preparedness projects in their community. Students must attend all sessions.

All classes meet on Mondays from 8 a.m.-noon. The schedule is as follows (locations and topics may be changed):

- March 2: Disaster Prep., Unit 1, CERT Organization, Unit 2, Clubhouse 3, Room 1
- March 9: Medical Operations I, Unit 3; Medical Operations II, Unit 4, Clubhouse 4, Section A
- March 16: Disaster Psychology, Unit 5; Fire/Utility Safety, Unit 6, Clubhouse 4, Section A
- March 23: Light Search & Rescue, Unit 7; Terrorism/CERT, Unit 8; Clubhouse 4, Section A
- March 30: Course Review/ Disaster Simulation, Unit 9, Clubhouse 4, Section A

To register, call Eloy Gomez at (562) 431-6586, ext. 356.

In An Earthquake:

If an earthquake happens, protect yourself:

- If you are in a vehicle, pull over and stop. Set your parking brake.
- If you are in bed, turn face down and cover your head and neck with a pillow.
- Do not shelter in a doorway.
- Do not run outside.

Coffee with a Cop

Seal Beach City Council Member Thomas Moore invites the community to meet with him and the Seal Beach Police Department for Coffee with a Cop on Wednesday, Feb. 19, from 5:30-7 p.m. at Peet's Coffee, 12203 Seal Beach Blvd. in Seal Beach.

The relaxed nature of this event is intended to allow the public to get to know the officers who serve Seal Beach and vice versa.

For more information, contact Sgt. Nick Nicholas at nnicholas@sealbeachca.gov or (562) 799-4100, ext. 1160. District 2 residents who have city-related questions can contact Council member Thomas Moore at tmoore@sealbeachca.gov or (562) 431-2527, ext. 1502.

FOOD from page 3

- Martha's Senior Gourmet – Fully prepared meals delivered to homes; order by phone (949) 943-3888 or online.

Many of these services offer plans and meals that accommodate specific dietary requirements such as being gluten free, vegan, cardiac or diabetic, so if you have specific dietary restrictions you still have options.

Restaurant Delivery
There are several services offering food you love delivered from your favorite restaurant as an easy option that seniors can take advantage of. There may be delivery fees.

Lots of restaurants offer their own delivery services, but for those that don't, you can often still get ahold of your favorite dishes with one of these delivery services:

- GrubHub
 - DoorDash
 - Postmates
- Meals on Wheels**
All of the options mentioned above can make seniors' lives easier, but at a price. For seniors who aren't sure they can afford those options for all their meals, a Meals on Wheels type of program can help fill in the gaps by providing some extra food each week. And you get the company of a friendly volunteer delivering your meal.

- Meals on Wheels LB – five days per week Monday-Friday, \$41.25 per week. Order online or call (562) 439-5000, ext. 4 (see the Health section for more information and menus). Sponsorships are available for qualified residents.

- SeniorServ – five days per week Monday-Friday, donation or private pay starting at \$5.25 per day. Order by calling (714) 823-3294.

With all the resources available to Seniors today, there should never be a worry of where your next meal is coming from.

—adapted from SeniorAdvisor.com

CAP from page 2

paycheck stub).

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

Classified Index

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Personals

Home Improvement

Additions & Remodeling
Air Conditioning & Heating
Cabinet Refinishing
Carpentry
Carpeting & Flooring Sales & Installation
Ceramic Tile
Electrical Installation & Repair
Gardening & Landscaping
Handyman
Home Decorating
Painting
Screens Sales & Installation
Skylights Sales & Installation
Upholstery & Carpet Cleaning
Window Sales & Installation
Window Coverings Sales & Installation

Professional Services

Appliance, TV, Stereo Service & Repair
Beauty Services
Carpet & Upholstery Cleaning & Repair
Computers
Drapery Cleaning
Entertainment
Financial Services
Free Services
Funeral & Memorial Services
Furniture Refinishing & Repair
Hauling
Health Services
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Autos, RVs, Trailers For Sale
Electric Cars/Scooters Wanted
Electric Cars/Scooters For Sale
Estate/Moving/Patio/Carport Sales
Miscellaneous for Sale
Want to Buy

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.

Dial Direct, Save Time
562-430-0534

Puzzle Answers

Puzzle page 22

SCRABBLE GRAMS SOLUTION									
E ₁	X ₈	T ₁	R ₁	A ₁	C ₃	T ₁	RACK 1 = 66		
H ₄	A ₁	R ₁	U ₁	M ₃	P ₃	H ₄	RACK 2 = 75		
T ₁	O ₁	P ₃	C ₃	O ₁	A ₁	T ₁	RACK 3 = 61		
S ₁	T ₁	O ₁	P ₃	G ₂	A ₁	P ₃	RACK 4 = 74		
M ₃	U ₁	S ₁	I ₁	C ₃	A ₁	L ₁	RACK 5 = 61		
PAR SCORE 275-285							TOTAL 337		

Crossword Answers

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

Sudoku Answers

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

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

Jumble Answers

Jumbles: TINGE WORLD HIGHER OUTFIT
Answer: He was able to use the scale first because he had the — RIGHT OF "WEIGH"

Classifieds

GENERAL AVON

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My heartfelt appreciation
to all of you who so generously
blessed me with baked goods, gift
cards, and other monetary gifts
during this past holiday season!
I LOVE being your LW Weekly
News Carrier! ♥
Love,
Judy Chambers, 221-E

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562-896-6500 to meet her. 2/13

**FREE ITEMS, MISC. FOR
SALE, and ESTATE SALE**
listings on the
[next page!](#)

Classifieds

FREE ITEMS

Free moving boxes. Patti 562-240-5360

MISCELLANEOUS FOR SALE

I am a happy, handsome male cat looking for a forever home. Healthy, neutered, and ready to meet you – Vincent
Call Troy at 714-615-7785.

Vintage schwinn bicycle with hemet, basket, and locks. Close to original wiht new wheel and tire. This is a Hollywood style bike. \$100.00 Call Dale 562-386-6156 LW Resident 2/13

Schwinn Bike, 7 speed, U.S.A. Women's beach cruiser. Red. Good condition. \$100. 562-386-6156 2/13

For Sale: Delsey luggage wiht exterior approximately measuring 28"H x 11" D x 17.75" W. Interior is lined, tie-down straps, large mesh pocket on lid, Wheels: Dual Density, double-spinner wheels. Handles: ergonomic multi-position, trolley handle with soft soft grip for two or four wheel use, top, bottom, and side handles. Excellent condition. \$90- \$75. Contact Suzanne: 562-240-5273

ESTATE / PATIO CARPORT / SALES

Clothing sale – Denim and hooded jackets, pants, purses, misc. clothes. Twin bed. 1540 Northwood road. 270-A (562) 430-1927 2/6

Patio Sale: Paintings, vases, bedding, cherry blossoms, lusterware tea set, dishes, and more. Thursday/Friday M2, 65B.

FUNERAL/MEMORIAL SERVICES

Companion Lawn Crypt (double) for sale at Forest Lawn, Cypress. Space 1 AB Lot 5916. Located in the Garden of Protection section. Situated adjacent to the Ascension Mausoleum. Forest Lawn has valued this Companion Crypt at \$12,000. Our asking price is \$9,500 plus Forest awn's \$250 transfer fee. If interested, please call Juliet at 714-767-1439 or 562-296-8802. 27



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Mutual 15, 1-D
\$245,000



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



Close to Main Gate, laundry
and carport.



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

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Mutual 15, 21M \$285,000

Second floor, 2-beds, 2-bath
new laminate floors, tree top
views in great location.

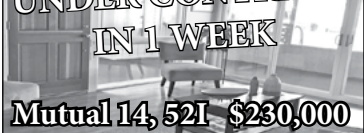


Mutual 15, 44A \$279,000

Atrium in private location with
nice greenbelt view. Laminate
floors and fresh paint.



Mutual 12, 64C \$259,900



Mutual 14, 52I \$230,000

COMING SOON
M-3, 1 bed/1 bath
Beautifully Expanded
Move-in Condition

Berkshire Hathaway Home Services
DRE# 01308588



Erika Shapiro

Resales Specialist • Mutual 17 Resident

Traveling Notary

562-208-5223



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

REDUCED MOVE-IN READY

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



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

NEW LISTING

Upgraded 2 BDR/1 Bath
Drive-up convenience
New kitchen, new appliances
A/C Heat Pump and more
Mutual 10 – 257D \$282,000

COMING SOON:

Condo 3rd Floor, Atrium, Drive-up

I SOLD 20 in 2019 I SOLD 36 in 2015
I SOLD 26 in 2018 I SOLD 35 in 2014
I SOLD 34 in 2017 I SOLD 60 in 2013
I SOLD 47 in 2016 I SOLD 42 in 2012
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KEITH KOSS

REALTOR®
DRE #01407100

714.421.2612

Keith@KeithKoss.com
KeithKoss.com



MUTUAL 5
1460 PELHAM RD #106-B
2 BEDS | 1 BATH | 950 SQ FT
\$269,888



REDUCED \$19K

Best expanded 2 bedroom
on the market. Central LW
location. Lots of premium up-
grades. New flooring, planta-
tion shutters, skylights, ele-
gant master suite. Must See!

Mutual 5 requires only
\$25,000 in assets.



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



OUR BUYERS LOVE US!

M6	2B/1Ba	\$240,000	Sold
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



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

COMING SOON



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

TEAM DONNA JEAN



Suzanne Ahn
DRE#0110737
Realtor®
suzanne@teamdonnaJean.com
562-810-1614



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ACCESSIBLE and AVAILABLE
- We are honest in
SHOWING ALL LISTINGS
- We are incredibly
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ON TOP OF EVERYTHING!



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



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



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\$209,900

**1460 Pelham M-5 #106E
Basic**



\$279,000

**1460 Pelham M-5 #106F
Partial Expansion**



\$479,000

**1221 Oakmont Rd. M-8 #178F
Full Modern Remodel**

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Jackie Meyer
(909) 557-6506



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



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



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

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PENDING

Mutual 2, 48H \$210,000

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



PENDING

Mutual 7, 176E \$210,000

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



PENDING

Mutual 4, 78B \$148,000

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



Mutual 15, 32K \$239,000

Eloquent traditional home featuring 2-bedroom, 1-3/4-bathroom, spacious living room and formal dining room with ceiling fan. Living room has custom draperies framing triple-pane windows and over-looks an open balcony and beautiful tree-lined greenbelt. Kitchen has white cabinets, built-in electric appliances and double-pane windows. Master bedroom suite has double-pane windows, mirrored cupboard and 2 wardrobe closets. Master bathroom has bathtub with shower and skylight. Second bedroom has lots of closet and cupboard space and double-pane windows. Second bathroom has stall shower and skylight. This lovely home has carpeting throughout, leaded glass entry door and is close to drive-up parking and carport. This charming home is definitely a must see.



PENDING

Mutual 4, 50A \$249,900

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



PENDING

Mutual 14, 23D \$255,000

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

January 2020 Sales

Mutual 5, 229D

Mutual 14, 23F

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Robin Gray & Barbara Diette-Dobias

Robin Gray

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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 1-38-D \$174,900
1- bedroom, 1-bath south facing, fully expanded unit on an amazing greenbelt setting. Close to Medical Center, Amphitheater, pool, golf course and churches. L-shaped living room with huge closet. There is an A/C Heat Pump to keep you cool in the summer and warm in the winter, plus skylights that make this home light and bright.



PENDING

Mutual 4-73-K
Mutual 11 278-J
Mutual 2 57-L
Mutual 8 184-E
Brittney Way, Cypress
St. Irmo Walk- Naples

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Double the Results"



Mutual 1-40-B \$167,000
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



Mutual 8-203-I \$249,900
Darling two bedroom "U-Shaped" expansion with Central Heat/Air, Stackable Washer/Dryer, large master bedroom with a walk-in closet, dining room, skylights, dual paned windows and a nice size tile patio with a gate and storage sitting on a green - plus close carport and street parking!! Be sure to check this out - it's a good one!!



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Broker/Manager



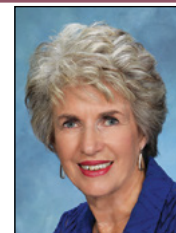
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Robin Gray
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Barbara Diette-Dobias
562-754-5628



Kathy Guppton
562-338-3833



Gloria Hadley
562-884-3594



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Mary Chittick
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Rosie Wang Davis
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Joanie Korman
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Two-Bedrooms

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

Mutual 8 203J \$215,000
Greenbelt, cent. air, solar tubes, smooth ceilings, nice

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

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

Mutual 1 13L \$229,500
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 8 203I \$249,900
Partial expan., washer/dryer, cent. air, nice

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

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

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

Mutual 2 44K \$259,000
Full expan., skylights, double pane, wood flooring

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

Mutual 15 21M \$285,000
2 baths, enclosed porch, greenbelt, trees, drive-up, nice

Mutual 7 164E \$299,500
Central park, washer/dryer, full expan., skylights

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

Mutual 1 40B \$167,000
Expanded, huge greenbelt, lam. floors, skylights

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

Mutual 9 226L \$399,000
Remod. corner, 2 full baths, washer/dryer, private

Mutual 1 38D \$174,900
Expanded, south facing, greenbelt, newer heat pump

Mutual 3 11D \$179,000
Gourmet kitchen, lam. floors, drive-up. skylights

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Seal Beach, CA 90740



Claudette "CC" Cooley
310-484-9600



Linda Patton
562-522-3364



Adrian Villarreal



CAROL GASPER
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carol@carolgknutson.com
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For 2020, I have a total of 8 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..



1563 Monterey Rd #23G | M2 | \$265,000
2 Bedroom, 1 bath partially expanded corner unit. Great greenbelt views, larger master bedroom with walk-in closet, designated dining area, ceiling fan, A/C heat pump, dishwasher, skylights and finished storage on the patio.



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 | \$205,000
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!

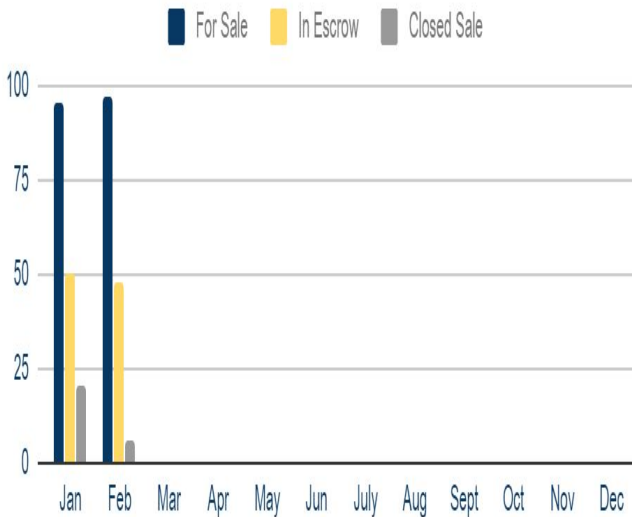


13741 Annandale Dr., #18J, M1 \$145,000
Basic 1 Bedroom, 1 Bath with New Flooring and Paint throughout. A/C Heat Pump, Dishwasher, 2 Skylights, Storage on Patio.



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.

2/13/2020- Year To Date MLS Activity



I have access to the total inventory!

On February 10th, 2020 a total of 97 units show as active listings on the CRMLS (this is where Realtors list property for sale).

10 - 1 bedroom/1 bath
from \$140,000 to \$185,000

54 - 2 bedrooms/1 bath
from \$175,000 to \$417,999

33- 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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