# Weekly





# Saluting LW Veterans



#### **LW VETS**

## **Pinning Ceremony** is Nov. 18 at 10

The American Legion, in cooperation with Traditions Health, will host a Veterans Pinning Ceremony to honor all LW veterans at 10 a.m., Friday, Nov. 18, at Veterans Plaza adjacent to the LW Library.

The purpose of the event is to publicly acknowledge the military service and sacrifices made by LW veterans and their families. The ceremony will give each vet an opportunity to share part of his or her story. Vets will receive a special pin and certificate honoring their time in uniform and the service they gave to the country.

LW veterans from every branch of service and rank are welcome to attend, as are LW residents and friends who want to honor these military heroes.

To RSVP, call 562-301-5482.

## **CHRISTMAS TREE**

## Lighting is Dec. 6

The GRF Recreation Department will host the annual Christmas Tree Lighting Ceremony beginning at 4:30 p.m. on Tuesday, Dec. 6, at Veterans Plaza.

Santa will be there with his elves, courtesy of the LW Theater Club, who will collect unwrapped toys for the upcoming annual Toys for Tots event.

Everyone is encouraged to bring a gift for the little ones and have a picture taken with Old St. Nick.

The Korean American Chorale will entertain with a selection of Christmas carols. The audience will be invited to join in singing holiday favorites.

The chorale impressed hundreds of people with its talent and professionalism at an Amphitheater show last summer.

Refreshments will be provided. Come kick off the holidays at Veterans Plaza, see the brand new tree, and bring a friend, grandchild or two, and neighbors.

## THANKSGIVING HOLIDAY

## GRF will be closed on Nov. 24 and 25

In observance of Thanksgiving, all Golden Rain Foundation offices except Security will be closed Thursday, Nov. 24 and Friday, Nov. 25.

The Leisure World Maintenance Department will be on call for emergencies at 562-594-4754.

The Minibus and the Access bus will operate on the holiday schedule.

HONOR, DUTY, COUNTRY



American Legion Post 327 and the Auxiliary held its annual Veterans Day observance Nov. 11 in Clubhouse 2. The Sea Cadets posted the colors. The service included patriotic music by the Velvetones. speeches and "taps."

## Veterans are in the spotlight this month

The LW Weekly continues its salute to the men and women of the Armed Forces who serve and have served in all branches of the U.S. military. Their sacrifice will never be forgotten and is the foundation of today's freedom and democracy the world over.

## by Ruth Osborn

managing editor

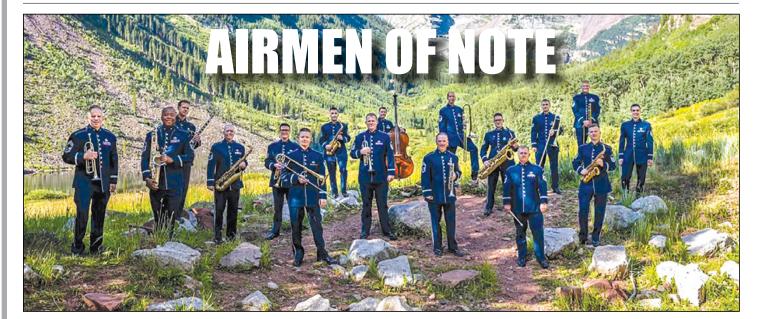
Alfred G. Arrieta, a 25-year resident of Mutual 12, was barely out of high school when he was drafted into the U.S. Army Air Corps as World War II raged in 1943. Nothing in peacetime life prepared the young American, only 19 years old, for the violence that lay ahead. But like many men of his era, he responded, trained hard and fought a furious fight to preserve the fundamental freedoms that define life in a free, democratic society.

Eleven months before the Japanese Empire launched a surprise attack on Pearl Harbor, President Franklin Roosevelt gave a speech that described a world where everyone could enjoy four "essential human freedoms": freedom of speech, freedom to worship, freedom from want and freedom from fear. By the end of the war in 1945, 50 million men between 18 and 45 had registered for the draft and 10 million had been

WWII VET, page 8



WWII gunner Alfred G. Arrieta, 99, pictured with his wife, Frances, is a LW hero. Today, he relishes his life here, knowing that many did not make it home.



The United States Air Force Band's Airmen of Note from Washington, D.C., is on a concert tour to honor the service of Airmen past and present, as well as the

75th anniversary of the United States Air Force. A free concert will be held at 3 p.m., Saturday, Nov. 19, at Long Beach City College. See page 2 for more information.

November 17, 2022 | www.lwsb.com | www.lwweekly.com LW Weekly



Lightning struck a transformer adjacent to the LW RV lot off El Dorado Road on Nov. 8 at 3:42 p.m. at the height of a powerful storm pummeling the region. The strike caused a power outage to several Mutuals and the Administration complex and LW clubhouses, which had to be closed pending repairs by the Southern California Edison (SCE). The outage affected a total of 3,464 Southern California Edison customers, according to SCE. Power was largely restored in LW by around 8:30 p.m.

## **Interact Solutions Town Halls**

more about bulk cable and Internet service coming to LW on

Interact Solutions will host Nov. 19, Dec. 3, Jan. 7 and Jan. informational meetings for 21. All meetings will be held in residents interested finding out the lobby of Clubhouse 3 from 1:30-5 p.m.

LW's bulk cable contract will

expire Dec. 31.

Internet Solution representatives will be there to answer questions and demonstrate its product.

## **U.S. Air Force Band In Concert**

The United States Air Force Band's Airmen of Note from Washington, D.C., is now on tour in California and has a concert planned near Leisure World.

The tour honors the service of Airmen both past and present, as well as the 75th anniversary of the United States Air Force. All concerts are free and open to the public. Ticket information for these concerts is available at https://bit.ly/TheUSAFBandTour.

The closest concert to LW will be at 3 p.m., Saturday, Nov. 19, at Long Beach City College, 4901 East Carson St., Long Beach, 90808.

Chief Master Sgt. Brian MacDonald, lead trumpeter and flight chief of the Airmen of Note, is enjoying being on the road.

"This tour was originally scheduled for spring 2020 but was canceled due to the pandemic," says MacDonald.

"We're really excited to be back out there performing for our audiences in California."

The Airmen of Note is one of the six performing ensembles within The United States Air Force Band, the premier musical organization of the U.S. Air Force. Stationed at Joint Base Anacostia-Bolling in Washington, D.C., The United States Air Force Band honors those who have served, inspires American citizens to heightened patriotism and service, and connects with the global community on behalf of the U.S. Air Force and the United States of America.

For more information, visit its Facebook page at http://www. facebook.com/USAFBand.

## **CAP Food Distribution**

Free food is available in Leisure World to eligible residents who are 60 years or older through Community Action

Partnership of Orange County (CAPOC), which has a monthly distribution site by Clubhouse 4. The next food distribution will be Dec. 15. The pick-up process has changed. Rather than driving up to the food truck, people should park, check in and retrieve their box of food from the Art Room in Clubhouse 4.

Every third Thursday from 9-11 a.m., qualified people receive 32 pounds of food, including canned fruit, vegetables, meat, rice, juice, cereal and more.

Eligible seniors must live in Leisure World, be at least 60 years of age and meet income guidelines as follows: up to \$1,473 a month for one person; \$1,984 for a two-person household; and \$2,495 for a three-person household.

To sign up, bring a photo ID and proof of income (Social Security/SSI statement, letter or bank statement or paycheck stub). People who are unable to apply themselves or pick up the food may send a proxy to act on their behalf with appropriate ID.

For more information, contact Roberta Arshat in GRF Member Resources at 562-431-6586, ext. 317, or robertaa@ lwsb.com.

## **OC REGISTRAR**

## 611,060 votes cast in General Election

Election results reported by the Orange County Registrar of Voters are unofficial until certified by the California Secretary of State. For the latest information, visit ocvote.gov.

As of Nov. 14, the Registrar's office reported 100% of 2,169 precincts reporting with a turnout of 42.5% of 1,817,149 registered voters in Orange County. Altogether, 611,060 votes were cast.

Of that total, the overwhelming number were voteby-mail ballots: 452,856. That left 158,203 ballots cast at vote centers.

In the Seal Beach City Council race, two council districts were

**ELECTION**, page 25





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LW Weekly www.lwsb.com | www.lwweekly.com | November 17, 2022

#### **PHYSICAL PROPERTY**

## New attendant is at 1.8-Acre site to monitor dumping

#### by Emma DiMaggio

LW Weekly editor

On Oct. 31, the Golden Rain Foundation welcomed the addition of Nikisha McRoyal as the area attendant for the GRF dumpsters at the 1.8-Acre site. McRoyal will be stationed at the site to ensure that only authorized residents use the facility, which some regard as a de facto amenity.

"I just make sure that people are following the rules of the GRF," McRoyal said. "We have a lot of illegal dumping from people, for example, in escrow, or friends. They'll say, 'Oh, you can dump over here,' so I've been stopping that and turning them around."

Her position is intended to reduce unnecessary expenses caused by unauthorized use, as well as the disposal of household furnishings that could otherwise be donated.

She also prevents dumpster diving and prevents large items from being deposited outside the bins when they are full.

"She is just the right person for the job," said GRF Board Director Nick Massetti, who represents Mutual 17.

"She handles the task with authority and confidence and is ready for just about anything which is just what has and will happen out there."

"I love it. I love coming here,



—Emma DiMag

Nikisha McRoyal is the new attendant at the 1.8-Acre site.

working here, interacting with my elders," said McRoyal, who worked as a caregiver for two decades.

The GRF has taken previous steps to secure the dumping site, such as changing the opening time to 9 a.m. and providing contact information for nearby thrift stores willing to pick up items. Though some have been surprised to learn that they need to present their GRF ID card to use the site, most have been very cooperative.

"If you're going to have your son or daughter or friend or caregiver throw away your stuff at the dump, please make sure you give them permission to do so, and give them a copy of your GRF ID," McRoyal said. "It's simple. Just follow the rules and everybody will get along."

At the September GRF Board meeting, new rules were adopted for the use of the dumpsters. Those rules will be finalized at the board's next meeting on Nov. 22.

## **Superwire Town Hall**

Superwire/Spectrum will host an informational meeting for residents interested in having Superwire/Spectrum as their cable or Internet provider at 1 p.m., Monday, Nov. 21, in Clubhouse 4. LW's bulk cable contract will expire Dec. 31. A Superwire/Spectrum representative will be there to answer questions. All are welcome to attend.

## **Seal Beach Accident Report**

A vehicle collided with a tree in the center median of Pacific Coast Highway in Seal Beach on Nov. 13, causing serious injuries to the driver and one passenger. The accident happened at the intersection of Seal Beach Boulevard and PCH at about 3:50 a.m.

Orange County Fire Authority extricated the driver from the vehicle, and she was taken by ambulance to a local trauma center. She remains in serious but stable condition. The passenger sustained non-life-threatening injuries and was also transported to a hospital for treatment. It is unknown if alcohol or drugs were a contributing factor in this collision.

This is an ongoing investigation. Anyone with information is asked to contact Traffic Investigator Officer Hector Mercado at (562) 799-4100 ext. 1634 or hmercado@sealbeachca.gov.

## Town Hall

## Saturday, November 19

1:30pm to 4:30pm Clubhouse #3 Lobby

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# **PERSPECTIVES**

## **Letters to the Editor**

A couple of letters in your Oct. 20 and Nov. 10 issues from the defenders of the infamous Republican Club ad cited the writers' concern and near reverence for the preservation of the right to free speech in our

They express that concern by describing letters from those with opposite opinions about the ad as "intemperate" (evidently the "unrestrained, unbridled" definition); having "contempt for freedom"; and "disdain" and "scorn" for freedom.

I can't help noticing the irony or even hypocrisy in this method of defending free speech.

> Lee Hoyt Mutual 11

Editor:

I availed myself of shredding services on Nov. 8 and want to compliment the Golden Age Foundation on the organization and efficiency of the process.

On top of all that goodness, we had friendly and concerned service delivered to us despite threatening weather.

Thank you to GAF President Anna Derby and all the volunteers who helped out to make this a great event.

> Deanna Sciaraffa Mutual 1

Editor:

GRF's new policy at our golf course makes each golfer sign a daily waiver every time they play. This waiver appears to indemnify GRF against including issues that are clearly GRF's responsibility, like muddy areas, slick bridge, slippery floors, holes in floors, falling ceilings, etc. This indemnification can be extrapolated to resident' slips and falls of any description for

My reasons against the waiver include:

1. The starter shack is a small place. There is currently no space for sign-in lines (inside or out), or an area available to let golfer's sign in.

2. This sign-in process requires all golfers to go inside the starter's shack (not enough room) or line up at the window once a day.

3. During tournaments, dozens of golfers show up at the same time. This increases congestion and may cause golfers to wait in lines inside or out so they can sign in.

4. On damp days or after rains, everything must be done inside. There is no overhead protection from leaking roofs and other precipitation. This dramatically increases the traffic now—it will get worse.

5. Numerous golfers play

after the starter shack closes. Who's responsible for getting those people to sign?

My suggestions are:

1. Rather than a waiver, put up signs indicating that the golfer is responsible for damage caused by him/her, their golf clubs/balls, or equipment.

2. Let golfers sign a waiver that lasts for a year or for the resident's entire residency. (Apparently a one-year waiver sign-in is currently in effect at the gym.)

> Dave LaCasicia Mutual 4

## **Perspectives Policy**

Submissions in each of the following categories may be published at the discretion of the managing editor.

Letters to the Editor: The maximum number of words is 250. Letters should be typed and delivered to LW Weekly by email (preferred), regular mail or hand-delivered. Letters must be of general interest to the community and may contain opinions, suggestions, compliments and complaints without being scurrilous, libelous, defamatory, repetitive or otherwise inappropriate. The names of individual employees, titles and/or departments will

POLICY, page 9

## Member Column

by Jeri Dolch

LW contributor

I am Jeri Dolch, president of Mutual 8 and also president of Presidents' Council. I received a request from a shareholder asking why my Mutual won't sign a contract with Superwire, allowing it to be here in Leisure World. A little history may help shareholders understand. Spectrum has been the bulk Internet provider for many years in Leisure World. The broker who represented Spectrum was Superwire.

The bulk billing was a part of the GRF billing on your monthly assessment (approximately \$30 a month). As years went on and there were competitive companies in the market, shareholders would go with them. Some of you may remember wondering if you were still paying for Spectrum on your monthly bill, not realizing you needed to go to the GRF Finance Department to have it removed.

The Mutuals asked GRF to find possible cable providers that would offer a bulk discount rate (such as we had with Superwire) and report back to the Presidents' Council. The cable provider could not require 100% participation of the residents in the community. In July, the findings were presented to Mutual presidents at a roundtable meeting. There was only one cable provider at the time—Interact Solutions—that did not require 100% participation. It was then up to the Mutuals to decide what they wanted to do.

A contract was entered into with Interact Solutions for it to enter the property, meeting all required terms. I believe there are three or four attorneys representing different Mutuals.

Mutual 8 was advised to have its attorney review the contract. Many changes were made by my Mutual's attorney, who also represents eight other Mutuals. I then signed the contract that the Mutual 8 attorney approved, and it was forwarded to Interact Solutions.

Meanwhile, I was contacted by a representative of Superwire to come to the Presidents' Council meeting in August to make a presentation. This was the first meeting I presided over, and I did not realize that the time to make a presentation had closed several months prior.

Now, there are nine Mutuals who have agreed to have Interact Solutions come into LW to install equipment. There are more than enough shareholders interested in Internet Solution's product to

COLUMN, page 5



An Official Golden Rain Foundation Publication

Serving the Shareholders of Leisure World Seal Beach

LW Weekly

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## **GRF Board of Directors Meeting**

Agenda Monday, Nov. 22 10 a.m., Clubhouse 4/Zoom

To view the live GRF Board meeting, go to www.lwsb.com. The tab will be active at 9:45 a.m., on the day of the meeting. The live streaming uses You Tube live and terminates at the close of the meeting.

- 1. Call to Order/Pledge of Allegiance
- 2. Roll Call
- 3. President's Announcements
- 4. Service Awards/Staff Commendations
- 5. Seal Beach City Council Member's Update
- 6. Member Comments/Correspondence
- 7. Consent Calendar
  - a. GRF Board of Directors Minutes, October 25
  - b. Approve Capital Funds Investment Purchase
  - c. Approve Reserve Funds Investment Purchase
  - d. Acceptance of the Interim Financial Statements, September, for Audit
  - e. Accept Standard Changes to Committee Charter
- 8. Ad Hoc Reports
  - a. Establishment of GRF Trust Property Utilization Ad Hoc Committee
  - b. Governing Document Ad Hoc Committee Discussion
  - c. 1.8 Acre Ad Hoc Committee
    - i. Approve Bid for Engineering Drawing
  - d. Website Ad Hoc Committee Discussion
- 9. New Business
  - a. General
    - i. Approve License Plate Reader
  - b. Finance Committee
    - i. Approve Insurance Property Liability Renewal
    - ii. FINAL VOTE: Amend 40-5061-2, Fees
  - c. GRF Administration Committee
    - i. Amend 30-1001-5, Glossary of Terms
    - ii. TENTATIVE VOTE: Adopt 30-5022-3, Community Rules Violation Panel Charter
    - iii. FINAL VOTE: Amend Policy 30-5093-3, Authorized Resident (AR) Rules of Conduct, Procedure for Notification of Violation and Right to Hearing
  - d. Information Technology Services Committee
    - i. Capital Funding Request: Records Digitization Document Management Solution – Iron Mountain
    - ii. Operating Funding Request: CINC System to Replace Jenark
  - e. Mutual Administration Committee
    - i. Amend 50-5165-3, Committee Charter
    - ii. FINAL VOTE: Amend 50-1646-2, Stock Transfer Office Schedule of Fees
  - f. Physical Property Committee
    - i. Capital Funding Request: Amphitheater Rear Door Ramp
    - ii. Reserve Funding Request: Clubhouse 1 Kitchen Flooring
    - iii. Reserve Funding Request: Zinsco Electric Panel on **Trust Property**

AGENDA, page 9

## **Mutual Meetings**

Mutual residents are invited to attend the open meetings of their mutual boards. The following is a tentative schedule.

#### Mutual 2

Thurs., Nov. 17, 9 a.m.

#### Conf. Rm A/Zoom

#### Mutual 11

Thurs., Nov. 17, 1:30 p.m. Conf. Rm B/Zoom

#### Mutual 3

Fri., Nov. 18, 9 a.m. Conf. Rm A/Zoom

#### Mutual 1

Mon., Nov. 21, 9 a.m. (rescheduled due to holiday)

#### Conf. Rm B/Zoom Mutual 15

Mon., Nov. 21, 1 p.m. Conf. Rm A/Zoom

## Mutual 8 (open forum 9:15)

Mon., Nov. 28, 9:30 a.m.

#### Conf. Rm A/Zoom Mutual 6

Tues., Nov. 29, 10 a.m. (rescheduled due to holiday)

#### Conf. Rm A/Zoom Mutual 10

Wed., Nov. 30, 9 a.m. (rescheduled due to holiday)

#### Conf. Rm A/Zoom **Presidents' Council**

Thur., Dec. 1, 9 a.m. Clubhouse 4/Zoom

## **COLUMN**

## from page 4

approve the contract. I cannot sign a contract with Superwire or any other company as a bulk provider for liability reasons.

Residents in Mutuals that have signed contracts with Interact Solutions are welcome to attend presentations to see what is offered. If your Mutual Board did not approve Interact Solutions, then you can keep Spectrum, Frontier or Direct TV and negotiate with them, but you, as an individual, will not have the option to go with Interact Solutions. There will be many new offers from companies, but I believe prices will increase as they need to cover overhead and make a profit.

## **GRF Meetings**

Golden Rain Foundation committee and board meetings are open to Leisure World residents. The following is a tentative schedule.

#### **Administration Committee**

Thursday, Nov. 17, 1 p.m., Conference Room A/virtual **Finance Committee** 

Monday, Nov. 21, 10 a.m., Conference Room A/virtual **GRF Monthly Board Meeting** 

Tuesday, Nov. 22, 10 a.m., Clubhouse 4/virtual

#### **GRF Exec. Board Session**

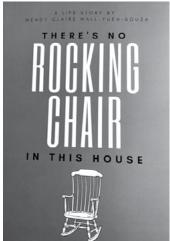
Thursday, Dec. 1, 1 p.m., Conference Room A

A quorum or more of the directors may be present, only to listen and observe, and no formal board action will be taken at committee meetings. Attendees will be provided an opportunity to address the committee.

## **GRF Decal Service**

The GRF Security Decal Office is open Monday, Tuesday, Thursday and Friday from 8 a.m.-4 p.m. and Saturdays from noon-4 p.m. The office is closed Wednesdays and Sundays, and on weekdays from noon-12:30 p.m. for lunch. It is located in Building 5 near the Copy and Supply Center. Appointments are not required. Residents must present proof of vehicle insurance, DMV vehicle registration, DMV driver's license and a GRF ID card.

> **Enjoy the tales from the Baby Boomer years from** Garden Grove, CA to Kailua, HI and then to Seal Beach, CA



"There's No Rocking Chair in This House" **By Leisure World Resident Wendy Claire Wall-Yuen-Souza Available on Amazon.com** \$14.00 Paperback or \$22.00 Hard Cover wendycsouza@gmail.com

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## **Seal Beach Dentistry**

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Answers on page 24

## **Gasoline Alley**

## By Jim Scancarelli



## Broom-Hilda THIS LITTLE PIGGY

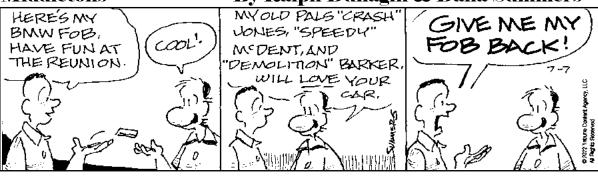
WENT TO MARKET

THIS LITTLE PLACEY STAYED HOME



## Middletons

## By Ralph Dunagin & Dana Summers



## Los Angeles Times Crossword Puzzle Edited by Patti Varol and Joyce Nichols Lewis

#### "PLACE SETTING" BY DOUG BURNIKEL & C.C.

#### **ACROSS**

BURNIKEL

- "Is anybody here?
- "Get outta here!"
- Box office receipts
- 14 People with all-
- access passes
- 19 Head lights? 21 "Really?"
- 22 Taquería freebie
- 23 Park place? 25 Busy place?
- 27 Patriotic chant
- 28 Hangout for hog 114 Go a few
- lovers 30 Shots on the
- green 31 Cost of living?
- 33 To be, in Marseilles
- 34 They could use
- a welcome sight
- 36 Hailed wheels
- 39 First place?
- 42 Bother
- 43 "Barefoot
- Contessa" host Garten
- 44 List that may drop down or pop up
- West-Allen: The Flash character
- 46 Sunflower part
- 48 Semi unit
- 49 Beginning stage 51 The Vitamin
- Shoppe rival
- 53 Many Mecca residents
- 56 Calligrapher's container
- 58 Aria, e.g. 61 Dress seen on
- Indian runways
- 63 Marathon, e.g. 65 Vice
- 67 Precious rocks 69 Duffer's do-over
- Words of empathy
- 73 Hard place?
- 76 Chemically
- inactive
- 77 Quivers in fear 79 Composer
- Stravinsky 80 Eye shade
- 82 Hindu spring festival
- 83 Five-star review 85 Mil. truant
- 87 Volkswagen sedan
- 90 In \_\_: before birth
- 92 Faux

- 94 Reason for celeb damage
- control 96 Choice on a color chart
- 97 Like a play about a play 99 Often-ignored
- email 102 Not so hot 103 "For You" singer
- Rita 104 " about that!"
- 18 Short and sweet 107 Private place? 110 Some PwC
  - employees League for Guardians and
  - Angels 113 \_-Alt-Del
  - rounds 116 Closer's goal 117 Wasn't honest
  - 120 Translator's challenges
  - 124 Last place? 126 Remote place?
  - 128 Girl
  - 129 One with star power

- 131 Director Coen
  - 132 Where el sol rises 133 Colorful

130 Thompson of

Westworld"

- salamander 134 Put into storage 135 Entertainer's
  - DOWN
  - 1 Spelman. e.g.: Abbr.
  - 2 God with wings
  - 3 Peru's largest city
- 4 Madagascar primates
- 5 Functional shed 7 Pasta or bread,
- e.g., for short 8 In a partnership
- 9 Rested a while 10 Disco family name
- 11 Totally relaxed 12 Steering system
- parts
- 13 Key hit in panic

- 26 Doubleheader crew half 29 Corp. shuffling
- 32 Catches some
- rays 35 Target field
- Field: Mets 36 ballpark
  - 37 Unknown author, for short 38 Safe place?

regard

- 40 Bitterly regrets Support group? 44 Secured in a
- slip 47 "Semper Fidelis"
- group 50 Lady Justice's
- garb 52 Sleeveless top, briefly 54 Sesame place?

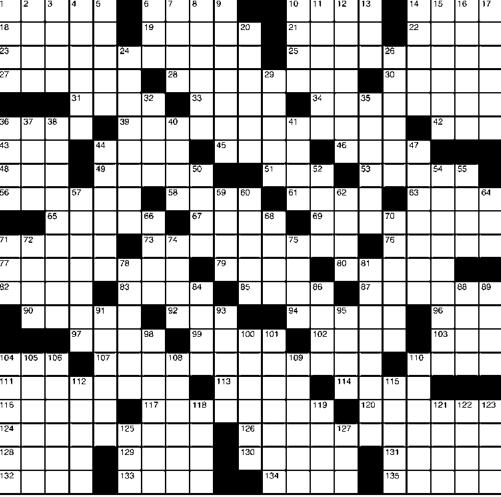
- 14 Hold in high 55 Permanent mark 15 Successful 57 Business trip
- prankster's cry allowance 16 Gave up, in a 59 Stubbs of the way Four Tops
- 17 States as fact 60 Roar \_\_ Roar: 20 Camper's fuel "Monsters University" frat 24 Digressions
  - 62 Negga of "Passing"
  - 64 Med. specialty 66 Taj Mahal city \_ food
  - movement 70 Komodo dragon, e.g. 71 "Thereabouts"
  - 72 Jay of "The Green Hornet\* 74 Answer an invite 118 Triangular
  - !": "Sure 75 "No thing!" 78 Steamy
  - 81 Baked dessert 84 All-Star side 86 Tibetan priest
  - vibe Careless 91

  - 89 Tazo products
  - 88 Surrounding

Sandra Bullock film "Gravity"

93 Setting of the

- 95 Talk trash about
- 98 81-Down order 100 Oil producer?
- 101 Fragrant shrubs
- 104 Pain in the neck 105 Nebraska
- natives 106 "They outplayed us"
- 108 Consecutively 109 Like the most
- clear sky 110 Monte sandwich
- 112 Actress Witherspoon 115 Promo pro
- shoulder muscle, for short
- 119 Monterrey jack? 121 Sounds amazed
- 122 Degs. for curators 123 Levelheaded
- 125 Foil metal, once
- 127 Pussy foot



## Sudoku 1

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

## 9 To 5 By Harley Schwadron



"I accessed your old school records. Looks like I'm a chip off the old block.

## SCRABBLE GIRIA Hasbro and its logo, SCRABBLE1, associated logo, the design of the distinctive SCRABBLE brand game board, and the distinctive offer tile designs are fratemarks of Hasbro in the United States and Carrada (2002 Masbro, All rights reserved iDistributed by Tribune Content Agency, LLC. $|P_3|$ T<sub>1</sub> Triple Word Score $|D_2|$ X<sub>8</sub>

RACK 3

RACK 4

**FIVE RACK TOTAL** 

TIME LIMIT: 25 MIN

THAT SCRAMBLED WORD GAME

The barn where it happened The barn where it happened

by David L. Hoyt and Jeff Knurek

Мз

1st Letter

Εı F<sub>4</sub> B<sub>3</sub>  $A_1$ |F4|  $|R_1|$ 

Unscramble these four Jumbles,

PAR SCORE 265-275

**BEST SCORE 354** 

one letter to each square, to form four ordinary words. TICPH ©2017 Tribune Content Agency, LLC All Rights Reserved.

**ROURB** 

**GIHYMT** 

THE PIGS WHO PUT ON THE **FITANN** 

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

Magarity .

Print your answer here:

## Guess Who?

I am an actress born in California on November 15, 1991. As a young star, I appeared opposite Harrison Ford and was nominated for a Young Artist Award. I am best known for a role on an ABC Family show about teenagers.

## Sudoku #2

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

## Puzzles & Comics Answers on page 24

Determine the code to reveal the answer!

Solve the code to discover words related to caregivers.

Each number corresponds to a letter.

(Hint: 7 = T)

**A.** 26 1 10 15 13 22 19 26 15 Clue: Oversee

B. 26 1 10 10 25 13 7

C. 3 5 13 19 20 8

Clue: Sensitive

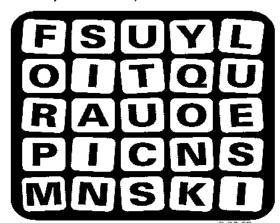
D. 5 7 7 15 20 7 19 25 20

Clue: Focus

Clue: Assist



By David L. Hoyt and Jeff Knurek



INSTRUCTIONS: Find as many words as you can by linking letters up, down, side-to-side and diagonally, writing words on a blank sheet of paper. You may only use each letter box once within a single word. Play with a friend and compare word finds, crossing out common words.

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 paints

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 SEVEN FIVE-LETTER
COUNTRY CAPITAL CITIES in the
grid of letters.

3 ZO ZZ BOGGLE is a trademark of Hasbro, Inc. 16 2022 Hasbro, Inc. Distributed by Tirbune Control Agency, LLC. All Regists Reserved

## **CAREGIVER WORD SEARCH**

N Y V V Υ C В V 0 Α S Ι X Ν S D М Ι S Ι E P E C 0 0 Ι N D Ε Т 0 Y F C E U P X Α V F Y L Ι М Α F X P Ι U R N S R R 0 D Т Α Н T C Н S Ε Y Ι E Ε Н N L Н D U T 0 S 0 Α 0 G E R E Α C R S C В S Υ В Α G Ν V N 0 R Ε Ι Ι D E M H Ε Ι Α Y P V Α D Α Н Ι Α М E S T 0 F T Ι R Т Н N E T M 0 E Y D D Т C S T Ε Ι D Ι C Ι U R Y 0 Υ Y Α R Н D D L Ι T Ι T S Y U Ρ 0 R M M 0 L Ε 0 L Ι Y Н S U Ι Ε T F S Ι G S 0 Y U D M N Α R U N S C Α S Α C D Y L 0 P U М Н Ι Ν V C Y 0 X Α T S P Ι C Н G A D Ι S Н Н T X Y В P Ι R P Т М C В P Ι C D R Ι Ε В Ι Ε V A U T C C V P C Α A P D U V Ι R 0 Y P R L L F Ε D G Ι E Ι Y U Α Н X D N Ι X N V В R V V U C X R C Ε Ι В 0 R G Ι S T Н Α Ν М Y 0 C V U Y 0 X S G D Α R G 0 R G Ι G C 0 Т P Н Н F 0 R C N V Α X М Ι G N Α X Ν

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

## WORDS

ACUTE

**AGENCY ASSISTIVE** CARE CHRONIC COMORBIDITY COMPANION COMPETENCE CUSTODIAL **DIRECTIVES** DISABILITY **DISCHARGE FACILITY FAMILY GUARDIANSHIP** HOME HEALTH AIDE **HOSPICE INDEPENDENT** INFORMAL **MEMORY** MOBILITY PR0XY **SUPERVISION** 

## **WW II VET**

#### from page 1

inducted into the U.S. military. They went to war to advance the cause of those freedoms.

Alfred Arrieta, born and raised in El Paso, Texas, was one of them. Before it was all over, he completed 32 missions over enemy-occupied Europe as a waist gunner in a B-17 bomber. In mission No. 29, he survived a Christmas Eve crash and rendered aid to his seriously wounded crewmates. By war's end, he was awarded an Air Medal with Four Oak Leaf Clusters.

The real reward was a less tangible one—he survived. The average crewman had only a one in four chance of actually completing his tour of duty, according to www.eyewitnesshistory.com.

And he went on to marry twice, raise 10 children and own a TV and VCR repair shop in Norwalk for several decades.

He continues to live a life of purpose in Leisure World. He is looking forward to his 100th birthday in May and still enjoys tooling around LW in his golf cart with his wife, Frances.

Even through the veil of years, his war experience remains in sharp relief.

War quickly takes the measure of a man, and even at his young age, Arrieta found that he measured up.

"You just take it in stride. We had the best training of anyone."

Arrieta did well on aptitude tests. After basic training, he was assigned to a radio operator/mechanic school in Sioux Falls, South Dakota. "I was never so cold in my life," he said, but he learned a lot there.

He warmed up in his next duty assignment, the Army Air Force Flexible Gunnery School at Kingman, Arizona. Activated on Aug. 4, 1942, Kingman Army Air Field was built on more than 4,000 acres in three months and existed for just over three years. In that short period, Arrieta and 36,000 other gunners were trained.

The training started in the classroom. Arrieta studied orientation, safety, gun installation, aircraft recognition, turret training and tactics. He also learned aerial gunnery, aircraft recognition and how to field strip and reassemble a .50-caliber machine gun while blindfolded and wearing gloves.

Next stop was Dyersburg Army Air Base in Tennessee, the largest combat aircrew training school in the U.S. and the only B-17 training base east of the Mississippi River.

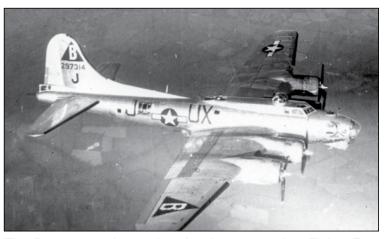
There Arrieta practiced air-to-ground and air-to-air weaponry, plus night flying with brand new pilots in the B-17 cockpits.

Dubbed the "Flying Fortress," the first mass-produced model carried nine machine guns and a 4,000-pound bomb load, according to *wikipedia. com.* About 7,700 crewmen received their final training in Dyersburg before heading into the war zone.

Fully trained at last, Arrieta



LWer Al Arrieta (far right, kneeling) was a waist gunner in this nine-man B-17 crew in August 1944. He is next to Stanley Bellman, who lost an eye on Mission No. 29, which ended in a crash landing. All crewmen survived the crash, thanks in part to lead pilot Capt. Donato Yannitelli, Jr., (center, standing) who bellylanded the plane even though he was wounded.



The B-17 was a heavy bomber known as the "Flying Fortress." The first mass-produced model carried nine machine guns and a 4,000-pound bomb load.

was ready for war.

But first came a furlough to see his mom, Maria Garcia, in Texas: "My poor mother, she worried a lot. She bore the brunt of my service," he said. It was a bittersweet three weeks with his family, given the uncertainty of what lay ahead.

In early 1944, Arrieta left home and flew to Dow AAF in Bangor, Maine, where he joined a crew to transport a new B-17 to Royal Air Force Prestwick, located near Glasgow, Scotland.

From Bangor, the northern route required a fueling stop in Newfoundland and then to RAF Prestwick, a big air base built in 1936.

"Everything was exciting. I was there for one week doing nothing but eating. From there I took a slow ship to Liverpool," he said. It was August 1944.

The Allies would launch a second invasion from the Mediterranean Sea of southern France on Aug. 15, and the liberation of Paris followed on Aug. 25. Allied ground attack aircraft inflicted a devastating toll on German tanks, vehicles and infantry.

As the waist gunner of the B-17 bomber crew, Arrieta was good at his job. He praised the pilot, Capt. Donato Yannitelli, Jr., as super smart and steady as a stone. As lead pilot, Yannitelli was at the higher-risk apex of attack formations that consisted

of hundreds of planes.

Arrieta's first missions were bombing Nazi-occupied regions in France. They were short runs, three or four hours at most.

As the Free French (military and quasi-military organizations operating with other Allied nations) gained control of the area, the B-17s of the 92nd Bomb Group were rerouted to targets in Germany. These were long-haul raids, up to 12 hours total.

The planes were unheated and open to the outside air. The crew wore electrically heated suits and heavy gloves that provided some protection against temperatures that could dip to 60 degrees below zero. Once above 10,000 feet, Arrieta donned an oxygen mask. Nearing the target, each crew member would put on a 30-pound flak suit and steel helmet designed to protect against antiaircraft fire.

These missions penetrated deep into enemy territory. For hours, the men anxiously scanned the skies for attacks by fighters armed with machine guns, canon or rockets. The planes maintained their positions at all costs to ensure the most devastating results once their bombs were dropped, according to historical accounts.

It was Christmas Eve 1944, Mission No. 29. The Eighth Air Force launched 2,046 bombers



Sgt. Al Arrieta was 19 years old when he was drafted.

and 1,000 fighter escorts to attack German airfields, fuel depots and communication centers. Arrieta's 92nd Bomb Group would be flying broad daylight at an altitude below 10,000 feet, with no cover at all.

"For the Germans, it would be like shooting clay pigeons," said Arrieta. "We knew we would probably be shot down."

He was 21 years old. The Battle of the Bulge was

raging in the densely forested Ardennes region between Belgium and Luxembourg.

Arrieta was aboard the brightly colored lead ship piloted by Yannitelli, who directed the bombers to predetermined points where they would organize themselves into attack formations.

Arrieta was braced on the curved floor of the fuselage, while standing in front of an open window, freezing in the 200-mph slip stream.

He recalls: "The Germans had overrun our troops in the Ardennes Forest, and we bombed and strafed German troops in support of our foot soldiers. We dropped our bomb load and barely made it inside the border. Our plane was all shot up."

And so were they. Top turret gunner Stanley Bellman from Minnesota was unconscious with an eye out of its socket. Arrieta, who was the medic, gave him morphine, pushed his eye back in and bandaged it up as the plane plummeted to earth: "You're young, you do what you have to do. They train you for that."

None of the crew had parachutes to bail out as they, and the guns, had been jettisoned to make the plane lighter.

The crew got into crash-land position as pilot Yannitelli, who was also wounded, bellylanded the plane on a French farm field. A total of five were wounded, and "four of us lucky ones were OK," Arrieta said.

"We were picked up by the Free French fighters and taken to an American hospital in Lille, France."

Each man had a sealed escape kit. When Arrieta opened his up, he found the usual supplies—K-rations, water, chocolate, medical equipment, etc.—and 5,000 francs. So he and crewmates got a hotel room in Lille, France, and had the best Christmas of his life.

"We were so lucky to be alive. A taxi driver took us to a place where there was beer and dancing," Arrieta said. "It had little lights everywhere and was packed with people. Everybody was so happy.

"We all thought that the end of the war was near."

The Battle of the Bulge, also known as the Ardennes Offensive, ended up being the last major German campaign on the Western Front.

Between Dec. 16, 1944, and Jan. 16, 1945, the Eighth and Ninth Air Forces shot down more than 400 enemy fighters and destroyed 11,378 German transport vehicles, 1,161 tanks and other armored vehicles, 507 locomotives, 6,266 railroad cars, 472 gun positions, 974 rail cuts, 421 road cuts and 36 bridges, according to www.britannica. com. The Allies of World War II formally accepted Germany's unconditional surrender on May 8, 1945, marking the official end of World War II in Europe in the Eastern Front, according to Wikipedia.

The last shots of the war were fired on May 11, 1945.

Arrieta left the front and returned stateside to live a full life. His legacy includes 10 children,17 grandchildren and eight great grandchildren.

"My days are really not long enough. Everything in my life is working. My children are doing well, and I'm busy," he said.

He looks forward to doing crossword puzzles, visits from friends, library books and following the news of the day.

"I'm a fortunate man," he said.

Indeed he was. He got to go home.

When he looks back on his war duty, he does not consider himself a hero. But his valor and courage speak for itself.

He, along with millions of other U.S. veterans, changed the world.

They helped build a better one, one in which more people than ever can access those essential human freedoms.

## **MENTAL HEALTH**

## 988 is new suicide prevention lifeline

The National Suicide Prevention Lifeline, now known as the 988 Suicide & Crisis Lifeline, can be more easily reached by calling or texting 988, or chatting on *988lifeline.org*.

988 serves as a universal entry point so that no matter where people live in the U.S., they can easily access 24/7 emotional support. They do not have to be suicidal to reach out. Trained crisis counselors will help callers through whatever mental health challenges they are experiencing.

The previous Lifeline phone number (1-800-273-8255) will always remain available to people in emotional distress or suicidal crisis.

The Lifeline's network of over 200 crisis centers has been in operation since 2005 and has been proven to be effective. It's the counselors at these local crisis centers who answer the contacts the Lifeline receives every day.

Those who call 988 will hear a greeting message while their call is being routed to a local crisis center within the Lifeline network, based on the caller's area code.

Numerous studies have shown that callers feel less suicidal, less depressed, less overwhelmed and more hopeful after speaking with a Lifeline counselor.

## **SBPD—Winter Storm Prep**

The City of Seal Beach Marine Safety Department, Public Works Department and Police Department will monitor weather conditions throughout the winter season and will respond appropriately as issues arise. Residents are encouraged to monitor the surf and weather conditions and take steps to protect themselves and their property.

- Have pre-filled sandbags available for immediate use.
- If possible, park cars in your driveway rather than the street, to protect your engine and electronics. Engine up towards garage door is safest.
- Wait to drive in areas with flooding until floodwaters recede a bit. Driving on flooded streets cause wakes to form (even at fairly low speeds) and pushes water up onto parked cars and into garages.
- low speeds) and pushes water up onto parked cars and into garages.
  Monitor the Seal Beach Police Department social media outlets (Facebook, Instagram and Twitter) for information updates.

AlertOC is a mass notification system used by the City of Seal Beach and Seal Beach Police Department to issue government related messages to residents and businesses. All residential and commercial landline phone numbers are a part of the AlertOC system. AlertOC replaced the old "Reverse 911" system. Residents can register additional cell phone numbers, text numbers and e-mail addresses at *AlertOC.com*.

## AGENDA from page 5

- iv. Reserve Funding Request: Heat Pump replacement at Security Building
- v. FINAL VOTE: Adopt 60-5000-1, Use of Community Facilities, Dumpsters at 1.8 Acres Rules
- g. Recreation Committee
  - i. Capital Funding Request: Clubhouse 1 BBQ at Picnic Area
  - ii. Approve Turtle Lake Golf Course Signage
  - iii. Capital Funding Request: Clubhouse Three, Room Seven - Hearing Loop In
- h. Security, Bus, and Traffic Committee
  - i. Amend 80-1937-1, Parking Rules
- i. Strategic Planning Committee
  - i. Approve Feasibility for obtaining Liquor License
  - ii. Approve Revenue Item List and Assignment

Sauce

**Mixed Berries** 

10. Next Meeting

Tuesday, Dec. 20 in Clubhouse 4/virtual

11. Adjournment



Friends of the Car Club Steve and Karen Meline stand with their 1957 raced-prepped MGA 1800, with a supercharged engine, burl dash, sound system, leather interior, sports suspension, alloy wheels and head fairing. The vehicle was selected best in show at the Leisure World Car Show on July 4. The car club meets on the second Tuesday of each the month in Clubhouse 3, Room 5, at 6 p.m. People don't have to own a vintage, classic or collectible vehicle to join the club, just a passion for cars.

## **Seal Beach Police Report**

The Seal Beach Police Department arrested two suspects after they allegedly stole a catalytic converter from a vehicle parked on a Seal Beach street on Nov. 2. At 9:04 a.m., police received a call from a witness

## POLICY from page 4

not be permitted in letters that could adversely impact any GRF employee directly or indirectly.

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

Contributor: Restaurant reviews, theater reviews or travel journal submissions are welcome, subject to terms and conditions in the policy unless otherwise noted.

**Political:** Submissions concerning political issues outside of Leisure World and the City of Seal Beach will not be published.

Pasta, Roll

**Chocolate Terrine** 

who allegedly saw a suspicious subject with a saw crawling underneath a parked vehicle. Moments later, the suspect emerged from the vehicle, entered another vehicle, and fled the scene.

Believing a crime had been committed, the witness contacted the Seal Beach Police Department.

Through a coordinated effort between Seal Beach and Huntington Beach Police departments, two suspects driving a silver Lexus were stopped in Sunset Beach near the area of seventeenth street and Pacific Coast Highway.

During the subsequent investigation, it was discovered that the suspects allegedly removed their own vehicle's license plate (to avoid detection) and used a cutting tool to quickly remove the catalytic converter from a parked vehicle.

The suspects were identified as Roberto Orduna, 43 of Los Angeles, and Juan Ochoa, 39, also of Los Angeles.

Both suspects were later booked at the Orange County Jail for grand theft and conspiracy.

The victim's catalytic converter was recovered; however, it was badly damaged.

"We see thefts occur even in broad daylight," said Seal Beach Detective Sgt. Chris Hendrix. "We're grateful for the witness who saw something suspicious and quickly notified the police.

"Had it not been for her quick actions, we may not have caught these two theft suspects."

Anyone with information related to this crime is asked to contact Seal Beach Police Detective Chris Fisher at 562-799-4100, ext. 1110, or cfisher@sealbeachca.gov.

—from the SBPD

## **BEN'S SEAL BEACH AUTO REPAIR**

Leisure World Special \$10 off Smog Inspection



Celebrating
Thanksgiving and
Our One-Year
Anniversary!
Receive FREE
Labor for Oil Changes

from Nov. 14 through Nov. 30

(562) 799-0000 4000 Lampson Ave.,

and Pickleball Center)

Seal Beach
(Across from Seal Beach Tennis



#### A. 2 meals a day 3 days a week (Delivery: Mon, Wed, & Fri) \$90 per week B. 2 meals a day 5 days a week (Delivery: Mon, Wed, & Fri) \$150 per week **Monday** Wednesday **Thursday Tuesday Friday** LUNCH **Butternut** Ham & Cheese Beef Quiche Baked Squash Frittata Spaghetti Omelet **Tacos** Lorraine Spanish Rice w/Leek & Bacon **Dill Potatoes** Mixed Fresh Vegetables Vegetables **Multi-Grain Toast** Pineapple Chunks **Mixed Fruit** Flan Watermelon & Kiwi Cantaloupe & Grapes DINNER **Turkey Dinner Turkey Dinner** Chicken Shrimp Scampi Fresh **Baked Yams Baked Yams** Broccoli & **Florentine** Salmon Zucchini w/Red **Mango Cream** Mashed Mashed Carrots

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**Pumpkin Pie** 

**Potatoes & Gravv** 

Pumpkin Spice Loaf

To ensure high quality, some items may be substituted.

## CLUB MEETING SCHEDULE

## Meeting information is subject to change. Check the LW website at www.lwsb.com for the most current listings.

#### ARTS AND CRAFTS

Art League, CH 4, Art Rm., Wed., 9 a.m.-noon; Fri., 9 a.m.-4 p.m.

Arts & Crafts Guild, CH 4, Art Rm., Thurs., Mon., 9:30 a.m.-12:30 p.m.

Ceramics-Bisque-It, CH 4, Ceramics Rm., Wed., 10 a.m.-2 p.m.

Ceramics—Clay Crafters, CH4, Ceramics Rm., Mon., Fri., noon-4 p.m.

Chinese Brush Painting, CH 4, Art Rm., Mon.,

Korean Traditional Painting, CH 3, Rm. 5, Tues., 9 a.m.-noon

Lapidary/Beading, CH4, Lapidary Rm., Mon.-Fri., 9 a.m.-3 p.m.; Sat., 9 a.m.-noon Love Weaving Baskets, CH 3, Rm. 6, 4th Sat., 9

a.m.-5 p.m. (does not meet Nov., Dec.) Photographic Arts Club, CH 3, Rm. 9, 2nd

Thurs., 1:30-3 p.m. 562-430-7978 Quilting Bees, CH 3, Lobby, Wed., 9-11:30 a.m.

## **CARDS**

Bridge—Combined Party Bridge, CH1, Mon., noon-4 p.m.; 1st & 2nd Fri., noon-4 p.m.

Bridge-LW Duplicate Bridge, CH 1, Mon., Thurs., Fri., Sat., 12:30 p.m. (arrive by noon)

Cribbage Club, CH 1, Tues., noon- 4 p.m. Diamond Poker Club, CH 3, Rm. 3, Tues.,

Hold 'em -N- Squeeze 'em (poker), CH 3, Rm. 6, Sat., Wed., 6-9:30 p.m.

Leisure World Pinochle Club, CH 1, Mon., Thurs., noon-4 p.m.

Social Club of Leisure World, CH 1, Fri., noon-4 p.m.

Tournament Poker Club, CH 6 Hospitality Center, 1st, 2nd, 3rd Sat., 11:30 a.m.-5 p.m. WA Train, CH 3, Rm. 4, Thurs., 5:30-9 p.m.

#### **DANCE**

Ballet Fitness, CH6, Rm. C, Sat., 1:30-2:30 p.m. Dance Fitness, Vets Plaza, Mon., 4:30-5:30 p.m.; CH 6, Sec. C, Tues., 8:30-9:30 a.m.

Dancers & Mixers, CH 4, 1st Tues., 7-9 p.m. 562-431-1257

Dancing Feet, CH 2, Mon., 7-9 p.m., 4th Sun.,

Flowering Step Line Dance Club, CH 2, 1st, 2nd, 4th Mon., 10 a.m.-noon; CH 3, Lobby, 3rd Mon., 10 a.m.-noon

Grapevine Line Dance, CH 6, Sec. C, Thurs.,

Hello Line Dance, CH 3, Rm. 6, Wed., 1-3 p.m. Hui O Hula, CH 6, Sec. C, Tues., 1-5:30 p.m. Joyful Line Dance of Leisure World, CH 6, upstairs, Thurs., 10:30 a.m.-12:30 p.m.

Korean Folk Dance Club, CH 6, Sec. C, Sat.,

Leisure Time Dance Club, CH 6, Sec. C, Mon.,

LW Cloggers, CH 6, Wed., 8:30-11:30 a.m.

Saturday Morning Dance Class, CH 6, Sec. C, Sat., 9-11 a.m.

Suede Sole Dancers, CH 6, Sec. C, Fri., 5:30-

Zumba Club, CH 6, Sec. C, Wed., 4:30-5:30 p.m.; Vets Plaza, Fri., 8:30-9:30 p.m.

## **ENTERTAINMENT CLUBS**

Abilene Club, CH 2, Thurs., 5-10 p.m.; 4th Sat., 4-10 p.m.

Cabaret Entertainers, schedule to be determined The Entertainers, schedule to be determined Doo Wop Club (Let the Good Times Roll), CH 2, 3rd Sat. in odd months, 4-10 p.m.

**Producers**, schedule to be determined

Theater Club, Performing Arts Center (Amphitheater building), 4th Fri, 10-11 a.m. njcataylor@

Velvetones Jazz Club, CH 4, 1st, 3rd Sun., 2-10 p.m.

## **GAMES**

**Bunco, LW**, CH 3, Rm. 1, 2nd, 4th Mon., 6-10 p.m.; CH 3, Rm. 7, 3rd Tues., 5-10 p.m.; CH 3, Rm. 5, Wed., 6-10 p.m.; CH 3, Lobby, 2nd, 4th Sat., 1-4 p.m.; CH 3, Rm. 1, 2nd Sat., 11 a.m.-5 p.m.

Chess Club, CH3, Rm. 7, Fri., 2-6 p.m.

LW Woman's Club Table Games, CH 2, 3rd Fri., 1 p.m. 562-431-8240

**Scrabble**, CH 3, Rm. 5, Wed., 1-5 p.m. Yahtzee Club, CH 3, Rm. 6, at 1 p.m., 1st, 3rd, 5th Fri. Diane Seeger: 562-533-5997.

**HEALTH AND EDUCATION** California Retired Teachers, CH 3, Rm. 5, 1st

English Conversation Club, CH 3, Rm. 9, Thurs., 5-10 p.m. (no meetings in Aug.)

Impaired Vision & Hearing, regular meeting, CH 3, Rm. 1, 4th Tues., 1:30-3:30 p.m. (except July, Aug., Nov.); board meeting, CH 3, Rm. 4, 2nd Wed., 9:30-10:30 a.m.; Braille support group, CH 3, Rm. 6, 3rd Fri., 10-11:30 a.m.

Korean English Class, CH 3, Rm. 4, Wed. (except 2nd Wed.), 9:30 a.m.-noon; 2nd Wed.,

Movement for Health Medical Qi Gong, CH3, Lobby, Sat., 10-11:30 a.m. 562-596-0450

#### **HOBBIES**

Art History Club, CH 3, Learning Center, 2nd, 4th Thurs., 9:30-11:30 a.m.

Astronomy Club, CH 3, Rm. 3, 1st Wed., 6:30-

Carving Club, CH 1, Tues., 1-4 p.m.

Coin Club, CH 3, Rm. 2, 2nd Wed., 12:30-4 p.m. Creative Writers, CH 3, Rm. 1, 4th Fri., 1-4 p.m. 714-747-2146

Garden Club, CH 2, 3rd Mon., 1:30-4 p.m. Genealogy Workshop, CH 3, Rm. 1, 4th Wed., 9 a.m.-noon

Historical Society, LW, CH 1, Historical Society Rm., Thurs., 2-4 p.m.

Korean American Computer Forum, CH 3, Learning Center, 1st, 3rd Thurs., 9:30-11:30 a.m. Korean Literature, CH 3, Rm 7, 2nd, 4th Mon.,

Leisure World Seal Beach Book Club, CH 3, Rm. 7, 3rd Thurs., 1-3 p.m.

LW Technology Club, CH 3, Rm. 2, 2nd Tues. in March, May, September, 1-3 p.m.

Mini Farmers, scheduled as needed

Paws, Claws & Beaks, CH 3, Rm. 9, 3rd Wed., 4-7:30 p.m. (except May-Oct. when meetings are in CH 1 picnic area, 2nd Thurs., noon- 3 p.m.) Rollin' Thunder Golf Cart Club, CH 2, 4th Tues., noon-4 p.m. (except June, July, Aug., Sept. when meetings are in CH 1 picnic area) Shodo Kai Poetry Club, schedule to be deter-

Silver Fox Classic Car Club, CH 3, Rm. 5, 2nd Tues., 5:30-8:30 p.m.

Stamp and Collectibles Club, CH 3, Rm. 9, 1st Wed., 1:30-3 p.m. (no meetings in July, Aug.) Traveling Tigers, CH3, Rm. 9, 3rd Wed., noon-3 p.m. (no meeting in Aug.)

Video Producers, CH 3, Rm. 2, 4th Thurs.,

## **MUSIC**

Entertainment Ensemble & Video Club, LW, CH 3, Rm. 2, Mon., 9-11 a.m.

Community Karaoke, CH1, Wed., 5:30-10 p.m. Evergreen Chorale, CH 3, Rm. 8, Mon., 9

Gloria Autoharp Club, CH 3, Rm. 6, Wed., 11:30 a.m.-1:30 p.m.

Good News Singers, CH 3, Rm. 1, Thurs.,

Korean American Chorale, CH 3, Lobby, Fri., 9 a.m.-noon

Korean Drum Club, Amphitheater, Mon.,

Leisure World Opera Club, CH 3 Learning Center, third Tues., 1:30 p.m.

Leisure World Orchestra, Amphitheater, Tues., 1-4 p.m.; Wed., noon-2:30 p.m. Leisure World Women's Sing Along, CH 3, 1st,

2nd, 3rd, 5th Wed., 1-4 p.m. Seal Beach Guitar Ensemble, CH 3, Rm. 6,

Thurs., 9 a.m.-noon Ukulele Guitar Club, CH 3, Lobby, Thurs.,

Vibratones, scheduled as needed

#### NATIONALITY

American Latino, CH3, Rm. 2, 2nd Thurs., 11 a.m.-3:30 p.m.; CH3, Rm. 8, Wed., 3-5 p.m. Britannia Club, CH 3, Rm. 1, 2nd Thurs., 1-6 p.m.; CH 3, Rm. 5, 4th Thurs., noon-4 p.m.

Chinese Friendship Club, CH 3, Rm. 7, Wed.,

Filipino Association of Leisure World, CH 3, Rm. 1, 2nd Sun., 2:30-8 p.m.; CH 1, 3rd Sun.,

German American Club, CH 3, Rm. 7, Tues. (except 4th Tues.), 12:30-4 p.m.

Korean American Association of LWSB, CH 2, 2nd Thurs., 4-10 p.m.

Nikkei Club, CH 3, Rm. 2, 3rd Sat., 10 a.m.-4 p.m. (714) 317-1102 Vietnamese American Club, scheduled as

Yiddish Club, CH 3, Rm. 2, 1st Thurs., 7-10 p.m. (no meetings July, Aug.)

#### **POLITICS**

Democratic Club, CH3, Rm. 9, 4th Wednesday,

Leisure World Republican Club, CH 3, Rm. 2, 3rd Wed., 6-9 p.m.

Seniors for Peace, CH 3, Rm. 9, 2nd Tues.,

#### RELIGION AND PHILOSOPHY

A Course in Miracles, CH 3, Rm. 8, Fri.,

Assembly of God, CH 3, Rm. 2, Wed., 9:30-11:30 a.m.; Sun., 9 a.m.-1 p.m.; CH 3, Lobby, Sun., 4:30-8 p.m.

Baptist Church, CH 4, Sun., 8 a.m.-noon; CH 3, Rm. 9, 2nd Wed., 1-4 p.m.

Beit Halev—House of the Heart, CH 3, Rm. 4, 1st Fri., 4-8 p.m. Buddha Circle, CH 3, Rm. 3, Sat., 10 a.m.-noon

Chinese Bible Study Fellowship, CH 3, Rm. 5, 2nd Tues., 1-5 p.m.; CH 3, Rm. 9, Tues. (except 2nd Tues.), noon-5 p.m.

Congregation Sholom, Fri., 6:30 p.m., Zoom; Sat., 10 a.m.-noon, CH 3, Rm. 9.

Dongbu Pyunkang Church, CH 3, Rm. 2, Sun. (except last Sun.), 3-9 p.m.

Interfaith Council, scheduled as needed KCRC Bible Study, CH 3, Rm. 1, 3rd Fri., 4:30-8 p.m.; CH 3, Rm. 6, Tues., 10 a.m.-noon

Korean Bible Study, CH 3, Rm. 5, Thurs., 6-9

p.m.; CH 3, Rm. 7, 2nd Sun., 5-9 p.m. Korean Catholic Fellowship, CH 3, Rm. 9, 3rd

Sat., 4-10 p.m.; 1st, 2nd Wed., 5-9 p.m. Latter-Day Saints, CH 3, Rm. 1, 3rd Mon., 4:30-9 p.m.; 3rd Sun., CH 3, Rm. 6, 2-3:30 p.m. LW Han In Church, CH 3, Rm. 4, Sun., 8 a.m.-1 p.m.; CH 3, Rm. 8, Wed., 9 a.m.-noon

LW Humanist Association, CH 3, Rm. 1, 1st Sun., 10:30 a.m.-noon

Seal Beach Cornerstone Fellowship, CH 2, Sun., 9 a.m.-noon; CH 3, Rm. 3, Fri., 2:30-5:30

Seal Beach Sa-Rang Church, CH 3, Lobby and Rm. 9. Sun., 9 a.m.-2 p.m.: CH 3. Rm. 1. Wed. 6:30-8:30 p.m.

Women's Christian Fellowship, CH 3, Rm. 6, 2nd, 4th Mon., 10-11:30 a.m.

Young Nak Presbyterian Bible Study & Fellowship, CH 3, Rm. 3, 3rd Sun., 5-7:30 p.m. SELF IMPROVEMENT

## Al Anon, CH 3, Room 8, Mon. 9:30 a.m. 562-

**AA Friends**, CH 3, Rm. 4, Wed., 3:30 p.m.; Sat., 8:30 a.m. 562-209-0816, 213-248-0539

Early Risers, CH6, Sec. C, Tues., Thurs., 6-7 a.m. Fitness Fusion, CH 6: Tues., 10:30-11:30 a.m.; Veterans Plaza: Thurs., 10:30-11:30 a.m.

Fun Exercise Club, CH 6, Sec. C, Mon., 9:30 a.m.-1 p.m.

Joy Walking & Jogging, Amphitheater, Sat., 7:30-11:30 a.m.

Leisure Leggers, CH 6, Mon., 8 a.m.

LW Yoga Club, CH 6, Sec. C, Wed., 9-10 a.m.; 10:15-11:15 a.m.; Veterans Plaza, Tues., 10:15-

Wa-Rite Club, CH 3, Rm. 1, Fri., 8-10:30 a.m.

#### **SERVICE**

Amateur Radio Club, CH 3, Rm. 9, 1st Wed.,

American Legion Auxiliary, CH 3, Rm. 1, 3rd Mon., 1:30-3:30 p.m.

American Legion Post 327, CH 3, Rm. 3, 3rd Mon., 11 a.m.-4 p.m.; CH 2, 2nd, 4th, 5th Mon.,

Community Emergency Response Team (CERT) Study Group, Bldg. 5, Conference Rm. C, Fri., 6-8 p.m.

Concerned Shareholders, CH 3, Rm. 2, 4th Thurs., 1-3 p.m.

Drone Service Club, CH 3, Rm. 7, 4th Thurs.,

Friends of the LW Library, scheduled as needed Golden Age Foundation, CH 6, Hospitality, Mon.-Fri., 9-11 a.m.

LW Woman's Club, CH 2, 1st Tues., 1:30 p.m. (no meetings July, Aug.)

#### **SOCIAL**

Christian Fellowship and Fun Club, CH 4, 4th Tues., 5-9 p.m. (no meetings in July-Aug., Dec.) Friendly Couples Club, CH 3, Rm. 2, 2nd Wed., 5-9 p.m.

LW Noon Spoons Lunch Club, scheduled as

Neighbor to Neighbor Club (Mutual 14), scheduled as needed

RV Club, CH 4, 3rd Tues., 6-9 p.m., (no meetings in May-Sept.) Rainbow Sisters, CH 3, Rm. 6, 1st, 3rd Tues.,

6-9 p.m.

Rat Pack, scheduled as needed Red Hat Society, CH 3, Rm. 5, 4th Fri., 1-4 p.m. 562-430-6950; CH3, Rm. 1, 2nd Mon., Noon-4 p.m.; CH3, Rm. 5, 1st Mon., 9:30 a.m.-Noon; CH3, Rm. 2, 3rd Thurs. in Nov., 12:30-3:30 p.m. Schmooze Club, CH 3, Rm. 9, 2nd Tues., 9 a.m.-1 p.m. (no meetings in Aug.)

Social Club of LW, CH 1, 4th Fri., noon-4 p.m. (no meetings in Nov.-Dec.)

Social Club Seventeen (Mutual 17), CH1, picnic area, 2nd Sun. in Aug., 10 a.m.-3 p.m. Sunshine Club, CH 3, Rm. 2, every Fri., 9 a.m.-

1:30 p.m. 562-301-5339

Where We Live, CH 3, Rm. 6, 3rd Mon., 6:30-8 Wine Lovers Club, CH4, Sec. A, 1st Mon.,

Woman's Club, LW, CH2, 1st Tues., 9 a.m.-4:30

#### p.m.; 3rd Fri. (games), 9 a.m.-4:30 p.m. **SPORTS**

Bocce Club, scheduled as needed; (562) 230-5302. Golf-Men's Club, CH 3, Rm. 1, 2nd Tues., 9-11 a.m. (only Jan., March, June, Sept., Nov.) Golf-Women's Club, CH 3, Rm. 5, 1st, 3rd Tues., 2-5:30 p.m

Ladies "Q" Club, CH 1, Pool Room, regular play, Mon., 9:30 a.m.; monthly meeting, 1st Mon., 10 a.m.

Pickleball Players Club, CH2, 1st Sun., 5-7 p.m. Pool Club, LW, CH 2, Pool Room, League play, every Mon., 6-9 p.m. through May; tournaments, 4th Sat., 1:30 p.m. through May (June-Aug. monthly tournaments, 3rd Wed., 6-9 p.m.) Shuffleboard Club, summer pick-up games: Mon.,

(behind CH 1); 775-527-0426. Table Tennis Club, scheduled as needed.

## **TO MAKE CHANGES**

Wed., 9-11 a.m. at the shuffleboard court building

Changes must be made in writing at the LW Weekly office or by email: emmad@ lwsb.com. For more information, call 562-431-6586, ext. 387, Monday-Friday from 8 a.m.-4:30 p.m.

LW club information is provided by the clubs' representatives and GRF Recreation. Club representatives can add new listings or change the information provided here. This list is subject to change. The LW Weekly recommends people confirm meeting information with the individual clubs.

# ARTS & LEISURE

#### **FREE CONCERT**



Carefree Highway, featuring Mike Simpson of Mutual 6 and Jim Nau, will perform a free concert in Mutual 6 on the large greenbelt in front of 1410 Oakmont Road, Bldg. 140 (near the corner of St. Andrews and Oakmont) on Saturday, Nov. 19, from 1-3 p.m. The band plays easy-listening hits from the '50s, '60s and '70s. Residents and guests should bring chairs and their own refreshments.



Jojo Weingart

Yo Kishi smiles with gratification after a hula performance on Seal Beach Main Street. Kishi has been dancing with the LW Hula Club for close to two decades.

## Hui O Hula

In November, Hui O Hula dancers are gearing up for the holiday season. Each year, after Thanksgiving, dancers take time out of their busy schedule to wish all a merry Christmas with hula such as Haleluia (Hallelujah in Hawaiian), Po la'i E (Silent Night in Hawaiian), and White Christmas "LA Style" (wearing sunglasses and without shoes).

Hula dancers practice weekly on Tuesday and Thursday afternoons. Kaye Huff is Hui O Hula's event coordinator. Call her at 562-431-2242 for class information or to book a Hawaiian style holiday program. All are welcome.

## Poker Club will host Texas Hold 'Em Casino Tournament Dec. 17

The Poker Club's Saturday tournament on Nov. 5 had three tables. The final table players were Bill Clawson, Guta Basner and Debbie Barner. The first hand, Clawson and Basner went all-in and Basner came out on top, leaving Clawson in third place. The second hand was also an all-in between Barner and Basner. Both had a flush, but Basner edged Barner out and she came in second. The club congratulates Guta Basner on their win.

The Poker Club will host a Texas Hold 'Em Casino Tournament on Saturday, Dec. 17 in Clubhouse 6 at noon. Advance entry for club members is \$20 at the door, \$25 for guests. Advance registrations are accepted on all regular tournament days.

The tournament is limited to 50 players, so people are ured to register early. Lunch, check-in and registration will begin agt 11 a.m., and play will begin at noon. No late seating will be allowed.

## Weekend Night Dances

#### Vinyl Rock on Nov. 19

Vinyl Rock will be back in Clubhouse 4 on Saturday, Nov. 19, at 7 p.m. It is an Orange County-based band consisting of nine members who passionately perform classic rock, Motown, and pop tunes primarily from the '60s, '70s and '80s. The band keeps the audience engaged by inviting them to participate in sing-alongs and by mingling with them on the dance floor. They'll have everyone smiling, singing, swinging and swaying to the songs they grew up listening to and easily recognize. Vinyl Rock is sponsored by Cabaret Entertainers. The doors open at 6:30.

#### Velvetones on Nov. 20

The Velvetones Ballroom Dance Orchestra is Leisure World's own professional big band, playing big band swing and jazz standards—music for dreaming and dancing. The orchestra is back in action on Sunday, Nov. 20 from 6-9 p.m. in Clubhouse 4. The Velvetones play regularly at LW Clubhouse 4 on the first and third Sunday evenings. Doors open at 5:30.

#### Abilene on Nov. 26

Abilene will perform during its regular time slot on Nov. 26, in Clubhouse 2 at 7 p.m. Abilene is Leisure World's No. 1 country rock band going strong for 20 years. Terry Otte leads Abilene and shares singing duties with Tina Schaffer. Guitarist Rod Anderson; guitarist, synthesizer and pianist Jim Long; bassist Doug Decker; and drummer Jim Greer round out the group. Doors open at 6:30.

#### Health and Safety Guidelines

- Masks are no longer required regardless of vaccination status but are strongly recommended.
- No table saving. People may bring their own snacks.
- Attendees must be out of the clubhouse no later than 10 p.m. to permit adequate time for the custodian to tear down and arrange the setup for the following day.
- No announcements are permitted from the stage, except by the bands.
- Clubhouse lighting and audio-visual equipment can only be adjusted by the custodian according to the instructions they have been given.
- Be sure to sign in, either as a resident or guest, in the proper spot. This is the only way GRF can judge the popularity of peoples' favorite bands.

## **Pinochle**

The pinochle scores on Nov. 3 were: Dolores Cook, first place, 11,930; Jean Sudbeck, second, 11,130; Alma Zamsow, third, 10,980; and Suzanne Tester, fourth,



Photo credit Lu DeSa

Donna O'Keefe (I-r), Sherie Vanek, Claudio Gonzalez and Josie Del Pino rehearse for Saturday's Doo Wop show at Clubhouse 2.

## **Doo Wop Club**

The Doo Wop "Let the Good Times Roll" Club will hold a winter holidays-themed dance and fundraiser in Clubhouse 2 on Saturday, Nov. 19. Doors open at 6:30. The dance floor will be open for the entire program. Club President Frank Destra urges residents to come enjoy free coffee and cookies at the club's year end fundraising event. Enjoy performances of holiday favorites from Louie Armstrong to Stevie Wonder, and join in a diverse array of celebratory dances from many cultures.



David W

Jane Xu (I-r), Luke Chang, Rosie Davis, and Ivy Kung help cut scarves for homeless people in the sewing classroom.

# Residents seek volunteers to help make scarves for homeless

Since 2006, Yvette Perdue has been coordinating donations of knit and crochet caps, fleece scarves and clothing for the homeless to ChristianOutreach in Action in Long Beach. Those interested in joining the group should contact Perdue at 562-505-4016.

−Ivy Kung

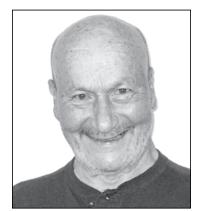
## **Community Karaoke**

Veterans Day was celebrated at Wednesday's karaoke night. The audience joined in singing "The Star Spangled Banner." Kathy Englehardt and Bob Barnum sang a riveting show tune "All I Ask of You."

With lots of personality, "When Will I Be Loved" was delivered by Nina DeRosa and Elizabeth Butterfield. A smooth rendition by Karen Morris was "House That Built Me."

Wayne Urban gave us a robust "Everybody's Somebody's Fool." Essie Hicks was a hit singing "Yesterday When I Was Young." Barbie May did a fine country tune.

Eileen Merritt and Walt Bier joined voices for "Always On My Mind." "Kiss of Fire" was a good selection for David Noble. Shannon Harrison had fun doing "He's a Rebel." Helen Schultz sang a prayerful "Old Rugged Cross."



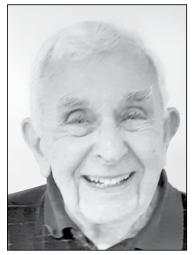
Wayne Urban

He who sings scares away his woes; it's true for those listening in the audience as well.

Everyone is welcome each Wednesday in Clubhouse 1 beginning at 5:30 p.m. It's a fun and friendly atmosphere.

Resolute folks can practice their tunes on Monday's from 1-3 p.m. upstairs in Clubhouse 6. Everyone is welcome.

-Margie Thompson



Jack O'Brien

## **Cribbage Club**

Jack O'Brien earned his first star by winning all seven games of cribbage last week for a total score of 847.

Second place went to Jack Hawn who scored 837. Hanna Rubenstein and Terry Thrift tied for third place with 830, and Alma Zamzow placed fourth with a score of 829. Jesus Sosa won six out of seven games played, while Irvene Bernstein lost all seven games.

Marie McGuire treated members of the club to apple and pumpkin pies topped off with ice cream. Candy Meyers and Carrie Kistner assisted with

Refreshments are donated and served at noon. Those interested in providing refreshments at future meetings should see Marilyn at the check-in table. Seven games are played beginning at 12:30 p.m.

To learn how to play cribbage, brush up on the game or learn more about the club, call and leave a message with Terry Thrift at 714-394-5885.

## LB Symphony: Tchaikovsky

The Long Beach Symphony Orchestra will perform Tchaikovsky and Rachmanifoff on Saturday, Nov. 19 at 8 p.m.

Leisure World residents who enjoy classical music are lucky to be able to hear a live concert by a large professional orchestra that plays some of the world's finest classical music.

Conductor Eckhard Preu selects and conducts the program played at the Terrace Theater located at 300 E Ocean Blvd, Long Beach. He also gives the 7 p.m. pre-talk.

The Long Beach Symphony Orchestra schedules bus rides to and back from their concerts. The coming concert is the second of a five-concert series in 2022-2023.

Program information and seat and bus tickets are available at the box office at 562-436-3203 or online at LongBeachSymphony.org.

For group discount price concert and bus tickets through our LW Opera Club, available to all, contact Frieda at GeoH. Davis@gmail.com.

For further information about the concert and bus rides, contact LWer Beverly Emus at Beverly90740@gmail.com or 562-296-5586.



Susan Sinner (I-r), Beverly Sunday, Eric Nelson, Don Sunday, Sandy Nelson, Michelle Potter and Rob Illingworth will take the stage Nov. 18.

## Entertainers Club will honor '60s in performance

The Entertainers Club will take a nostalgic trip back to the "Swingin' Sixties" on Friday, Nov. 18, at 7 p.m.

Clubhouse 4 will be the site of the love-in celebrating the music residents grew up with.

Club members Rob Illingworth, Sandy and Eric Nelson, Michelle Potter, Susan Sinner, and Don and Beverly Sunday will perform the music of The Beatles, The Animals, Petula Clark, Henry Mancini,

Frank Sinatra and more in an intimate cabaret-style atmosphere.

People are encouraged to bring their favorite snacks and libations to Clubhouse 4 for a sonic journey back in time.

## NOCE opens class registration for spring 2023

The spring 2023 Leisure World NOCE Dec. 6. semester begins on Jan. 13 and ends on May 27. Before the semester begins, students will need to register for classes beginning on Tuesday, Dec. 6. New and returning students will be able to register for the spring semester one of two ways:

1. Attend NOCE's in-person registration event at the Clubhouse 3 Learning Center on Tuesday, Dec. 6 which will be held from 8 a.m.-noon.

2. Beginning Dec. 6 at 8 a.m., people can register themselves online at myGateway, by visiting mg.nocccd.edu. Use the CRN numbers listed on the class list to add each class. If a class has two CRN numbers, people must register with both numbers to stay enrolled in the class for the full semester.

No matter which method people choose to register for classes, they must already have their Banner ID and password to access their online account before registration day on

Students who are currently enrolled in Fall 2022 classes should visit mg.nocccd.edu before Dec. 6 to ensure they have all their correct log-in information by logging into myGateway successfully.

Those interested in attending Leisure World NOCE classes for the first time should visit the LW Library before the end of November to receive assistance applying to become a NOCE student.

Prospective students will need to apply on a computer and will need access to their personal email account to complete the application.

People who have issues logging into my-Gateway or applying to become a student should call NOCE Star Help at 714-808-4679 or visit the library, where GRF staff will do their best to troubleshoot any issues. More information regarding registration is available at the library.

Class	CRN(s)	Schedule	Start	Location
			Date	
Foods and Nutrition	61414	Mondays 1:30-3:20 p.m.	1/23/23	CH 3, Rm. 9
Ceramics	61225 61226	Tuesdays 8:30 a.m12:20 p.m.	1/17/23	CH 4, Ceramics Room
Ceramics	60572 60570	Thursdays 12:45 p.m4:35 p.m.	1/19/23	CH 4, Ceramics Room
Painting 1	61436 61437	Tuesdays 1 p.m4:50 p.m.	1/17/23	CH 4, Art Room
Painting 2	61418 61419	Saturdays 1-4:50 p.m.	1/21/23	CH 4, Art Room
Senior Topics: Internet Fundamentals	60725	Fridays 10-11:50 a.m.	1/13/23	CH 3, Learning Center
Staying Mentally Sharp	60726	Fridays Noon-1:50 p.m	1/13/23	CH 3, Learning Center
Needlecraft, Knits and Crochet	61241	Wednesdays 2-3:50 p.m.	1/18/23	CH 3, Needle Arts Studio
Quilting	60483	Mondays 1:30-3:20 p.m.	1/23/23	CH 3, Needle Arts Studio
Health and Wellness	61239	Thursdays 9:30-11:20 a.m.	1/19/23	CH 4, Section C
Tone Chime Choir	61158	Thursdays 10-11:50 a.m.	1/18/23	CH 3, Rm. 9
Senior Chorus	60857	Mondays 10-11:50 a.m.	1/23/23	Amphitheater Stage
Mature Driver	60962	Saturday 8 a.m4:20 p.m.	2/11/23	CH 3, Learning Center

## Duplicate Bridge will hold elections

North/South winners in the six-table game on Nov. 3 were Sharon Beran and Gene Yaffee with a 59% game. East/ West winners were Bettyanne Houts and Angela Sokoloff with a 55.5% game.

With a 62.2% game Sibyl Smith and Diane Schmitz were North/South winners in the eight-table game on Nov. 4; second were Linda and Dick Stein with a 61.01% game. East/ West winners were Glenn Barry and Dan Frank with a 59.52% game; second East/West were Marcia Lane and John Berg, Jr.

Overall winners in the nine and one-half tables unit-rated game on Nov. 7 with a 62.48% game were Judy Jones and Al Appel.

Second were John Berg, Jr. and Sue Boswell with a 57.62% game; third were Joan Tschirki and Ellen Kice with a 56.25% game; fourth were Nancy Lichter and Richard Norris with a 55.5% game; fifth were Bill Brooks and Sue Fardette with a 54.82% game; and sixth were Sibyl Smith and Diane Schmitz with a 54.4% game.

Games are played on Monday, Thursday, Friday and Saturday afternoons in Clubhouse 1 at 12:30 p.m.

Players are asked to arrive no later than 12:15 p.m. to confirm their reservations. Reservations can be made at any game using the sign-up sheets, by texting (preferred) or calling Dan Frank at 562-739-6441, or by emailing him at danfrankcpa@ gmail.com no later than 10 a.m. on game day.

The annual meeting to elect three members to serve on the executive board and to hear the yearly reports will be Friday, Nov. 18, beginning at 11:30 a.m.

—Gene Yaffee

## Art classes offered weekly

Elizabeth Butterfield will introduce residents to the world of mixed-medium arts. Classes will explore a variety of techniques such as acrylic painting, collage, finger painting and the assembly of unique found objects.

Space is limited and will be offered on a first-come, firstserved basis. Classes are held every Wednesday from 1-3 p.m. in the Art Room, Clubhouse 4. Donations are welcome.

There will be no meeting on Nov. 23 due to the holiday.

For more information, contact Butterfield at 626-272-6541.

> Send art stories to emmad@ lwsb.com

# Your Long Beach Senior Care Specialist

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# Native plants will be the focus at Garden Club

The Garden Club will meet on Monday, Nov. 21, in Clubhouse 2 at 1:30 p.m. The featured speaker will be Monty McDivitt, president of the Niguel Botanical Preserve Board of Directors, who will talk about the preserve and native plants.

The Niguel Botanical Preserve is an 18-acre nature preserve in Laguna Niguel, with extensive collections of Mediterranean climate plants. McDivitt has been volunteering there since 2008 and was elected to the board of directors in 2010. He oversees many special projects at the preserve, including the development of undeveloped areas by orchestrating the installation of irrigation, new pathways and overseeing plant selection.

He is also responsible for many fundraising events, the organization and facilitation of plant seminars, and management of spring and fall planting events with the help of many volunteers. McDivitt lives in Laguna Niguel with his dog, Ben, with whom he spends many afternoons and weekends on the trails of Niguel Botanical Preserve looking for squirrels, irrigation problems and analyzing plant performance.

Tickets for the club's annual Christmas luncheon cost \$25 per person and will be on sale in the lobby. The luncheon will be held on Dec. 19 in Clubhouse 2 starting at 11:30 a.m. The theme this year is "Santa Claus is Coming to Town." Country Garden will cater a buffet-style lunch featuring grilled chicken with sundried tomatoes and artichoke hearts, penne pasta and salad plus festive cupcakes for dessert. There will be entertainment and opportunity drawings for door prizes and a wonderful array of gift baskets. The luncheon is open to all LW residents and their guests. Those who can't attend the meeting should call Nancy Goldstein at 562-896-8604 to reserve tickets.

## Yahtzee Club

The Yahtzee Club will hold a harvest potluck Nov. 18 for Yahtzee players. The club will eat at 1 p.m. and games will start at 1:30. Those attending should bring a finger food. The club will also provide a dish. Nov. 4 winners are as follows: Julie Milburn, most Yahtzees; Pat Wilson, highest score; Marilyn Moody and Kathy Russell tied for lowest score; and the door prize went to Lyn Doyle. The club meets on the first third and fifth Fridays of the month. Play starts at 1 p.m. For more information, call Diane Seeger at 562-533-5997.

## LW Woman's Club tabletop games return

The Woman's Club tabletop games will be held on Friday, Nov. 18. Club members will play from noon-4 pm.

Members, friends and visitors are welcome to bring and/or join any game they enjoy.

Refreshments are served, including sweet treats, coffee, and hot water for tea and hot cocoa. Some gamers like to bring their own lunches.

Those in attendance are asked to donate \$1 to help support the Woman's Club philanthropies.

This month, the club presented a check to the Golden West College Foundation Scholarships for Nursing.

Any questions or concerns regarding the tabletop games can be directed to Jan Krehbiel at 562-431-8240.

Those interested in learning more about the Leisure World Woman's Club should contact Kathy Russell at 949-293-7517.

-Beth Greeley



Display monitors in the Clubhouse 3 Learning Center.

## Opera Club goes high tech

## New meeting room features multiple screens, surround sound

Eight years ago, a group of friends who enjoyed watching operas together realized they had outgrown the living rooms they were meeting in. They formed a club and the first meeting of the Leisure World Opera Club was Nov. 4, 2014. The club watched "Don Giovanni" in two parts.

Watching operas requires a large screen and good sound. Most operas are not in English so the screen must have space for subtitles, which must be readable from all points in the room where the opera is showing. Previously, the club was using a long room that did not have a permanent screen. Often the screen could only be seen from four or five rows back. The sound from the equipment playing the operas did not carry to the whole room. Recreation and the custodians of the clubhouse were always helpful, but the equipment was not made for large audience viewing.

In mid-2022 a club member was discussing the issues with GRF Director Carole Damoci. "See if you can use the Learning Center," Damoci said, and she described the room and its equipment to the club member. The Opera Club followed up with Recreation and had a tour of the Learning Center. They immediately asked Recreation if they could permanently use the Clubhouse 3 Learning Center for their meetings.

The Learning Center was set up for NOCE (North Orange Continuing Education) to use as a classroom. Each desk in the room has a desktop computer. If the computers are not needed for the class they drop into the desk and are completely hidden. At the front of the room is a teacher's desk and three wall mounted 90" televisions that play whatever is playing on the teacher's computer. All seats in the room can clearly see one or two of the screens. Surround sound is distributed through speakers in the ceiling so the back row can hear just as clearly as the front row. Because

the room is large, there is lots of space to spread out if social distancing is required.

In addition the Learning Center has its own private secure Wi-Fi network. The Wi-Fi opens up many opportunities for the Opera Club. Operas and documentaries that were never released on DVD can be streamed from subscription services. European performances that were never released in the United States can be streamed from European channels like *Medici.tv*. In October 2022, the club watched its first opera via streaming from the Metropolitan Opera in New York.

With the additional streaming abilities the club can create a great mix of traditional and contemporary works and add documentaries to meetings where shorter operas are played.

The equipment has to be turned on and set up correctly to use the screens properly so a technology committee has been formed. This technology committee contains club members who have been trained in the equipment, so there are always people at the meeting who know how to use the computers and screens in the Learning Center.

This unique room is high tech and the club respects the technology. No eating or drinking is allowed in the room, so members use the intermission to stretch their legs and go outside to have a cup of coffee or cocoa from the vending machines on the patio.

The Learning Center is a forward looking resource that enriches the community. Watching these operas on large screens with clear subtitles makes it easy to follow and enjoy the presentations. Members watch a complete opera at each meeting. Those who may be new to opera are invited to join the club in its high tech environment to see if opera may be a new passion for you.

After several schedule changes this year, the Opera Club now meets once a month on the third Tuesday of each month beginning at 1:30 p.m. in the Clubhouse 3 Learning Center. The next Opera Club meeting will be held Dec. 20.

For more information, contact President Margaret Gillon at 562-370-3844.

-Margaret Gillon



IMA

## LWers visit family, Niagara Falls, learn about East Coast history

by Sandra deDubovay

LW Contributor

Recently Joe DiDonato and I returned from a 10-day trip with Good Times Travel. Joe was born and raised in New York and I have been to Manhattan many times but this trip afforded them many new things which was why we signed up. The tour started in New York City and went to many sights in upstate New York and Niagara Falls.

We flew direct from LAX to Newark. Our tour bus took us to the Sheraton Hotel in Times Square for a two-night stay. We skipped the scheduled tour the first day and chose to visit Joe's sister Denise. She lives in Queens and we took the Long Island Rail Road and met her for lunch. It was a lovely day catching up and being together.

The next day was the tour to the 9/11 Memorial Museum. The museum's permanent collection is an unparalleled repository consisting of material, evidence, primary testimony and historic records. It is very well done and shares the message of healing, unity and renewal. From there, we drove upstate to the U.S. Military Academy at West Point. Originally established as a fort, it is the country's oldest military school. We had an interesting guide and enjoyed all the sights and information he shared. It



A view of a rainbow above Niagara Falls from a boat cruise taken by Jo DiDonato and Sandra deDubovay.

was a full day of touring and we ended with dinner at the Beekman Arms. It's the oldest continuously running inn in America, opening its doors in 1766.

The following day, we had a tour to the Culinary Institute of America. Founded in 1946, it is ranked No. 1 in culinary schools. Next on our shcedule was Eleanor Roosevelt's home in Val-Kill. From there we went to the Roosevelt's home overlooking the Hudson River. Franklin Deleanor Roosevelt was born in the house on Jan. 30, 1882. Both of them are buried on the property's rose garden. A ranger gave

us an informative talk about the home, and then we walked through it on our own. From there we walked a short distance to the FDR Presidential Library and Museum. This is America's first presidential library opened in 1941. There were so many interesting exhibits, movie clips, and his personal car especially modified for him to drive since he contacted polio in 1921. This was a full day of touring and all of it was new for us, which was exciting since we are such seasoned travelers.

Scheduled the next day was a stroll over the Hudson River via the "Walkway Over the Hudson" at the Hudson State Historic Park. It's the world's longest elevated pedestrian bridge spanning 1.28 miles. Next on the agenda was a tour of the Vanderbilt Mansion. Frederick William Vanderbilt purchased it in 1895. It is now operated by the National Park Service. We were given an informative talk about the history of the mansion and the Vanderbilts. We were able to tour the home on our own. From there, we had a long drive to Cooperstown, marveling how beautifully lush green the state of New York is compared to where we live.

We were excited to get to

Cooperstown because we organized with Joe's granddaughter, Taylor, to drive up from Rochester to meet us. It was a 3.5-hour drive for them. We had seeen many photos of Joe's two greatgrandchildren—Noelia, who is 7, and Julianna, who is 3—but meeting them in person was special. We got in their car and their daddy Thomas drove us all to dinner. After dining we strolled the quaint town and found an ice cream parlor to end the evening. We organized them to stay in the same hotel and all hugged goodnight. It was over 10 years since we had seen Taylor, so having the opportunity to get together was a bonus.

Since they were in the same hotel, we got together for breakfast the next morning. It was sad kissing goodbye, but this was one of the reasons we booked this tour, becaase it af $for ded\,us\,th is\,special\,time\,to\,get$ together. The main event today was touring the National Baseball Hall of Fame and Museum. In 1936 the Hall of Fame was established. Three years later, in 1939, the Hall of Fame building opened. It includes three floors of exhibit space and a theater. It is committed to preserving the history of America's favorite sports pastime. We spent hours there enjoying all the history of baseball and its players. From

EAST COAST, page 24



# SPORTS & GAMES



The LW Pool Club (pictured) visited Laguna Woods for a pool tournament.

**POOL CLUB** 

## Rustlers have four-game lead in pool league

On Nov. 7, with just one more week left in the Leisure World pool league, the Rustlers have the inside track with a four game lead. The Rustlers beat the Ball Busters 10-3. Their "A" player, Rusty Aquino, swept his seven games for the Rustlers. Teammates Gary Snow and Connie Terry each won five games.

The Renegades beat Right on Cue by an 8-5 score to trail the Rustlers by only four games. John Burns of the Renegades won six games, including both of his singles matches.

Hard to Handle stayed in contention for first place by winning 9-4 over Any Hole Counts. Bob Barnum and Susan Dodson each won five games, including both their eight ball and nine ball singles. Hard to Handle is in third place, only five games behind the Rustlers.

The Three Amigos edges the Bank Bandits 7-6. Sal LaScala

and Roy Mittlestead each won four games for the Three Amigos, who are seven games out of first place.

The Rockin' Rollers beat the Crack Shots 8-5. Earick Ward won six games for the Rockin' Rollers and George Gordon won five, including both his singles games.

There will be an award at the end of the season for the A, B and C players with the best winning singles record.



Annette and Mick O'Connell enjoyed an evening out at the Shuffleboard Club's "Turkey Shoot" event.

## **Shuffleboard Club**

The Shuffleboard Club's Turkey Shoot attracted 20 enthusiastic shuffleboard players on Nov. 9.

The "shoot," a completely non-violent event, involves wacky ways to push discs down six waxed shuffleboard lanes to acquire points. For example, one of the challenges requires the player to push a disc under a curtain using his or her non-dominant hand.

Another challenge involves scoring by hitting lines on the lane, the opposite of normal shuffleboard play. Roger Bennett scored 96 points for the first game, and Rod Osgood scored 102 points in the second game. Roger Bennett also won the highest all game score for the evening. Match play winners were Rod Osgood and Ellie West.

The deadline to sign up for the winter leagues, which will begin in early January, is Dec. 2. For information, sign up at the Courts Building behind Clubhouse 1 or call or text Kay Mount at 775-527-0426.



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## Men's Golf League Results Oct. 28

#### Friday Golf

Eleven golfers from the Leisure World Men's Golf League played Oct. 28 at the always challenging 5,800-yard, par 70

Riverview Golf Course in Santa Ana. Riverview has a large golf practice facility and a huge putting green. Their snack bar is always open.



Devora Kim holds two certificates she received for winning the Women's Golf Club Championship Tournament and President's Trophy Tournament.

## Christmas luncheon: Dec. 5

The annual Women's Turkey Shoot Golf Tournament was scheduled to start Nov. 8. However, due to inclement weather and the scheduled two-week renovation of the tee boxes, the tournament was cancelled. It has been rescheduled to Dec. 6 and 13.

At the Nov. 7 meeting of the Women's Golf Club, Devora Kim was presented with two certificates of achievement as she won both the Club Championship Tournament in May and the President's Trophy Tournament in September.

On Monday, Dec. 5, the women golfers will gather at 10:30 a.m. in Clubhouse 3, Room 1, for the installation of officers for the coming year, followed by the Christmas luncheon.

Elizabeth Butterfield is coordinating the event and food, which will feature an East/West theme. Golfers may also bring a dish if they like.

The tickets are \$10 and may be purchased from Pam Krug anytime prior to Nov. 30. Pam can be reached at 714-612-7534.

On Saturday, Dec. 3, the Men's Golf Club is holding its annual Christmas dinner in Clubhouse 2 at 5 p.m. and the Women's Golf Club, as well as guests, are invited to attend.

The event will be catered by Finbars Restaurant. Tickets cost \$20 per person and may be purchased by contacting Joann Lim at 909-762-5393 before Nov. 30.



This week the weather was sunny and very cool (50 at 7 a.m. tee time) for the round with no wind.

The fairways seemed to be cut extremely short, but the greens are well kept. With recent green aeration and sanding, putting was a challenge. With the below average conditions, the course allowed just three of the 11 golfers to shoot net below par. Sam Choi and Dave LaCascia were closest to the pins on the twelfth and fourth par 3's respectivally. Gene Vesely had the only birdie.

#### Winners:

A Flight (handicaps 0 -19) First place: Gary Stivers, a

well-played 4 under 67, plus fewest putts; second: Clay Fischer, a very nice 1 under 70; third: Sam Choi; fourth: tie between Fujio Norihiro, Dave LaCascia, Bill McKusky, and Larry Hillhouse.

#### B Flight (handicaps 20 and over)

First place: Gene Vesely, an excellent 1 under 70; second: Bob Munn, a nice 1 over 72; third: Lowell Goltra, plus fewest putts; and fourth: Digna Vesely.

The Monday and Friday greens Golf Leagues play at four local courses, all within 15-20 minutes of Leisure World.

The courses the group plays are always quite full, so advance league reservations are required with a sign-up sheet available at each round.

There is a prize pool for each round that players are not obligated to enter.

Rewards are given for low net in each flight, birdies, closest to the pin on two par threes, and for the lowest number of putts in each flight.

Holes-in-one and Eagles (two under par), although infrequent, are generously rewarded.

If interested, contact Gary Stivers by calling 714-313-3697 or Dave LaCascia by calling 801-674-5975.

There was no golf on Nov. 7 due to rain.





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# RELIGION

## **Community Church**

Community Church will continue to navigate the season of extended Advent on Sunday, Nov. 20, at 9:50 a.m.

During the second week of extended Advent, the church will look at the season of Advent as a time of development rather than a time of waiting. The development that is asked of believers is to accept and embrace God's love for each person as they are. When people embrace God's love, they are released from a hidden burden and can share that love with others.

The word Gospel means "good news," and Community Church's mission is to spread the good news, both in person and online.

As a faith community in Leisure World, Community Church continues to celebrate its 60-year history here and the legacies of those who founded and grew the church. While the future remains a mystery, the members of Community Church are dedicated to celebrating each day that is given to them. All are welcome to join the church.

Entrances to the church may be found both at the front of the church and by the pedestrian gate near the shopping center.

The church no longer requires proof of vaccination



Pastor Johan Dodge (I), Sandy Walker, and Virginia Olejnik displaying the Crismons (tree decorations) created at the Monday Craft gatherings in preparation for the Community Church Christmas Bazaar on Dec. 3.

in the sanctuary; masking is optional. Community Church also offers virtual worship on Zoom and Facebook for those who cannot attend in person.

Those who want more information or are in need without another way to address it may call the church office at 562-431-2503.

## **First Christian Church**

First Christian Church teaches from God's word, the Holy Bible, most often verse by verse. It is a friendly church that welcomes all visitors.

People are welcome to worship and explore God's word together "that we may be mutually encouraged by each other's faith, both yours and mine," Romans 1:12.

This month, First Christian Church will gather special offerings to be sent to a local homeless shelter to help pay for extra meals over the holidays. For more information on how to donate, call the church office at 562-431-8810 and leave a message. Someone will reply at the earliest opportunity.

#### Message from the Pastor

Genesis 3:7-10 is the result of Adam's disobedience in eating the fruit of the tree of the knowledge of good and evil. "Then the eyes of both of them were opened and they knew they were naked; and they sewed fig leaves together and made themselves coverings."

Everything had changed. Innocence was gone; sin entered the world with that first act of disobedience from Adam. Adam and Eve covered themselves and hid from God. Verses 9-10 says "Then the Lord God called to Adam and said to him, 'Where are you?' Adam replied 'I heard your voice in the garden and I was afraid because I was naked and I hid myself." Interestingly, God was looking for them, seeking them out. His intent was to fellowship with them, but because they now knew they were naked, knowing good and evi, I they hid from God.

God.

It seems evident that man continues to try to do things his own way, hides from God and actually denies God's existence. From the beginning it was God's desire to be in fellowship with every living person. Adam's disobedience changed that, and for this reason, God sent a Redeemer. John 3:16 says, "For God so loved the world that he gave his only begotten son, that whoever believes in him shall not perish but have



Pastor Bruce Humes

everlasting life."

This week's message will focus on bridging the gap from the Garden of Eden to the death, and resurrection of God's only begotten son.

#### **Weekend Services**

Traditional Sunday services are from 9:30-10:45 a.m., with hymnal music led by Pat Kogak at the piano.

This week the talented Sherry Parmenter will sing a solo.

Saturday services, from 9:30-10:45 a.m., are more contemporary with Gregory Black leading worship with guitar accompaniment. Saturday service time is 9:30-10:45.

## **Midweek Studies**

Melli Herrera leads the new women's Bible study on Mondays from 10:30-11:45 a.m.

Pastor Whitlach leads the Bible study held on Tuesdays from 9:30-10:30 a.m.

Thursday's Bible study, led by Elder Jack Frost, is held from 10:30-11:30 a.m.

Friday's prayer and Bible study is from 6-7 p.m.

All residents are welcome to attend any of the above services and Bible studies.

## Scripture of the Week

"Behold the Lord's hand is not so short that it cannot save; nor is his ear so dull that it cannot hear," Isaiah 59:1.

## Contact

First Christian Church is located on Northwood Road behind Carport 125. For more information, call 562-431-8810.

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## **Congregation Sholom**

Congregation Sholom will hold services via Zoom with Rabbi Mike Mymon on Friday, Nov. 18, at 6:30 p.m. Rabbi Mymon will also lead the hybrid services on Saturday, Nov. 19, in Clubhouse 3, Room 9, and via Zoom at 10 a.m.

Saturday's Torah portion will be Chayei Sarah from the book of Genesis. Chayei Sarah (the life of Sarah) opens as Sarah dies and Abraham buys the Cave of Machpelah to bury her. Abraham sends his servant to find a wife for Isaac. The servant meets Rebecca at a well, and Rebecca returns with the servant to marry Isaac. Abraham remarries, has more children, and dies at age 175.

To receive a Zoom invitation for the services, contact Jeff Sacks at 714-642-0122.

Congregation Sholom has been serving Leisure World since 1962. It offers a traditional Jewish service in person and online.

Those who want to become a member of Congregation Sholom should call Howard Brass at 714-396-0121 for a membership packet.

The LW Weekly 562-430-0534

## **Faith Christian Assembly**

Thanksgiving is a time to stop, reflect and give thanks to the Lord for the many blessings he has given. Even in the midst of challenging times, believers have much to be thankful for.

The Bible has plenty to say about giving thanks:

"Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus," Philippians 4:6-7.

"And let the peace of God rule in your hearts, to which also you were called in one body; and be thankful," Colossians 3:15. "Give thanks to the Lord, for he is good; his love endures

forever," Psalm 107:1.

These are just a few examples of an important and prominent theme in the Bible: thankfulness. These scriptures illustrate the importance of gratitude for every person. The negative things in today's world that people focus on are plentiful, but God promises peace for believers hearts and minds when they place their trust in him through giving thanks.

Join Faith Christian Assembly at its special one-hour Thanksgiving Eve service on Wednesday, Nov. 23, at 11 a.m. in the main sanctuary. All residents are invited to hear a powerful message, timeless hymns, and enjoy great fellowship afterward.

Faith Christian Assembly's Sunday service times are 10:30 a.m. and 5:30 p.m., with the pre-service prayer at beginning at 5. The weekly Bible Study is in the main sanctuary every Wednesday at 11 a.m.

To receive a copy of the church's free monthly newsletter or to receive more information, contact the office at 562-598-9010 during business hours Tuesday through Friday or email contact@fcachurch.net. The church is located at 13820 Seal Beach Boulevard. People can also visit the church website at www. FCAchurch.net to learn more about the church and its staff, plus read past newsletters.

## Redeemer Lutheran

Redeemer Lutheran's Scripture and worship service will encourage people to remember that "Christ is King" on Sunday, Nov. 20.

Residents are invited to reflect, join the celebration and share the word and Communion at 10:30 a.m. in the sanctuary at 13564 St. Andrews Drive, across from the Administration building where ample parking is provided.

The organist and choir will lift people's spirit in song. A brief annual congregational meeting will follow the service.

As part of its ongoing service to the community, Redeemer Lutheran asks people to bring a few cans of nonperishable food to be distributed to neighbors in need.

For more information about the service or the work of the church, call 562-598-8697.

## **Buddha Circle**

Buddha Circle will meet on Saturday, Dec. 3, in Clubhouse 3, Room 1, from 9:30-11 a.m. with Ven. Kusala, who presents Buddhism in a simple way. His teachings help people learn how to suffer less and become happier.

Donations are welcome and will support Kusala in his teachings. For more information, go to www.urbandharma.org or call 714-468-6887.



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## **Assembly of God**

**Service/Gathering Times:** Sunday morning at 10:30 in Clubhouse 3, Room 2; Wednesday morning Bible study at 10 in Clubhouse 3, Room 2; the Hymn Sing is held on the fourth Sunday of the month in the Clubhouse 3 Lobby at 6 p.m.

Sermon for this week: "Thankful, Grateful, Blessed" has become a catch-phrase printed on everything from t-shirts to home décor, and even hashtags on social media. It is a slogan often used to acknowledge material gain or a fortuitous turn of events. For Christians, "Thankful, Grateful, Blessed," is a declaration of the position of their hearts regardless of circumstances.

In this season of Thanksgiving, all people should consider why they are thankful, what they are grateful for and by whom they are blessed. Thankfulness and gratitude are universal concepts that are not limited to those living in the rich nations of the world. These concepts are also common to Indigenous people in underdeveloped countries. While people are thankful and grateful it is different around the world, the attitude of gratitude for the blessings from a God who loves the world is the same.

Pastor Chuck Franco will preach a sermon titled "Enter His Gates with Thanksgiving," drawn from Psalm 100:1-5.

The church will celebrate with gratitude and thankfulness to the God of blessing this coming Sunday.

Bible Study: Paul's letter to Titus, the young pastor he left in Crete to establish the churches, speaks as though it were written to young pastors today. Why are people still dealing with the same issues of rebellion and debauchery after so many centuries? This relevant study is presented in a relatable video teaching and question-andanswer participation by class members. Residents can join the study at any time.

**Contact:** More information

can be found at www.lwassemblyofgod.com.

Those who would like prayer, personal contact from a pastor or a DVD of the Sunday morning sermon can contact pastors Chuck and Sheryl Franco by calling 562-357-4360 or emailing pastorchuck@lwassemblyofgod.com. Carolyn van Aalst is also available to receive prayer requests at 562-343-8424.

Pastor Chuck's sermons can be accessed on the Faithlife app under "Leisure World Assembly of God," where people can also give online.

## LW Baptist

LW Baptist Church will focus on Acts 27's account of a shipwreck and its message of how it is never too late for believers to pray. The message will discuss where believers should turn to for shelter during emotional or spiritual storms.

Residents are welcome to join LW Baptist's service on Sunday, Nov. 20, at 10 a.m. in Clubhouse 4.

The men's Bible study will look at God's mercy despite human failure in Judges, chapter 10 on Monday. After choir practice, the Energizers group will meet on Wednesday, Nov. 23, to receive updates from missionaries and read David's prayer in Psalm 37 at 3 p.m. in Clubhouse 3, Room 1.

For more information, call 562-430-8598.

## **Church of Jesus Christ of Latter-day Saints**

Meetings for the Atherton Ward are held at 6500 E. Atherton St., Long Beach. Sacrament service is held every Sunday at 9 a.m. This is followed in the second hour by Sunday School on the first and third Sundays. Relief Society and Elders Quorum meetings are on the second and fourth Sundays. Primary classes for children are held every Sunday during the second hour.

Members who are unable to attend Sacrament services in person can request a link from Bishop Mike Gravley at 562-212-8681.



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# COMMUNITY

## **LW FIRE TRAINING**



Firefighters from the Orange County Fire Authority (OCFA) performed drills in Mutual 15 on Nov. 14. The training included using a smoke machine.



Stations from the Long Beach Fire Department also came to Leisure World to train alongside OCFA.



Emergency personnel performed rescues and practiced medical procedures throughout the training.

## OC Fire Authority trains for emergencies in LW

The Orange County Fire Department conducted a fire emergency drill in Mutual 15, near building 7 along Del Monte Drive.

The exercise was con-

ducted outdoors and included the use of smoke machines, mannequins as victims, laying hoses among other drill activities.

The goal of this exercise

was to train firefighters from stations near Leisure World—including stations in Long Beach—on the topography and building layout in Leisure World.

**SUNSHINE CLUB** 

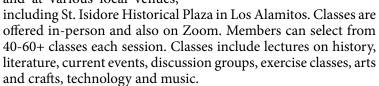
## Become a lifelong learner with OLLI

Dr. Glenn Libby from the Osher Lifelong Learning Institute (OLLI) will speak at the Sunshine Club's meeting on Friday, Nov. 18, in Clubhouse 3, Room 2, at 10 a.m.

All residents are welcome to join the meeting. The Sunshine Club requires no membership fees, but donations are welcome. Refreshments will be served at the meeting.

OLLI, a program from California State University of Long Beach, is a membership organization that offers noncredit classes to adults 50 and older during four 8-week sessions per year.

Classes are held on campus and at various local venues,



Glenn Libby

OLLI has been a center in the College of Health and Human Services for 26 years. It offers not only classes, but opportunities for socialization and the opportunity for new friendships. OLLI's membership is currently about 1,000 people and the program hopes to return to its pre-pandemic enrollment of 2,000 soon.

Libby is the president of OLLI at California State University, Long Beach. He is a Boston native, graduate of Bowdoin College and Tulane Medical School. He practiced pulmonary medicine

SUNSHINE, page 22



# Last Air&Water Day of the year will be held on Dec. 3

The Rollin' Thunder Golf Cart Club will hold its quarterly Air&Water Day on Saturday, Dec. 3, in the Clubhouse 4 parking lot from 8:30-10 a.m.

Entrance to the cart line-up will be on the exit/alley roadway that connects Northwood Road and North Gate Road on the east side of Clubhouse 3. Look for the signs and follow the traffic cones. Rollin' Thunder volunteers and Security staff will be on hand to assist.

Club volunteers will check tire pressure and battery water levels. Many LWers find it physically difficult to perform these activities on their own. Yet, ignoring these two maintenance items can lead to serious accidents and stall-outs in traffic, as well as premature tire and battery wear.

There is never a charge for this valuable service, and all LW cart owners are urged to participate. Club membership is not required.

For further information, call club president Tom Davis at 562-431-6859.

In the event of rain, Air&Water Day will be postponed to Saturday, Jan. 14, 2023.

—Mike Levitt

## Nikkei Club

The Nikkei Club will meet on Saturday, Nov. 19, in Clubhouse 3, Room 2, at 11:30 a.m.

This month, the group will host a karaoke and sing along. For special song requests, call Sherie Vanek at 562-296-8074 or Richard Yokomi at 562-430-8329.

The group will serve lunch for \$5 per person.

Members will be contacted through the club to order their lunch. This club is not only for Japanese speakers, but open to all residents. Non-members can call Michie Kimura at 714-317-1102 for reservations.



GAF President Anna Derby (I) with volunteer Rosemarie Da Roza, Geneva Potepan, Carl Kennedy and Shery Wells helped retrieve and secure residents items to be shredded.

GAF

## Shredding service finishes just before the storm

The Golden Age Foundation (GAF) was able to serve residents and finish its shredding service before the storm rolled in Nov. 8.

Forecasts of thunder, rainand lightning threatened to cancel the event; however, the storm held off long enough to provide for the GAF's two hour service, with rain beginning to come down as the truck was leaving.

This was the largest shredding event the GAF has seen in the seven years it has provided the service. There were over 400 cars/carts that were served. Cars drove through the line fluidly for the entire two hours the event was held. The GAF volunteers worked hard to keep up with the

flow while looking after shredding on the site.

Again, the "Drop and Go" method worked extremely well. With residents staying in their cars and GAF volunteers retrieving the items from the them, the event was able to run more smoothly.

The next shredding event will be held on March 14.

The GAF asks shareholders to place their shredding bags either in the passenger seat or trunk of their vehicles and to remain in their cars the entire time.

The GAF will continue asking residents to put all documents to be shredded in untied paper and plastic bags. The items in the bag must be easily visiable.

No boxes will accepted. This is to help make the event run quickly and smoothly, and to prevent a possible truck fire.

The GAF thanks volunteers Carl Kennedy, Rosemarie Da Roza, Ted and Jeri Nowell, Geneva Potepan, Shery Wells and Anna Derby for their service during the event.

The GAF also thanks residents who donated to the foundation during the event. Donations are gratefully accepted at each event and are used to fund the GAF programs. The GAF is a 501(c)(3) nonprofit foundation.

For more information about the GAF, its services and volunteer opportunities, call 562-431-9589 or go to www.GoldenAgeFdn.org.

## Golden Age Foundation reinstates membership program

by Anna Derby

LW contributor

Now that the pandemic has become less intense the Golden Age Foundation (GAF) is able to reopen a membership program to new and former members.

As a non-voting associate member, members will be part of the foundation. Member dues/fees will help the GAF to continue programs that support the community.

The GAF is a nonprofit 501 (c)(3) organization that has served the community for 48 years. Through the support of volunteers, individuals and organizations, the GAF has organized and implemented many programs that have benefitted our community.

## **GAF's Pandemic Response:**

The past two years were challenging as Leisure World faced the pandemic that affected many of members of the community. In response to the COVID-19 crisis, the GAF:

• Worked with the Golden Rain Foundation and the City of Seal Beach to distribute approximately 40,000 face masks to residents as well as those who work behind the scenes in Leisure World.

• Donated over a \$100,000 to support Meals on Wheels of Orange County and Meals on Wheels of Long Beach. These programs helped to feed many residents who were unable to cook or shop for themselves.

• Provided volunteers to help facilitate the Optum/GRF COVID-19 vaccine roll-out program.

## **GAF's Core Programs**

• The Hospitality Center located in Clubhouse 6 serves morning coffee and snacks to provide a place for residents to socialize and meet their neighbors.

• The Income Tax Preparation program, in partnership with AARP, helps residents file taxes each year. This program provides residents with a safe and trusted way to file income taxes and receive returns with trained volunteers for free.

• The Mobility Aids Program provides free mobility aid rentals to residents including walk-

ers and wheel chairs.

• The document shredding service helps support the GAF's recycling efforts while also protecting residents from identity theft by properly disposing sensitive documents.

• The GAF's ongoing environmental efforts include battery and florescent bulbs recycling program.

## Associate Member Fees/Dues

The GAF's annual dues are \$10 per person.

People can pay their dues by sending a check to the Golden Age Foundation and mailing it to The Golden Age Foundation P.O. Box 2369, Seal Beach, CA 90740.

People can drop off their dues in the donation box at the Hospitality Center in Clubhouse 6. Make sure to seal the envelope securely if paying with cash.

The GAF encourages all prospective donors to seek assistance of personal legal and financial advisors in matters relating to their gifts including the resulting tax and estate planning consequences.

**GIVE WHERE YOU LIVE** 

# Support the GAF while shopping for the upcoming holiday season

The Golden Age Foundation (GAF) is launching its "Give Where You Live" campaign to raise awareness among residents about the value of contributing to the foundation year-round.

One of the easiest ways to support the GAF is to sign up for the Ralphs Reward Program. Residents can give back to the GAF simply by shopping at Ralphs grocery stores and using their rewards card with no extra cost added to their groceries.

People can sign up for Ralphs Reward program online by going to *www.ralphs.com*. To sign up, people will need their Ralphs Reward card number to register or the phone number associated with their account.

People can also register for the Ralphs Reward program over the phone phone by calling (800) 443-4438. When registering, make sure to provide the GAF's nonprofit organization (NPO) number FS 519. Double check with the person on the line that it is the Golden Age Foundation in Seal Beach, 90740.

This is a a great opportunity for resident to help the GAF as it works to help those in need in the community.

Over the last quarter, the GAF received \$1,416.32 with 333 households that shopped at Ralphs. This money goes straight back into the Leisure World community.

The GAF is a non-profit 501(c)(3) charitable organization dedicated to helping people in need.

For more information, go to www.GoldenAgeFdn.Org or call Anna Derby at 562-301-5339.

**NOCE** 

## Mature Driver Class offered on Nov. 19

Residents are invited to attend a free one-day only driving course inside Leisure World on Saturday, Nov. 19, from 8 a.m.-4:20 p.m.

Those who want to attend the class must register in advance. Visit the library to sign up for the class, which involves becoming a student with NOCE. Library staff are available to help people become students and get signed up for the class.

Those who are already registered with NOCE and would like to sign up on their own should use class registration number 50517.

For more information, call the library at 562-598-2431.

## **LOS ALAMITOS SENIOR CLUB**

## Join the Bingo fundraiser on Dec. 1

The Los Alamitos Senior Club will hold a bingo fundraiser at the Los Alamitos Community Center on Dec. 1 at 11:30 a.m. Doors open at 9 a.m. and buy-ins are from 9:30-11. Buy-ins are \$20 and \$5 for each additional six sheets per person.

Prizes include \$50 for 9 Games, \$100 for a blackout, drawing 50/50, extra games at 50/25/25, additional games for \$1 each and more.

## Filipino Association of LW Bingo



Enthusiastic bingo players look forward to the Filipino Association of Leisure World's (FALW) next bingo event on Sunday, Nov. 20. The last bingo games had five winners in one single game. The FALW invites all members to its Thanksgiving dinner on Sunday, Nov. 13, in Clubhouse 3, Room 2, at 2:30 p.m. The club will provide ham and turkey and asks members to bring a dish to share.

## Celebrating a birthday, anniversary or retirement?

Let the LW Weekly celebrate with you. Email submissions and high resolution jpgs to: laurieb@lwsb.com

The deadline is the Thursday before the desired publication date.

LWWeekly November 17, 2022 | www.lwsb.com | www.lwweekly.com

## **Democratic Club**

by Mary Larson

LW contributor

The LW Democratic Club will hold its 2022 annual membership meeting on Wednesday, Nov. 23, in Clubhouse 3, Room 9, at 1 p.m.

Members and supporters can join the meeting in person or via Zoom. Instructions on how to login by Zoom will be included in the club's newsletter.

The primary focus of the meeting will be twofold. Club members will have an opportunity to discuss the results of the General Election as well as brainstorm about the future. Topics of special interest will be the possibility of January run-off elections for seats on the Seal Beach City Council and the threat of recall of school board members once again. Election of the 2023-2024 Board of Directors will also take place during the meeting.

The Nominating Committee has submitted the follow slate of proposed board members for 2023-24:

- President: Mary Larson (one year only)
  - •Vice President: Kathy Moran
  - •Secretary: Bill Bruce
- •Treasurer: Mary Tromp Assistant Treasurer: Kathy
- Membership Committee Chair: Loni Gardette
- Nominating Committee
- Chair: Virginia Melville Publicity Committee Chair: Mary Larson

Board members continuing

- in office through 2023 are: Hospitality Committee
- Chair: Rachael Lehmberg Program Committee Chair:
- Debbie Wrathall Special Events Committee Chair: Martha Warner

To subscribe to the club's free electronic newsletter, call 562-296-8521 or email democraticclubsblw@gmail.com. People are asked to include their full name, address phone number, as well as party affiliation.

## SUNSHINE

#### from page 20

in Long Beach for 36 years before retiring in 2014. Glenn and his wife, Gael, have lived in Seal Beach for 23 years. His family all live in Southern California. They love to travel the world and spoil their eight grandchildren. He has been a member of OLLI for over seven years and is eager to transition OLLI into its post-COVID form.

The Sunshine Club began on Jan. 12, 2012, with the mission to "Build Bridges for Brighter Leisure World," and to help all people get along in the community and get the best out of living in Leisure World.

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

## OBITUARIES

## In Memoriam

James Allred 78 Grace Margaret Westlund 92 John Christensen 60 Lisa Salem 91 Lynne Rawson 70 Stephen Kramer 83 Loretta Adamson 79 John Platt 69 Rosie Fest 97 Felicia Jones 63 Patricia Thompson 72 Richard Murphy 86 Edward Ihejirika 96 Michael Wade 73 Duane Rose 74 Rita Welsh 92 Bernice Van Steenbergen 99

Ellen McElhaney 58 Sherman Apple 89 Joseph Brown 87 David Stoermer 74 Margaret Shedoudy 99 Norberto Cadorniga 79 David Johnson 87 Leslie Roberts 66 Vernon Acampora 55 Vincent Amucha 75 Ursula Hebert 94 Rosa Soto 59 Rose Thompson Waller 89

Kathleen Johnson 61

Jean Solomon 97

Suzanne Shadic 83

Paul Austin 56 Richard Price 74 Dawn Aquino 58 Sylvia Olinde 64 Barbara Durant 96 Jimmie Deaton 81 Families assisted by McKenzie Mortuary, (562) 961-9301

—Paid obituary

The obituaries deadline is Monday at 1 p.m., prior to the desired Thursday publication date.

Obituaries that are received later than Monday will go in the following week's issue.

Email obituary notices to *laurieb@lwsb.com* with photos attached as jpg files.

The first 250 words, plus one picture, are free to publish in the newspaper; each additional word is 25 cents.

People can pick up an obituary form to fill out in the LW Weekly's office. The obituary will go in the following week's paper.

For more information, call 562-430-0534, ext. 801, or email laurieb@lwsb.com.

## Shop Small, Support Big

 $Mayor\,Shelley\,Hasselbrink\,and\,the\,Los\,Alamitos\,City\,Council$ encourage residents to reinvest in the Los Alamitos economy by shopping local this holiday season and all year long. On Nov. 26, shop owners and communities across the U.S. will once again rally together to remind shoppers to support local businesses on Small Business Saturday. Small Business Saturday is a day for everyone—from business owners who create jobs to customers who buy locally—in support of small businesses that invigorate the economy and help the city thrive in our small part of Orange County.

How can you help? As a consumer, you are a key part in small businesses success. Visit the amazing Los Alamitos restauranteurs and shop owners who took the risk to follow their dreams. Take this day to discover businesses operated by local people who care about great service. Shop Small is a movement to honor these businesses every day and to help communities prosper and stay sustainable nationwide. Los Alamitos has an amazing variety of small businesses from gift stores, to hair salons, bakeries, to new small businesses such as Pietrini Pizza Napoletana that now serve residents.

> —City of Los Alamitos Development Services Department

#### WATCH YOUR STEP

## Avoid a popular holiday scam

Financial and frudulent scams often ramp up during the holiday season. One of the most popular scams during the holidays and year round is through gift cards. Picture this: Someone asks you to pay for something by putting money on a gift card, like a Google Play or iTunes card, and then give them the numbers on the back of the card. Know that if you're ever asked to do this, the person on the other end of the line is trying to scam you. No real business or government agency will ever insist you pay them with a gift card. Anyone who demands to be paid with a gift card is a scammer.

Remember, gift cards are for gifts, not for payments. Gift cards are popular with scammers because they're easy for people to find and buy. They also have fewer protections for buyers compared to some other payment options. Once they have the gift card number and the PIN, they have your money.

Often the scammer will say it's urgent. They say you have to pay right away or something terrible will happen. They want to scare or pressure you into acting quickly, so you don't have time to think or talk to someone you trust.

The caller usually tells you which gift card to buy. They might say to put money on an eBay, Google Play, Target, or iTunes gift card. They might send you to a specific store—often Walmart, Target, CVS, or Walgreens. Sometimes they tell you to buy cards at several stores so cashiers won't get suspicious. The caller might stay on the phone with you while you go to the store and load money onto the card. If this happens to you, stop. It's a scam.

The caller may ask you for the gift card number and PIN. The card number and PIN on the back of the card let the scammer get the money you loaded onto the card. Don't give them those numbers. You'll lose your money, and you won't be able to get it back. Here's a list of common gift card scams:

- The caller says they're from the government such as the IRS or the Social Security Administration. They say you have to pay taxes or a fine.
- Someone calls from tech support, maybe saying they're from Apple or Microsoft. They say there's something wrong with your computer and you have to pay them to get it fixed.
- The scammer may even pretend to be a friend or family member in an emergency and ask you to send money right away -but not tell anyone. This is a scam. If you're worried, hang up and call the friend or relative to check that everything is all right.
- Someone says you've won a prize, but first, you have to pay fees or other charges with a gift card. Remember: no honest business or agency will ever make you pay with a gift card. Ask yourself, did you even enter that sweepstakes?
- The caller says they're from your power company, or another utility company. They threaten to cut off your service if you don't pay immediately. Utility companies don't work that way.

If you paid a scammer with a gift card, tell the company that issued the card right away. Keep the card and any receipts you have.

Stick to stores you know and trust. Avoid buying from online auction sites because the cards may be fake or stolen. Make sure the protective stickers are on the card and that they do not appear to have been tampered with. Also check that the PIN number on the back isn't showing. Get a different card if you spot a problem.

Keep your receipt. This, or the card's ID number, will help you file a report if you lose the gift card.

-www.consumer.ftc.gov

The LW Weekly 562-430-0534

## SBTV-3 Listings

SBTV-3 airs on TWC-Spectrum Channel 3, Frontier Fios Channel 37 and online streaming at sbtv3.org/schedule. Have Roku? Go to http://roku.streamsource.tv/ add/sbtv.

#### Thursday, Nov. 17

6 pm

Korean Community Church 4 pm Chorale/LW Orchestra 4:40 pm Kennedy Space Center/ LW Lapidary Club Duck Pond Reunion 5 pm 5:50pm LW Radio Club Life and Times in SB:

The Lawhead Brothers 6:30 pm Velvetones or America's Oldest City

Studio Cafe 7 pm 7:30 pm McGaugh Go West 2022 SB City Limits: 9 pm

Richard Hastings 10 pm TLR Experience: The Eagles Tribute

#### 11:50pm Cruise Alaska Friday, Nov. 18

Korean Nights 4 pm Napa Wine Train 5 pm 5:30 pm Head Master or Aliens Walk Among Us 6 pm Korean Community Church

Chorale/LW Orchestra 6:40 pm Kennedy Space Center

7 pm McGaugh Pageant of the Arts Studio Cafe 8 pm 8:30 pm LW Tribute Concert 2022:

Stone Soul Motown 10:10 pm Neil Diamond Tribute 11:40 pm Velvetones

Saturday, Nov. 19 Mystery at the Theater 4 pm 4:30pm The Bug Guy Jazz Holiday Concert 5 pm

with Hank Barto 6:16 pm Cruise Alaska or LW Lapidary Club

6:30 pm Studio Cafe McGaugh Pageant of the Arts 7 pm

#### 8 pm LAUSD Sunday, Nov. 20

Seal Beach City Council 4 pm Meeting Oct. 24 Replay Napa Wine Train 5:15 pm Kennedy Space Center

5:30 pm LW Radio Club 5:40 pm Cruise Alaska or LW Lapidary Club America's Oldest City

6:15 pm Korean Community Church Chorale/LW Orchestra 7 pm McGaugh Goes West

2022 7:30 pm Bob Cole Conservancy 8 pm Studio Cafe

LW Tribute Concert 2022: 9 pm Rod Stewart

10:35 pm Korean Nights 11:50 pm Napa Wine Train

## Monday, Nov. 21

Seal Beach City Council Meeting- Live 5:30 pm Korean Community Church

Chorale/LW Orchestra 6:30 pm Studio Cafe Seal Beach City Limits: 8 pm

Richard Hastings TLR Experience: the Eagles Tribute

10:50 pm Duck Pond Reunion 11:30 pm The Bug Guy Tuesday, Nov. 22

Aliens Walk Among Us 4:30 pm Mystery at the Theater LW Tribute Concert 2022: 5 pm

Hail to the King Neil Diamond Tribute 8:30 pm LW Tribute Concert 2022: Stone Soul Motown

10 pm Ronstadt Revival 11:40 pm LW Car Show

Wednesday, Nov. 23 Life and Times in SB: 4 pm Lawhead Brothers

LW FALW Picnic 2022 5 pm LW Tribute Concert 2022: 6 pm Live and Let Die,

Paul McCartney 7:40 pm The Velvetones

8:30 pm McGaugh Go West LW Tribute Concert 2022: 9 pm Stone Soul Motown

10:10 pm Rod Stewart Tribute Ban 11:40 pm Kennedy Space Center

or America's Oldest City \*All programming subject to

# HEALTH & FITNESS



Members of the LW Bicycle Club enjoyed coffee with a cop at a local Starbucks.

## LW bikers discuss safety over Coffee with a Cop

Last week LW Bicycle Club members had an opportunity to meet for Coffee with a Cop at a local Starbucks, thanks to Councilwoman Sandra Massa-Lavitt. Among the subjects of discussion were the lack of signage leading to the North Gate and at the exit of the North Gate where drivers tend to speed up, as well as share the road and speed limit signs.

The Leisure World Bicycle Club invites riders for fun and healthy rides on Sundays (with breakfast), Mondays, Wednesdays and Fridays. Meet at the North Gate at 9 a.m. Helmets and safe shoes are required.

For more information about the club schedule, call Lucy Cyza at 818-209-5075 or Mary Romero at 562-810-4266.

-Mary Romero



One of the class leaders Sunny Kim displays her beautiful dance moves.

## **Joyful Line Dance**

Joyful Line Dance meets on Thursdays from 10:30 a.m.-12:30 p.m. in Clubhouse 6 upstairs. Classes are limited to 35 people on a first-come, first-served basis. Face masks and exercise shoes are strongly recommended. No

membership fee is required.

The club will have a holiday party on Thursday, Dec. 1, from 10:30 a.m.-12:30 p.m. in Clubhouse 2 with a sumptuous Asian buffet lunch and line dancing. Tickets are \$15. Everyone is wel-

come. The last day to sign up for the party is Nov. 17—just stop by Clubhouse 6 during the class between 10:30 a.m.-noon.

For more information, text 562-301-5339.

—Anna Derby



Need help? 24-Hour Nurse: 562-795-6216

## **Saturday Morning Dance Class**

In November, Candi Doris will teach waltz at 9 a.m. and cha-cha at 10 a.m. on Saturdays in Clubhouse 6. Each class is \$7. Dancers can attend one or both classes. Partners are not required.

For more information, call Helen Spencer at 562-493-2445 or Candi Doris at 213-760-9054.

## Wa-Rite

The Wa-Rite's total weight loss for the month of October was 31 pounds. The queen of the month was Linda Rich with a loss of 5.5 pounds. The total loss for the week was 16.5 pounds. The biggest loser of the week was Judy Crimmins with a loss of 3 pounds; she credits her weight loss success to eliminating late night eating.

The meeting concluded with the Orson Welles quote: "Gluttony is not a secret vice." When peope don't take care of their bodies and



Judy Crimmins was the biggest loser of the week with a loss of 3 pounds.

sabotage their good eating habits, the end results cannnot be hidden.

The weekly weigh-in is on Fridays in Clubhouse 3, Room 1, from 8-8:45 a.m. The meeting begins at 9. Everyone must present a GRF ID at the door to join the meeting. Members must weigh in by Nov. 18 to be eligible for year-end rewards banquet. There will be no meeting the day after Thanksgiving.

–Carol Chambers

## The dangers of belly fat

A desire to lose weight and look good compels many people to adopt healthy habits every day. But shedding fat is about more than looking good, especially when it is accumulated in people's abdomen.

Johns Hopkins Medicine notes that in addition to a layer of padding below the skin known as subcutaneous fat, belly fat also includes visceral fat that extends deep inside the abdomen and surrounds internal organs. Visceral fat is also very close to the liver, which can turn it into cholesterol. From there, the fat goes through the bloodstream and may collect along the walls of the arteries, contributing to a hardening and narrowing of the arteries known as atherosclerosis. The complications can lead to aneurysms and chronic kidney disease.

People with substantial belly fat should work with their physicians to develop a healthy regimen to decrease that fat. A combination of diet and exercise is generally recommended, but how much exercise and which foods to eat will depend on individual's current conditions and medical history.

Embracing strategies to reduce belly fat through healthy means can help people slim down and improve their long-term health outlook.

-Metro Creative Connection

## Meals on Wheels, Long Beach

Meals on Wheels of Long Beach Inc. delivers freshly cooked meals for \$9.75 per day Monday-Friday, between 10:30 a.m.-12:30 p.m. Deliveries include an 8-ounce carton of 1 percent milk. An alternate dessert is available for those on a diabetic diet. Contact Client Manager Caron Adler at 562-439-5000, ext. 1, or visit www.mowlb.org to complete an online application. To cancel a meal for the following day, contact Adler before 9 a.m. the prior business day. Menu is subject to change without notice.

## Thursday, Nov. 17

Swedish meatballs with garlic cream sauce, egg noodles, zucchini medley, fresh pear, ham and cheese sandwich with lettuce, tomato and pickle, homemade potato salad.

## Friday, Nov. 18

Oven-baked breaded fish with tartar sauce, macaroni and cheese, peas and carrots, fresh banana, spinach salad with chicken, mandarin oranges, cranberries, feta cheese, vinaigrette dressing and crackers.

## Monday, Nov. 21

Turkey lentil stew, biscuit, peas and onions, fresh orange, egg salad sandwich with spinach and tomato, marinated beet and onion salad.

## Tuesday, Nov. 22

Beef lasagna, whole grain dinner roll, broccoli and cauliflower, watermelon, turkey and ham cobb salad with egg, tomato, bacon, blue cheese dressing and crackers.

## Wednesday, Nov. 23

Roasted turkey with sage gravy, cornbread stuffing, garlic and chives mashed potatoes, peas and carrots, pumpkin pie, roast beef and cheese sandwich with lettuce, tomato and pickle, Italian pasta salad.

November 17, 2022 | www.lwsb.com | www.lwweekly.com

## EAST COAST

#### from page 15

there we drove to Alexandria Bay for the evening.

After breakfast, we had a two-hour boat cruise on the 1000 Islands. It is located along the border between northern New York and southeastern Ontario, Canada.

There are actually 1,864 islands and this is a stunning region. The cruise was narrated with much information. Also included was a stop at Heart Island to tour the Boldt Castle.

After touring the castle we took a shuttle back to Alexandria Bay. Back on our motorcoach, we traveled west and went through Canadian Immigration and Customs and entered Canada.

This was my seventh time to visit Niagara Falls and Joe's third, but it is so beautiful, we never tire of being there. We arrived at the Hilton Niagara Falls hotel. Our room had great views of all three falls.

Today we had a very knowledgable local guide taking us



Joe DiDonato (I-r) Sandra de Dubovay, granddaughter Taylor, great-granddaughters Noella and Julianna, and the girls' father Thomas.

around the highights of Niagara. At the Prince of Wales Hotel, build in 1864, we were treated to high tea. This Victorian-era hotel is a historic landmark and is still a high-end hotel.

Niagara Falls is a group of three waterfalls spanning the most powerful waterfall in North America. It is famed for its beauty and valuable source of hydroelectric power. Its height is 167 feet.

We were excited to experience the awe-inspiring Voyage of the Falls boat tour. We all got complimentary red ponchos and boarded the boat, which took us face-to-face with this powerful fall.

A lovely plus was that a recent rain left us with an incredible large rainbow. It's always exciting to feel the spray and hear the roar of this epic spectacular. That evening we had a farewell dinner, of course, at a restaurant overlooking the falls which are alight with revolving colors each night.

Our final day we went through customs and continued to Lockport, New York. We had a two-hour narrated cruise on the Erie Canal. Two hundred years ago, the Erie Canal was

built to fuel America's expansion. Through extrodinary vision and effort, it connected the Atlantic Ocean to the Great Lakes by water, transforming New York state and our country forever.

LW Weekly

Built between 1817 and 1825 at a cost of \$7 million, it was the longest artificial waterway and the greatest public works project in North America. It enabled people and goods to flow from around the world to New York state. Today the Erie Canal offers a place to recreate while discovering the incredible history and beauty. Our boat went through the 34th and 35th locks. This was the last event on our 10-day tour and a nice finale.

We flew back from Buffalo. Everything on the tour went perfectly including the weather. We were so happy to be able to see Joe's sister and grandaughter and family in this tour, plus all the new and exciting things we always had on our travel list.

#### SCRABBLE G R A M S SOLUTION RACK 1 = 101 63 RACK 2 = RACK 3 = 61 64 RACK 4 = 65 RACK 5 = TOTAL 354 **PAR SCORE 265-275**

## **Crossword Answers**

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## Sudoku 1 Answers

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

The Basic Rules of Sudoku:

The Pasic Rules of Sudoku:

There is only one valid solution to each Sudoku puzzle. The only way the puzzle can be considered correctly is when all SI 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 bers in the course of the game.

Each column must contain all of the numbers I through 9 and no two numbers in the same column as the same.

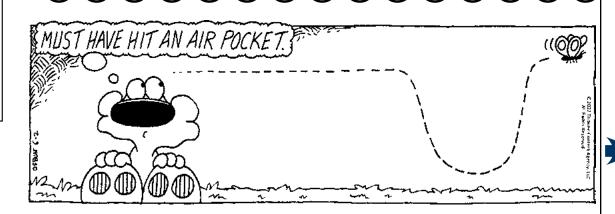
must contain all of the numbers 1 through 9 and no two numbers in the same block of a le can be the same

## Jumble Answers

**BURRO** MIGHTY PITCH INFANT The pigs who put on the musical loved to — HAM IT UP

## **Puzzle Answers**

Puzzle pages 6-7



## Sudoku 2 Answers

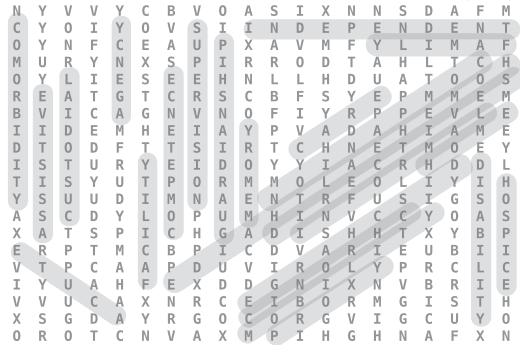
4	7	2	6	9	5	8	3	1
1	9	3	4	8	2	5	7	6
5	6	8	7	3	1	9	4	2
6	8	5	1	7	9	3	2	4
9	2	1	3	5	4	7	6	8
7	3	4	8	2	6	1	5	9
3	4	6	5	1	8	2	9	7
2	1	7	9	6	3	4	8	5
8	5	9	2	4	7	6	1	3

## Guess Who? Shailene Woodley

**Crypto Fun Answers** A. supervise B. support C. caring D. attention

**Boggle Brain Busters Answers** SOFIA CAIRO PARIS SEOUL MINSK TUNIS QUITO

## **Word-Find Answers**



## **SEAL BEACH**

## Streets to close for Turkey Trot

On Saturday, Nov. 19, the Turkey Trot 5K/10K will take place in the Old Town area of Seal Beach. As a result of this event and the large number of participants expected to run, several streets will be closed to ensure runner safety.

The event begins and ends on Main Street at Central Avenue. Streets will be re-opened for traffic as the last athletes pass the area. Street re-opening times are approximate. People should allow extra time for travel due to street closures and possible traffic delays. Streets will close at 4 a.m. and reopen around 10 a.m. Affected streets include Electric Avenue, Main Avenue, Ocean Avenue between First and Tenth streets, Marina Drive and Welcome Lane. For more information about the Turkey Trot, email info@runlegacyevents.com.

#### **ELECTION**

#### from page 2

up for election—District 3, representing The Hill, Bridgeport, Heron Pointe and the Naval Weapons Station, and District 5, which represents about one half of Leisure World and had four LW residents vying for the seat.

The District 5 seat, vacated by Sandra Massa-Lavitt who was termed out, represents Leisure World west of St. Andrews Drive. As of Nov. 14, the vote total was as follows.

- Nathan Steele, 1,190, 44.03%. • Mariann Klinger, 608, 22.48%.
- Michael J. McGrorty, 562, 20.79%.
- Jonathan Rich, 343, 12.69%.

The Orange County Registrar of Voters has 21 days to canvass the votes, certify the election and notify the Seal Beach City Clerk's office.

Seal Beach city staff anticipates certifying the election at the Dec. 12 City Council meeting, provided the official results are received from Registrar's Office.



Dr. Sesa Barsamian, DDS, and her staff provided 23 veterans with free dental services on Nov. 9.

#### **HONORING VETS**

## Los Al dental clinic provides free care to local vets

On Nov. 10, Dr. Sesa Barsamian, DDS, and her staff hosted their ninth annual Veterans Day Event at their office in Los Alamitos.

Veterans received X-rays, exams and a dental cleaning at no cost.

Barsamian's office dedicated the entire day to provide care to veterans only; no other regular patient appointments were made for that day.

This is the ninth consecutive

year that Barsamian has donated her skills, time, office hours and supplies to local veterans.

The office and the six staff members accommodated 23 veterans who were very thankful for the dental services they received.

A few of the veterans had not had a dental checkup and cleaning for over 10 years.

One vet in his mid-twenties saidhe never had a dental cleaning before.

A large number of people seen that day are patients of Barsamian's office. They get their teeth checked and cleaned at the office regularly.

A few were not regular patients but have been attending the Veterans Day event since they first started in 2013. Some have never missed a year.

Barsamian was recognized four years ago by the city of Los Alamitos for her support of veterans.

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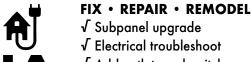
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Basic 1 BDR/ 1 Bath,

Patio enclosure, ceramic tile flooring, Cut down shower,

Mutual 5 - 122E \$255,000

skylights, Move-in ready

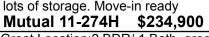
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Beautiful upgraded two bedroom green-belt unit

2022 Escrows \$520,000 5-70F 7-170K \$342,000 8-195B \$480,000 2-62C \$225,000 6-130K \$300,000 \$560,000 14-12A \$272,000 6-64A 15-11Q \$350,000 12-55E \$295,000 2-39A \$310,000 17-110B \$475,000

Leisure Living Resales



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## \*\*\*COMING SOON\*\*\* Great units we are prepping before they hit the market!



Mutual 15 - 10F Del Monte Downstairs 2B/2Ba all NEW! including Central Heat/Air, Kitchen & Baths, Flooring Appliances, Custom Paint Dual Pane Windows,+ more Bright & Breathtaking! Incredible Price \$379,900



Received well above Ask Price **Greenbelt View** SOLD \$400,000!



Mutual 5 - 112c Homewood SOUTH Facing 2B/1Ba with L-Shape patio, Heat-Air Pump, Carpet w/Tile Kitchen & Bath, Skylights, Bright and Airy! A++Well Maintained \$285,000



Mutual 15 - 43e Del Monte Nice Corner Atrium \$430,000



Mutual 7 - 158b Kenwood \$445,000 (\$10K over price)

## www.TeamDonnaJean.com







Andrea Bair 714-624-1981



Suzanne Ahn **Alice Sioson** 562-810-1614 626-216-3038



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We hope everyone had a wonderful Veterans Day! At On Site Home Sales, we couldn't be more proud or thankful for our veterans and the sacrifices they have made to ensure we live in a free country. We have so many reasons to be thankful, and our veterans are never forgotten! On-Site Home Sales is open 7 days a week and has been the preferred real estate office for Leisure World since 1960. Come speak with one of our expert Realtors® today!



M 14 24E \$350,000

M 10 243K \$215,000



























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November 17, 2022 | www.lwsb.com | www.lwweekly.com LW Weekly

## Stop by our office Tuesday Morning to pick up your 2023 Norman Rockwell Calendar



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Gloria Hadley Realtor DRE # 01057681



Sean Wood Realtor® DRE# 02186926

562 514-6613

11-273L

Quaint tree-lined private location. Spacious corner 2 bedroom 1 bathroom home with a large wrap-around enclosed patio room. The living room has a large skylight, newer heat pump/air conditioning unit and vertical blinds. Kitchen has a Leisure World refrigerator, stove, oven, an added dish washer, ceiling fan and skylight. Living room, bedrooms and kitchen have laminate throughout. Bathroom has skylight and cut down shower for walk-in convenience. Large versatile L-shaped patio room is fully enclosed and has a walk-in storage closet, skylight and indoor/ outdoor carpeting. Located in Leisure World a Resort-like 55+ community in charming Seal Beach. Leisure World offers over 200 clubs organizations and activities. This home is light, bright and a must see.



## M4-51D \$349,000

Charming two-bedroom one bathroom cottage in a lovely location. This delightful home has updated features and is ready to move in. The spacious living room is light, bright and has an added heat pump and air conditioning unit. The kitchen has built-in stainless-steel appliances including a refrigerator, stove, oven, ceiling fan and quartz countertops. The master bedroom has mirrored wardrobe closet doors. The bathroom has quartz countertops, decorator sink, and beautiful tile shower. This special home has decorator wood-like flooring throughout. All rooms look out on a pretty greenbelt. The large wrap-around patio has 2 skylights, beautiful wood-like flooring, a walk-in storage closet, has a separate private entrance, and is great for entertaining. Enjoy the patio and its fabulous ocean breezes. Drive-up parking and the carport are both close by. This cheerful home is located in the resort-like community of Leisure World Seal Beach and enjoys over 200 clubs, organizations and activities including a gym, swimming pool, jacuzzi, 9 hole 3 par golf course, amphitheater, shuffle board, Bocce ball, 6 club houses that features sewing, art, and ceramics room, a variety of card clubs, and numerous other activities. This home is definitely a must see.



## M8-189D \$415,000

Delightful fully expanded 2-bedroom 1 bathroom home located on a beautiful Greenbelt. This home has a spacious corner living room and formal dining room. The kitchen has built-in appliances and a skylight. The bathroom has a skylight and stacked washer dryer. The master bedroom is expanded and has a walk-in closet. This lovely home also features laminate flooring, central heating and air conditioning, double pane windows, overlooks beautiful Greenbelt views, and is a must see. Located in leisure world Seal Beach a-resort like community with over 200 clubs, organizations, and activities. Enjoy the charming community of Seal Beach and the wonderful ocean breezes.



## M9-230D \$349,900



Lovely fully enclosed 2 bedroom 1 bathroom floor plan. Leaded glass entry door opens into a spacious flexible living space that features expansive windows that overlook a beautiful greenbelt. The living room area has a walk-in storage closet, entry closed and heat pump with air conditioning. The kitchen has white cabinets, built-in stove, new oven, refrigerator skylights and an extra built-in cupboard over the sink. Master bedroom is fully expanded with two wardrobe closets. The bathroom has a washer/dryer, cut down shower and large skylight that opens. Second bedroom has wardrobe closet and large skylight. This charming home has new vinyl flooring, new paint throughout and is ready to move in.

## **PENDING**

Mutual 8-188H **Mutual 8-189B** Mutual 2-40J

Mutual 2-49B Mutual 2-17G Mutual 9-59G Mutual 6- 117L Mutual 15-39A **Mutual 10-258H** 

Mutual 6-1351 **Mutual 10-258B** Mutual 1-31E

**Mutual 5- 117L** Mutual 12-61C Mutual 2-63H

Mutual 3-4F Mutual 4-88G

Mutual 2-3B Mutual 2-8C

Mutual 10 -250J

Mutual11-286B Mutual12-61A

Mutual 11-2861 Mutual 5-117G

Mutual 2-46H

Mutual 1-67E Mutual 4-49G

Mutual 8-183G

Mutual 11-285D

Mutual 7-164L

Mutual 2-6G

Mutual 11-285A **Mutual 11-263A** 

Mutual 4-49B

Mutual 8-201L Mutual 2-6L

Mutual 7-165E

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## Robin Gray rwgraysales@verizon.net

Looking too Buy or Sale... Call me! I have over 25 years LW Experience and Knowledge! I can help you!!



13926 Seal Beach Blvd., Seal Beach, CA 90740

(Located in the shopping center, behind Carl's Jr.)





CORNER COTTAGE with a GORGEOUS VIEW of a BEAUTIFUL GREEN with TREES!! Two bedrooms and one bath with New Paint, New Carpet, raised living room exterior walls - much better for furniture placement. The patio to have new indoor/outdoor carpet installed - buyer gets to pick color, a new heat pump to be installed that will keep you cool in the summer and warm in the winter, cut down shower with a clear glass enclosure, skylights, ceiling fan in the kitchen, dishwasher, close laundry, built-in patio storage cabinet and a nice size patio to relax, read a book, visit with friends, or enjoy your surroundings. This unit is definitely a "MUST SEE" - be sure its on your list!!

Mutual 12-67-K Mutual 8-200-K Mutual 12-11-G Mutual 2-22-K Mutual 12-59-F Mutual 7-155-C Mutual 10-240-A Mutual 12-56-A Mutual 2-48-G **Mutual 4-50-D** Mutual 7-160-B Mutual 6-135-I Mutual 11-284-A Mutual 5-124-I Mutual 10-247-C Mutual 12-67-K Mutual 10-248-G Mutual 1-3-K Mutual 4-78-D 6-135-B Mutual 15-8-H Mutual 11-273-A Mutual 15-8-E Mutual



## COMING SOON!! Basic 2 bedroom, 1 Bath on a Courtyard

See more at www.sealbeachleisureworld.com





Jim Duncan 714-356-6717 Broker/Manager



**Robin Gray** 562-209-5605



Barbara Diette-Dobias 562-754-5628



Kathy Gupton 562-618-9940



Gloria Hadley 562-884-3594



562-706-7999

Mutual 1 40D

Mutual 1 38D

skylights, very nice

near south gate, nice



Vickie Van Ert 310-220-1407

\$257,500



Rosie Wang Davis 626-623-9929



Joanie Korman (714) 308-8034

**Estee Edwards** 

562-208-2540

Leah Perrotti

310-889-6583

562-900-4243

(562) 594-0515

Seal Beach, CA 90740 BRE 00338699



Mutual 1 37C \$225,000 enclosed patio, fresh paint, laminate flooring, skylight that open, good price two bedroom

Mutual 3 28C \$237,500 expanded, double pane windows, upgraded kitchen, good location

\$329,900 Mutual 1 43F west facing, 2 flared skylights in kitchen, enclosed patio, downtown area

\$330,000 Mutual 1 20A corner, gorgeous green, new paint, new carpet, upgraded windows

\$349,000 Mutual 4 51D move in condition, wrap around patio, greenbelt, drive up



Hanna Rubinstein Jay Cho 714-944-4998



Philip Bak 213-550-9991



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**One-Bedrooms** 

Mutual 9 230D \$349,900 full expansion, washer/dryer, skylight that opens, new paint

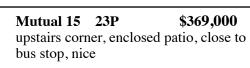
\$359,900 Mutual 11 273L corner, enclosed patio, dish washer, large skylights living room



562 -242-6162



714-293-3950



south facing, great greenbelt, 2 skylights,

(562) 431-2149

13926 Seal Beach Blvd.

Seal Beach, CA 90740

great greenbelt, enclosed patio,

**Mutual 8 189D** \$405,000 full expansion, washer/dryer, double pane windows, great buy

\$439,000 Mutual 9 228L btfl. location, south facing, fully expanded, ready to move in



Yolanda Narro 562-400-0720



Chris Kim 424-247-4542



Mike Varipapa 562-235-7413



Bill Berman 714-606-5258



Gail Alonzo 562-673-6307



## **CAROL GASPER &** NICK MONTEER

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www.sealbeach-retirementcommunity.info nicholasmonteer@gmail.com 1900 St. Andrews Dr. Suite B Seal Beach, CA 90740

For 2022, We have a total of 82 Leisure World pending and closed sales. Buyers are anxiously awaiting the perfect floor plan for their needs! It may be yours!



1231 Golden Rain Rd. #70G | M2 | \$539,000 Corner 2bed/1bath with the best of both worlds! Drive-up/greenbelt location with gorgeous hardwood floors, French Doors and bay windows, central AC, remodeled kitchen and bath and washer/dryer!



13451 St. Andrews Dr #124J | M5 | \$345,000 2Bed/1bath drive up location with laminate flooring throughout. Center patio with expansions on either side for walk-in closet in master bedroom and dining room area. Light and bright kitchen with skylights.



1881 Golden Rain Rd. #23F | M14 | \$429,999 Fully expanded interior unit right near the golf course in beautiful Mutual 14! Luxury laminate floors, remodeled white kitchen, newer stainless steel appliances, marble counters, walk-in closet, AC heat pump, washer/dryer!



1340 Kenwood Rd. #156D | M7 | \$359,000 2Bed/1Bath interior location with full expansion, laminate floors throughout, skylights, updated bathroom with bathtub, walk-in closet. AC heat pump in living room!



1362 Golden Rain Rd. #56B | M2 | \$429,000 2 Bed 1 bath unit in a fantastic greenbelt location with updated kitchen! Full expansion and sprawling updated flooring with skylights throughout. AC heat pump and updated bath with laundry in unit!



13721 Alderwood Ln. #28L | M3 | \$585,000 Drive-up corner 2bed/2bath done by a contractor for a contractor with no detail spared!!! Heat pumps in every room, newer white kitchen, luxury flooring, walk-in closet, skylights throughout. A unique double master bedroom layout.

11/14/2022- Year To Date MLS Activity Closed Sale In Escrow 80 60 Feb Mar May July Aug Sept Oct Nov Dec

On November 14th, 2022 a total of 55 units show as active listings on the **CRMLS** 

(this is where Realtors list property for sale)

17 - 1 bedroom/1 bath units from \$210,000 to \$280,000

25 - 2 bedrooms/1 bath units from \$320,000 to \$615,000

12 - 2 bedrooms/2 baths units from \$335,000 to \$629,000

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

