

WEAR A MASK



Protect Yourself & Others

Don't Get Caught - Get Your Shot

HEALTHY BRAIN

EXPO

The Alzheimer's Family Center is hosting a virtual Healthy Brain Expo on Sept. 24. Doctors will discuss the difference in normal brain aging and dementia memory loss. They include:

- Nasira Burkholder-Cooley, DrPH, RDN, on Super Foods and the Brain
- Teryn Clarke, M.D., on Brain Health
- Michael Cooley, DDS, on Oral Health and the Brain
- Cheryl Alvarez, Psy.D, on Healthy Brain Aging: It is Not All in Your Head!

You can watch on the Leisure World Channel, Seal Beach channel and *you-tube/SBLW*.

You can receive an electronic hand-out if you RSVP with the Alzheimer's Family Center.

As a thank you for virtually attending the Healthy Brain Expo, Alzheimer's is offering free memory checkups and free caregiver counseling.

For more information or to schedule a memory checkup, call Judy Osuna at (714) 593-9630.

SEAL BEACH POLICE

Loud car complaints lead to crackdown

During the last several weeks, the Seal Beach Police Department has received numerous complaints about loud vehicles with modified exhaust traveling on Seal Beach streets.

As a result of the disruptive noise complaints and the number of illegally modified vehicles seen and heard, the Seal Beach Police Department has launched an enforcement campaign to address these safety and quality-of-life issues.

To educate the public on the rules surrounding vehicle exhaust laws and notify the community of the upcoming enforcement operations, the Seal Beach Police Department placed several electronic sign boards with a warning message along Seal Beach Boulevard, Pacific Coast Highway and First Street.

The Seal Beach Police Department has also launched a social media campaign to heighten awareness of loud exhaust noise and increased enforcement of this violation. Visit the Seal Beach Police Department on Facebook and Instagram to view these posts @ *sealbeachpolice*.

ENFORCEMENT OPERATIONS

From Aug. 23-Sept. 8, the Seal Beach Police Department fielded 23 shifts of directed traffic enforcement using patrol officers to specifically target California Vehicle Code violations pertaining to

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2020 FLU CLINIC

It's drive-through—in your own car, a cart, or on a Minibus



2020 Flu Shot Clinic-Oct. 1
Sponsored by OptumCare Health Care Center

The flu shot is more important than ever this year—this year OptumCare at the Health Care Center is doing things a little differently. To help keep everyone safe and socially distanced, it will have its first-ever drive-through clinic.

The clinic will be held in the Clubhouse 4 parking lot on Thursday, Oct. 1, between 8 a.m.-3 p.m.

Face masks or coverings are required.

Here's How It Works

For cars:

Use the north entrance. The clinic will be held behind Clubhouse 4. There will be signs and personnel to guide traffic. See the yellow lines on the map, page 2.

- After you get your shot, exit onto Northwood Road.

For scooters, bikes, shuttles, golf carts and walk-up appointments:

Tables will be set up in front of Clubhouse 4. Wear a face mask or covering. See the red lines on the map, page 2.

How do I know if I can get my flu shot here?

- If your primary care doctor works at an Optum location, you can get your flu shot.

There is no copay.

FLU, page 2



➔

OPTUMCARE AT THE HCC

Frequently Asked Questions

by Carson Blomquist
OptumCare

It's that time of the year: influenza season.

This has been a tough and unpredictable year, but if there is one constant, it is flu season. And that season is just around the corner. With everything going on, getting a flu shot is particularly important this year.

There are a lot of questions about the flu shot. Here are some we hear the most:

- *I'm healthy. I don't need a flu shot, do I?*

Being healthy is all the more reason to get a flu shot! If you get the virus, you may not have many symptoms. But you can still spread it to others. The flu shot doesn't just protect you; it also protects your loved ones.

Q&A, page 2

NO FUSS, NO MUSS

Take the Bus There and Back

This year's OptumCare at the HCC Flu Shot Clinic is a drive-through event but GRF members can avoid the hassle by using GRF Minibus service for transportation to and from the clinic. The blue-and-white buses will be available to take any resident to the flu clinic on Thursday, Oct. 1. All bus routes (A,B,C,D) will be operating on the regular weekday schedules as printed in the 2020 Minibus booklet. See pages 12-19 for route maps and timetables.

This service will be available from 8:45 a.m.-4:15 pm. Schedule books can be picked up from any Leisure World Minibus. Just stop the bus and request a copy from the driver. You can also call (562) 431-6586, ext. 372, and request a copy be delivered.

All Access bus resident passengers can make an appointment for the Access Bus beginning on Monday, Sept. 28. Limited appointments will be made on the half-hour from 8 a.m.-3 p.m. Call (562) 431-6586, ext. 379, to schedule an appointment time to ride the Access bus. This service is for residents who have

MINIBUS, page 2

OC VOTE 2020

LW choices: Ballot drop box or Oct. 30 pop-up voting center

Because of the ongoing pandemic, local voters' options to participate in the Nov. 3 election will be either low-contact or no-contact, according to the Orange County Registrar's Office.

In-person voting will include masks, social distancing and other precautions, but everyone also will get an already-stamped mail ballot they can send back or deposit at any drop box or vote center.

Most voters will likely choose to vote at home, as eight out of 10 voters in the March primary used a mail ballot, and the OC Registrar expects at least the same percentage to do so in the general election.

In Leisure World, a permanent ballot drop box has already arrived for the convenience of voters here. The drop box is located near the bus stop at the Amphitheater, next to the U.S. Mailbox. It is accessible to drivers, pedestrians and those in mobility vehicles.

Ballots will be mailed starting the week of Oct. 5, the same day that the ballot box will be unlocked to receive votes, according to

VOTE, page 3



Ballots will be mailed starting Oct. 5. This ballot drop box at the Amphitheater bus stop near Administration will be unlocked to receive votes that day.

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There will be one entrance for cars and a separate entrance for scooters, bikes and carts. The clinic will be located behind

Clubhouse 4. There will be signs to guide traffic. People are asked to come at times designated by mutuals (see chart below).



You will need a signed consent form to get your flu shot. Pick one up at the entrance to the Health Care Center, from a Minibus or at the GRF Recreation Office in Building 5.

Q&A
from page 1

• *I never leave home. Why should I bother with the flu shot?*
These days we're getting everything delivered to us: groceries, takeout, medications, and more.
We wear masks in public, and we keep our distance from others. And we're being extra cautious by spending time with loved ones through virtual calls.
Even with all these precautions, it doesn't take much for the flu virus to spread. Consider the flu shot an extra dose of protection—and pat yourself on the back for being so cautious.
• *I saw something on Facebook about vaccines being unsafe.*
Facebook is a fun way to connect with other people. It can also be a spreader of incorrect information. If you're not sure if the flu shot is right for you, ask your doctor. They know your medical history and can help you make the right choice for your needs.
• *I have a lot of health conditions. Is the flu shot safe for me?*
The flu can make other conditions, like diabetes and heart disease, much worse. Protecting yourself against the flu means managing your current conditions. It also means talking to your doctor. That may not be the answer you want to hear, but your doctor really does know best. They can listen to your concerns and help you come up with ways to stay safe.
• *Is it safe to get the flu shot during the pandemic?*
COVID-19 and influenza: What a scary time. You can do your part to be safe—and keep others safe—by getting your flu shot.
It's especially important this year, since these are both respiratory viruses. The flu vaccine doesn't protect against COVID-19, but it's a way to keep yourself protected from another dangerous virus.

FLU
from page 1

- If your primary care doctor does not work at an Optum location:
»If you have Original Medicare and are not a Medicare Advantage patient, you can get your flu shot. There is no copay.
»If you are a Medicare Advantage patient and your insurance card **does not** have Monarch Healthcare on it, it is unable to provide the flu shot unless you pay cash. Contact your Primary Care Physician to find out what locations are available to you.
 - The regular adult dose flu shot is \$40 and the high dose for high risk individuals is \$65.
 - Many pharmacies are now offering flu shots. Check with your doctor's office to learn more.
- What do I need to do before getting my flu shot?**
- Bring a consent form filled out upon arrival to the flu clinic.
 - Bring a picture ID and insurance card.
 - Wear a short sleeved or sleeveless shirt.
 - Wear a face mask or covering.
 - Come at the assigned time for your Mutual (see chart below)
- Where do I get a consent form?**
- At the Health Care Center (see photo at left)
 - Recreation Office, Building 5
 - On the Leisure World Buses

The following are appointment times for all Mutuals on Oct 1. To help with traffic control, residents are asked to adhere to the following schedule if possible:

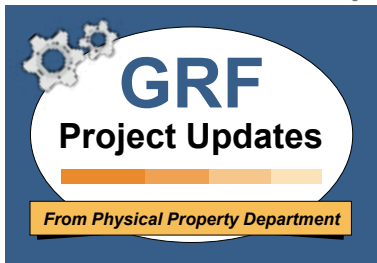
Mutuals 4 and 11	8-8:45 a.m.
Mutuals 1 and 17	8:45-9:30 a.m.
Mutuals 10 and 14	9:30-10:15 a.m.
Mutuals 2 and 16	10:15-11 a.m.
Mutuals 12 and 15	11-11:45 a.m.
Mutuals 3 and 5	11:45 a.m.-12:30 p.m.
Mutuals 6 and 7	12:30-1:15 p.m.
Mutuals 8 and 9	1:15-2 p.m.

For people who miss appointments, shots will be give from 2-3 p.m.

MINIBUS
from page 1

mobility challenges or use a mobility aid, such as a wheelchair.
There will be an on-call bus available for immediate passenger pickups all day on Thursday from 7:45 a.m.-4:15 p.m., but this service will be subject to delays of up to 30 minutes depending on demand.
Call (562) 431-6586, ext. 372, for the on-call flu clinic bus on Thursday only.

We recommend using the scheduled Minibus routes as printed in the 2020 Minibus schedule book.
All bus passengers will be required to wear a face covering.
No mask, no ride. Also, due to social-distancing requirements, buses may have limited available seating. Bring completed flu waivers, which can be picked up at the HCC, the Recreation Office or on any GRF bus.
For more information, information, contact Grant Winford, (562) 431-6586, ext. 372.
—GRF Fleet Manager
Grant Winford



GRF projects are underway around the community despite slowdowns attributed to the COVID-19 repercussions. This column will update residents on the progress of various construction projects. The information is provided by GRF Facilities Director Mark Weaver and Physical Property Manager David Rudge.

LW POOL

Progress on the pool project continues despite challenges posed by COVID-19, which is slowing coordination of plans from the architect and pool engineer.

Skylight framing and the electrical panel are complete, and work on underground plumbing in ongoing.

The finished facility will include a five-lane pool, a 30-by-30-foot activity area with a volleyball net, a 9-by-25-foot spa, new locker rooms and a lounge area in a reconfigured space to maximize its potential.

PAVING PROJECT

The 2020 Trust Street Paving project will run through October. Grind and overlay projects are ongoing around LW.

The parking lot at clubhouses 3 and 4 will be slurry sealed, and cracks filled from Sept. 25-30 and Northwood Road is scheduled for Oct. 2-8.

Drivers are asked to obey construction zone signs, speed limits and flagmen during construction.

FITNESS CENTER

New equipment is being installed in dedicated fitness areas, which include a flex and stretch zone, a free weight area and two strength circuits, plus a "smart" group fitness room. The smart upgrades include an Echelon Smart Connect Fitness Mirror, the latest in fitness technology that looks just like an average mirror but provides an interactive workout experience through the device. Exercisers can view their reflections on screen as a virtual trainer guides them step by step to ensure proper form and technique.

LEARNING CENTER AND KITCHEN

Work is underway on the new Learning Center demonstration kitchen in Clubhouse 3. The demonstration kitchen will host cooking classes, chef-inspired dining experiences and provide a dining space where residents can cook for themselves and host parties.

UPDATE, page 3



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Last Call for Calendar Shots

The LW Weekly will produce a 2021 wall calendar featuring the work of Leisure World photographers in time for the holidays.
The deadline is Sept. 30. Potential contributors should submit large, high-resolution, 300 dpi images in landscape format of places and spaces in and around Leisure World and Seal Beach. Photos of people are not eligible.
Cell phone photos should be emailed in the "actual size" format. Email entries to stephenb_news@lwsb.com with name, address, phone number and a brief description of the photo. For information on technical requirements, call 431-6586, ext. 392.
The calendar will be delivered to every unit for free. Additional copies may be purchased for \$1.50.

NEIGHBORS HELPING NEIGHBORS

GAF supports Pathways program

In July 2013, Charla Gae retired and moved into Leisure World. As an active adult, she was excited about the many opportunities that Leisure World had to offer for both learning and entertainment. Being a musician, Charla joined the Cabaret Singers, the Theater Club and helped form the Silverwood Band. She also joined other clubs like the Traveling Tigers, the Scrabble Club, and co-founded the Wellness Club.

Those activities made her life very enjoyable, but she still felt like something was missing.

"I wanted to find a way to give back that wasn't all about me. It was my desire to try and make someone else's life better," Charla said. She read about Pathways, a community service non-profit, in the LW Weekly, took the friendly visitor training and signed up to become a volunteer.

Pathways seeks to match LW residents to other stakeholders who might enjoy a new friend. Some of the clients are new to LW and need someone to help them figure things out, others might need assistance in finding resources to help them remain safe and independent in their own home, and others may have families who live out of the area and would appreciate some additional support.

After completing the training, Charla was quickly matched with Demetra Monios, a delightful woman who also lives in LW. Demetra's children live out of the area, and even though they visit when they can, both thought a friendly volunteer would be a good addition. Demetra's daughter, Melanie, heard about Pathways and contacted them to see if they could help provide a companion for her mom. The match with Charla turned out to be perfect.

Charla and Demetra quickly bonded and became friends. Before the pandemic, they enjoyed attending many of the LW activities together, even getting up and hitting the dance floor. They especially loved the Amphitheater summer concerts. Demetra's daughter said that "Charla has become a part of the family" and she appreciates having to have someone close by to ensure her mom has what she needs. Charla has become what Pathways calls a "Trusted Friend."

These days the connections are different, but the program is still available.

PATHWAYS, page 11

VOTE

from page 1

to Espie Martinez, the vote center support lead for the Registrar's Office. The Ballot Drop Box is a secure and locked receptacle where voters can drop off their vote-by-mail ballots in the same manner they would at a U.S. mailbox.

Election officials from the Registrar's Office will pick up ballots as needed, sometimes daily as Election Day draws near. Ballots will be delivered directly to its facility, an expedited process that uses no outside entities that might delay or otherwise compromise receipt of ballots.

Ballot drop boxes are one of many newer ways voters will be able to cast their ballots since the Orange County Registrar of Voters, the agency that oversees elections, has shifted to Vote Center elections.

Starting this year, LW voters will no longer report to clubhouse polling stations to cast ballots on Election Day. Instead, every one of the county's roughly 1.6 million registered voters will receive a vote-by-mail ballot.

Voters will be able to mail in their ballots (no postage necessary), drop them off at any Vote Center located within the County, or place them inside a secure ballot drop box. These options offer more flexibility, access and convenience when casting votes.

As an additional voting choice for those who prefer to vote in person, GRF will be hosting a one-day Voting Popup Center on Oct. 30 at the circle between clubhouses 3 and 4. People can also vote in person at Orange County Fire Station No. 48 on Northgate Road, and there is another permanent ballot drop box located at Mary Wilson Library, 707 Electric Ave, Seal Beach.

There will be plenty of COVID-19-related precautions. The number of people allowed inside vote centers at any given time will be limited, with markings on the floor for proper distancing and voting booths spaced apart.

Hand sanitizer will be available near entrances and exits. Face coverings will be given to whoever needs one. The Registrar's Office ordered 300,000 pens for filling out ballots so nobody has to share (and voters have a souvenir to take home). Even the "I voted" stickers will be distributed by hands-free dispensers.

For additional information, contact the Recreation Department at kathyt@lwsb.com.



LWers Charla Gae and Demetra Monios at a 2019 Good Times Roll event in Clubhouse 2 (this photo was taken before the COVID-19 mask requirement).

CITY OF SEAL BEACH

ADA survey is due by Sept. 30

The City of Seal Beach is undertaking a survey of accessibility needs for people with disabilities to collect vital feedback that will shape the city's transition to greater accessibility for all.

The city is developing an American with Disabilities Act (ADA) Transition Plan to make programs, services, facilities and public right-of-way more accessible to persons with disabilities. Gathering feedback from the community is an important part of this process.

How To Provide Your Input:

The development of the ADA Self-Evaluation and Transition Plan is currently underway, and the city would like to hear your comments and concerns regarding accessibility to assist in the plan development.

Help with this process by listing your concerns regarding accessibility of the public facilities within the City of Seal Beach.

The city is looking for input from:

- Individuals with disabilities.
- Senior citizens.
- Individuals and members of groups that encounter barriers related to transportation, such as parents of children with disabilities.
- People with experience and knowledge of ADA planning and requirements, or serves disabled populations.
- Any interested Seal Beach resident and/or business owner.

Time Frame

The survey is now available online at the City of Seal Beach's website www.sealbeachca.gov. It will be open through Sept. 30; click on the "ADA Public Input Questionnaire" button.

In addition to the online form, a hard copy can be made available by contacting Iris Lee at (562) 431-2527, ext. 1322 (ilee@sealbeachca.gov), or Denice Bailey, (562) 431-2527, ext. 1328 (dbailey@sealbeachca.gov).

SBPD

from page 1

loud and modified exhaust. The California Office of Traffic Safety provided over \$6,442 of grant funding to the SBPD and \$3,339 was spent from the SBPD Field Services overtime budget to conduct these operations.

As a result of these operations:

- 128.5 total hours of directed traffic enforcement were conducted,
- 48 citations for loud exhaust violations were issued,
- 28 citations for other California Vehicle Code violations were issued,
- Seven arrests were made, including two arrests for driving under the influence; one felony warrant arrest and three vehicles were impounded.

—from the Seal Beach Police Department

LW Weekly

430-0534



A Crape Myrtle tree in full bloom caught the eye of Phyllis Poper in Mutual 14. She has lived in Leisure World for 20 years and has never seen it bloom. Now she knows that the showy summer flowers are a beautiful shade of pinky purple.

LW Security Recap—August 2020

The following report is a recap of incidents reported to the LW Security Department in August.

There were a total of 235 incidents reported; the following is an overview:

- Paramedic calls: 144
- Theft: 12—*Most thefts were crimes of opportunity, with items reported taken from unlocked vehicles, bicycles and storage units.*
- Vandalism: 3
- Hit and Runs: 2
- Traffic Accidents: 4
- Death Investigations: 15
- Lost Residents: 3
- Injury: 9
- Noise Complaints: 2
- Power Outages: 2
- Fires: 0
- Unauthorized Entry: 5—*Three unauthorized entries were attributed to caregivers/cleaners/family members who were no longer welcome at residents' apartments. One entry was made by a pedestrian walking through the gate. Seal Beach police were called and the person was removed. One entry was made by person who "ran the gate" without a pass and was found five minutes later by Security patrol. Seal Beach police arrested the suspect.*
- Miscellaneous Incidents: 34—*This includes incidents such as neighbor or domestic disputes, dog violations, etc.*

—Security Services Director Victor Rocha

UPDATE

from page 2

The Learning Center will be in Rooms 9 and 10 of Clubhouse 3, which are now being refurbished from the floor up to accommodate classrooms that will include computer stations, state-of-the-art audio-visual equipment and assistive listening devices, a "smart" board and two 80-inch monitors, to augment lecture sessions.

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Perspectives

IN APPRECIATION

Anita Ragole: Sophistication and Service

Editor's Note: Anita Ragole of Mutual 10 died on Sept. 16. She was a well-known and beloved figure in Leisure World, participating in many clubs and especially known for her musical talent and generous spirit. The following is an appreciation by her friend Rhonda Sandberg.

by Rhonda Sandberg
special to the LW Weekly



Anita Ragole

I often called her “sophisticated lady” because she dressed and carried herself like a model. I have known and worked with Anita Ragole for over 12 years. When we met, she was a member of the Leisure World Chorale.

I had just become the director, so I was getting to know the members a little at a time. As is usual, there are those in any group who immediately stand out, and this was Anita. She not only was a standout as a very pretty lady, but she also became a great help to me right away, especially in coordinating with the governing aspects of Leisure World. Anita was a fervent supporter of the Chorale as well as a fine soloist. It was not long before I then found out how valuable she was to many clubs within the community.

In less than one year, I knew that Anita Ragole was most certainly a treasured, active and well-known resident of Leisure World.

Over the years, the support Anita gave me proved vital as we navigated the various changes that naturally occur in any organization. Whether it was room reservations for concerts and rehearsals or food service for our shows or proper paperwork to be submitted, Anita always knew what to do. I often told her she was my left brain because I am much better at the creative, right-brain side of things than the technical, left-brain side. Without her, the left-brain needs of my groups would never have gotten

done! When I wanted to start another choir, the Good News Singers, Anita was right there to guide me through the process. As usual, she made it happen, so another choir was born in Leisure World, thanks to Anita Ragole. Approximately two years after we started the Good News Singers, I had an idea to teach a performer’s workshop. Anita immediately got to work and made this class come to fruition under the umbrella of the Chorale. So, thanks to Anita, I was able to have three wonderful classes with many talented Leisure World performers.

Speaking of “left brain” abilities, I always marveled at the cool head Anita demonstrated in a lot of incidents over the years. For example, we decided to take pictures of the Chorale just prior to a concert. She organized it and asked Kip Watkins to be the photographer. Kip set up the shot, but for some bizarre and unknown reason, many of the choir members freaked out simply because they were seated facing in a different direction than they normally sat for performances. One man even said to me “I can’t sing in the concert. This is too upsetting.” My hothead instinct would have been to say “just do it,” but instead, Anita simply asked Kip if we could face the chairs in the same direction as they were to be placed for the concert. Kip

APPRECIATION, page 6

COVID CHRONICLES

LW musician inspired by virus: ‘Don’t Let Your Nose Hang Out’

Musician Linda Herman of Mutual 12 is an observant person, and she has written six songs directly inspired—if you can call it that—by COVID-19 and the times we find ourselves in. Among the most amusing is one called “Don’t Let Your Nose Hang Out.”

The first one she wrote is called “Social Distancing,” a ballroom rap song; then came “Off The Grid,” after she took a trip to the Bishop area to get off the grid, followed by “Covid Blues” and “C’mon Man.” Her last one is called “Politician Privilege.”

She does a lot of walking, mostly to Seal Beach and back, a seven-mile round trip.

“I see so many people wearing masks with their noses hanging out. Why not a song?” she asked herself. “Seems like the words come to my head in the middle of the night. So a song is born, both words and music. Guess it is my way of dealing with all the fear and madness. Personally I refuse to live in fear. How much time do we have left in this world?”

She sees noses peeking out on the LW Golf Course and even at GRF meetings: “What really bothers me is watching GRF meetings and seeing directors and some staff with their noses hanging out. I think that was my real inspiration for the song, also my inspiration for my last song ‘Politician Privilege.’”

Here’s the lyrics to “Don’t Let Your Nose Hang Out” and you can see any and all of Linda’s songs on youtube.com. Just type “Linda Herman” and the title of the song and it will pop up.



Linda Herman with her accordion

Don’t Let Your Nose Hang Out

Don’t let your nose hang out
Don’t let your nose hang out
Wear your mask
Don’t make me shout
Don’t let your nose hang out

Every morning when I get up I

put my best mask on
My nose is sticking out you see
Cause I can hardly breathe

My glasses fog and I can’t see.
What’s up with that?
To hell with this stupid mask

I’ll let my nose hang out

Don’t let your nose hang out
Don’t let your nose hang out
Wear you mask
Don’t make me shout
Don’t let your nose hang out

Letter to the Editor

Editor:

Terry Thrift’s letter (Sept. 3) has valid points, but there are some facts that also need to be pondered.

First, the additional income stays local. That means Sacramento will not control the purse strings.

Secondly, the United Teachers Los Angeles is a union. It has its viewpoint, but it is not given the tax money.

Third, state income taxes may or may not be increased. Consider how hospitals and local communities are going broke trying to combat the COVID-19 virus.

Fourth, the proposition would activate in steps.


Fifth, large businesses have not paid their fair share of taxes for 40 years.

The small print in Proposition 13 allows businesses to buy properties without an increase in property taxes if there are three or more owners with none of them owning over 50 percent of the property.


Yes, the proposition is not perfect. But, it makes things better than they are now.

The Sept. 20 Los Angeles Times has a decent article spelling out many pros and cons on page A17.

W.H Smith
Mutual 15



An Official Golden Rain Foundation Publication
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Leisure World Seal Beach

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Deadlines:
Editorial: 4 p.m. Thursday
prior to publication week
Classified Advertising:
2:30 p.m. Monday of
publication week

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

Phone:
(562) 430-0534
after-hours voice mail
(562) 431-6586

**Missing LW Weekly
Newspaper:**
(562) 472-1284

Mailing Address:
P.O. Box 2338
Seal Beach, CA, 90740

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

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Government

GRF Committee Meetings

Golden Rain Foundation committee and board meetings are open to Leisure World residents. The following is a tentative schedule (*meetings are dependent on orders related to COVID-19; check schedules for latest information*). *Public health and safety measures will be in place to protect membership and staff with limited in-person seating at Clubhouse 4. Physical distancing and wearing a face mask are required:*

Thurs., Sept. 24	Architectural/Design Review Committee Clubhouse 4 1 p.m.
Tues., Sept. 29	GRF Board Meeting Clubhouse 4 10 a.m.
Thurs., Oct. 1	Physical Property Council virtual 1:30 p.m.
Fri., Oct. 2	GRF COVID-19 Ad Hoc Committee Clubhouse 4 10 a.m.
Fri., Oct. 2	GRF Board Executive Session virtual 1 p.m.
Mon., Oct. 5	Recreation Committee Clubhouse 4 1 p.m.
Mon., Oct. 5	Special GRF Board Meeting Clubhouse 4 10 a.m.
Wed., Oct. 7	Physical Property Committee Clubhouse 4 1 p.m.
Thurs., Oct. 8	Communications Committee Clubhouse 4 1 p.m.
Mon., Oct. 9	Finance Committee Clubhouse 4 10 a.m.
Fri., Oct. 9	Executive Committee Clubhouse 4 1 p.m.
Mon., Oct. 12	Mutual Administration Committee Clubhouse 4 1 p.m.
Tues., Oct. 13	Website Ad Hoc Committee Administration..... 1 p.m.
Thurs., Oct. 14	Security, Bus and Transportation Clubhouse 4 1 p.m.
Tues., Oct. 27	GRF Board Monthly Meeting Clubhouse 4 10 a.m.

Schedule of Mutual Meetings

Mutual residents are invited to attend the open meetings of their mutual boards (*schedule subject to change*).

Thurs., Sept. 24	Mutual 1 virtual.....9 a.m.
Fri., Sept. 25	Mutual 6 virtual..... 9:30 a.m.
Mon., Sept. 28	Mutual 8 (open forum, 9:15 a.m.) virtual..... 9:30 a.m.
Thurs., Oct. 1	Presidents’ Council virtual.....9 a.m.
Tues., Oct. 6	Mutual 16 virtual..... 9:30 a.m.
Tues, Oct. 6	Mutual 17 virtual 1:30 p.m.
Thurs., Oct. 8	Mutual 12 virtual.....9 a.m.
Fri., Oct. 9	Mutual 3 virtual.....9 a.m.
Mon., Oct. 12	Mutual 9 virtual.....9 a.m.
Wed., Oct. 14	Mutual 4 (open forum, 9:15 a.m.) virtual..... 9:30 a.m.
Thurs., Oct. 15	Mutual 2 virtual9 a.m.
Thurs., Oct. 15	Mutual 11 virtual 1:30 p.m.
Mon., Oct. 19	Mutual 15 virtual..... 1 p.m.
Tues., Oct. 20	Mutual 14 virtual..... 1 p.m.
Wed., Oct. 21	Mutual 5 virtual.....9 a.m.
Wed., Oct. 21	Mutual 7 virtual..... 1 p.m.
Thurs., Oct. 22	Mutual 1 virtual.....9 a.m.
Fri., Oct. 23	Mutual 6 virtual..... 9:30 a.m.
Mon., Oct. 26	Mutual 8 (open forum, 9 a.m.) virtual..... 9:30 a.m.

2020 OC VOTE

LW has been divided among four voting areas

Chris Forehan is a candidate for the Los Alamitos Unified School District, Board of Education, Trustee Area 2, which includes parts of Leisure World. He is running against Jody L. Roubanis.

The Orange County Committee on School District Organization and the State Board of Education recently approved the Los Alamitos Unified School District Board plan to divide the district into five trustee voting areas.

Leisure World, once a single voting area, has been divided among four voting areas, according to a Los Alamitos Unified School District map. It redistributes schools across the trustee areas, with Lee and Weaver elementary schools and Oak Middle School in Area 2. Area 2 includes the northern and western parts of Los Alamitos and Rossmoor but does not include College Park West, which is linked to central Seal Beach in Area 5.

Areas 2 and 4 are currently vacant. Instead of voting for all five members of the school board, a voter will select one trustee to represent his or her area of the school district.

The school board moved to a trustee-area voting system because the California Voting Rights Act strongly discourages the previous at-large system. Dividing the school district into trustee areas helps ensure that minority group voting rights in the community are protected and not abridged or diluted.

Candidate Chris Forehan has worked in education for 38 years as a teacher, principal and retired as the Assistant Superintendent of Educational Services (K-12). His goals are to use science-based rationale for decisions about how schools work; maintain the priority of maximizing learning for all students in academics, the arts, athletics and activities; and emphasize the importance of honoring all people, their backgrounds, their culture and their stories. He also seeks to maintain the fiscal integrity of the district so that dollars are available in this

VOTE, page 6

GRF Board of Directors Meeting Agenda

Clubhouse Four
Tuesday, September 29, 2020, 1:00 p.m.
Via Live Stream

- To view the live GRF Board meeting:
- Go to www.lwsb.com
 - Click on the [Live GRF Board](#) meeting tab.
 - The live streaming uses YouTube live and terminates at the close of the meeting
- 1) Call to Order/Pledge of Allegiance
 - 2) Roll Call
 - 3) President’s Comments
 - a) Announcements
 - 4) Seal Beach City Council Member’s Update
 - 5) Health Care Advisory Board Update
 - 6) Shareholder/Member Comments
 - a) Written, submitted prior to meeting
 - b) Verbal, via live streaming

Note: Foundation Shareholder/Members are permitted to make comments before the meeting business of the Board begins. The Open Meeting Act allows boards of directors to establish reasonable time limits for the open forum and for speakers to address the board. (Civ. Code §4925(b).) Time limits, per speaker, are limited to:

 - 4-minute limit per speaker, when there are no more than 15 speakers
 - 3-minute limit per speaker, 16 - 25 speakers
 - 2-minute limit per speaker, over 26 speakers
 - 7) Consent Calendar
 - a) GRF Board of Directors Minutes, August 25, 2020
 - b) Special GRF Board of Directors Minutes, August 31, 2020
 - c) Special GRF Board of Directors Minutes, September 17, 2020
 - d) Accept Financial Statements as of August 2020 for Audit
 - e) Approve Reserve Funds Investment Purchase
 - f) Approve Capital Funds Investment Purchase
 - 8) Reports
 - a) COVID-19 Ad Hoc Committee
 - b) Facilities and Amenities Review (FAR) Ad hoc Committee
 - c) Management Services Review Ad hoc Committee
 - d) Strategic Planning Ad hoc Committee
 - e) Website Ad hoc Committee
 - 9) New Business
 - a) General
 - i) Reserve Funding Request – 2020 Paving Project Contingencies
 - b) Communications/IT Committee
 - i) Capital Funding Request-Synology NAS Backup Solution
 - c) Executive Committee
 - i) Approve Amended GRF Employee Handbook
 - ii) Amend 30-5094-4, Custodian of Record
 - iii) Amend 30-5155-3, Plan Investment Administration Committee
 - d) Finance Committee
 - i) Reserve Funding Request - Forklift
 - 9) Board Member Comments
 - 10) Next Meeting/Adjournment
- GRF Board meeting, Tuesday, Oct. 27, 10 a.m., Clubhouse 4**

Recap of GRF Board Meeting—Sept. 17

Reviewed all Cost Center proposed budgets for incorporation into the 2021 Operating budget and made recommendations to staff for amendments to the budgets to be presented at the September 29, 2020, GRF Board meeting, for final approval.

COMMENTS/QUESTIONS FROM THE MEMBERSHIP Sept. 29, 2020—GRF Board of Directors Meeting

Today’s Date: _____

Your Name (please print): _____ Mu # _____ Apt. # _____

My Subject is: _____

The Open Meeting Act allows boards of directors to establish reasonable time limits for the open forum and for speakers to address the board. (Civ. Code §4925(b).) Time limits per speaker are limited to:

- 4-minute limit per speaker, when there are no more than 15 speakers
- 3-minute limit per speaker, 16-25 speakers
- 2-minute limit per speaker, over 26 speakers



In the good old days—last year—Mutual 6 volunteers (above) turned out for the annual Great California ShakeOut earthquake drill in October. Nearly all Mutuals participated. This year, the ShakeOut drill has been canceled but Mutual 6 found a way to modify the drill to keep preparedness on everyone's radar (in case the 4.6 earthquake near South El Monte Sept. 19 wasn't a good enough reminder.)

DROP, COVER AND HOLD ON

Mutual 6 residents to have a scaled-back drill this year

by Lynn Baidack
LW contributor

Mutual6 is a top participant in the annual California ShakeOut earthquake preparedness drills held every year. Like most events this year, the ShakeOut has been cancelled because of COVID-19.

But Mutual 6 residents will modify its participation with a scaled-back drill featuring sheltering in place, a face mask give-away and the dissemination of OptumCare Flu Shot Clinic information.

The mask give-away is made possible by the many LW sewing

groups who supplied them.

Due to a limited mask supply, it will be one per person to those who have not yet received a Mutual 6 mask.

In keeping with the theme of "Staying Safe," flu clinic information will be available.

The event date is Monday,

Sept. 28, from 10-11 a.m., in Mutual 6 at 62-F. Face masks are required to participate and have your LW Member ID.

Animals should be kept safe at home; space is limited.

Thank you to all the Mutual 6 volunteers who make this yearly event a success.

VOTE

from page 6

difficult time and in the future.

He has two children who were educated in the Los Alamitos Unified School District, qualifying them to enter four-year universities out of high school. He has two grandsons attending Lee Elementary.

He has lived in Trustee Area 2 for 40 years.

Candidate Jody L. Roubanis could not be reached for comment.

APPRECIATION

from page 4

did this, and all was well. Another incident comes to mind when several of our lady friends attended an event out of town. One of the ladies accidentally slipped and fell when she was trying to get into the van. Most of us went into a panic, but Anita simply got out her cell phone, called 911, and calmed the lady who fell. She cleared the panicked people away from the lady in order to keep her calm, and I dutifully locked myself in the van to just stay out of the way, knowing that Anita had everything under control. There are many, many more incidents like this, but there is no room in this article to enumerate them, so suffice it to say that Anita Ragole was a steady, smart, cool-headed, helpful, and capable person with a heart for the people around her. She was always ready to lend a hand in any way she could with the giftings that God gave her.

The First Christian Church of

Leisure World was blessed to have Anita as their choir director and soloist. When I was searching for a church for myself, she told me of her church, so I attended and soon became a member there. About a year after I joined the church, there was a need for a pianist, so it was Anita who compelled me to apply for the job. Thanks to her, I continue to happily be the pianist for this wonderful church with Anita's dearest friend, Pat Kogok, as the organist. As a fellow Christian, it was nice to work under Anita's direction of the choir as she had worked under my direction of the choirs she helped to create.

The aforementioned aspects of Anita as a help and a support for the work I have done in Leisure World will always mean everything to me, but this tells only half of the story. Anita also became a true friend. We lunched together frequently, often making plans for the upcoming concerts as well as simply chatting as good

friends do, always managing to discuss world events and politics as well as favorite TV shows. We had frequent chats in the parking lot outside of Clubhouse 3 after rehearsals and in the church parking lot after the service. We always said that our chats ended never with a period, but always with a comma, to be continued at a later date. Anita was also present and supportive when I lost my husband and sister and two dogs. In 2018, I injured my shoulder quite badly, and it was Anita who stepped up and drove me to the doctor for the visits I required.

Sadly, Anita had been struggling health-wise for a little over a year. She was never one to complain, but as I spoke with her each day, I could feel her slipping away. That “Anita Ragole spark,” with which I and many of her friends in Leisure World were so well acquainted, was beginning to dim. Her dearest friend, Pat Kogok, and I talked often about

our concern for her, always wanting what was best for her but not really, truly knowing what “the best” would be. Our church members, especially Margaret Humes and Lita Fernando, brought a lot of comfort and food to her in her waning days, and I know she liked our daily chats and her frequent visits and lunches with Pat. As time went on, it became clear that Anita was going to need more help, so her family decided to move her from her beloved Leisure World to a place where she could get more care. Prior to being moved, Anita was at her home for one day where, thanks to Pat Kogok’s call to me that day, I was able to see and visit with Anita one last time. For this, I will always be grateful because she was still lucid and smiling, eating her favorite chili from Wendy’s that Pat had brought for her.

Anita Ragole left this life on Wednesday, Sept. 16, 2020, at approximately 12:15 p.m. Pat Kogok received a call from Anita's

daughter Gigi, and Pat then called me. Both of us felt a void for having lost such a dear friend whose presence in our lives was so significant. But we both also felt a relief for the end of her suffering, knowing that, as a Christian believer, Anita transitioned out of here and was immediately in the presence of our Lord and Savior Jesus Christ. So, as Christians ourselves, Pat and I know that we will see Anita again in Heaven.

To Anita, dear friend, thank you for all that you were, are, and will always be to me personally.

Thank you for the frequent laughter, for the camaraderie, for your care, and for your generosity in loaning me your "left brain." Until we meet again, my dear, enjoy your wonderful new life!

For those who would like to remember Anita Ragole as we all knew her, google “Anita Ragole at Marge Archibald’s 94th Birthday Party” and click on the *youtube* video.

—paid obituary

Connecting with the News

The Leisure World Weekly office is closed to the public in an effort to slow the spread of COVID-19 in the community. Staff is working on-site and remotely to produce the LW Weekly. Editors can be reached by phone and email. See page 4 of any edition for editors' addresses or send emails to rutho_news@lwsb.com, and submissions will be directed to the appropriate editor. People may drop hard copy into the letter slot at the front of the News Building. The deadline is Thursday for the following Thursday's edition. For more information, call (562) 472-1277.

All classified and display advertising will be accepted by telephone at (562) 430-0534. The Weekly can accept credit or debit payments over the phone or people can put checks through the mail slot in the door of the News Office near the Amphitheater.

Family Service Radio User Drills

Calling all Family Radio Service Users in Leisure World—the Radio Club provides an opportunity for a Family Radio Service (FRS) practice drill every Wednesday. Call-in time is from 9:30-9:45 a.m. on Channel 13/0. For more instruction on use of the FRS radio, contact Leisure World Radio Club President Rich Erickson, rjrxn@yahoo.com, or call (562) 431-6586, ext. 409, to leave a message.

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A black and white photograph of two men, Mike and Mike, standing side-by-side. The man on the left is wearing glasses and a dark polo shirt. The man on the right is wearing a light-colored polo shirt. They are both smiling. Behind them is a wall with several framed pictures or certificates.

Community



Sherryl Lee and her dogs, Cowboy and Lance

PAWS, CLAWS AND BEAKS

Lance and Cowboy are the pets of the month for September

By Bonnie Kaplan
LW contributor

The Paws, Claws and Beaks Club has named Sherryl Lee's dogs, Cowboy and Lance, as its' pets of the month.

Cowboy is a chihuahua/dachshund mix that possibly has a bit of pug in him since his tail curls up so much. He is eight years old this year and true to his watchful nature. He was adopted from the Seal Beach Animal Shelter.

Lance, an English Cocker Spaniel, is seven years old. His fur is so soft and squishy that you just want to hug him. Sherryl has cared for Lance since he was about five months old and he became her Emotional Support Animal when his former LW owner, Cynthia Coleman, passed in 2016. She says that dogs are great together and constantly remind Sherryl of the unconditional love and companionship that exists in her life.

When Sherryl brings out their suitcase so she can go to her daughter's home in Alabama each year, Lance grabs onto her leg and both dogs get upset. Once they get settled at her sisters' home, they are treated like kings during their visit.



MOWL B volunteer Marilyn McGraa (l-r), MOWL B Board Member Adrian Rivera, MOWL B Executive Director Bill Cruikshank, GAF President Anna Derby, MOWL B LW Manager Caron Adler and MOWL B volunteer Doug Zanty pose with the \$10,000 donation check.

GAF

Foundation donates \$10,000 to help shareholders

Meals on Wheels of Long Beach (MOWL B) wishes to express its gratitude to the Golden Age Foundation (GAF) for its additional donation of \$10,000 and its continuing support of the LWers-helping-LWers tradition.

The donation supports MOWL B's, a 501(c)(3) non-profit, mission that focuses on the nutritional and emotional needs of the most vulnerable Leisure World Seal Beach home-bound

residents.

MOWL B was founded in 1971 and began serving Leisure World shareholders in 2013. Service to the community has steadily grown over the past seven years.

Over 180 shareholders receive two freshly prepared meals; a hot dinner, complete lunch, dessert and a beverage delivered every weekday along with a wellness checks by caring and trained community volunteers. The

nominal, discounted service fee is \$8.25 a day.

In partnership with the Pathways program, MOWL B offers its Care Navigation Program (CNP) to all their Leisure World Seal Beach clients. The CNP provides a comprehensive assessment of each client's living situation, nutritional and health needs and creates a care plan designed specifically for that client. Meals on

GAF, page 10

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Contact: (657) 235-2511



Democratic Club

By Mary Larson
LW contributor

Diedre Nguyen is a candidate for election to represent the 72nd District in the California Assembly. Diedre is a prominent cancer research scientist and effective legislator, having served several years as a Garden Grove city councilwoman. Members of the Democratic Club learned about Diedre during a Zoom meeting with representatives from her campaign team on Sept. 16.



Diedre Nguyen

Diedre is currently on the frontlines of fighting the COVID-19 pandemic. Working at the first lab in California approved for testing for this virus, she has seen what it has done to the shortcomings in our health care system. She is committed to working to develop a rational plan to correct the current weaknesses of our nursing homes and other facilities responsible for serving California's elder population.

Speaking on her behalf at the Sept. 16 Democratic Club's second Zoom membership meeting, campaign spokesperson Wil Pond said that Diedre also feels strongly that California must lead on dealing with climate change. As a future legislator at the State level, she plans to support policies that harness the power of our unequalled science and technology sectors to overcome climate change's threats and expand our renewable energy sources. She is especially interested in speeding battery technologies as a key to our clean energy future.

Diedre supports the LGBTQ+ community, the immigrants who have helped make this country great, woman's right to control her own reproductive health, quality affordable childcare, and transportation options that promote a vibrant economy that works for everyone. She also wants to improve mental health access and support for people who are on the edge of homelessness.

Pond's full report can be found on the Democratic Club's website at <https://sblwdems.wordpress.com/resources/>

Club members also heard from Kris Beard, candidate for the Orange County Water District 4, Matt Filler, candidate for the Los Alamitos School District Board Area 5, and Alyssa Napuri, Congressman Haley Rouda's campaign manager.

....

Window signs supporting the following candidates are available by calling (562) 596-0450 or (562) 296-8521:

- Joe Biden/Kamala Harris, candidates for president and vice-president
- 48th District Congressman Harley Rouda, candidate for reelection to the House of Representatives;
- Garden Grove Councilwoman Diedre Nguyen, candidate for CA Assembly District 72;
- Paurvi Trivedi, candidate for Los Alamitos Unified School District Board Area 2.

....

Residents are encouraged to register online at OCvote.com. Volunteers stand ready to assist anyone having problems registering for the first time, changing their address or registering to a different party. Call (562) 412-0898, (562) 596-0450, or (562) 296-8521 or email lwsbdemocraticclub@gmail.com.

....

If you are a registered Democrat or a supporter and want to know more about the club's efforts between now and Nov. 3, you can subscribe to our electronic newsletter at no cost by emailing Mary Larson at mlarson.telfords@gmail.com or by calling (562) 296-8521 with your contact information.

Email **COMMUNITY** stories
to laurie@lwsb.com

HHUG

Collecting items for the homeless

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

HHUG makes two deliveries every month.

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

LIONS CLUB

Free reading glasses available

The Lions Club of Seal Beach has been distributing free reading glasses in Leisure World. Over 200 pairs of glasses have been handed out to 50 plus residents so far. Readers available with various strengths and an eye chart available in the Leisure World Health Care Center.

The Lions Club also has a collections box in the Health Care Center for any old/used prescription glasses that are no longer needed. The Lions Club recycles these and they are given to folks in need at the Vision Screenings in Southern California and Mexico.

Deliveries are available by emailing Frank Brown, cbdemo-town@yahoo.com or Steve Hollen, commodoresteve@gmail.com.



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SUNSHINE CLUB

Randy Ankeny will be Friday's speaker

Randy Ankeny, GRF Executive Administrator, will be the guest speaker for the Sunshine Club's Zoom meeting this Friday.

Ankeny will be speaking about current and future projects in Leisure World and he will answer questions asked by club members as well.

Though COVID-19 has temporarily taken away the ability to use some of the popular LW amenities, the GRF Board has been using this time to renew and refresh parts of LW and Ankeny is excited about what everyone will see once it's possible to fully open again.

Ankeny will also talk about how we can continue to improve the LW community.

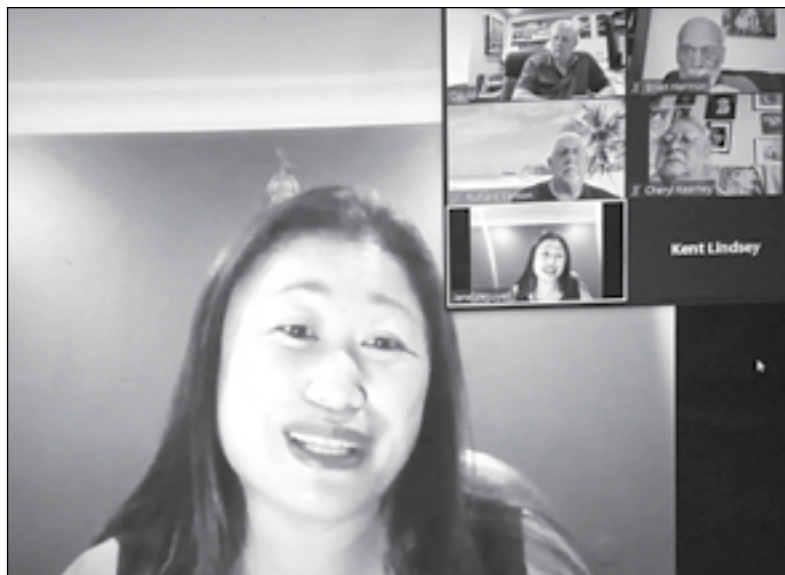
Through his experience and education, Ankeny developed a keen sense of customer service and a commitment to enhancing lifestyles to protect and increase property values of the communities under his care. He has substantive executive experience in managing service and property operations. He has been in his post since June 2013.

To join Zoom Meeting, use the link, <https://us02web.zoom.us/j/88355201570> The meeting ID is: 883 5520 1570



Randy Ankeny

SUNSHINE CLUB, page 10



Janet Nguyen spoke at the Republican Club's Zoom Meeting on Sept. 16.

Republican Club

By Brian Harmon
LW contributor

Assembly candidate Janet Nguyen drew a rousing welcome at the Republican Club Zoom meeting on Sept. 16. The group spent time discussing issues such as law enforcement, Proposition 15, Prop 16 and AB5.

As a lifetime supporter of law-enforcement, Janet talked about the issue of defunding the police and the negative consequences it would have for the community.

"Now, more than ever, the police deserve our support," she said. "They need to know that we have their back as they risk their lives for us. We do need police reform, but that does not mean condemning the entire law enforcement community because of the crimes of a few."

She also discussed Proposition 15 on the November ballot, which would repeal the long-standing Proposition 13 for business and corporate property. Enacted overwhelmingly by the voters in 1978, Proposition 13 limited property taxes to one percent of the purchase price plus a maximum of two percent increase per year.

Nguyen said, "with businesses hurting as they are, this is the worst time to raise taxes on commercial and industrial property."

Most economists agree that raising taxes on businesses tends to increase prices and unemployment. Although some California taxes are above the national average and some below, the overall tax burden in California is now number six in the nation, according to the national, non-partisan, Tax Foundation. "As a result," she said, "businesses are fleeing California."

Nguyen also discussed that if Prop 13 is eliminated for businesses, it might be eliminated for residential housing as well.

"If businesses and individuals stick together, they can defeat any and all attempts to eliminate or water down Prop 13. Once it is eliminated for businesses, it will be very difficult to stop the pro-tax forces from raising it for residential property also."

The former state senator and member of the OC Board of Supervisors also stated that AB5, a law recently passed by the legislature,

GOP, page 10

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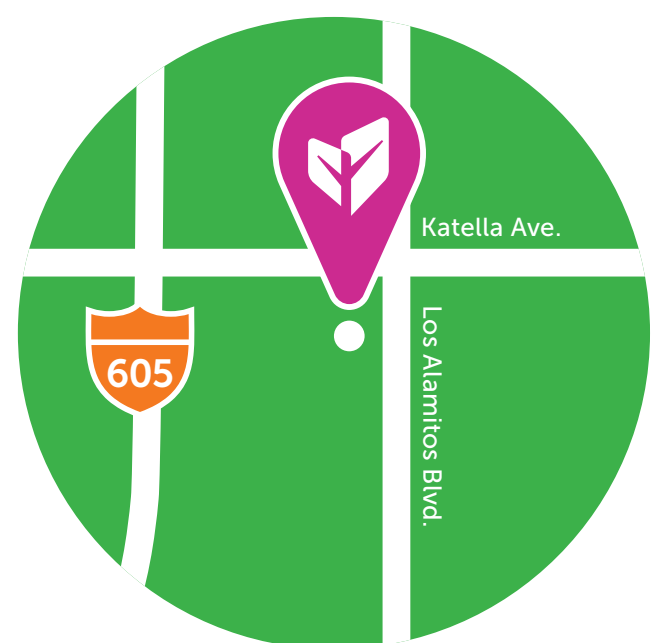




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Jana Hiker snapped this picture of a snowy white Egret exploring Mutual 7 in August.

SUNSHINE CLUB
From page 8

Those who would like to get the Zoom link by email, can text their email address to (562) 301-5339. All shareholders are welcome to join the Zoom meeting.

The Sunshine Club often has LW leaders come to meetings to introduce their organizations to the group. It also invites a wide variety of specialists from outside to share their experiences and ideas with club members. The club always welcomes new people.

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

GAF
From page 7

Wheels and Pathways offers a much-needed social connection for many Leisure World shareholders who live alone and are isolated, especially during the COVID-19 crisis. The goal for MOWLB is to help Leisure World shareholders remain safe, socially connected and nourished at home for as long as possible.

The program is available to all Leisure World shareholders who are having difficulty cooking or shopping for meals due to an illness, recent surgery or self-quarantining due the COVID-19 pandemic. Donations from the GAF are directed to the neediest residents in Leisure World, covering the \$8.25 daily fee for qualified, low-income residents.

Since March 2019, donations from the Golden Age Foundation have provided nearly 5,000 meals to the most vulnerable Leisure World shareholders.

Those who would like more information about the Meals on Wheels program can visit the website at mowlb.org or call Caron Adler at (562) 439-5000, ext. 2.

The Golden Age Foundation is nonprofit, charitable organization dedicated to serving the special needs of Seal Beach Leisure World shareholders. Its purpose is to make the community a better and happier place in which to live. When there is a well-defined need calling for a solution, the Golden Age Foundation will fill it whenever possible.

Because Golden Age Foundation has been certified as a nonprofit organization by the Internal Revenue Service, contributions made to it qualify for exemption from income taxes, in most cases.

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

GOP
From page 8

requires that hundreds of thousands of independent contractors be hired as regular employees or be laid off.

Proposition 22 on the November ballot would exempt rideshare drivers such as Uber and Lyft from the AB5 requirements.

“Destroying the ride share industry makes no sense,” she said. “The whole idea behind ridesharing is that the drivers work when they want and only take ‘jobs’ that they want.”

....

Every Monday, Wednesday and Friday at noon, volunteers at the GOP club booth continue to give away face masks donated by Chairwoman of the OC Board of Supervisors and Congressional candidate Michelle Steel, as well as campaign signs for Republican candidates including Michelle Steel and Seal Beach City Councilman Tom Moore, who represents most of LW.

The club is also raffling off a wall-size, framed picture of a jail-house built in 1878 in Bodie, California, a gold mining ghost town near the Nevada border. The unique photograph was donated by Jim Yoshioka, who was born in a Japanese internment camp during World War II. His auto-biography titled “I am the Clay, He is the Potter,” is available on Amazon. All profits will go to the LW Republican club.

On Mondays volunteers sell colorful merchandise such as U.S. flag pins, scarves, political campaign buttons, bumper stickers, and flags. They have registered 180 voters so far this year and hope to reach 200 by election day.

SBTV 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.streamsource.tv/add/sbtv>. The playback schedule is available at Sbtv3.org.
- Thursday, September 24**
- 4 pm Alaska Final Frontier
 - 4:08 pm Archie and Edith Get Rescued
 - 4:18 pm SBACC with Bloopers/Out-takes
 - 4:46 pm Expo 2018
 - 5:30 pm Suede Soul Dancers
 - 6:05 pm Tommy Williams
 - 6:32 pm LW Entertainment
 - 7 pm Back to Bourbon Steet
 - 7:40 pm Betty Price Chimes Soloist
 - 8:30 pm Cerritos Center-Matt Mauser
 - 10:30 pm Bob Cole Conservancy
- Friday, September 25**
- 4 pm Queen Kong 2009
 - 4:32 pm Anna Derby 71st Birthday
 - 5:32 pm History of Las Vegas Part 1
 - 6:40 pm History of Las Vegas Part 2
 - 8 pm Seal Beach City Limits: Seal Beach Police Department
 - 9 pm Cerritos Center-Golden Dragon Acrobats
 - 10:30 pm Cerritos Center-The Four Tenors
- Saturday, September 26**
- 4 pm Vinyl Rock Valentine Concert
 - 6:15 pm LW Hula Dance Club
 - 6:30 pm Harmonn Islanders
 - 7 pm Beginning of Leisure World
 - 7:15 pm Back to Bourbon Street
 - 8 pm LAUSD
 - 11 pm Cerritos Center-Matt Mauser
- Sunday, September 27**
- 4 pm McGaugh Pagent of the Arts
 - 5:30 pm Betty Price Chimes Soloist
 - 6:30 pm Aquarium of the Pacific
 - 7 pm Spirit of Seal Beach
 - 7:30 pm History of Seal Beach
 - 8 pm Alaska Final Frontier
 - 8:08 pm Anna Derby's 71st Bithday
 - 9 pm Betty Price Chimes Soloist
 - 10 pm Abilene Ampitheater
 - 11:35 pm Bob Cole Conservancy
- Monday, September 28**
- 4 pm LW Entertainment
 - 4:30 pm LW Expo
 - 5:15 pm Archie and Edith get rescued
 - 5:30 pm Tommy Williams Sept. 2020
 - 6 pm History of Seal Beach
 - 6:30 pm Spirit of Seal Beach
 - 7 pm SB City Council Meeting-LIVE
 - 8:30 pm Suede Soul Dancers
 - 9:05 pm Vinyl Rock Valentine Concert
 - 11:20 pm Bob Cole Conservancy
- Tuesday, September 29**
- 4 pm Queen Kong-LW
 - 4:32 pm Community Focus
 - 5:30 pm Suede Soul Dancers
 - 6:05 pm Rolling Thunder
 - 7:15 pm Archie and Edith Get Rescued
 - 7:30 pm Alaska Final Frontier
 - 7:40 pm Betty Price Chimes Soloist
 - 8:30 pm Cerritos Center: Matt Mauser
 - 10:30 pm Bob Cole Conservancy
- Wednesday, September 30**
- 4 pm SBACC with bloopers/outtakes
 - 4:30 pm Anna Derby's 71st Birthday
 - 5:30 pm History of Las Vegas Part 1
 - 6:45 pm History of Las Vegas Part 2
 - 8 pm Seal Beach City Limits: Seal Beach Police department
 - 9 pm Cerritos Center: Golden Dragon Acrobatics
 - 10:30 pm Cerritos Center-The Four Tenors
 - 11:30 pm Bob Cole Conservancy

*All programming is subject to change.

Main Gate
594-4754



Joe DiDonato (l), Sandra deDubovay, Liz Maripol and Dave LaCascia.

LW BIRTHDAY
Dave LaCascia celebrates his birthday with a ride on a Duffy boat

It was not a “Dark and Stormy Night” but rather a sunny and delightful late afternoon at the Huntington Harbor. Chauffeured by Captain Mark deDubovay, the four good friends cruised for several hours around Trinidad Island, Gilbert Island and Sunset Beach to celebrate Dave LaCascia’s 75th birthday.

Leaving from Prince Park on Trinidad Island, the foursome toured the surrounding waterways and viewed the beautiful homes and boats while being given running commentary on the area, including various homes owned by writers, business types and sports notables such as Mark McGuire, The group enjoyed getting laughs from the names of the luxury yachts and smaller boats moored everywhere in the canals. One yacht owner who supposedly won the lottery called his yacht “Lotto Fun.”

There are plenty of yachts that with names that play off the theme being free: Carpe Diem, My Way, Destiny, and Endless Summer. Sometimes, relationship issues such as “She Got the House” and “Joint Custody.”

The food was plentiful. Appetizers, provided by the captain, included warm brie, hard cheese, blackberries, rolls, and crackers. Sandra DeDubovay and Joe DiDonato supplied the dinner made of chicken and cabbage slaw. Dessert, from Liz Meripol, was a no-bake cheesecake including candles to celebrate Dave (who brought his appetite) LaCascia’s 36th anniversary of his 39th birthday. The reason for the anniversary reference is that Dave’s Mom was only 39 (for about 53 years) so he can’t get any older than that. And of course, wine was plentiful.

As the sun went down and the weather cooled, the five travelers headed back to port savoring the delightful time they all had. Sunset was magnificent and wonderful to see from the water. Many thanks to Sandra’s son and dauntless Duffy-boat owner, Captain Mark.

Celebrating a birthday, anniversary or your retirement?
Let the rest of LW join the celebration by putting it in the LW Weekly!
Email laurieb@lwsb.com with photos attached as jpg files.

Obituaries

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Alfonso Ginton 72
Sherry Brazelton 62
Jamie Barlow 43
Rosa Torres 62
Christopher Martinez 29
Charles Johnson 69
Benny Sapp 89
Moises Ibarra 57
Henry Obinwanne 41
Robert Fantone 84
Rizalto Ramos Sr 71
William Sawrey 91
Helen Pusztai 99
Renee Sullivan 90
Families assisted by McKenzie Mortuary, 961-9301
—paid obituary

Email Obituary Notices to laurieb@lwsb.com with photos attached as jpg files.

Arts & Leisure



Joyful Line Dance Class is led by Jojo Weingart at Veterans Plaza Wednesdays from 2-3:30 p.m., except on the fourth week, when class starts at 3. All participants are required to wear face masks and follow social distance guidelines. Here Joyful Line Dancers step out to an oldie but goodie, “Night Fever,” the popular line dance from the 1970s. All shareholders are welcome to join.

OLLI—Feel Great Again Class

Leisure World resident Holly Weber will teach Feel Great Again: Understand and Maximize Your Brain Bio-chemicals through the Osher Lifelong Learning Institute (OLLI) at California State University, Long Beach. The six-week class will be give via Zoom on Wednesdays from 10-11:30 a.m. from Oct. 7-Nov. 18.

Using the research of Dr. Eric Braverman and others, class members will study the four brain types to uncover the relationship between foods, moods and illnesses. It has been proven that individuals have a dominant brain bio-chemical. Each student will discover his or her dominant biochemical and learn to support their unique brain type with the right foods and natural supplementation.

To register visit: https://www.csulb.edu/sites/default/files/u53016/fall_sun_2020_final.pdf



Holly Weber

or call (562) 985-8237.

Weber is a registered nurse and certified brain nutritional counselor and psychotherapist who provides customized wellness consultations and counseling. She may be reached for an appointment at (562) 430-8245.

Video Producers Zoom Meetings

The Video Producers Club offers free weekly Zoom classes and a Zoom Party Social on Saturday at 5 p.m. Classes are as follows:

- **Monday**, 10 a.m., intermediate Zoom class for Windows and Android users with Joe Osuna, email joosuna29a@gmail.com for invite.
- **Monday**, 2 p.m., Zoom class for iPad and Mac users hosted by Fred Carpenter. For an invite, email sail1942@gmail.com.
- **Wednesday**, 10 a.m., beginners Zoom class Windows and Android users with Joe Osuna. For an invite, email joosuna29a@gmail.com.
- **Thursday**, 10 a.m., beginner's Zoom class for Windows and Android users and for beginning Video Producers with host Joseph Valentinetti. For an invite, email 0501042@gmail.com.
- **Friday**, 10 a.m., guest lecturer Bob Cohen hosts Friday Morning Tech Talk on a variety of topics. Email bob@bobology.com for an invite.
- **Saturday**, 5 p.m., Zoom Party Social, hour open to all residents, hosted by Joseph Valentinetti. For an invite to the party, email 0501042@gmail.com.

PATHWAYS

from page 3

Pathways staff meet people in person only as needed and on a limited basis. Due to the safer at home orders, volunteers do not conduct in-person visits. However, Pathways is hosting a special training this month to prepare volunteers who feel comfortable to return to in person visits. Many have continued to drop off items for clients but some clients and volunteers are ready to return to in-person visits, according to Pathways Program Manager Tammie Ottenad. Clients and volunteers alike are required to follow CDC guidelines, such as wearing masks and social distancing.

Pathways provides training and background checks on all volunteers and checks in with them regularly to ensure things are going well for all concerned. To learn more about volunteering with Pathways, call (562) 531-3031.

The Golden Age Foundation (GAF) is nonprofit, charitable organization dedicated to serving Seal Beach Leisure World shareholders by making the community a better place. GAF supports Pathways services to the community to benefit shareholders who need it.

—Anna Derby

Golf League Scores

The Men's Friday Golf played at Willowick Golf Course in Huntington Beach Sept. 11. Nine men played on the long par 71, 6000-yard course. All scores are net (actual score minus handicap).

A Flight Winners:

First Place: Gene Vesely, 1 over 72; second: Dave LaCascia, 2 over 73 plus a birdie, fewest putts, and closest to the pin on the 140-yard par 3 seventh hole; third: Sam Choi; fourth: Bill McKusky; fifth: Fujio Norihiro, plus a birdie.

B Flight Winners:

First Place: John Meyer, 1 over 71; second: Bob Munn, 4 over 75; third: Tom Ross, plus fewest putts; fourth: John Petersen.

MONDAY LEAGUE RESULTS

The Men's Monday Golf League played Sept. 14 at Riverview Golf Course in Santa Ana. Five men and one woman challenged the par 70, 5800-yard course. A flight handicaps range from 0-20, B flight higher than 20.

A Flight Winners:

First Place: Bill McKusky, 4 under 67; second: Gene Vesely, even par 71; third: Dave LaCascia, 1 over 72; fourth: tie between Fujio Norihiro and Sam Choi, 2 over 73; fifth: Cindi Cooper, 3 over 74 and the loan birdie. Fujio was closest to the pin on the 100-yard par 3 ninth hole and had fewest putts, and Cindy was closest to the pin on the 140-yard par 3 second hole.

B Flight Winners:

First Place: Bob Munn, 1 over 72; second: John Meyer and fewest putts.

FRIDAY LEAGUE RESULTS

The Men's Friday League played at David L. Baker Sept. 18.

A Flight Winners:

First Place: Sam Choi, 7 under 55 plus a birdie and tie for fewest putts; second: Ron Jackson; 4 under 58 plus a birdie third: Gene Vesely, 3 under 59; fourth: Dave LaCascia, 2 under 60 plus tie for fewest putts; fifth: Bill McKusky, 1 under 61; sixth: Fujio Norihiro, even par 62 plus 2 birdies and closest to the pin on the 110-yard par 3 fifteenth hole.

B Flight Winners:

First Place: Keiko Sekino, 5 under 57 plus birdie and closest to the pin on the 100-yard par 3 third hole; second: John Petersen, 4 under 58; third: Dale Quinn, 1 over 63; fourth: John Meyer, 2 over 64; fifth: Marv Ballard, 3 over 65 plus fewest putts; sixth: Bob Munn.



The Leisure World Golf Course is now open under certain guidelines. To book a date and time to golf, email events@lwsb.com.

Golf Courses—There are 3 Basic Types

by Dave LaCascia
LW contributor

There are three basic types of courses—links, parkland and desert golf courses. What kind of golf course is the Leisure World 9-hole par 3? Peruse the definitions below and decide for yourself. The writer's assessment is at the end.

The difference between links, desert and parkland courses is plain to see. The humps and hollows found on true links courses are generally flattened out on parkland courses, and desert courses are very flat with lots of sand and rock off the fairways. Each course is designed to be one with nature, so the course integrates with the area where it is situated. An undeserved bounce into the rough off the tee is far more unlikely when playing on the parkland or desert courses. Whereas the parkland course draws its character from the available features and makes it necessary for a player to have a game strategy, the links has a constantly changing character that challenges the player at every outing.

Links Course

The look is very natural, and golfers play to the contours of the land. There are typically few if any trees. Many links golf courses are found in coastal areas. Pebble Beach overlooks the Pacific Ocean and next to St. Andrews is the most well-known links course. The word 'link' or 'links' comes from the Old English word 'hlinc' meaning a ridge or a stretch of flat, undulating land along a seashore. The design incorporates this relief, which translates to undulating greens and fairways. With daily changes in weather, wind and temperatures, every round demands your full concentration.

As golf moved away from the coastline, courses became quite different.

Parkland Course

By going inland, courses became far greener and trees became a new feature. They got their name because they resembled parks. Perhaps the most famous parkland course in the world is Augusta National. Augusta is a wonderful example of the style, and golf fans can see the parkland course type at every Masters tournament. While a links course is very natural, a parkland course is one that has been heavily constructed and shaped by a course architect. A parkland course will have flat fairways compared to the rolling ones on a links. The level, well-manicured fairways make for gentle bounces and the fairways are more forgiving.

Although links and parkland golf courses are the most commonly found styles around the world, there is a third type.

Desert Courses

A desert golf course is built in an area with a natural desert. Phoenix, Palm Springs and Las Vegas are typical locations. The course is constructed among the sand dunes and natural desert features. The only green grass found on this type of course is on the tee boxes, fairways and putting greens. The rough is typically sand or other natural materials such as pine needles or scrub grasses/bushes plus lots of cacti, and rocks awaiting errant shots. There are other dangers, not found on Links or Parkland courses namely critters that can require a call to the paramedics. These courses are mostly found in the American Southwest and in the Middle East.

There are other less known course types briefly defined below:

• Heathland:

Most heathland courses are found in Britain with characteristic vegetation of heather, flowering plants, and coarse grasses. These inland courses are usually a bit more open than parkland courses as their style is based on links courses. The terrain is often undulating in a similar way to links and the sandy soil is drains well, allowing for play during or after rain.



Bicycle Club members met for Sunday breakfast at Long Beach Municipal Golf Course after their ride. The club rides on Sundays, Mondays, Wednesdays and Fridays. They meet at north gate (gate to river is unlocked). Excursion destinations include Shoreline Village, Long Beach, Bolsa Chica and El Dorado Park. All are invited to join regardless of bike models. Helmets, safe shoes and masks are required. Call Mary Romano, (562) 810-4266, for more information.

Book Review—Dr. Anne: Good Health at Hand

Editor’s Note: Dr. Anne Seifert, a longtime Leisure World fixture, is known to many for her “Magic Hand Eating Plan” classes once taught her. Dr. Seifert is an epidemiologist, author and speaker. She holds an M.A. in psychology from Smith College and a Ph.D. In epidemiology from the University of California at Berkeley. Her latest book is “Dr. Anne Good Health at Hand,” a concise version of the workbook she used in LW for teaching good health/weight control. The following is a book review by Varnes Publishers.

FIGHT COVID-19 with Ammunition provided by “Dr. Anne Good Health at Hand,” which targets boosting health and losing the “quarantine 15.”

It’s a reasonable question to ask. Especially in these times. How do I stay healthy?

While well aware that we are in the midst of a pandemic there’s still more that we can do to help ourselves. What a great opportunity to shore up our health, learn how to stay healthy and do all this at home. Keeping ourselves fit and eating right gives our immune system a boost. Polls show 47 percent of women and 22 percent of men said they gained weight due to lockdown.

For those who gained those 15 pounds in quarantine, “Dr. Anne Good Health at Hand” comes to the rescue.

Author Anne Seifert, an epidemiologist, identifies important health practices to keep in place. As investigator for an NIH research project, she studied over 2000 participants to answer the question: How do people stay healthy? Follow her guidelines, and you can reduce your risk of most chronic diseases, help your body fight infectious disease, look good, and stay well for the rest of your life. As for COVID-19 carrying extra body fat increases the risk for complications if you’re infected.

Her livable at home program meets the requirements of healthy well-balanced eating with portion control. This short book is quick to read and understand. What makes it so user-friendly is that it’s personalized with short self-help practices allowing the reader to tailor the program to own preferences and circumstances. There are even instructions on how to form a personal support group using Zoom.

Her three action sections include:

- Learn how to keep weight under control since excess pounds

erode good health. Dr. Anne was the first to use the hand as a visual measurer for portions and it remains the hallmark of her program. You have that measurer wherever you go.

- Incorporate exercise or physical play into daily life.

• Establish a quiet time. Meditation essentially gives a person the space and calm needed to make lifestyle changes. Stress reduction keeps comfort foods from taking over.

A new release, “Dr. Anne Good Health at Hand,” is currently selling at Amazon, Barnes and Noble and local bookstores. The book is to the point— to find the happy place where the reader can identify favorite foods and enjoy preferred exercises— to live a balanced healthy life.

She advises, “Turn this pandemic into an opportunity to get your health back on track.”

Anne Seifert holds an M.A. in psychology from Smith College and a Ph.D. In epidemiology from U.C. Berkeley and was previously a researcher at Harvard University School of Public Health, Dept. of Nutrition. Most recently she was interviewed about COVID-19 on

Grab n Go Meals

Sept. 24-30
Clubhouse 6 Parking Lot



- **Thursday:** Domino’s Pizza – Call ahead for special orders; wings and salads offered; 3-7 p.m., cash/cards, (562) 493-2212; Mandi’s Candies Ice Cream Truck, 4-7 p.m.
- **Friday:** Katella Deli; extensive menu—deli favorites from appetizers, salads, hot entrees, 3:30-5:30 p.m. Call ahead at (562) 594-8611 or order online www.katellabakery.com, specials of the day available onsite, cash/cards.
- **Saturday:** THIS WEEK ONLY—Berg Catering—Freshly prepared meals with a healthy gourmet touch, 3:30 -5:30 p.m. Preorder: (562) 663-2038 or online at www.bergcatering.com (LW Menu), or buy onsite, PayPal, checks, cash, cards.
- **Sunday:** THIS WEEK ONLY—Viking Dog Truck – Gourmet hot dogs, brats and loaded tots, preorders accepted at <https://squareup.com/store/thevikingtruck>.
- **Monday:** Kabobaholic Food Truck – Chicken or meat kabobs, Gyros, Falafel, loaded fries, 4-6 p.m., www.kabobaholicft.com or text (949) 400-4696 for preorders or buy onsite. Mention LWSB, cash/cards.
- **Tuesday:** Taco Tuesday—Mexican favorites plus hot dogs, burgers and fries, 5-7 p.m., cash/cards, no pre-orders.
- **Wednesday:** Gourmet Renee—American cuisine, homemade soups and desserts, 4-6 p.m., pre-order by calling (323) 833-1213; cash/cards

...

All Grab ‘n’ Go events will take place, rain or shine. If it rains or is too hot, people line up inside Clubhouse 6. **People should keep a six-foot distance and masks are required.** For information, call (562) 431-6586, ext. 398.

On-call bus service available from 4:30 p.m. when regular service ends. Call (562) 431-6586, ext. 379. For more information or to make a suggestion, call (562) 431-6586, ext. 379.

Friends of the Library

The Friends of the Library Bookstore has been closed since mid-March. It has suspended donations as the bookstore is at capacity, and there is no more storage space. Residents are asked to hold onto their donations until the bookstore reopens.

People can call (714) 350-7682 and request a bag of books. Just give a genre or author, and volunteers will do their best to fill a bag per your request for \$5.

Miriam’s Technology Classes

Miriam Fernandez’s technology classes are taught on Tuesdays at 2 p.m. Topics change each week as follows:

- Tuesday, Sept. 29, at 2 p.m., Zoom for Beginners
 - Tuesday, Oct. 13, at 2 p.m., Facebook Basics
- For an invitation, email Miryam at mzzmimm@gmail.com. If you need help setting up your Zoom microphone or have other connectivity issues, call Bonnie Cooper at (562) 822-6358 before class begins.

Tech Talk with Bob Cohen

Join Bob Cohen in a one-hour Zoom class at 10 a.m. Friday, Sept. 25 on How To Organize Photos on the iPhone. Registration information is sent Wednesdays for the following Friday Tech Talk by Bob Cohen. To be added to his email list contact bob@bobology.com.

GOLF
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• **Sandbelt**
The sandbelt region is just outside of Melbourne, Australia, and is home to several of the world’s finest courses. The soil in this area is surprisingly sandy compared to the surrounding areas and is perfect for golf. This type will have steep sided bunkers bordering large greens.

• **Stadium/Championship**
These courses are designed to host golf tournament, big or small. The phrase “championship” is often used to distinguish courses if a club has more than one course to choose from. But you could also define a “championship course” as a course that has hosted big tournaments, which cuts down the list dramatically. Hazeltine National Golf Club located in Chaska, Minnesota, is an example.

Stadium courses were built with spectators in mind for PGA Tour events. Stadium courses are designed for easy movement and flow of spectators and often feature strong vantage points and exciting holes. TPC Sawgrass is an example.

The LW Course

The LW Course has been explicitly created (by an architect) to fit in a specific area. Tee boxes, greens, bunkers, water hazards and fairways were sculpted rather than used as is. There a few trees defining the several individual fairways but not all. The rough is nonexistent, and the fairways are well manicured. Based on these measures and since there is no desert or ocean, the Leisure World Course is closest to parkland with some specific differences and a few unclassified characteristics.



Jojo Weingart

Hui O Hula meets for Hawaiian dance practice at Veterans Plaza Thursdays at 2 p.m. All LW residents are welcome. Instructor Jojo Weingart is re-introducing past favorites. The Nohili Chant is about one of the longest continuous beaches in Hawaii, called Polihale. Stretching 15 miles along Kauai Island’s west shore, Polihale represents a place of birth (or a source of life) because of its remoteness and eerie beauty. One of the verses mentions “Barking Sands Beach,” which is located in the southern part of Polihale. Barking Sands derived from the crunching sound of the sand as one walks along the beach. Dancers are learning to clap their hands as they step on their feet. Since the lockdown, this friendly community has been having outdoor social distance gatherings on the many of the green areas with shaded trees (see photo). The hula club is happy to bring dance and music, free of charge. A big mahalo/ thanks to Jody Dyer from Mutual 1, Cherry Hostler from Mutual 15 and Ana O’Brien from Mutual 10 for the invitations to entertain. Call Kaye Huff 431-2242 or email Jojo@HuiOHula.com for class information and the entertainment schedule.

Religion

First Christian Church

By **Bruce Humes**
Pastor

“Paul, a bondservant of Jesus Christ, called to be an apostle, separated to the Gospel of God which he promised before through the prophets in the Holy Scriptures, concerning his son Jesus Christ our Lord.” (Romans 1:1-3a)

Paul called himself a bondservant or slave of Jesus Christ. Why? Because God called him to be an apostle, meaning a delegate, ambassador, a messenger with the authority to speak for the one who sent him. And he tells us the message, the Gospel (meaning good news) of God. Which is Jesus Christ and his death, burial, and resurrection. Paul goes on to say that it was a fulfillment of the promises he had made through the prophets in the holy scriptures, meaning the Old Testament canon of scripture. Jesus has fulfilled many of those prophecies with his first coming, and the remainder will be fulfilled upon his second coming.

The apostle has laid the groundwork for this and sets forth many of the doctrines of the Christian faith to believers in Rome as well as believers now. In Romans 8:14 he writes, “For as many as are led by the spirit of God, these are sons of God.” God does not herd us, or drive us, by the spirit, he leads us, we are willingly led by the spirit. This qualifies us as sons of God. If we as sons of God have to be herded, or forcibly driven by the spirit, are we truly sons of God?

I think we get the answer for that question in the gospel of John 10:22-27, “Now it was the Feast of Dedication in Jerusalem, and it was winter. And Jesus walked in the temple in Solomon’s porch. Then the Jews surrounded him and said to him, “How long do you keep us in doubt? If you are the Christ, tell us plainly.” Jesus answered them, I told you, and you do not believe. The works that I do in my father’s name, they bear witness of me (verify who I am). But, you do not believe, because you are not of my sheep, (do not believe) as I said to you. My sheep (followers, believers) hear my voice, and I know them and they follow me.”

He knows each one of his followers by name. Notice they follow willingly after hearing his voice. Verse 28 says “And I give them eternal life and they shall never perish; neither shall anyone snatch them out of my hand” The sheep who follow Christ receive the gift of eternal life. Wow! That is a great promise!

For me, those verses answer the question asked above, namely

FIRST CHRISTIAN, page 16

Church of Jesus Christ of Latter Day Saints

By **Jim Greer**
LW contributor

President Kevin J. Worthen gave a compelling presentation on the nature and importance of hope and faith at the Sept. 9 BYU fall semester opening devotional. President Worthen explained that today’s society often equates hope with positive thinking. But, within the gospel, hope plays a more affirmative and certain role. Hope can be an anchor to our soul, making us sure and steadfast. And, the right type of hope purifies us. Nephi, the last Nephite prophet in the Book of Mormon, pro affirms that “a perfect brightness of hope” is central to the process of achieving eternal life.

Hope is so critical in our eternal progress that Moroni, one of the central figures in the Book of Mormon, emphasizes that we must hope, or else not receive the inheritance in the place Christ is preparing for us. Elder Neal A. Maxwell once observed that the hope described in scripture, real or ultimate hope, “is much more than a wishful musing. It stiffens, not slackens the spiritual spine. It is serene, not giddy, eager without being naive, and pleasantly steady without being smug.”

Hope comes both before and after faith. It is both a predecessor and a product of faith. The Guide to the Scriptures describes hope as “the confident expectation of and longing for the promised blessings of righteousness.”

We must first want to believe, or as Alma said, “desire to believe.” If we have enough hope to desire to believe, God will engender faith within us and assure us that what we hope for is indeed possible - or, as Paul describes as an “assurance of things hoped for.” This faith leads to stronger hope, a more mature hope, what Moroni called “a more excellent hope.”

In Alma 22:16, the faith/hope process is outlined, “if thou desirest and call on Christ’s name in faith, believing, then shalt thou receive the hope which thou desirest.” This iterative process combines faith and hope, again and again, increasing our faith and our hope.

Our constant exercise of faith in Christ translates wishful thinking into the kind of hope that is an anchor to our soul. We need only plant our desire, our hope in Christ. If we want to strengthen our hope, we will focus more on the Savior, especially when we feel hopeless.

“In those moments when it feels like all that we can do is hang on to the last shred of hope we have, be assured that can be enough. In the long run, our desires will determine our destiny. The smallest form of hope, the smallest desire to believe, can be the first step in a miraculous process for which God can exalt us.”

LDS, page 16

LW Baptist

By **Rolland Coburn**
Pastor

Worries and fears can control our thinking and actions. But the Bible says they need not control us. “Have I not commanded you? Be strong and courageous! Do not tremble or be dismayed, for the Lord your God is with you wherever you go,” Joshua 1:9.

The point is to not let fear keep you from doing what you should. Our Lord says to fear God. That is wisdom. Yes, and then you need fear no one and nothing else, says Matthew 10:28.

It is not that there is no uncertainty in our lives. But he cares for you, and his word is to govern our lives. In fact, we will give account to him, because he is our judge.

We are not to fear God’s creatures that may do us harm, nor are we to fear our bodily frailties or death itself, if we know the Lord, because he created us for immortality. Your life is at God’s disposal alone. He, not his creatures, is Lord of body and soul. The protection of our lives and destiny is in his capable hands.

“May the mind of Christ my Savior live in me from day to day, by His love and power controlling all I do and say.”

Community Church

By **Johan Dodge**
Reverend

We are continuing in Matthew’s Gospel with a look at Jesus’ teaching to the chief priests and temple leaders about how they are missing the opportunity to be on the way of righteousness. As a spoiler, I will add that the word we have translated as “righteousness” would be better translated as loving kindness. Rules and laws are an important way to govern a society but they will never actually change hearts or the intent behind our actions. The way of Jesus is the way of the heart — it is to do and be loving kindness to the world around us.

To hear this teaching as well as some exceptional worship music, I invite you to tune into worship Sunday morning at 9:50 on Facebook live, @communitychurchleisureworld. If you want to join us for virtual fellowship, call the church office or email leisurewccsue@yahoo.com. If you don’t have a computer or Facebook, you can call in to our phone system at (562) 431-2503 and listen to the weekly message beginning Sunday evening.

We have also started offering Communion on the first Sunday of the month at 1 p.m. outside in front of the church.

COMMUNITY, page 16

St. Theodore & Redeemer Lutheran

By **Lisa Rotchford**
Reverend

Fall is in the air! Orange County’s COVID-19 numbers continue to fall as well as the hazardous air quality numbers, so the Redeemer Lutheran and St. Theodore’s Episcopal Churches Sunday worship services are falling inside and outside the sanctuary.

For those wanting to worship outside, there is drive-up/walk-up Communion out in front of the church on the northeast side of the church from 9:30–10:15 a.m. There will be a traditional 30-minute worship service with organ music, prayers and Communion for those who would like to attend service inside at 10:30 a.m..

If you take the Christian holy scriptures and let the book fall open to the very middle, Psalm 118 is at the very center. This Psalm reminds us of three things: (1) To give thanks to the Lord for all things, (2) God’s love endures forever, and (3) when we are hard pressed, we are to cry out to the Lord, seek God’s help and God will be with us giving us strength and life.

— “If the Lord is with me; I will not be afraid. What can mere mortals do to me? The Lord is with me; he is my helper. I look in triumph on my enemies. It is better to take refuge in the Lord than to trust in princes.” (118:4-7)

— “I was pushed back and about to fall, but the Lord helped me. The Lord is my strength and my defense ; he has become my salvation, I will give you thanks, for you answered me; you have become my salvation.” (118:13-14)

— “Let us rejoice today and be glad. Lord, save us! Lord, grant us success! Blessed is he who comes in the name of the Lord. From the house of the Lord we bless you. The Lord is God, and he has made his light shine on us. With boughs in hand, join in the festival procession up to the altar. You are my God, and I will praise you; you are my God, and I will exalt you. Give thanks to the Lord, for he is good; his love endures forever. (118:24-29)

It is out of our love for our neighbor that we take on outreach projects in the fall season that benefit the wider community under the moniker “God’s Work, Our Hands.” We will continue to collect non-perishable food this and every Sunday. If you have a non-perishable food item, we will be collecting food for the neediest in Orange County. The barrels in front of the church on Sunday mornings will collect food donations, and will be given to the increasing number of hungry people who seek our help as this pandemic continues.

Assembly of God

By **Norma Ballinger**
LW contributor

Rejoice in the Lord always! We hear that phrase often and it tells us that no matter what is going on, we can rejoice in our relationship with God. This is the secret of being content in all circumstances. So many people dream of the day when they will finally be happy; when they are out of debt; when their children and grandchildren are out of trouble and so on. While they daydream, their moments are trickling into the ground like precious balm spilling wastefully from overturned bottles. Fantasizing about future happiness will never bring fulfillment because fantasy is not reality.

Psalm 102 is a prayer of an afflicted person who has grown weary and pours out his lament to the Lord (verses 1-11). In verse 12, he turns to God’s goodness and verse 27 is praise for God’s constant power. Even though he is invisible, he is far more real than the world around us. He is eternal and unchanging, so we are encouraged to bring our moments to him and he will fill them with vibrant joy.

Another good example is Paul writing to the Philippians from jail. Even though he is imprisoned, he is full of joy. The words “joy” or “rejoice” are used 14 times. Philippians 4:4 says “Rejoice in the Lord always, I will say it again: Rejoice!” No matter the circumstance, when we remember God’s goodness and grace, we can rejoice.

Pastor Sam Pawlak will be on Facebook this Sunday at 10 a.m. to bring a devotion of hope and love to all who listen. He will be recording a message from the word on DVDs and delivering them to church members and friends on Monday. This is a great tool to keep us in fellowship with one another until we can gather again to worship.

Beit HaLev

Beit HaLev is conducting services on Zoom. Anyone interested in joining the Beit HaLev Zoom community for services and Hebrew lessons, contact the rabbi at (562) 715-0888 for access and instructions on how to use Zoom.

Beit HaLev is continuing to livestream on Facebook and YouTube as well. To attend, go to Rabbi Galit Shirah’s website at galityomtov.com, [Facebook.com/galityomtov](https://www.facebook.com/galityomtov) or [YouTube.com](https://www.youtube.com/channel/UC...) (Shabbat Shalom LIVE! channel). Evening services begin at 6 and morning services begin at 10:30. A link to the PDF version of each prayer book and “Lev L’Lev,” is provided at each service.

BEIT HALEV, page 16

Puzzles & Comics

Answers on page 19

Gasoline Alley

By Jim Scancarelli



Broom-Hilda

By Russell Myers



Middletons

By Raph Dunagin & Dana Summers

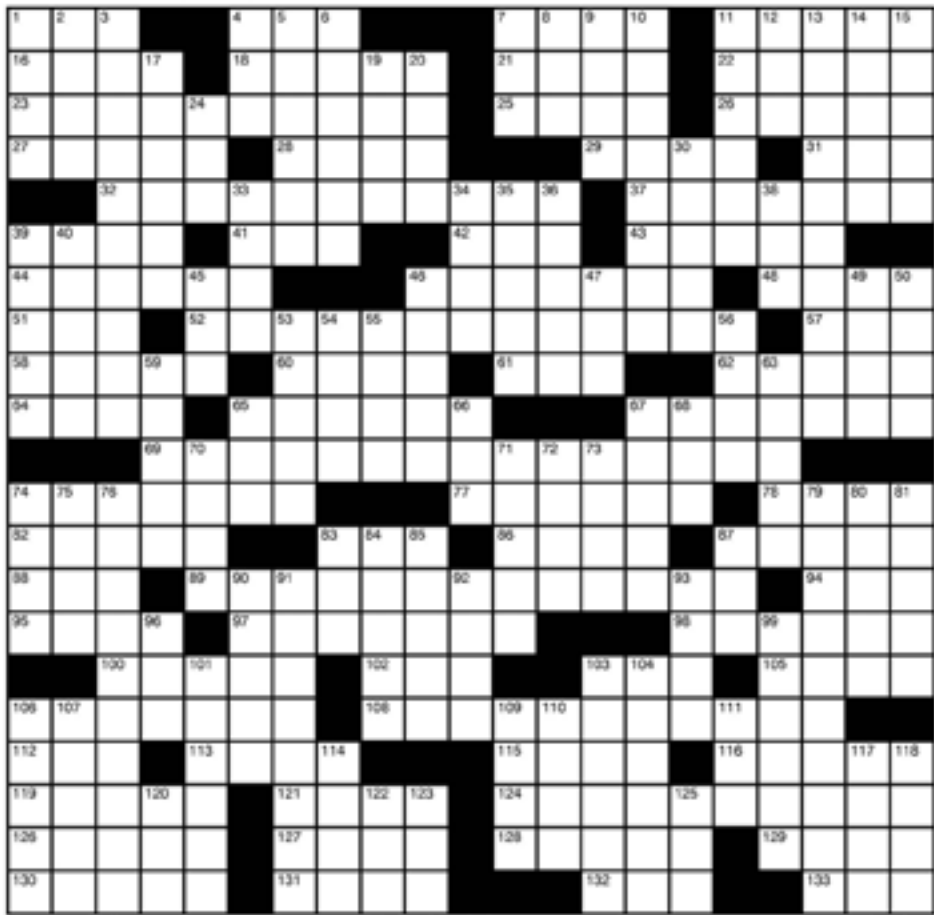


Gere-ing Up

Edited by Linda and Charles Preston

ACROSS

- 1 Comic Gilliam
- 4 Begley and Sullivan
- 7 Titmouse topping, sometimes
- 11 Make ___ over: dote on
- 16 Bang-up (idea)
- 18 Leave alone
- 21 Way out there
- 22 Much, musically
- 23 Gere/Norton movie
- 25 Joy, to the French
- 26 Wore
- 27 Dolphin sense
- 28 River at Berne
- 29 Give a face-lift, maybe
- 31 "___ Heldenleben"
- 32 Gere/Connery movie
- 37 Gere/Basinger movie
- 39 Wanted GI
- 41 Silly or stupid one
- 42 Broadcast
- 43 ___ Rock: Australian landmark
- 44 Limericks, e.g.
- 46 Actor Banderas
- 48 Fish feature
- 51 "___ Woman": Reddy hit
- 52 Gere/Hines movie
- 57 Animal houses?
- 58 Bailiwicks
- 60 Donaldson and Waterston
- 61 Pierce-Arrow contemporary
- 62 Last Greek letter
- 64 Buntline and Rorem
- 65 Town thoroughfare
- 67 Pleased with one's own work
- 69 Gere/Garcia 1990 movie
- 74 Certainly, honey
- 77 Minister, priest or rabbi
- 78 Barnyard belles
- 82 Liquid anesthetic
- 83 Play jazz
- 86 Incline
- 87 Conjointly
- 88 ___ is me!
- 89 Gere/Thurman 1992 movie
- 94 Coded matter
- 95 Unforeseen difficulty
- 97 Regal headband
- 98 Ebert's longtime co-critic
- 100 Bow coater
- 102 Owl sound, the Cockney way?
- 103 Ran into
- 105 Acapulco aunts
- 106 Gere/Olin 1993 movie
- 108 Gere/Roberts 1990 movie
- 112 Scoreboard trio
- 113 Cézanne's "Boy in ___ Vest"
- 115 Middle of the seven dwarfs' refrain
- 116 Texas A&M player
- 119 Pussyfoot
- 121 Sans senses
- 124 "An Officer and ___"
- 126 Norwegian skater Sonja



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9/27/20

DOWN

- 1 Fall guys
- 2 Picador's target
- 3 In the dark
- 4 Angled annex
- 5 Trims the roast
- 6 Vegans' no-nos
- 7 ___ Mahal
- 8 Strange sighting, for short
- 9 Inside the foul line
- 10 Ship's wooden peg
- 11 Dining in
- 12 High-flying org.
- 13 Diminutive
- 14 Impassive person
- 15 Mr. Bono
- 17 Sends via the internet
- 19 Rural structure
- 20 "___ saw Elba."

- 24 JFK airport info
- 30 "___ Know . . . San Jose?"
- 33 Door or window frame
- 34 Slugger Ron of Atlanta
- 35 ___ miss: haphazard
- 36 Weighing machine
- 38 Work or energy unit
- 39 For the birds?
- 40 "___ Family": Sister Sledge
- 45 Mars' men?
- 46 Perplexed
- 47 GI with stripes
- 49 Corporate trademark, e.g.
- 50 Bakery product
- 53 Perfume compound, e.g.
- 54 Singer Vikki
- 55 Sign to heed
- 56 Ill-mannered one
- 59 Whispered word
- 63 Meditates
- 65 El stop: abbr.
- 66 Letters from Mom?
- 67 Reasons for aspirin
- 68 Gere, for short
- 70 Spongy toy material
- 71 ___ once: suddenly
- 72 Sense
- 73 Become threadbare
- 74 Topiary trees
- 75 School on the Thames

- 76 Rock climber's foothold
- 79 Proletarian
- 80 Between octa and deca
- 81 Closes hermetically
- 83 Jolt
- 84 Throw for ___
- 85 Batman's residence, Wayne ___
- 87 Unaccustomed ___ am
- 90 Even less cordial
- 91 Hogwash!
- 92 Musical term, in Greece
- 93 Ratio words
- 96 Schmaltz
- 99 Old ___: veteran actor
- 101 Sidewinders, e.g.
- 103 Words for one's rescuer
- 104 Bobby and J.R.
- 106 Dayan of Israel
- 107 Valuable timepiece
- 109 Word of comparison
- 110 Not for eating here
- 111 Practice starter?
- 114 Half a quartet
- 117 Classic villain
- 118 Cabinet dept.
- 120 Diarist Anaïs ___
- 122 Word with "welcome"
- 123 Lingerie item
- 125 Iced ___

Sudoku 1

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

9 To 5 By Harley Schwadron



The Observer Crossword Puzzle

SCRABBLE GRAMS

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E

O

Y

R

T

L

T

RACK 1

E

I

O

U

R

M

S

Double Word Score

RACK 2

A

O

U

T

G

N

B

1st Letter Triple

RACK 3

A

E

O

L

M

B

V

RACK 4

A

O

L

B

L

L

W

RACK 5

PAR SCORE 260-270
BEST SCORE 318

FIVE RACK TOTAL
TIME LIMIT: 25 MIN

JUMBLE

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

A

O

N

P

I

Z

O

K

A

O

H

E

L

M

U

B

D

R

A

N

T

S

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



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

Guess Who?

I am an actor born in Pennsylvania on September 25, 1968. Before becoming an actor, I was a member of a hip-hop duo under a “fresh” moniker. My breakthrough role was on a popular sitcom. I’ve since added an impressive number of film credits to my name.

Sudoku #2

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

Level: Advanced

Puzzles & Comics
Answers on page 19

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to pet care.
Each number corresponds to a letter.
(Hint: 11 = E)

A.

23 11 15 11 25 22 21 13 25 22 13 21

Clue: Provides medical care

B.

26 14 11 10 15 11 25

Clue: Protection from the elements

C.

15 25 13 22 21 22 21 2

Clue: Teaching skills

D.

10 11 13 26 14

Clue: Restrains a pet

Boggle BrainBusters!

By David L. Hoyt and Jeff Knurek

W	A	L	A	K
H	E	S	O	O
R	M	G	N	M
U	E	A	I	D
O	T	T	P	A

BOGGLE POINT SCALE

3 letters = 1 point

4 letters = 2 points

5 letters = 3 points

6 letters = 4 points

7 letters = 6 points

8 letters = 10 points

9+ letters = 15 points

YOUR BOGGLE RATING

151+ = Champ

101-150 = Expert

61-100 = Pro

31-60 = Gamer

21-30 = Rookie

11-20 = Amateur

0-10 = Try again

Boggle BrainBusters Bonus

We put special brain-busting words into the puzzle grid. Can you find them?

Find AT LEAST EIGHT FIVE-LETTER ANIMALS in the grid of letters.

PET CARE WORD SEARCH

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

WORDS

ANNUAL

CANINE

CHRONIC

CLEANING

CLIPPERS

CONGENITAL

EXAMINATION

FELINE

FLEAS

GAIT

GROOMING

HIP DYSPLASIA

HYDRATE

INCONTINENCE

MATTING

NAILS

NUTRITION

OBEDIENCE

PREVENTATIVE

SHAMPOO

SHOCK

THERAPY

TICKS

WELLNESS

Find the words hidden vertically, horizontally, diagonally, and backwards.

Congregation Sholom

Below is the schedule for the High Holy Days:
Friday, Sept. 25: Karen Isenberg Shabbos Shuvah at 6:30 p.m.
Saturday, Sept. 26: Karen Isenberg Shabbos Shuvah at 9:30 a.m.
Sunday, Sept. 27: Erev Yom Kippur (Kol Nidre) Cantor Marla Barugel and Rabbi Karen Isenberg at 7 p.m.
Monday, Sept. 28 : Yom Kippur(Yizkor) Cantor Marla Barugel and Rabbi Karen Isenberg at 9:30 a.m.

To use Zoom with a computer, smartphone or tablet, contact Jeff Sacks so he can email a Zoom invitation to you. The invitation will have a link so you can click to join the meeting. Request the Zoom invitation with a text to Jeff’s cellphone at (714)-642-0122, or you can email jfsacks@gmail.com. He will send a link to get into the services. Once received, click the link and follow the prompts. The link will have the meeting id and password embedded. Call Jeff for more details or to practice at (714) 642-0122.

The Zoom link will also have a phone number to dial in if you do not have Internet service. The number they have in California is in San Jose, area code 669. To call inside California is toll free for most, but you may want to check with your phone provider.

The Tashlich boat ride will be on Thursday, Sept. 24, at 4 p.m. contact Susan Michlin at (805) 501-5628 for information or to make a reservation.

BEIT HALEV
From page 13

The Days of Awe begin next week but the special prayer service that precedes Rosh Hashanah is this Saturday — S’lichot (prayers of supplication). Beit HaLev’s schedule for livestream services for S’lichot, Rosh Hashanah and Yom Kippur is:

- **Kol Nidrei:** Sunday, Sept. 27, 6 p.m.
- **Yom Kippur:** Monday, Sept. 28, 10:30 a.m.
- **Yizkor:** Monday, Sept. 28, 12:30 p.m.
- **Ne’ilah:** Monday, Sept. 28, 6 p.m.
- **Erev Sukkot:** Friday, Oct. 2, 6 p.m.
- **Sukkot:** Saturday, Oct. 3, 10:30 a.m.

On Shabbat morning, Moses concludes his 39-day address to the Israelites with his song, “Ha’azinu.”

Rabbi Galit Shirah conducts a weekday Ma’ariv service every Thursday for Sim Shalom, the online synagogue. Sim Shalom presents livestream services Monday-Thursday, with a different rabbi each day. To say Kaddish, pray for healing and hear a spiritual message, go to SimShalom.com.

Rabbi Galit Shirah’s classes will resume following the High Holy Day season, around November. For information, contact the Rabbi at (562) 715-0888 or duets@icloud.com.

Holy Family

Holy Family Catholic Church, 13900 Church Place next to the St. Andrews Gate, will observe The 26th Sunday in Ordinary Time on Sunday, Sept. 27.

The First Reading is Eze- quiel 18:25-28 and the Second Reading is Philippians 2:1-11. The Gospel reading will be from Matthew 21:28-32

Masses

If you would like to receive a copy of the weekly parish bulletin, you can sign up at <https://ebulletin.jspaluch.com> or <https://www.jspaluch.com/Subscribe>.

The church is now open to public entry and can return its regular Mass schedule. Satur- day (Vigil Mass) is at 5 p.m. and Sunday Masses are at 8 a.m., 10 a.m. and noon.

Those who attend must a wear a mask or face shield and sit socially distanced, and use hand sanitizer upon entry into building.

LDS

From page 13

President Worthen concluded with a promise, “If all you can do is hang on to one thread, and the hope it holds, then hang on and hope. That will be enough to start the process. If you then turn to the Savior and ask for His help, He will take what little you have to offer and turn it into magnificent, exalting hope, which can be an anchor to your soul.”

Main Gate
594-4754

Faith Christian Assembly

Fear. It seems to be spreading faster than COVID-19. There are many people who have emotionally unraveled this year. Between the Pandemic, the economy, race relations, the election, and most recently - fires so many have retreated downward as worst case sce- narios have played out nightmare possibilities in their minds. This Sunday at Faith Christian Assembly in our 10:30 a.m. service, we will hit fear head-on. We will go to the only source that can calm our fears – Jesus as revealed in Scripture. Lay your fears aside and venture out. Come and be refreshed.

Out of an abundance of precaution, for all who attend services/ events at Faith Christian Assembly, we will be taking your temperature at the door, and you will be asked to wear a mask especially before and after service, and sit socially distant from others. If you are ill, we ask that you stay home.

Due to COVID-19, Faith Christian Assembly is not having all of its regular ministries at this time, but will resume as soon as possible. Midweek Bible study taught by Pastor Sheri Leming is on Wednesdays at 11 a.m. in the Garden Room. Grief Share will meet on Fridays at 2 p.m. starting Sept. 18.

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

COMMUNITY

Page 13

The elements are pre-sealed for safety and the liturgy is part of the morning worship on Facebook. If you plan to come and receive communion please mask and maintain distancing. The communion table is an open table, all who wish to receive communion may come and participate. You do not need to be a member of the church — All Are Welcome Here.

As always, if you are in need you may call the church office to leave me a message at (562) 431-2503

FIRST CHRISTIAN

From page 13

are we truly sons of God? We hear his voice and we follow, which is an act of obedience. If we are truly “sons of God” we will be obedient to the shepard’s voice and follow him.

Romans 8:15-16 says, “For you did not receive the spirit of bondage again to fear, but you received the spirit of adoption by whom we cry out “Abba Father.” The spirit himself bears witness with our spirit.”

What does the spirit of God bear witness of to our spirit? That we are sons of God. That’s pretty comforting to me, how about you?

If you want to speak to someone at the church, call the First Christian Church office at (562) 431-8810.

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Health & Fitness

Exciting activities from the HCC

by CJ Blomquist
LW contributor

While we cannot meet at the Health Care Center for classes, we look forward to seeing you on Zoom for these fun, engaging activities! Here's a sample of some of the upcoming events.

Art

Whether you're an expert painter or just learning the basics, this class can help you hone your skills. For this class, we'll be looking at famous paintings and creating our own versions. Class begins today, Sept. 24, at 10 a.m.

Essential Oils

Discover how to use oils to help reduce stress and help sleep better. This free class is open to anyone who wants to explore how scent can make a difference in their day. Class begins today, Sept. 24, at 6 p.m.

Herb Gardening

Looking to bring some fresh

flavors to your favorite dishes? Try herb gardening! Learn how to care for and cultivate delicious herbs right in your home. Class begins on Tuesday, Sept. 29, at 10 a.m.

Making Sense of Medicare

Whether you've been on Medicare for awhile or are just getting ready to enroll, this is a class to help understand the basics before AEP season starts. Class begins on Tuesday, Sept. 29, at 10 a.m.

Yoga

There can be a lot to process these days. If you're feeling overwhelmed, you may want to consider yoga. It can help you relax and reduce stress. It also helps build and strengthen muscles. We have a number of upcoming classes from beginner courses to intermediate. All are led by certified yoga instructors.

Sign up for these free classes and discover more at monarchhealthcare.eventbrite.com.

OC GREAT PLATES

Order Kosher Meals on Wheels

Pirchei Kosher is serving through Orange County's Great Plates program kosher meal delivery for those who qualify. This is a meal delivery service providing three meals a day for the duration of the program. To enroll, call Pirchei at (949) 215-9995.

Other programs may be available for those who may not be able to qualify for this program. Contact us for more information or visit www.ypsshul.com/kosher.

Those who are over 65 may qualify for the kosher meal service. This is a limited time program and to enroll you must contact us as soon as possible. Those who are 60-64 and have exposure to COVID-19 may qualify under other categories.

The LW Weekly
430-0534

Meals on Wheels, Long Beach

Meals on Wheels of Long Beach, Inc. (MOWLB), delivers freshly cooked meals daily, Monday – Friday, between 10:30 a.m.–12:30 p.m. Deliveries include a hot dinner, cold lunch, dessert and 8oz. carton of one percent milk. The cold lunch may be an entree salad or a sandwich with a small side salad. A diabetic dessert is available for those in need. Contact Caron Adler at (562) 439-5000, ext. 2, or visit www.mowlb.org to complete an online application. To cancel a meal for the following day, you must contact Caron before 9 a.m. the prior business day. Menu is subject to change without notice.

Thursday, Sept. 24: Chicken chop suey, brown and wild rice, Oriental vegetables, fresh cantaloupe, ham and cheese sandwich with lettuce, tomato and pickle, three bean salad.

Friday, Sept. 25: Beef stew with potatoes, celery and carrots and corn, cornbread, fresh orange, entree turkey and ham cob salad with egg, tomato, bacon, blue cheese dressing, crackers.

Monday, Sept. 28: Chicken mac and cheese, seasoned carrots, green beans with pimentos, peaches in a cup, chicken salad sandwich with spinach and tomato, homemade potato salad.

Tuesday, Sept. 29: Pork loin with apple berry sauce, brown rice, zucchini medley, chocolate pudding, entree Caesar chicken salad, romaine lettuce shredded cheese, croutons, Caesar dressing, crackers.

Wednesday, Sept. 30: Homemade Salisbury steak with mushroom gravy, mashed sweet potatoes, Brussels sprouts, fresh peach or plum, egg salad sandwich with lettuce and tomato, creamy coleslaw.

SCRABBLE GRAMS							SOLUTION	
L ₁	O ₁	T ₁	T ₁	E ₁	R ₁	Y ₄	RACK 1 =	<u>60</u>
M ₃	O ₁	U ₁	S ₁	I ₁	E ₁	R ₁	RACK 2 =	<u>68</u>
G ₂	U ₁	N ₁	B ₃	O ₁	A ₁	T ₁	RACK 3 =	<u>64</u>
M ₃	O ₁	V ₄	A ₁	B ₃	L ₁	E ₁	RACK 4 =	<u>64</u>
L ₁	O ₁	W ₄	B ₃	A ₁	L ₁	L ₁	RACK 5 =	<u>62</u>
PAR SCORE 260-270							TOTAL	318

Crossword Answers

STU	EDS	TUFT	AFUSS
AONE	LETBE	AFAR	TANTO
PRIMAL	FEAR	JOIE	HADON
SONAR	AARE	REDO	EIN
FIRST	KNIGHT	NOMERCY	
AWOL	ASS	AIR	AYERS
VERSES		ANTONIO	GILL
IAM	THECOTTON	CLUB	ZOO
AREAS	SAMS	REO	OMEGA
NEDS	STREET	PROUDOF	
INTERNAL	AFFAIRS		
YESDEAR	CLERIC	EWES	
ETHER	JAM	LEAN	ASONE
WOE	FINAL	ANALYSIS	RNA
SNAG	CORONET	SISKEL	
ROSIN	OOT	MET	TIAS
MRJONES	PRETTY	WOMAN	
OOO	ARED	HOHI	AGGIE
SLINK	NUMB	AGENTLEMAN	
HENIE	SEAR	NORGE	RAGE
EXTNS	ETTA	OSA	NOR

Sudoku 1 Answers

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

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

Jumble Answers

PIANO KAZOO HUMBLE STRAND
She was shopping for just the right knife and was keeping a — SHARP LOOKOUT

Puzzle Answers

Puzzle page 14-15



Sudoku 2 Answers

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

Guess Who?
Will Smith

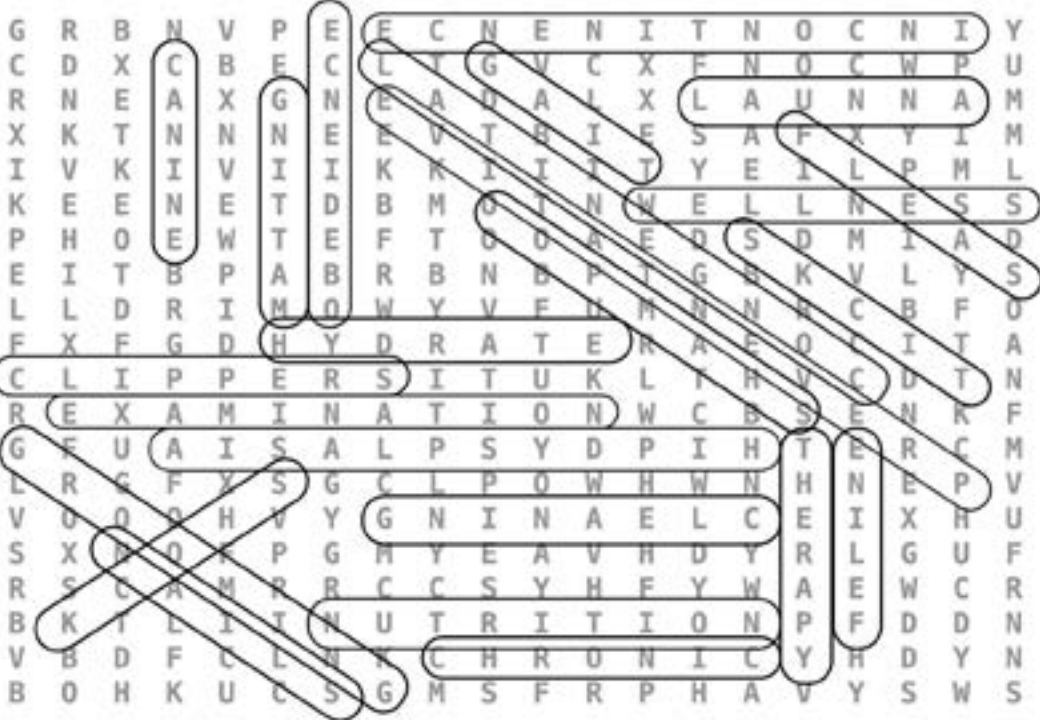
Crypto Fun Answers

A. veterinarian B. shelter C. training D. leash

Boggle BrainBusters Answers

TIGER LEMUR DINGO WHALE KOALA MOOSE OTTER PANDA

Word-Find Answers



Classifieds

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Mutual 9-2221
\$249,900

This lovely 2 bedroom 1 bath unit has a really nice greenbelt view, wrap around pebble tech patio, leaded glass entry door with patio skylight. Open floor plan, living room with smooth ceilings and crown molding. Kitchen has white cabinets, built-in electric appliances including refrigerator, cooktop and wall oven and ceiling light fixture. Bathroom with stone counter, large walk-in shower with sliding door and nice light fixture. Both bedrooms have smooth ceilings with crown molding. Other features include laminate flooring, drapes in every room, dual pane windows, heat pump and laundry is just steps from unit. This unit has an abundance of natural light, newer paint throughout. It is a must see to appreciate the upgrades!



Mutual 2-19L
\$349,900

Fully expanded 2 bedroom, 2 bath corner home on lovely greenbelt with leaded glass entry door and patio storage. Living room is quite spacious with designated dining area with ceiling fan. Kitchen has white cabinets, counter has matching backsplash, pantry, skylight, built-in electric appliances including wall oven, stove top, microwave, dishwasher and refrigerator. Master bedroom expanded with walk-in closet and extra storage, bathroom has skylight, stone counter and bathtub with shower. The second bedroom has custom shelving and is also quite spacious, second bath is a half bath. Other features include Central Heat and Air Conditioning, dual pane windows, vertical blinds throughout, smooth ceilings, laminate floors in kitchen and baths, carpet in living area and bedrooms. This unit has a great greenbelt view and is in a desirable location.



Mutual 12-9D
\$299,000

Charming remodeled 2 Bedroom 1 Bath Cottage. Kitchen features custom white cabinets with granite counters, built-in stainless-steel freestanding range, refrigerator, dishwasher, microwave, skylight and ceiling fan. Bathroom has white cabinets, white counter, added linen closet, washer/dryer and walk-in shower. Master bedroom has mirrored sliding glass wardrobe doors, ceiling fan, and French sliding glass doors to patio. Formal dining room has large skylight. Entry area has wood floors and entry closet. Second bedroom has large skylight and mirrored sliding glass wardrobe doors. Central heat and air conditioning, double pane windows, private patio with walk-in storage and overlooks open green belt.



Mutual 2-13F
\$339,000

Lovely partially expanded 2 bedroom, 1 bath corner unit with nice greenbelt view from patio, also patio storage, beautiful wood leaded glass entry door with sidelights. Living space is quite spacious with separate dining area. Kitchen has custom wood cabinetry with built-in electric appliances including refrigerator, wall oven, glass cooktop, microwave and complimentary backsplash, pantry with easy pullout drawers and over-sized skylight. Master bedroom has ceiling fan, 2nd bedroom has large skylight and washer/dryer in closet. Bathroom with skylight, custom wood cabinets, newer counter and walk-in shower. Other features of this home are blinds throughout, brick pavers, dual pane windows, and central heat and air. This home is definitely move in ready, so come take a look as has so much to offer and a great location.



Mutual 1-27F
\$249,900

Charming Corner 2 Bedroom, 1 Bathroom Expanded Cottage. Featuring an inviting screened in wrap-around private patio perfect for entertaining or relaxing and enjoying the ocean breezes. This special corner home features spacious living room, kitchen with built-in stove, oven, refrigerator and skylight. Expanded Master Bedroom has walk-in closet. Bathroom has bathtub with shower and skylight. Second Bedroom overlooks screened in patio. This home also features laminate flooring throughout, window blinds, and is light bright and airy. Don't miss this lovely home that has so much potential.

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Mutual 6-127L
\$319,000

Beautifully expanded 2 bedroom, 1 bath home. Spacious living room has bay windows, window seat, and adjoining dining area. The kitchen has white cupboards, built-in stove, oven, dishwasher, refrigerator, Corian counters, breakfast bar with added storage and large skylight that opens. Master bedroom has walk-in closet, bay windows and ceiling fan. Second Bedroom, mirrored wardrobe closet doors and ceiling fan. Bathroom has cultured marble counters, cut down shower, large skylight that opens and tile floors. The living room and bedrooms have newly installed carpeting. This lovely home also features, central heat and air, smooth ceilings and is in move-in condition. Drive up side parking



Mutual 3-29A
\$389,900

Beautifully Expanded Corner 2 Bedroom 1 1/2 Baths with spacious corner living room and bay windows. The Kitchen has custom wood cabinets with corian counters, built-in custom appliances breakfast bar with storage, large skylight and ceiling fan. Expanded master bedroom has bay window, walk-in closet, and ceiling fan. Second bedroom has ceiling fan and 1/2 bathroom with tile floor. Master bathroom has custom cabinets, added linen closet, washer/dryer, cut down shower, skylights, and tile floor. This lovely home features double pane windows, blinds, central heat and air conditioning, smooth ceilings, carpeting, and tile entry with beautiful leaded glass door. This charming home is move-in condition and a must see.



Mutual 4-85G
\$459,000

This lovely fully expanded 2 bedroom, 2 full bath home has so many great features, stacked stone trim with side drive-up, stone patio with outside storage, leaded glass entry door with sidelite, patio off second bedroom with glass entry door, both patios with private metal eucalyptus trees. First bath has tiled full shower, stone counter, linen closet, skylight and washer/dryer. Second bedroom with walk-in closet, attached patio. Other features include dual pane windows, bay windows in living room, new carpet in living area and bedrooms, plenty of extra storage, central heat and air conditioning. If you are looking for a home that is move in ready and has everything you could possibly need then this is a must see!



Mutual 1-51G
\$292,000

Beautiful Corner 2 Bedroom 1 Bath fully expanded home over looks lovely expansive green belt. This lovely home has large spacious living room with bay window and dining area. Kitchen has built-in appliances and skylight. Bathroom features washer/dryer and expanded Bedroom has walk-in closet and bay window. This home has many upgrades and is centrally located. Walk to Downtown Leisure World, swimming pool, gym, golf course, health care center and shopping center. Enjoy the view and ocean breezes.



Mutual 1-47D
\$175,000

Beautifully updated 1 Bedroom 1 Bath home. This charming cottage has a white kitchen with built-in appliances including stove, oven, refrigerator, black granite counter tops and large skylight. Bathroom also has a large skylight and black pearl counter tops. This lovely home also features newer paint, laminate floors, double pane windows with sliding glass doors.

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Robin Gray & Barbara Diette-Dobias



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Barbara Diette-Dobias

(562) 754-5628
barbaradobias@gmail.com
DRE 00887640



Mutual 1-7-K

Fabulous Location

Charming fully expanded one bedroom - one bathroom on an amazing greenbelt filled with trees and an ocean breeze! This move-in ready home is filled with an abundance of natural light, features beautiful wood-look laminate floors, cut down shower, heat-pump, solar tubes, large storage closet, and the convenience of close parking and laundry room. The extra living space is perfect for an office, hobby area, or a place to sit - relax and enjoy the view of gorgeous trees and pretty sunsets.



Coming Soon!

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Sold in One Day!

Mutual 12-78-D
\$229,000

Pretty courtyard view of small green from patio. Charming basic w/2 bed, 1 bath, heat-pump, washer/dryer



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



Mutual 10-257-D

\$265,000

Convenient Drive-up! Adorable basic 2 bed, 1 bath, remodeled kitchen and bath - both with quartz counters, beautiful laminate floors, dual pane windows, tile patio with a finished side wall and stack-stone patio wall. So much to enjoy!



Remodeled Kitchen



Sold in One Day!

Mutual 6-56-C

LOCATION - LOCATION on a FOREVER GREEN!! Darling beach cottage - 2 bed, 1 bath, expanded master bed w/a bay window and wall-in closet, central heat/air, washer dryer, dual pane windows, patio to enjoy the view and breeze ...



Mutual 1-44-D

\$182,000

One Bedroom - One Bath - on a S/E facing greenbelt setting with tiled patio to enjoy the ocean breeze. New flooring throughout gives this home the open concept everyone loves. There are newer windows with shutters and a newer front door in the living room plus a newer slider in the bedroom. Washer/Dryer and a heat pump make this home absolutely move-in ready to enjoy all that Leisure World has to offer.

See more at www.sealbeachleisureworld.com



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Seal Beach, CA 90740



Claudette "CC" Cooley
310-484-9600



Conrad Rodriguez
562-746-1960

Mutual 1 25L \$222,500
Fixer, great for remodel, good location, great price

Mutual 3 20D \$227,000
turn key, move in ready, a must see

Mutual 9 211B \$229,900
2 new heat pumps, skylights, bright, lam. flooring

Mutual 3 25J \$235,000
new flooring, large skylights in bath and kitchen, greenbelt

Mutual 6 64C \$235,000
full expan., faces so./east, skylights, gorgeous lam. floors

Mutual 9 222I \$249,900
great unit, many amenities, you need to see this

Mutual 1 27F \$249,900
screened in patio, expanded master, bright

Mutual 15 1B \$250,000
2 baths, move-in condition, scraped ceilings, lam. floors

Mutual 6 64K \$255,000
full expan., 2 large skylights, 2 heat pumps, btlf. greenbelt

Mutual 5 70C \$262,500
cent.air, 3 skylights, lam. floors, partial expan.

Mutual 10 257D \$265,000
adorable cottage, remodel. kit., remodel. bath, dual pane, smooth ceiling

Mutual 5 114K \$265,000
full expan. newly painted, extra large skylight

Mutual 12 8F \$289,000
faces south, lam. flooring, heat pump, expanded living room

Mutual 12 9D \$299,900
washer/dryer, cent. air, double pane, trees, nice

Mutual 6 127L \$319,000
btlf. corner, bay windows, smooth ceiling, cent. air, nice

Mutual 2 13F \$339,000
btlf. partial expan., cust. kit., washer/dryer, cent. air

Mutual 2 19L \$349,900
full expan., 1 1/2 baths, cent. air, smooth ceilings, greenbelt

Mutual 15 34L \$368,000
2 baths, remodel. kit., granite, enclosed patio, greenbelt kit.

Mutual 9 226L \$385,000
Remod. corner, 2 full baths, washer/dryer, private

Mutual 3 29A \$389,900
1 1/2 baths, cust. cab., cent. air, washer/dryer

One-Bedrooms

Mutual 4 78K \$159,000
patio, 2 skylights, shows well

Mutual 10 247I \$169,000
move-in condition, good location, newer lam. floors



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For 2020, I have a total of 68 Leisure World pending and closed sales.
I have buyers for yours too! Call me today for a free market evaluation!



13962 El Dorado Dr., #60G | M2 | \$460,000

Fully Expanded 2 Bed/ 2 Full Baths. Completely Remodeled, Vinyl Flooring, Quartz Countertops, Stainless Steel Appliances, Full Size Oven, Central A/C and Heat, Washer/Dryer, Dual Pane Windows, Plantation Shutters. LIGHT & BRIGHT!



1562 Golden Rain Rd., #44G, M2, \$225,000

Centrally Located, Basic 2 Bedroom, 2 Bath. Walk to All Amenities. Lrg. Private Patio Surrounded by Greenery, 2 Skylights, Expanded Bedroom to Include Desk Nook. New Golden Oak Flooring.



13922 El Dorado Dr., #58D | M2 | \$239,000

Drive Up Location. 2 Bedroom, 1 Bath Unit. Partially Enclosed Patio with Extra Storage, Large Skylight on Patio, Kitchen and Bathroom. Wood Flooring, Expanded Master Bedroom, WASHER/DRYER.



1120 Northwood Rd #186L | M8 | \$264,000

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.



1125 Northwood Rd #235J | M9 | \$234,900

2 bedroom, 1 bath with brand new AC/Heat pump, laminate flooring, washer/dryer, wrap around patio.



13660 El Dorado #34F | M3 | \$219,000

Clean corner unit. 2 bdrm, 1 bth. Newer AC/Heat Pump, 2 Skylights, Ceiling fan, Stainless steel appliances, raised cooktop, full size refrigerator w/ bottom freezer and dual pane windows.



1520 Northwood #244J | M10 | \$224,500

Drive Up Location. 2 Bedroom, 1 Bath. Both Bedrooms have been expanded. Extra Large Walk-In/Storage Closet. Vinyl Flooring, 4 Skylights.



1671 Interlachen Rd., #285i | M 11 | \$385,000

One Of a Kind, Completely Remodeled 2 Bedroom, 1 1/2 Bath. New Vinyl Flooring, Quartz Countertops, Central A/C Heat, Washer/Dryer, Dual Pane Windows, Smooth Ceilings, Cam Lights. Parking Spot Close by.



1700 Tam O'Shanter #2J | M14 | \$445,000

Fully Remodeled. 2 Bedroom, 2 Full Bath. Wood Flooring, Central AC/Heat, Full Size Washer/Dryer. Stainless Steel Appliances. Granite Countertops. Custom Cherry Wood Cabinets.

On September 22nd, 2020 a total of 66 units show as active listings on the CRMLS (this is where Realtors list property for sale).

8-1 bedroom/1 bath
from \$155,900 to \$190,000

37 - 2 bedrooms/1 bath
from \$205,000 to \$359,900

21- 2 bedrooms/2 baths
from \$219,000 to 499,900

I offer Virtual Tours and can you send you a Virtual Tour of any of these properties, I have access to all inventory!
I am here to help!

"My purchase of a property in Leisure World with Carol was a great experience from the initial contact to the final closing. Carol was patient, accommodating and helpful to my sensitive situation. She was readily available on very short notice and very beneficial in obtaining the best price for my extremely needed quick purchase. I would most definitely recommend Carol as it was my pleasure doing business with her."

Debbie Martinez

9/22/2020- Year To Date MLS Activity

