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**BALANCE:** Optum will hold its monthly balance workshop on June 14 from 11 a.m.-noon in the HCC Large Conference Room. See page 4.



**BATHROOM UPGRADE:** Seniors may qualify for a free bathroom accessibility upgrade. See page 5.



SECURITY UPDATE

Citation program recommences on GRF trust streets

As of June 1, Security will use new Community Violation Notices (CVNs) to document parking violations inside Leisure World.

The enhanced system will streamline the prior heavy administrative burden on the Security and Finance Departments.

At this time, the enhanced citation program will be enforced on GRF Trust property only. The GRF Board of Directors will provide direction to Security at a later time regarding authorization to issue citations on a Mutual's property.

These citations cover parking violations only. The Seal Beach Police Department is responsible for issuing moving violations inside Leisure World.

There are no assigned "parking enforcement" officers in Security. Parking enforcement will be conducted by patrol officers when there are no other duties of higher priority occurring in the community, such as paramedic calls, incident reports, etc.

CITATIONS, page 3

GRF ANNUAL MEETING

The Golden Rain Foundation will hold its 60th annual meeting on Tuesday, June 13, at 2 p.m. in Clubhouse 4.

Residents can attend in person or watch online via YouTube livestream or by visting [lwsb.com/livestream](https://lwsb.com/livestream). For more information, see page 5.

GETTY VILLA TRIP

The Recreation Department is selling tickets, \$25, to its July 7 excursion to the Getty Villa on a first-come, first-served basis. Space is limited. See page 12.



E-bikes pose unique risks to riders

by Eloy Gomez  
GRF safety manager

Over the past few years, electric bikes have grown in popularity as a fun, energy-efficient way to get around the community while offering some health benefits. Despite being an affordable and flexible form of travel, new reports highlight a surge in accidents and dangers associated with these types of motorized vehicles that can result in severe injuries, such as broken bones, spinal cord and head injuries.

The Department of Motor Vehicles defines an e-bike as a bicycle equipped with fully operable pedals and an electric motor. Most e-bikes fall into one of three types.

Class 1 e-bikes, the most common, are pedal-assist models with motors that work only while someone

is pedaling. They have a top speed of 20 mph. Ride faster, and the motor automatically flips off.

Class 2 e-bikes feature a throttle, so the motor powers the bike even if a person isn't pedaling. It stops working if a person exceeds 20 mph, though.

Class 3 e-bikes are the most powerful. These pedal-assist bikes can reach 28 mph before the motor stops.

Electric bikes are much heavier than traditional bikes because they contain a battery and an electric motor, weighing anywhere around 30-80 pounds.

According to an article by the Washington Post, some dangers come with owning or using electric bikes, and it's essential to be aware of them. Because of weight and speed, e-bikes pose a greater risk of injury to riders and pedestrians. A Reuters report found that e-bike injuries were more than three times as likely

BIKE SAFETY, page 2

PRESCRIPTIONS

Medication delivery available from new pharmacy provider



Genoa representatives Louis Rizzacasa (l) and Juvy Villanueva hold examples of the pre-filled medication packages that Genoa delivers to residents' doors.

Genoa Healthcare has begun managing pharmacy services for the Health Care Center after the departure of the LW Pharmacy in February.

Residents can start getting their medications delivered by Genoa whenever they like. Genoa has a pharmacy in an Optum site in Torrance, where they send out free, daily medication deliveries straight to residents' doors.

Medications are also delivered in pre-filled packaging (pictured), so people don't have to worry about missing a dose.

Genoa pharmacists and technicians are highly trained in chronic conditions that many people have, like diabetes and heart disease, making them a great resource for information about medications.

Those who would like to sign up for Genoa's medication delivery can stop by the HCC front desk or call Genoa at 424-282-2035. They're open from 8:30 a.m.-5 p.m., Monday through Friday.

Information about the new pharmacy will be published in the LW Weekly as soon as it becomes available.



# BIKE SAFETY

from page 1

to involve a collision with a pedestrian than either scooter or traditional bike injuries. Those injuries were more serious than with other types of motorized vehicles such as scooters and conventional bikes, according to recent studies.

Fire and safety officials are also warning that consumers need to take precautions with electric bikes after an increase in battery fires linked to the devices. Lithium-ion batteries, the type used to power e-bikes, have been found to overheat and catch fire under certain conditions, especially if they are not charged or disposed of properly.

Last year, New York fire officials reported over 75 e-bike fires, which caused multiple injuries and three deaths. Last month, an e-bike's battery burst into flames while charging in a New York restaurant, which injured one firefighter.

Consumer Reports recently outlined some tips fire officials have offered to stay safe:

- Purchase and use devices that are certified by a qualified testing laboratory.
- Always use the manufac-

turer's cord, and power adapter explicitly made for the device.

- Store batteries away from anything flammable.
- Do not leave e-bikes unattended while they're charging, and don't leave them charging overnight.
- Do not block your primary way into and out of the building with an e-bike.

In many e-bike accidents, the braking system was reported to have caused heavy vibration, metal to metal grinding and inability to bring the bike to a complete stop.

Due to e-bikes' heavier weight, combined with greater speeds, the wear and tear on the braking system is much greater as the brake pads might wear out up to 75% faster than those in traditional bikes. Don't forget to inspect e-bike brakes or have them serviced at a professional e-bike repair shop on a regular basis.

Electric bike accident injuries are often devastating for victims. Along with the immense physical and emotional pain and suffering these injuries can cause, victims often incur tremendous medical expenses

and a lowered quality of life after the incident. Wearing a helmet may reduce the impact of such injuries. Currently California law requires Class 3 e-bike riders of any age to wear helmets; however, it is good practice to wear a helmet when riding any type of bike.

People who are planning on purchasing an e-bike or have not used an e-bike in some time should practice riding in an empty parking lot or other open, traffic-free space to practice starting and slowing the e-bike. An e-bike's acceleration can startle new riders, as can the distance required to fully stop, and the weight that could contribute to a loss of balance.

Remember to be considerate and courteous when riding. The pedestrian always has the right of way. An e-bike, like any regular bicycle, is a vehicle and is required to follow all roadway rules and regulations:

- Act like a car, be predictable and visible.
- Wear bright or reflective clothing.
- Look out for other roadway users and never assume they will see you especially at intersection.
- Use the e-bike's bell or politely say "on your left" when passing.

For more information, contact Safety Manager Eloy Gomez at 562-431-6586, ext. 356.

**A Reuters report found that e-bike injuries were more than three times as likely to involve a collision with a pedestrian than either scooter or traditional bike injuries.**

## AMERICAN LEGION MEMORIAL DAY



Naval Seal cadets opened the American Legion Memorial Day ceremony by placing the colors.



Sgt at Arms Tom Schmitz, who coordinated the Cadets for the flag march and played TAPS.



A POW/MIA table was set up to honor fallen, missing and imprisoned U.S. military service members.

# Optum

## Meet our physical therapy team



**Dorothy Ulit, PT**  
**Specialty:** Physical therapy  
**Languages spoken:** English, Korean, Spanish



**Vivien Alabata, PTA**  
**Specialty:** Physical therapy  
**Languages spoken:** English



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LIFELONG LEARNING

Sign up for OLLI classes on June 12

Registration for the summer session of the Osher Lifelong Learning Institute (OLLI) at Cal State Long Beach starts on June 12. Classes begin on July 10.

Classes will be held on campus at CSULB, at several community satellite locations and online via Zoom.

OLLI offers a wide range of courses, covering topics like technology, music, art, languages, fitness, personal finance, creative writing, crafts, history, health and more.

OLLI President Glenn Libby gave this advice to aspiring students: “The educational experience at OLLI should be joyful. You get to choose from a wide variety of classes, encompassing literature, science, the arts, current events, music, sports etc. The cost is minimal. There are no tests, grades or prerequisites. You are in total control of your curriculum. I highly recommend that you test the waters in all that OLLI has to offer. You will be a better person for making the effort.”

New classes cover topics like pop culture (“What the Pop!”), the Declaration of Independence, miniature art pieces, Microsoft Excel, bluegrass mandolin, classic movies, watercolors, basket-making and grappling with iPhones.

For more information, visit [www.csulb.edu/olli](http://www.csulb.edu/olli) or call the OLLI office at 562-985-8237.

CITATIONS from page 1

When a citation is issued, the violator can instantly pay online or pay in person at the finance office—which will have all the citation information on its computers. This information can be found on the back of the citation.

There are two ways a violator may appeal their citation:

1. In-Person—The appeals board meets the third Tuesday of each month at 10 a.m. in Conference Room A, located in the Administration building.
2. Written Appeal—The violator can write an appeal online or send the appeal letter to PO Box 2069, Seal Beach, CA, 90740.

The Security Department will provide the appeals board with the necessary information regarding the citation before the meeting of the appeals board, including photographs.

It is important to note that once a citation is issued, Security does not have the authority to cancel or waive a citation.

Residents may assist the Security Department by advising them immediately of any parking violations, including those believed to be in violation of the 72-hour parking rule.

—Security Director Victor Rocha



CERT President Catherine O'Brien (l) presents Alice Chung with a raffle prize. The club has begun to raffle safety items during each meeting.

Community Emergency Response Team

At the May Community Emergency Response Team (CERT) safety meeting, 40 residents learned how to prepare for a power outage and how an outage could affect the Leisure World community.

CERT President Catherine O'Brien did a great presentation on how to stay safe when a power outage threatens a person's safety. People are highly encouraged to have emergency lights, which stay plugged in and go on when the power goes out. The greatest danger in a power outage is falling, especially in the dark. Therefore, it is a necessary to have a reliable source of light available in case a person must to get up in the middle of the night.

Other practical tips included: always have flashlights and batteries on hand in each room, keep freezers and refrigerators closed, disconnect appliances and electronics to avoid damage from electrical surges and use alternate plans for refrigerating medicines or power-dependent medical devices.

The first hour of the group's monthly safety meeting is open to all residents. These meetings will now include a drawing to give away a safety item. This month's winner was Alice Chung.

The LW CERT group wants to give a special shout-out to thank the LW Women's Club for giving the group a generous donation, which will be used to buy safety items as giveaways. CERT will meet Friday, June 23.

—Jan Friedland

ACCESSIBILITY

Seal Beach senior shuttle available

The Senior Transportation Shuttle Service is a free 20-passenger shuttle that runs on a fixed route with stops at the Seal Beach Pier, Leisure World, the Rossmoor Shopping Center and the North Seal Beach Community Center. People must be a Seal Beach resident, 60-plus years old, pre-registered with the City of Seal Beach and have a SMP ID Number available for the driver, which is assigned upon registration by city staff.

Submit an application online at [www.sealbeachca.gov](http://www.sealbeachca.gov) or in-person at City Hall, 211 Eighth St., or call 562-431-2527, ext. 1307, for more information.

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CITY OF SEAL BEACH

SBPD adds community-oriented patrols

The Seal Beach Police Department's Community Oriented Policing (COP) Team will be deployed for the summer season. This two-officer team will patrol throughout the city, Main Street and the beach area in anticipation of increased crowds and summer activity. The team will be deployed from Memorial Day through the Labor Day weekend.

Community policing is the collaborative partnership between the police and the community to identify and solve community problems and proactively address the immediate conditions that give rise to public safety issues such as crime, social disorder and the fear of crime. Through community policing, all members of the community become active participants in the problem-solving process alongside the police to deter crime and enhance quality of life of all residents and visitors to the city of Seal Beach.

The two officers selected for this assignment were chosen because of their proactivity and dedication to the City of Seal Beach. Their primary objective will be to help keep the most trafficked areas of Seal Beach safe by being a uniformed presence and by preventing crimes. The officers will patrol on foot, in cars, on bicycles and in off-road vehicles.

"We normally see a large increase in tourists to our city during the summer months because of our beautiful beaches, popular Main Street, and excellent weather," said Seal Beach Police Chief Michael Henderson. "But this increase in population also creates an increase in potential criminal activity. By dedicating these two officers to patrol our busiest areas, our goal is to ensure the safety of residents, visitors, and businesses."

Although the COP Team will deploy from the Police Substation at the base of the pier, they will respond to emergencies throughout the city and address quality of life issues in all neighborhoods. They will also act as liaisons between the police department and businesses and will participate in community education events.

For more information about the Seal Beach Police Department, visit the department's Facebook or Instagram @sealbeachpolice.

DRIVER'S LICENSE RENEWAL

DMV handbooks available at library

People currently studying for their driver's license renewal tests can save themselves a trip to the DMV and come by the Leisure World Library to pick up a 2023 Driver's Handbook to study before their test. People are welcome to keep the handbooks; they do not need to be returned to the library.

The library is open Monday-Sunday from 9:30 a.m.-3:30 p.m. It is located between Clubhouses 3 and 4 near the North Gate Entrance to Leisure World. Ask a staff member for a copy of the handbook.

The library also has a small supply of Korean language 2023 Driver's Handbooks.

Fax Service

The LW Library offers fax service for \$1 per page to send a fax domestically, \$3 per page to send a fax internationally and 50 cents per page to receive a fax. To receive a fax via the library, ask the sender to include his or her name and phone number on the fax and provide the sender with the library's fax number, 562-431-4143. For more information, call the library at 562-598-2431.

Chick-fil-A

Let's Celebrate Summer, Leisure World Seal Beach!

BOGO Free

Breakfast Entree Deal\*

-Sandwiches, Minis, Burritos & Bowls-

6:30am - 11:00am

Valid Only at Shops at Rossmoor Chick-fil-A

\*No substitutions. Offer valid from June 8, 2023 through June 30, 2023. Coupon to be surrendered at time of purchase. May not be combined with any other offers. Please note: Chick-fil-A is closed on Sunday.



## Letters to the Editor

Editor:

Our legal advisors recommend all residents of Mutual 1 create a trust because:

- In California, if the value of your estate is less than \$166,250, a will is all that is required to distribute assets to your heirs quickly.
- As a resident of Leisure World, your estate value is greater than that.
- Your estate must go through the “probate” court process. Having a will does not do what you likely intended it to do.
- Probate in California currently takes about 22 months. The courts are backlogged, particularly after the pandemic.
- Legal probate fees vary with the value of your estate. They are typically between \$10K and \$15K, sometimes more.

Get the picture? Real estate taxes, landscaping fees, water fees, amenities fees and all the other Leisure World fees continue to accumulate, to be deducted from the estate’s value when probate is finally complete. Your heirs receive nothing for months; your estate value continues to erode dramatically. Your unit remains locked up, unoccupied.

Trusts make distribution much faster and less expensive overall. Yes, the cost of a will typically is less than a trust, typically \$400-\$700 for a will. In the current edition of the Leisure World paper, one lawyer advertises a simple trust cost is \$699 for a single; \$899 for a couple. It can be more. Browsing one web page article, expect between \$2,000-\$4,000.

The evidence is clear. Do yourself a favor; call an estate attorney and ask. It’s to your (and your heirs) benefit.

Dan Weber  
Mutual 1

Editor:

I, as well as others, have noticed there were no veteran’s banners up for Memorial Day

weekend. Usually, these banners would be up for the weekend, through Flag Day, to the Fourth of July.

When I asked why, I was told that the banners purchased by shareholders and their families to honor our military would now only be displayed for Veterans Day. No veteran’s banners will be going up for Memorial Day, Flag Day or the Fourth of July.

I can only hope this was a mistake. Otherwise, this is a myopic and egregious error in

decision-making. Think, the youngest shareholders in Leisure World either participated in the Iran-Iraq War or had a family member who was part of it.

Memorial Day, Flag Day and the Fourth of July are about the brave military men and women who fought, bled and died for this country. To not take every opportunity to recognize their sacrifice is easily perceived as stinging ingratitude. I can guarantee that this unfortunate decision is not appreciated by the overwhelming majority of

Leisure Worlders who have lived most of their lives watching the USA go through wars, and who understand the impact of previous wars being fought to protect and support the freedoms of this country. “All gave some, some gave all.”

Ted Green

Mutual 4

USAF veteran,  
son of Buffalo Soldier

Editor’s Note: At the May 1 meeting of the GRF Recreation Committee, a motion was passed to display veterans banners for

Veterans Day and four weeks afterward. Veterans Day commemorates the service of all U.S. veterans, while Memorial Day honors those who have died while in military service. The Recreation Committee recognized the sanctity and distinction between these holidays when members determined the banner schedule. Logistically, the wear and tear on the mountings and the banners themselves coupled with the expense to raise and remove them four times yearly was also a consideration in the committee’s decision.

## 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 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.

## LW Bus Tours

The GRF Transportation Department will conduct monthly bus tours of Leisure World on Tuesdays for new and recently moved-in residents.

Included will be GRF clubhouses, Turtle Lake Golf Course, Mission Park and its activity courts and gaming rooms, the 1.8-Acre disposal and recycling area, as well as the Leisure World Library and the Main Gate bus station.

The 1.5-hour tours will begin at the bus hub on the east side of the Amphitheater north of the Administration Building.

Stock Transfer can book tours when new buyers check in, or people can schedule one at <https://outlook.office365.com/owa/calendar/NewMemberBusTours@lwsb.com/bookings/>. For more information, contact Melissa Gomez at [melissag@lwsb.com](mailto:melissag@lwsb.com) or 562-431-6586, ext. 326, or Kathy Thayer at [kathyt@lwsb.com](mailto:kathyt@lwsb.com) or 562-431-6586, ext. 398.

## Falls Prevention Workshop Date Change

For June, Reneu Health’s “Physical Literacy and Falls Prevention Workshop series” (Part 2) will meet Wednesday, June 14, from 11 a.m.-noon in the Optum HCC large conference room.

The class usually meets on the first Wednesday of each month, but there was a scheduling conflict this month for one session only.

Everyone is invited to attend this interactive lecture and exercise demonstration seminar presented by kinesiologist Christel Mitrovich.

Learn how to identify red flags, reduce pain and risk of injury, prevent falls, increase strength and improve balance.

For information, email [christel@renew-health.com](mailto:christel@renew-health.com).

## Set Straight

It was incorrectly reported that the Shuffleboard Club membership has grown 280%. In April, the club’s registered attendance was up year-over-year by 282%. Also club attendance at the courts building (not membership) is up 352% in April.



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June 10th

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# GOVERNMENT

## GRF Annual Meeting Agenda

GRF BOARD OF DIRECTORS  
60th Annual Meeting Agenda  
Tuesday, June 13, 2023, 2 p.m., Clubhouse 4

*This meeting can also be livestreamed at [www.lwsb.com](http://www.lwsb.com). The tab will be active 15 minutes prior to the start of the meeting. The livestreaming uses YouTube live and terminates at the close of the meeting.*

1. Call to Order/Pledge of Allegiance
2. Roll Call
3. Member Comments/Correspondence
4. Membership Participation by Pre-arrangement
5. Minutes of the Annual Meeting of June 14, 2022
6. Introduction of Present Directors
7. Review of Committee:
  - a. Architectural Design and Review Committee
  - b. Communications Committee
  - c. IT Committee
  - d. Finance Committee
  - f. GRF Administration Committee
  - g. Mutual Administration Committee
  - h. Physical Property Committee
  - i. Recreation Committee
  - j. Security, Bus & Traffic Committee
  - k. Strategic Planning Committee
  - l. 1.8 Acre Ad Hoc Committee
  - m. Governing Docs Ad Hoc Committee
8. Introduction of Newly Elected Directors
9. President's Report
10. Announcements
11. Adjournment

The next GRF Board meeting is  
Tuesday, July 25, at 10 a.m. in Clubhouse 4.

## GRF Meeting Schedule

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

Tues., June 13	<b>GRF Annual Meeting</b> Clubhouse 4/Zoom ..... 1 p.m. <i>(Board organization and ratification will follow the annual meeting.)</i>
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## Mutual Meeting Schedule

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

Thurs., June 8	<b>Mutual 12, annual meeting</b> Clubhouse 4/Zoom ..... 10 a.m.
Fri., June 9	<b>Mutual 2, annual meeting</b> Clubhouse 4/Zoom ..... 10 a.m.
Mon., June 12	<b>Mutual 9</b> Admin/Zoom..... 9 a.m.
Mon., June 12	<b>Mutual 1, annual meeting</b> Clubhouse 4/Zoom ..... 10 a.m.
Tues., June 13	<b>Mutual 5, annual meeting</b> Clubhouse 4/Zoom ..... 10 a.m.
Tues., June 13	<b>Mutual 16</b> Admin/Zoom..... 1 p.m.
Wed., June 14	<b>Mutual 4 (9 a.m., open forum)</b> Admin/Zoom..... 9:15 a.m.
Wed., June 14	<b>Mutual 3, annual meeting</b> Clubhouse 4/Zoom ..... 10 a.m.
Thurs., June 15	<b>Mutual 11</b> Admin/Zoom..... 1:30 p.m.
Fri., June 16	<b>Mutual 15, annual meeting</b> Clubhouse 4/Zoom ..... 10 a.m.

## GRF/Mutual Election Schedule

Mutual	No. of Units	Quorum	No. of Directors Being Elected	Ballots Mailed	Annual Shareholders Meeting
12	452	151	7	May 9	Jun. 8 10 a.m.
2	864	433	9	May 10	Jun. 9 10 a.m.
1	844	282	4	May 11	Jun. 12 10 a.m.
5	492	164	3	May 11	Jun. 13 10 a.m.
3	432	217	7	May 15	Jun. 14 10 a.m.
15	502	252	7	May 17	Jun. 16 10 a.m.
17	126	64	2	May 25	Jun. 27 10 a.m.
Golden Rain Foundation New directors installed at GRF Annual Meeting on June 13, 2 p.m. in clubhouse 4.				Ballots Mailed	Ballot Counting Meeting
Odd Numbered Mutuals				May 5	Jun. 6 10 a.m.

## BATHROOM ACCESSIBILITY

## Most LWers eligible for free grant remodel program

Leisure World residents who have trouble stepping into the shower for any reason are likely eligible for a free bathroom upgrade.

HUD has increased the income limits for the LW bathroom grant program, so more people qualify and their is double the funding to help for the next six weeks.

“Nearly everyone who has completed an application has gotten the \$4K-plus improvements on their bathrooms for free,” said Monique Miner of CivicStone, the company that the City of Seal Beach employs to administer the grant program.

To qualify, resident households must meet certain guidelines. Savings do not disqualify you. All applicants must be over 55 years of age and have a gross annual household income less than or equal to new income limits, which allow for a maximum gross annual income of \$80,400 for a one-person household; \$91,850 for a two-person household and \$103,350 for a three-person household.

CivicStone has also added electronic signing to the process to aid ease of application.

For nearly two decades, the City of Seal Beach has run the Seal Beach Bathroom Accessibility Program to help residents of Leisure World modify their bathrooms making them easier for seniors to use.

The units in Leisure World were built in the 1960s, before ADA regulations were established. As a result, the fiberglass tub/shower combinations can be a challenge for seniors to use. The funding from the County of Orange and HUD is used to modify these fiberglass units to make them more accessible to the residents for free.

How is it done? The side wall of the existing fiberglass tubs are cut to just a few inches from the floor. The tubs are then refinished with a new coat of fiberglass to look like new, and a custom glass shower door is installed. The process converts the tub/shower combination into a functioning shower. The grant funds can also be used to build an in-shower bench, add grab bars and/or replace an existing toilet with a high-boy toilet.

The bathroom improvement process is coordinated by CivicStone ([www.civicstone.com](http://www.civicstone.com)), a company hired by the City of Seal Beach to review all applications and manage the construction improvements with the approved contractors. Once approved for the program and scheduled for work, the improvements usually take less than a week to complete.

Applications are currently being accepted and are available online at <https://www.civicstone.com> and from the City of Seal Beach’s website.

For more information, email [monique@civicstone.com](mailto:monique@civicstone.com) or call 909-364-9000.

## CAP Food Distribution is June 15

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 June 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 residents receive 32 pounds of food, including cereal, juice, peanut butter, milk, canned vegetables, fruit and cheese. For more information, call 562-431-6586, ext. 317.

## Purchasing Department Price List

PRICES ARE FOR MATERIALS ONLY! ALL TAXES AND PROCESSING FEES INCLUDED.  
(LABOR \$50.00 PER HOUR /PER TECHNICIAN)

REVISED 06/02/2023

WHITE COOK TOP..... \$499.00  
BLACK COOK TOP..... \$499.00  
WHITE / BLACK OVEN..... \$1306.31  
STAINLESS OVEN..... \$1551.82  
WHITE TOP FREEZER  
REFRIGERATOR..... \$718.35  
BLACK TOP FREEZER  
REFRIGERATOR ..... \$718.36  
STAINLESS STEEL TOP FREEZER  
REFRIGERATOR..... \$769.63  
28 GALLON WATER HEATER 10YR.  
\$754.78  
38 GALLON WATER HEATER 10YR.  
\$832.43

GARBAGE DISPOSAL..... \$211.25  
BATHROOM FAN/HEATER.... \$160.43  
BATHROOM FAN-NO HEAT \$177.58

BATHROOM SINK WHITE-ROUND  
..... \$47.55  
BATHROOM SINK- BONE- ROUND  
..... \$63.12  
BATHROOM SINK-WHITE- OVAL  
MUT-15- GERBER..... \$42.37  
BATHROOM SINK-ALMOND- OVAL  
MUT-15..... \$48.80  
BATHROOM SINK -WHITE  
CHINA.....MUT- 17..... \$51.04

KITCHEN SINK-WHITE .....\$431.01  
KITCHEN SINK-BISCUIT.....\$ 622.57  
KITCHEN FAUCET-MOEN.....\$95.70  
KITCHEN FAUCET SPRAYER-DELTA \$128.23  
BATHROOM FAUCET- MOEN \$113.24  
BATHROOM WIDESPREAD FAUCET-  
DELTA .....\$185.43

(TOILETS INCLUDE TANK, BOWL & TOILET SEAT)  
TOILET- STANDARD -WHITE \$250.92  
TOILET-STANDARD-BONE \$248.14  
TOILET- HI BOY-WHITE..... \$286.71  
TOILET-HI BOY-BONE..... \$361.91  
ROUND TOILET SEAT: WHITE \$18.40  
ROUND TOILET SEAT: BONE \$18.40  
ELONGATED TOILET SEAT: WHITE \$22.43  
ELONGATED TOILET SEAT: BONE \$29.97

## PURCHASING DEPARTMENT

PHONE NO. 562-431-6586  
ROSENDO-STORE KEEPER-EXT. 306  
WAREHOUSE ASSISTANT-EXT 308  
JUSTIN-WAREHOUSE ASSISTANT EXT. 309  
RUBEN S.-PURCHASING MANAGER-EXT. 307  
STORE HOURS MONDAY- FRIDAY  
8:00 AM TO 4:30 PM



Puzzles & Comics

Answers on page 19

Gasoline Alley

By Jim Scancarelli



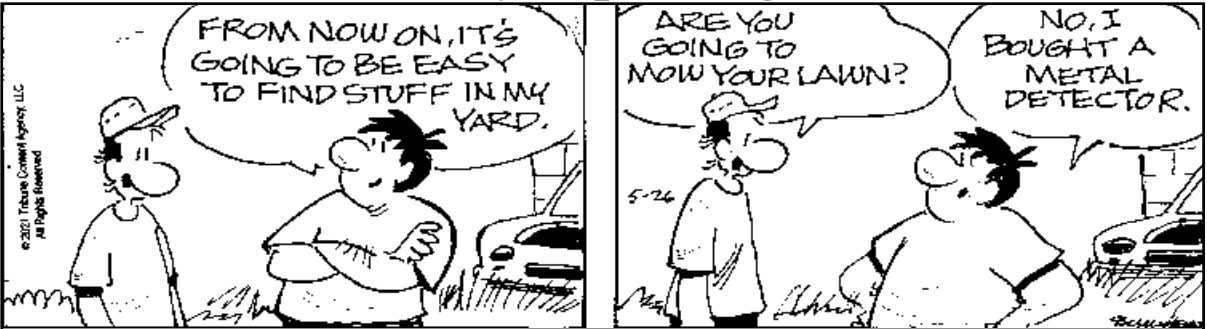
Broom-Hilda

By Russell Myers



Middletons

By Ralph Dunagin & Dana Summers



Los Angeles Times Crossword Puzzle

Edited by Rich Norris and Joyce Nichols Lewis

"JUICY TIDBITS" By KATRINA LEE

ACROSS

- 1 Often abbreviated reaction to information overload
- 12 Ukulele ridge
- 16 "Gotcha" sounds
- 19 Starter
- 20 Indian flatbread
- 21 Laser pointer chaser
- 22 Altruism
- 23 Most of the 2010s
- 25 Span of a scale with three sharps
- 26 That, in Madrid
- 27 Gucci of fashion
- 29 "Elements of Algebra" author
- 30 "Don't back down, bro!"
- 32 Completely different situation
- 36 Certain cartoon components
- 39 Reunion attendees
- 40 Café freebie
- 41 "Don't think so"
- 42 Nos. for alums
- 43 Comparative data diagram
- 48 "The Misery Index" network
- 51 Bulgarian's neighbor
- 53 Type of diet that might replace potatoes with cauliflower
- 56 New Deal agcy.
- 57 "High Rollers" co-host Lee
- 59 Grams
- 61 Alert on the road
- 63 "in Charlie"
- 64 "Play it cool"
- 66 Prefix with treat or giving
- 67 Blow a fuse
- 69 Sellers of KAFFEREP cinnamon buns
- 70 Middle-earth ring bearer
- 74 Following
- 75 Tokyo airport
- 77 Apple runs on it
- 78 Raggedy
- 80 Hot state
- 81 How three nursery-rhyme merchants went to sea
- 84 Trailer follower
- 85 Laker legend, familiarly
- 86 Votes against
- 87 Soybeans served in the pod
- 89 Gawkw at

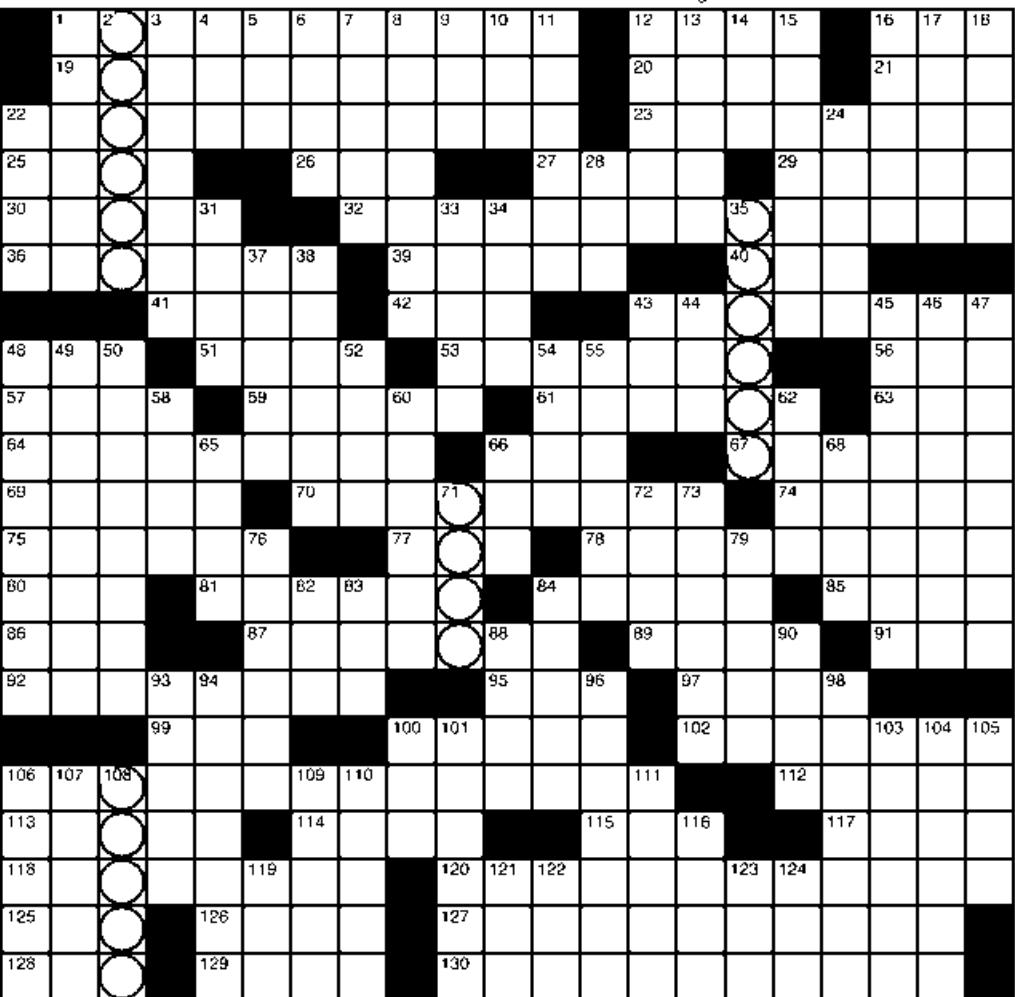
- 91 With 6-Down, Rudolph's guiding light
- 92 Dad's referral?
- 95 Boarding precedes it; Abbr.
- 97 Penicillium, e.g.
- 99 Half a martial art
- 100 Kendrick with a Pulitzer
- 102 On the lam
- 106 Résumé alert about an unfinished goal
- 112 Like a romantic dinner, in Paris
- 113 Chef's protection
- 114 Word with words or chance
- 115 Org. with many returns
- 117 Paris gal pal
- 118 Most sentimental
- 120 Total removals
- 125 Maiden name precursor
- 126 -Ball
- 127 "The Crocodile" of early tennis
- 128 ID on many returns
- 129 Post

- 130 "Give me some gossip!" ... and a hint to this puzzle's sets of circles, which affect four Across answers
- DOWN
- 1 What Rickey Henderson often beat
- 2 Chinese for "black dragon"
- 3 NIAID director
- 4 Luzon, for one; Abbr.
- 5 JFK predecessor
- 6 See 91-Across
- 7 Thompson of Marvel movies
- 8 Beat it
- 9 Night before
- 10 Technica: tech news website
- 11 Make drinkable, as seawater
- 12 70-Across nephew
- 13 "Mr. ": Rami Malek drama

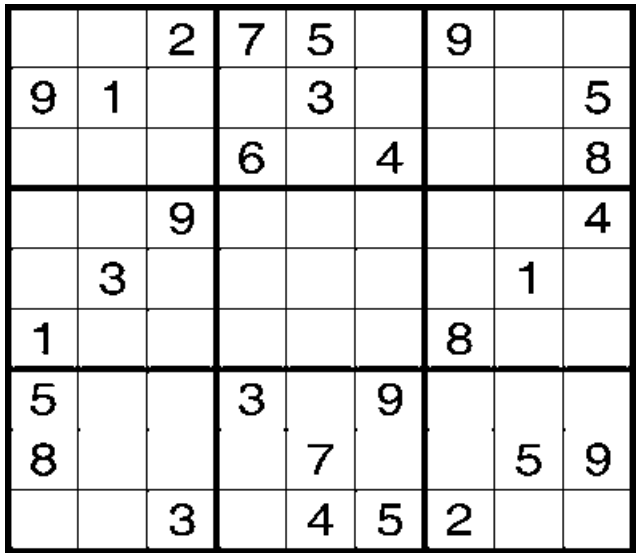
- 14 ORD posting
- 15 Zoom annoyance
- 16 Amtrak speedster
- 17 Sultan's group
- 18 Intimidate, with "down"
- 22 Identical
- 24 Foretell
- 28 Paris article
- 31 Trivia night settings
- 33 Flings
- 34 "That's wrong many levels"
- 35 Like some remedies
- 37 Hammer parts
- 38 "Ghost Story" author Peter
- 43 Forbid
- 44 Flood shelter
- 45 23andMe discovery
- 46 "Thank the Lord!"
- 47 Got a move on
- 48 Instruction
- 49 "Holiday": opening section of Copland's "Rodeo"

- 50 First woman to be named Doctor of the Church, briefly
- 52 "Brith"
- 54 Tory adversary
- 55 de' Medici, first de facto Lord of Florence
- 58 Berry in a bowl
- 60 Garlic genus
- 62 Get plastered
- 65 Piedmont bubbly
- 66 Classic U.K. sports cars
- 68 Prepare, as beans
- 71 Felt in "The Mandalorian"
- 72 De : again
- 73 Stain
- 76 Short on iron, maybe
- 79 Serf of Sparta
- 82 Ruckus
- 83 Cap with a pompon
- 84 Convened in
- 88 Idea that spreads in a culture
- 90 "First Lady of Song"

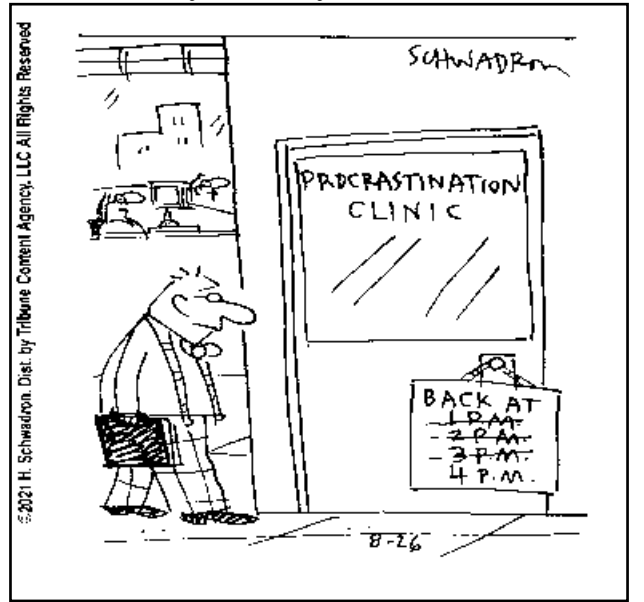
- 93 Entrance porch
- 94 Teen dystopian novel narrator
- 96 Hanukkah top
- 98 Duchamp, for one
- 100 CD precursors
- 101 Lets out, say
- 103 Channol changer
- 104 Kind of pig that's not a pig
- 105 They can be tricky to run into
- 106 Daybreaks
- 107 Foil relatives
- 108 Putting
- 109 Designer Ashley
- 110 Like some cornered kings
- 111 "You know the"
- 116 90-Down's improv
- 119 Just make, with "out"
- 121 Good name, briefly
- 122 "Star Wars" nickname
- 123 German "Atlas" the line
- 124



Sudoku 1

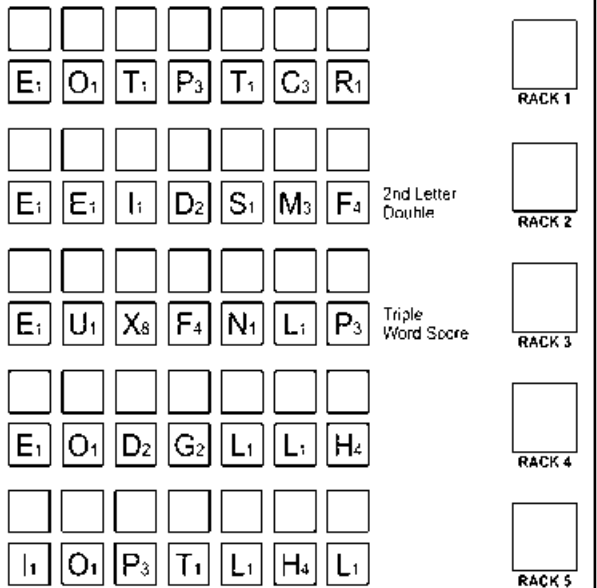


9 To 5 By Harley Schwadron



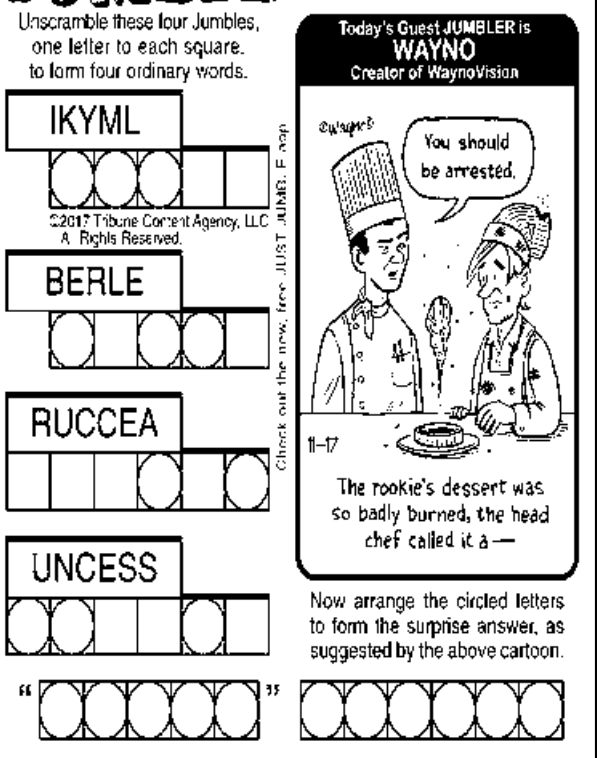
SCRABBLE G R A M S

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PAR SCORE 260-270  
BEST SCORE 356  
FIVE RACK TOTAL  
TIME LIMIT: 25 MIN

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

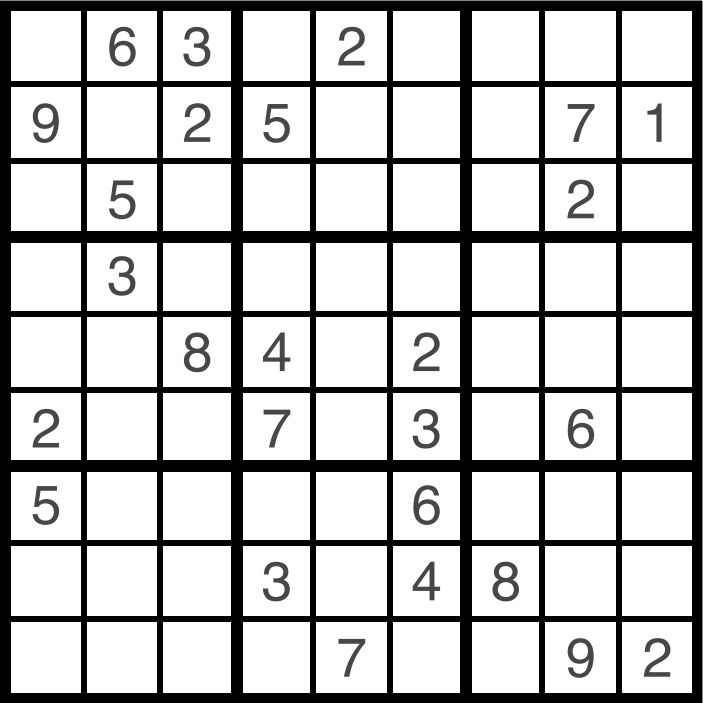




# Guess Who?

I am a singer/songwriter born in New Jersey on March 2, 1962. I used to skip school to record music with my cousin and I once worked as a janitor. My big break came in the early 1980s with a rock band named after me. I've also acted on television and in movies.

# Sudoku #2



# Puzzles & Comics

## Answers on page 19

**CRYPTO FUN**

Determine the code to reveal the answer!


Solve the code to discover words related to kidney health.  
Each number corresponds to a letter.  
(Hint: 2 = I)

**A. 12 2 16 7 23 20**  
*Clue: Body organ*

**B. 15 11 16 24 18 23 7**  
*Clue: Body area with digestive organs*

**C. 19 2 3 9 23 14**  
*Clue: Device that removes impurities*

**D. 21 15 2 7**  
*Clue: Discomfort*



**Boggle**  
BrainBusters!

B	U	P	H
W	O	I	S
G	O	K	E
A	G	L	M

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.

<b>BOGGLE POINT SCALE</b>	<b>YOUR BOGGLE RATING</b>
3 letters = 1 point	151+ = Champ
4 letters = 2 points	101-150 = Expert
5 letters = 3 points	61-100 = Pro
6 letters = 4 points	31-60 = Gamer
7 letters = 6 points	21-30 = Rookie
8 letters = 10 points	11-20 = Amateur
9+ letters = 16 points	0-10 = Try again

By David L. Hoyt and Jeff Knurek

T	E	L	I	P
C	U	L	D	V
I	Y	A	O	I
R	I	R	C	H
S	Y	O	S	E

**Boggle BrainBusters Bonus**

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

Find AT LEAST EIGHT FLOWERS in the grid of letters.

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/ 25 21

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# KIDNEY HEALTH WORD SEARCH

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

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

# WORDS

- ABDOMINAL  
ACUTE  
ANEMIA  
BLADDER  
BLOOD  
CREATININE  
DIALYSIS  
DISEASE  
DONOR  
EXCHANGE  
EXCRETION  
FAILURE  
FILTRATION  
GLOMERULI  
HEALTH  
IDIOPATHIC  
INFLAMMATION  
KIDNEY  
MEMBRANE  
NEPHROLOGY  
RENAL  
URINARY  
URINATION





# HEALTH & FITNESS



Nak Soo Kim (l-r) and Elizabeth Kim move to “Come Dance With Me” during the class. On July 13, Joyful Line Dance will have a summer dance party from 10 a.m.-12:30 p.m. in Clubhouse 2. Aside from dancing and fun, tickets include a sumptuous, authentic Korean lunch. People can sign up with Chong Hee Kim during the regular class times. Space is limited. The club meets on Thursdays from 10:30 a.m.-12:30 p.m. upstairs in Clubhouse 6. For more information, text 562-301-5339.



LW Bike Club members rode to Huntington Beach Wednesday for a brunch hosted by one of the bike riders, Martha Valenzuela. The club meets on Sundays with breakfast to El Dorado Golf Course in Long Beach and on Mondays, Wednesdays and Fridays at the North Gate at 9 a.m. Bicycle helmets and safe shoes are required. Everyone is welcome. For more information, call Mary Romero at 562-810-4266 or Lucy Cyza at 818-209-3075.

## Wa-Rite

Due to unforeseen circumstances, Wa-Rite members met for weigh-ins and conversation in lieu of the May 26 meeting. The club returned to its full meeting format June 2.

Those interested in learning more about the club are welcome to attend June 9 meeting at 10 a.m. in Clubhouse 3, Room 1. The guest speaker will be Judy Aprile, fitness instructor.

Through her work at Coastline Community College, Aprile teaches four classes a week in Leisure World, including seated exercise classes. Aprile has been an instructor of physical activity for older adults since 1999 and holds a master’s degree in gerontology from California State University, Fullerton. She was an adjunct faculty member at Saddleback College and served as the program coordinator at the Center for Successful Aging at CSU Fullerton. In addition to Coastline College, she teaches classes for the city of Newport Beach at the Oasis Senior Center and the Marina Park Community Center.

The Wa-Rite’s meeting times have changed: on June 9 the club will hold its last 10 a.m. meeting with weigh-ins from 9:15-9:45.

Beginning June 16, the club’s weigh-ins will be from 8:15-8:45 a.m., and the meeting will start at 9.

The club will continue to meet on Fridays in Clubhouse 3, Room 1. The annual membership is \$10. Weekly dues are 10 cents.



Dancing Feet Club members’ May birthdays: Adrian Navarro (l-r), Jake Medina, Erika Akiyana, Bee Santos, Ed Bolos, and Beth San Pedro Colian.

## Dancing Feet prepares for its ninth anniversary

Last Sunday, Dancing Feet Club members entertained the audience by performing “Reggae” and “Jambalaya” line dances in Clubhouse 2. Despite the holiday weekend, the class was well-attended. Club members also celebrated May birthdays and served cake to all

in attendance.

The members are now rehearsing for June 25 event, the club’s ninth anniversary.

The club meets in Clubhouse 2 for line dance lessons and practice on Mondays from 7-9 p.m., and social (ballroom) dancing every fourth Sunday

of the month from 6-9:30 p.m. Come dressed to impress and bring favorite snacks and drinks. Alcohol is not allowed. There is no fee to participate.

For more information, text Ed Bolos at 551-998-4223 or email [edgbolos@gmail.com](mailto:edgbolos@gmail.com).

—Ed Bolos

## Master Your Squats with Fitness Fusion

According to Silver Sneakers, the squat is the single most important exercise that can be performed at home using a body weight or at the gym. Squats strengthen lower body and core and are used in standing up, sitting down and getting out of the car.

In yoga, 12 poses of sun salutation series are particularly beneficial for toning the legs, abs, shoulders, chest and arms.

Fitness Fusion meets on Tuesdays at 10:30 a.m. upstairs in Clubhouse 6 and on Thursdays and Saturdays at Veterans Plaza. Bring weights to Veterans Plaza for additional resistance. Everyone is welcome.

## Meals on Wheels Orange County

Meals on Wheels Orange County in partnership with the city of Seal Beach is hosting The Lunch Cafe at the North Seal Beach Center, 3333 St. Cloud Drive, Seal Beach, Monday-Friday, from 11 a.m.-noon. It is open to anyone 60 or older. Suggested contribution is \$3, but everyone is welcome. Guests under 60 can enjoy lunch

MEALS OC, page 9



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

### SIMPLY DELICIOUS

## SENIOR MEAL DELIVERY SERVICE

06/12/2023 to 06/16/2023

Find more menu details at our website

A. 2 meals a day 3 days a week (Delivery: Mon, Wed, & Fri) \$99 per week

B. 2 meals a day 5 days a week (Delivery: Mon, Wed, & Fri) \$165 per week

Monday	Tuesday	Wednesday	Thursday	Friday
LUNCH				
Artichoke & Mushroom Omelet Potatoes & Red Onion	Beef Tacos Coleslaw	Grilled Shrimp Salad Avocado & Fresh Corn	Spinach Quiche Macaroni Salad	Turkey Avocado Sandwich Pasta Salad
Seasonal Fruit	Mixed Berries	Seasonal Fruit	Mixed Berries	Seasonal Fruit
DINNER				
Barbecue Chicken Baked Beans	Shrimp Kebab Honey Curry Sauce	Meatloaf Mashed Potatoes	Basa Filet Grilled Zucchini	Poached Salmon Florentine Scalloped Potatoes
Cookies	Seasonal Fruit	Cake	Seasonal Fruit	Pastry



Salim Khoury

(562) 754-8487

[www.simplydelicious.app](http://www.simplydelicious.app)

To ensure high quality, some items may be substituted.



IMPROVE YOUR POSTURE! INCREASE BALANCE and FLEXIBILITY.

Class Sponsored By City of Seal Beach Recreation Department



- Mobility - Strength  
- Flexibility - Energy  
For Men and Women

## Essentrics® Aging Backwards

► Registration NOW Open ◀

Call for information: 562-879-1954

8 Week Class - 1:30 p.m.  
Every Friday - June 9 through July 28, 2023

**Seal Beach Senior Center**  
707 Electric Ave in Old Town Seal Beach

 TrueToMyBody.com



## Laughing for the Health of It

Everyone is invited for an hour-long session of laughing for no reason with Bev Bender on June 14 at 1:30 p.m. at the Optum HCC Conference Room.

Bev Bender is a certified laugh leader who helps people improve their lives through laughter.

Participants will leave with smiles on their faces and a song in their hearts. Best of all, it's fun, free and non-fattening.



Bev Bender

## 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](http://www.mowlb.org) to complete an online application or cancel a meal for the following day, before 9 a.m. the prior business day.*

### Thursday, June 8

Turkey chili with corn bread, green beans with pimentos, watermelon, roast beef and cheese sandwich with spinach, tomato and pickle, cucumber, red onion and a tomato salad.

### Friday, June 9

Stuffed cabbage casserole, whole grain roll, seasoned corn, banana, kale chicken salad, shredded brussels sprouts with dried cranberries, pepitas, poppy seed dressing and crackers.

### Monday, June 12

Roast beef with mushroom gravy, au gratin potatoes, Mexicali corn, chocolate pudding, chicken salad sandwich with spinach and tomato and a homemade macaroni salad.

### Tuesday, June 13

Polish sausage with sauteed onions and bell peppers, baked beans, lemon pepper broccoli, cantaloupe, Chinese chicken salad with mandarin oranges, cabbage, carrots, Asian dressing and crackers.

### Wednesday, June 14

Lemon pepper chicken, brown and wild rice green bean almandine, seasoned cauliflower, mandarin oranges, roast beef and cheese sandwich with lettuce, tomato and pickle and a tricolor pasta salad.

## MEALS OC from page 8

*for \$5. Arrive 10 minutes before the start time as meals are served on a first-come, first-served basis. LW Minibus service is available for a pick up at 10:25 a.m. at the Amphitheater bus stop on St. Andrews Drive, with a drop off at the Community Center. The Minibus returns to the Amphitheater at 11:40 a.m.*

### Thursday, June 8

Turkey white bean chili, mixed vegetables, peas and carrots, corn bread with Smart Balance and pineapple tidbits.

### Friday, June 9

Black bean soup with sugar free crackers, Cobb salad with diced chicken, egg, swiss cheese, bell pepper, carrots, cucumbers and a homemade ranch dressing, lemony lentil salad and a mandarin orange.

### Monday, June 12

Baked meatloaf wit savory tomato sauce, mashed potatoes, Capri vegetable blend, whole wheat dinner roll with Smart Balance and a sugar-free apple crisp.

### Tuesday, June 13

Pork carnitas, cilantro lime rice, Oregon bean medley, tortilla, pico de gallo and a sugar-free gelatin.

### Wednesday, June 14

Beef stew with sauce and vegetables, whole baby potatoes, whole wheat dinner roll with Smart Balance and a tropical fruit mix.

## File of Life at Copy Center

In emergencies, readily available medical and contact information can make a life-and-death difference when paramedics arrive on the scene. Readily available updated File of Life form can provide peace of mind for individuals and their families.

The File of Life sleeve and the medical information form are available for purchase at Copy and Supply Center in Building 5 from 8 a.m.-4 p.m. at the cost of 73 cents, plus eight cents for the medical information form, and should be updated as needed. For more information, call 562-431-6586, ext. 345 or ext. 307.

## Leisure Leggers

The Leisure Leggers, a running and walking club in Leisure World for more than 20 years, meets every Monday at Clubhouse 6 at 8 a.m. for a brisk trot around the neighborhood, followed by coffee and camaraderie. Dues are 99 cents per year.

For more information, call club president Tom Pontac at 562-304-0880.

## SBTV Fitness

The following weekly exercise classes air 24/7 on SBTv-3 via TWC Spectrum CH3, Frontier Fios CH37 and on-line streaming at [sbtv3.org/schedule](http://sbtv3.org/schedule).

### Sunday

5:30 a.m.: Feeling Fit (1 hr)  
6:30 a.m.: Silver Age Yoga (4.5 hrs)

### Monday

6:30 a.m.: Feeling Fit (1 hr)  
8:30 a.m.: Silver Age Yoga (4.5 hrs)  
Noon: Silver Age Yoga (2.5 hrs)

### Tuesday

7:30 a.m.: Feeling Fit (1 hr)  
11 a.m.: Yoga for All Ages (30 mins)

### Wednesday

5:30 a.m.: Yoga for All Ages (30 mins)  
6 a.m.: Feeling Fit (1 hr)  
7:30 a.m.: Silver Age Yoga (3.5 hrs)

### Thursday

6:30 a.m.: Silver Age Yoga (4.5 hrs)  
8:30 a.m.: Feeling Fit (1 hr)  
Noon: Feeling Fit (1 hr)

### Friday

6:30 a.m.: Silver Age Yoga (4.5 hrs)  
8:30 a.m.: Feeling Fit (1 hr)

### Saturday

6:30 a.m.: Silver Age Yoga (4.5 hrs)  
8:30 a.m.: Feeling Fit (1 hr)

## Medicare Basics: FAQs, coverage and more

When it comes to emergency, it is important to know the difference between the ER and urgent care and their nearest locations.

Urgent care centers are available when the primary care physician is not available, and ideal for non-emergency care such as cough, sore throat, body aches, colds, sinus infections, allergies, eye irritations, muscle sprains, nausea, vomiting or diarrhea.

Emergency rooms are for life threatening or disabling conditions such as stroke, heart attack, severe injuries from an accident, a loss of consciousness, uncontrolled bleeding, poisoning, or sudden severe abdominal pain.

Most Medicare Advantage plans cover ambulance services at a reduced rate. However, the original Medicare plan will only cover 80% of the Medicare approved ambulance charge. Medicare Part B covers the cost of an ambulance in emergency situations if the trip meets the following criteria:

- Ambulance is medically necessary.
- It's the only safe way to transport the patient.
- It's going to a Medicare-approved location such as hospital, skilled nursing facility or back home after care.
- The destination is the nearest qualifying facility available to provide the treatment.
- The transportation company meets the Medicare standards.

Most Medicare plans include yearly routine annual eye exams that can detect heart disease, diabetes and more.

Most Medicare plans include some dental care, which is one of the most expensive healthcare items. Dental care can detect things like cancer, nutrition issues and osteoporosis, just to name a few. To confirm the coverage, people can call their preferred dentist and find out about their accepted dental plans.

People with certain disabilities and a licensed assistance dog may be eligible to receive \$50 a month from the State of California. For more information, call 916-657-2628 or go to [www.cdss.ca.gov/assistance-dogs](http://www.cdss.ca.gov/assistance-dogs).

When it comes to vaccinations, Medicare covers vaccinations against shingles, tetanus, diphtheria, pertussis (whooping cough), hepatitis A and B, flu shots, pneumococcal and covid and more. According to the Inflation Reduction Act, beginning in 2023, adult vaccines recommended by the Centers for Disease Control and Prevention are free for Medicare beneficiaries with prescription drug coverage. Whereas people need to have a Medicare Advantage plan that includes Part D prescription drugs, or a stand alone Part D prescription drug plan to get free vaccines. However, one in 11 Medicare beneficiaries do not have a prescription drug plan therefore they will have to pay for certain vaccines.

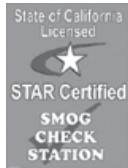
Some may not see a need in a prescription drug plan right now because they don't take any medications, but as mentioned above, Part D prescription drug plan covers more than just everyday medications. If people don't sign up for a Part D prescription drug plan when you they first take Medicare, they'll be subject to a late enrollment penalty if they decide to sign up for a plan later. Certain exceptions apply.

To learn more about Medicare, contact the insurance broker specializing in Medicare, Sandra Teel at 657-204-4224 or 909-856-9379.

The deadline for editorial for LW Weekly is 4 p.m. Thursday on the Thursday prior to the desired publication date.

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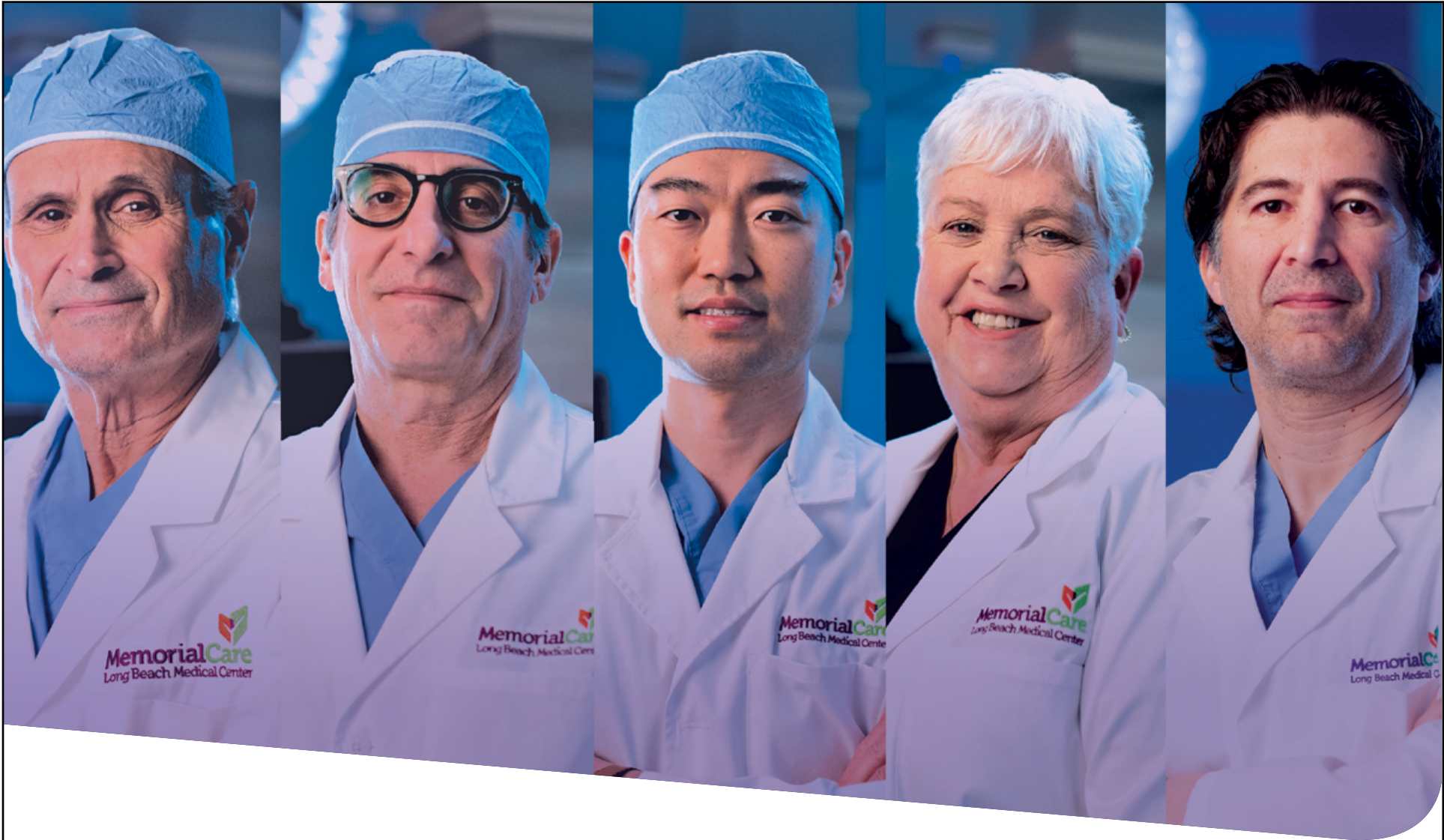
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CD MUSIC FOR SENIORS



The CD Music for Seniors Club will be meeting on June 15 at 1 p.m. in Clubhouse 3, Room 3. The club will have presentations on musical artists, music, snacks and fun. All are invited to join. The club provides free CDs—from rock and roll to classical—and CD players to those who do not have one. Donations are accepted.

July 4 event will feature Roy Orbison tribute band

The GRF Recreation Department will host its annual Independence Day event with a classic car show, the Rollin’ Thunder Golf Cart Parade, a Craft Club Show, and a Roy Orbison tribute band on Tuesday, July 4, from 10 a.m.-2 p.m. in Clubhouse 6 and the parking lot. Residents, their families and friends are all welcome.

The GRF Transportation Department will run a continuous shuttle to Clubhouse 6 from 9 a.m.-2 p.m. from Clubhouse 4, so take advantage of park-and-ride. Koffel’s will bring the Taco Truck and Lucille’s BBQ Truck will join the refreshment options for purchase this year.

The Silver Fox Car Club is still looking for

residents and nonresidents who own a classic or unusual car to participate. Contact information is available through the Recreation Department.

The Theater Club will offer its popular free face painting to kids of all ages, whether they are a GRF member or not. Arts and craft clubs will display, and offer for sale, their talents inside the clubhouse in the table tennis area, which will be closed for the day along with the fitness center. Clubs that have been selected should contact Recreation at 562-431-6586, ext. 476 or 398, or email [kathyt@lwsb.com](mailto:kathyt@lwsb.com), to confirm the equipment needed for their display. Some space may still be available and any GRF craft club may apply.



Helen Wu (l) and Hyung Lee

Jojo Weingart

Hui O Hula

The Hui O Hula Club wishes a warm welcome to newcomers Helen Wu and Hyung Lee. Both have been dancing less than a year and doing well in class and at performances. The two brought joy and aloha to the Alamitos West Health Care Center dancing to the lyric “make me warm all over” in “Tiny Bubbles.” The club wishes a happy June birthday to Helen, who is also a newcomer in Mutual 6. Helen became an airline hostess when flying was glamorous. She has two sons and a daughter, and now enjoys life and dancing in LW after retiring from her own business. Hula classes are held twice a week, on Tuesdays and Thursdays, starting at 1 p.m. All are welcome. For more information, call 562-431-2242.

LIVE MUSIC



Carefree Highway members Mike Simpson of Mutual 6 (l) and Jim Nau played a free show at River’s End Park in Seal Beach in late May.

Tickets for Getty Villa trip on sale now

Tickets for two new bus trips are now on sale at the Recreation Department in Building 5 on a first-come, first-served basis. On Friday, July 7, LWers will visit Pacific Palisades to enjoy The Getty Villa. Lunch will not be provided but residents will have the opportunity to buy lunch at the museum as they tour the historic villa. Tickets are \$25. Space is limited.

Additionally, the Pageant of the Masters excursion will be the evening of Wednesday, Aug. 30. All inclusive tickets, which cost \$94, are expected to sell fast. This year’s theme is titled, “In the Company of Artist Art Colony,” which acknowledges the deep connections of the festival and pageant to early artists who arrived in Laguna Beach. “This intoxicating blend of music, storytelling, and drama is a must-see that is guaranteed to be memorable,” according to its website.

The Recreation Department looks forward to seeing old and new faces as it ramps up for the Amphitheater concert series, movies, bus excursions and the holidays.

For more information, contact Mayoka Bassell at the Recreation Department at 562-431-6586, ext. 476, or via email [mayokab@lwsb.com](mailto:mayokab@lwsb.com).

Saturday Morning Dance Class

Two dance classes are held every Saturday in Clubhouse 6, Section C, at 9 and 10 a.m. In May, Candice Davis will teach West Coast Swing on Saturdays at 9 a.m. and rumba at 10 a.m. New topics are voted on each month. Each class is \$7 per person. Partners are not needed. For more information, contact club president William Young at 408-858-3560.

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Pam Krug

### Karaoke Club

May 31 was a good night for 25 singers. The fast-paced evening got them all singing several times. Pam Krug captured the audience with her pleasing voice and emotion singing “Midnight Blue.”

David Noble chose ole-time country tunes like “Ghostriders in the Sky.” Essie Hicks was effective selling her song “Just Another Woman in Love.” Smiling Leila Claudio enjoyed singing “One Day in Your Eyes.”

Another talented performer was Susan Kelleghan with “Killing Me Softly.” Carmen Edwards sang a warm “It’s Magic.” Karen Morris and Nina Todorov entertained the audience with their catchy tunes.

Popular Wayne Urban in his husky voice likes to give a rousing finish to his songs. Group songs in the last minutes of the evening are enthusiastic and powerful for the remaining folks who love to sing.

People can enjoy Wednesday night karaoke in Clubhouse 1. It’s a friendly group of folks who want to sing and those who come to hear them. Coffee is hot and usually there are snacks. Karaoke practice sessions are on Mondays in Clubhouse 6 from 1-3 p.m. Everyone is welcome.



Lee Lassetter, choir director

### LIVE MUSIC

### NOCE chorus will perform June 26

The NOCE Senior Chorus, which meets at Leisure World, will perform on Monday, June 26, at 10 a.m. in Clubhouse 4. The concert will include a rousing arrangement of the folk song “Old Joe Clark,” a gentle treatment of “Scarborough Fair” and “I Gave My Love a Cherry,” as well as a patriotic medley and the old standard “It Had to Be You.”

The choir is directed by Lee Lassetter, who has been an instructor for NOCE for 27 years. She also is church organist at Our Redeemer Lutheran Church in Garden Grove.

### GRF Swap Meet

The GRF Recreation Department will host a swap meet on Saturday, June 17, in the Administration parking lot from 8 a.m.-noon. Vendors who are interested in securing space should visit the Recreation Department in Building 5, lower level, as soon as possible.

Space will be allotted on a first-come, first-served basis. Tables cost \$10 (no half tables; two table limit). Vendors must provide their own canopies as they are not available through GRF.

Come out and meet neighbors and find new and gently used treasures. For more information, contact [thomasf@lwsb.com](mailto:thomasf@lwsb.com) or call 562-431-6586, ext. 476 or 324.

### Vinyl Rock

Vinyl Rock will perform this Saturday in Clubhouse 4 at 7 p.m. All are welcome but guests must be accompanied by the resident who invites them.

Vinyl Rock is an Orange County-based band consisting of eight members who passionately perform classic rock, pop and motown tunes primarily from the ‘60s, ‘70s and ‘80s. The band keeps the audience engaged, 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 and is free to GRF members and their guests over 18. Leisure suits, Fu Manchu ‘staches, mullets and big hair are welcome, but not required.

People are encouraged to sign in so Recreation can track bands’ popularity.

All concerts are free, but tips are accepted and appreciated. For more information, contact [kathyt@lwsb.com](mailto:kathyt@lwsb.com).

### Art League

Betsy Lohrer Hall will be the Art League demonstrator on Tuesday, June 13, in Clubhouse 4, at 7 p.m. She is a professor of art studies at California State University, Fullerton. Hall has taught studio art courses ranging from drawing to painting, life drawing and printmaking at colleges in Southern California, including El Camino College, Santiago Canyon College and Fullerton College. Hall earned her MFA in drawing and painting from California State University, Fullerton, and a BA in studio art with a concentration in painting from Colorado College. She studied in London, Florence and New York City. Hall was awarded a solo project at Los Angeles International Airport, an artist residency at the Huntington Beach Arts Center and a professional artist fellowship from the Arts Council of Long Beach.

Hall grew up in Southern California with family roots in New York and Boston. She has spent lots of time outdoors, walking by the ocean and ex-



Betsy Lohrer Hall

ploring tide pools. She’s visited many of the great art museums on both coasts. While she feels a reverence for nature, she also lives near one of the largest ports in North America. The natural environment and the urban experience both influence her work. Art has been her lifetime work. People should arrive early to get a good seat.

The subject of the popular vote will be “water.” People should have their art pieces ready to be judged by 6:30 p.m. At the break, people will celebrate the 90th birthday of an Art League member with birthday cake.

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# COMMUNITY

**OLLI**

## Registration opens June 12

On June 12, the Osher Lifelong Learning Institute (OLLI) at California State University, Long Beach will begin registration for its summer session. Classes will be held on campus, at satellite community locations, and online using Zoom.

A wide variety of classes will be offered including personal finance, computer skills, music, art, crafting, fitness/wellness, yoga, Spanish, writing, current events, cooking, movies, retirement planning and more.

The seven-week session begins on July 10, and is open to all adults aged 50 and over. There are no tests or homework, just learning for the joy of it.

For 26 years, OLLI has been dedicated to enriching the lives of older adults throughout the greater Long Beach community through educational opportunities and social engagement.

For more information including registration, visit the OLLI website at [www.csulb.edu/olli](http://www.csulb.edu/olli).



## Japanese American Club

The Japanese American Club will meet on Saturday, June 17, in Clubhouse 3, Room 2, at 11:30 a.m.

There will be Bingo games. Members may purchase a card for \$1.

The meeting will feature a potluck luncheon, and members are asked to bring an Asian dish to share.

Those who are not able to bring a dish will be asked to pay \$8 toward the purchase of takeout food. There will be birthday cake at the meeting.

The phone ladies will be contacting only paid members. All residents of LW are welcome to attend.

For more information about the club or the meeting, call Michie Kimura at 714-317-1102.

## For Your Information

When there is doubt about LW policy or rules and regulations, residents should refer to their Occupancy Agreement, or direct questions to their Mutual directors or GRF representatives.

### Celebrating a Birthday, Anniversary or Retirement?

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

The deadline is the Thursday before the desired publication date.

The LW Weekly  
562-430-0534

**SCHMOOZE CLUB**

## Today is the last day to RSVP for kosher pickle event

All Leisure World residents and guests are invited to the Schmooze Club's annual kosher pickle event on Tuesday, June 13, in Clubhouse 3, Room 9. The group will gather at 10 a.m. for "schmoozing" (socializing) and refreshments. The event will begin at 10:30 under the expertise of "Rabbi Pickle" (aka Rabbi Shmuel Marcus), who will bring the supplies.

RSVPs are required for those making pickles in order to provide enough supplies for the event. Call Darlene Rose 562-347-8088 no later than end of the day on Thursday, June 8.

Pickle makers may make as many containers as are requested in the RSVP and will receive instructions on how to let the cucumbers continue to pickle in the brine at home.

The cost to cover materials is \$5 for each container of pickles being made by the same person. Those who want to come but not make pickles are asked to donate toward refreshments.

This is a very popular event every year and will be the club's last event before summer.

Guests are welcome. People must call Rose with the names of any guests for Main Gate entry.

Plan to attend and make kosher pickles the "old fashioned" way to enjoy at a picnic or barbecue in June, share with neighbors and friends, or "relish" at home.

As always, "There are no dues to schmooze."

— Darlene Rose

## American Legion Auxiliary

The American Legion Auxiliary would like to thank residents for their support as it continues to serve veterans, military and their families.

The club will hold its installation luncheon on June 19 in Clubhouse 4 at noon. There will be a special meal prepared by Hong Raubolt. RSVPs are required to attend. Call Rose Sprague at 714-742-8362.

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## Sunshine Club

Patty Barnett Mouton, vice president of outreach for Alzheimer's Orange County will be back at Sunshine Club to share the exciting new programming that will be available soon. The meeting will be held Friday, June 9, in Clubhouse 3, Room 2, at 10 a.m.

Alzheimer's Orange County (AlzOC), with the support of numerous community partners, will be providing the Leisure World Memory Support Team (MST).

This specialized team will provide a variety of memory support programs and services to Leisure World residents and families concerned about memory loss and/or cognitive decline.

The development of this project was greatly influenced by the thoughtful and persistent advocacy of the Golden Age Foundation.

The Memory Support Team programs and services will include:

- Brain health classes.
- Memory and cognitive screenings.
- Memory training programs.
- Early memory loss workshops.
- Individual and family dementia care consultation and care options counseling.
- Medication reviews and reconciliation.

LW residents will experience an innovative approach to dementia care and management with a goal of helping people remain as independent and productive as possible.

All shareholders are welcome to join this meeting. Sunshine Club requires no membership fees, but donations are welcome.

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



Patty Barnett Mouton

## FALW will hold annual Veterans Picnic on July 1

The Filipino Association of Leisure World (FALW)'s annual Veterans Picnic will be held on Saturday, July 1, at the Clubhouse 1 picnic area. The event is open for all U.S. veterans residing in Leisure World and their guests. It is a way for the FALW to express its gratitude to veterans for selfless service to a great nation.

The Golden Age Foundation (GAF) donated \$3,500 to the FALW for the event. The FALW is grateful for the assistance.

The FALW started the event 11 years ago but, due to COVID-19, it was cancelled for two years. The event came back last year, stronger and bigger



than ever.

Last year, close to 250 veterans and their guests attended the picnic. Guests enjoyed delicious food, desserts, fresh-cut

fruit and sodas, and sang all the military branch songs to uplift spirits. "Taps" was played for departed comrades.

The Hui O Hula Club and the Hawaiian Band will entertain during the picnic this year.

Registration is required to attend the event. To register, call Ren Villanueva, 323-854-6209; Ric Dizon, 714-225-3597; Ed Bolos, 551-998-4223; or Harry Varnas, 323-791-1141, and state your name, phone number, branch of service and number of guests. A gift will be distributed to first 100 veterans who registered for the event.

Registration is open to veterans until June 25.



The 2022 Korean Veterans Association veteran luncheon

### KOREAN VETERANS ASSOCIATION

## Veteran dinner to be held June 25 in CH 4

The Korean Veterans Association of Leisure World will honor every veterans for their sacrifice and dedication during the service.

All veterans are invited to

dinner at 5 p.m. on Sunday, June 25, in Clubhouse 4. Early arrival for parking space is recommended due to large number of attendees is expected.

There will be a catered Ko-

rean dinner served to each and all participating veterans.

RSVP is requested no later than June 10.

Call Paul Lee at 310-710-3114.

## Democratic Club

by Mary Larson  
LW contributor

The LW Democratic Club will meet on Wednesday, June 28, in Clubhouse 3, Room 9, and via Zoom at 1 p.m. The meeting will feature a 30-minute conversation via Zoom with candidate for the U.S. Senate Adam Schiff. Leisure World Democrats are invited to participate in-person, online or by phone. Zoom login information is available by calling 562-412-0898 or emailing [sblwdemocraticclub@gmail.com](mailto:sblwdemocraticclub@gmail.com).

Plans are also underway to invite two other U.S. Senate candidates—Katie Porter and Barbara Lee—to participate in the club's August and September membership meetings.

Due to several recent developments, there is renewed interest in the campaign to replace Katie Porter who is the current representative in Congress from our District 47. One of the Democratic candidates for this position, Joanna Weiss, is scheduled to speak at the club's membership meeting in July.

The club has once again designated July as its Virtual Candidate

**DEMOCRATIC, page 17**



Dave and Angie Forney



Joanna Matos (l-r), Pat Ronda, Fara Quirin, Teresa Turner, Lorna Lass, Rosa Fabian and Sylvia Makus

## Mutual 2 Emergency Buddy System

The Emergency Buddy System (EBS) of Mutual 2 honored Joanna Matos with an honorary tea on May 18 in Clubhouse 3.

Matos has been a part of EBS since its inception beginning with Mutual President Margarita Barr. She will relinquish

her parcel coordinator status to new Community Emergency Response Team members Dave and Angie Forney. However,

Joanna will retain her Building Buddy position and will remain the secretary of EBS.

The group wanted to show

Matos how much they appreciate her volunteering to be a part of this emergency preparedness group.



GAF



Gun Soo Lee (l-r) and Bob Groncki signed up with the Ralphs Community Reward program by visiting Clubhouse 6. GAF Board member Beth Greeley assisted in signing them up. The GAF board will be in Clubhouse 6 every Wednesday from 9-11 a.m. For more information, text 562-301-5339.

DEMOCRATIC  
from page 16

and voter outreach fundraising month. The club’s newest program is designed to increase the number of Leisure World voters in the 2024 elections. To receive more details about how to participate in this “Neighbor to Neighbor” project, call 562-296-8521 or 562-596-0450.

The club’s information and registration booth outside Clubhouse 6 is open from 10:30 a.m.-12:30 p.m. on the first Tuesday of each month.

Club members are also urged to save the date for the Democratic Party of Orange County Gala on July 11. Attorney General Rob Bonta will be the featured speaker.

For more in-depth reporting on issues and candidates, Democrats and supporters can subscribe to the free electronic newsletter by emailing [democraticclubsblw@gmail.com](mailto:democraticclubsblw@gmail.com) or calling 562-296-8521. Include all full contact information, as well as party affiliation.

The LW Democratic Club believes that facts and the truth matter. Everything appearing in this weekly column and newsletter has been fact-checked to the fullest extent possible.

OBITUARIES



Susan D. Simon  
1942–2023

Susan Simon passed away comfortably on May 21, 2023 at her home in Seal Beach, California surrounded by her loving family.

Susan grew up in New Jersey and following high school she continued her education at the Maryland Medical Center in Newark, New Jersey, where she became a registered nurse (RN). Susan would consider herself a nurse for the remainder of her life. It wasn’t just her job, it was who she was.

Susan and her husband Marvin began their family in Elizabeth, New Jersey, and eventually moved to Cranford, New Jersey, where they raised their two sons Andrew and Richard. Susan never lost any of the connections with her family regardless of where they moved. As she grew older and generations passed, she took

on the role of matriarch of the family with ease and created family reunions, large holiday gatherings, and built out a family tree that spanned decades, countries, and continents.

Susan was an extremely giving person and it was impossible not to immediately feel her eagerness to help those who needed her. When anyone was sick, she was there. When family, friends or friends of friends were diagnosed with cancer, she became their advocate and in some cases their caregiver. She trained and mentored nurses throughout her life and career. Her drive to advocate for the best possible care and medical outcomes never waned and continued to her last breath.

Susan and Marvin retired to Boca Raton, Florida, where they both became certified as first responders and enjoyed the warmer climate with family and friends.

Following Marvin’s passing, Susan moved to Leisure World, where she continued to provide help and support to local friends and neighbors by maintaining her licensing, administering flu shots, and becoming a go-to source of care and advice. She quickly developed friendships in Seal Beach. She enjoyed playing pickleball, dancing, card games and loved to get together with friends. She kept busy by being a board member of her mutual within Leisure World. She enjoyed a full life surrounded by family and grandchildren. She never turned down an opportunity to take her grandchildren to the movies, Catalina or join in family vacations.

Susan was pre-deceased by her husband Marvin and is survived by her two sons, two daughters-in-law, and five grandchildren: Richard, his wife Lauri, and their sons Zane and Eli and Andrew, his wife Liz and their children Jake, Téa and Nathan.

In lieu of flowers, donations can be made to City of Hope Comprehensive Cancer Center. <https://donate.cityofhope.org/Main/CardsForHope.aspx>. Please include her name and select Bladder Cancer in the drop down.

—Paid Obituary


...

The obituaries deadline is Friday at 4 p.m., prior to the desired Thursday publication date.

Obituaries that are received later than Friday will go in the following week’s issue.

Email obituary notices to [laurieb@lwsb.com](mailto: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.

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# RELIGION

## Community Church

Last week, during Trinity Sunday, Pastor Johan Dodge shared how the concept of the trinity is difficult to understand. The trinity is one God in three expressions: God, Jesus, and the Holy Spirit. Centuries ago, there were church arguments over the nature of God and the ability of God to change (or not change) and thus there were arguments over what became the doctrine of the trinity. This week, Community Church will look at an equally vexing word—mercy. In Matthew’s Gospel, Jesus says: “Go and learn what this means, ‘I desire mercy, not sacrifice.’ For I have come to call not the righteous but sinners.” The group will look at the command of Jesus for mercy this week.

People are welcome to join the service on Sunday, June 11, at 9:50 a.m. in person or online on Zoom and on Facebook @CommunityChurchLeisureWorld. People can contact the church office to receive the Zoom link. The in-person service is followed by food and fellowship. For more information, call the church office and leave a message at 562-431-2503.

## Redeemer Lutheran

“Who Follows You?” is the title of Council President Jerry Brady’s sermon for Redeemer Lutheran and St. Theodore’s Church’s worship service on Sunday, June 11. LWers are invited to reflect, join the celebration and share the scripture and Communion feast at 10:30 a.m. in the sanctuary at 13564 St. Andrews Drive, across from the Administration building where ample parking is provided. Redeemer Lutheran thanks those who have contributed generously to its continuous food drive. People are welcome to bring non-perishable food to the church office any time. The food is distributed to those in need in the broader community. For more information about the service or work within the church community, call 562-598-8697.

## LW Baptist

LW Baptist worship service is on Sunday, June 11, at 10 a.m. in Clubhouse 4. The message will be about God and his loving provision for all his creatures. “Do you know when the mountain goats give birth? Do you observe the calving of the does?” God asks Job. The Bible urges, “Casting all your care upon him, for he cares for you,” in 1 Peter 5:7. The Christian Women’s Fellowship Group will meet Monday, June 12, at 10 a.m. in Clubhouse 3, Room 6. The Energizers group will meet on Wednesday, June 14, at 3 p.m. in Clubhouse 3, Room 1. The current topic is Psalm 56, “When I am afraid I will trust in Thee.” 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., in Long Beach. The sacrament service is held every Sunday at 10:30 a.m., followed in the second hour by Sunday School on the first and third Sundays, Relief Society and Elders Quorum 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 562-212-8641. The reading source for this year is the New Testament. The reading assignment for the week of June 12-18 is Luke 22 and John 18.

## Christian Women’s Fellowship & Bible Study

The Woman’s Fellowship and Bible study group will meet on Monday, June 12 and 26, in Clubhouse 3, Room 6, at 10 a.m. The group will go over chapter 9 in the book “A Woman’s Walk With God.” All are welcome. For more information, contact Margie Singleton at 562-594-8100 or Jean Davidson at 562-431-0597.

## Buddha Circle

Buddha Circle will meet with Ven. Kusala on Saturday, July 1, in Clubhouse 3, Room 1, from 9:30-11 a.m. Ven. Kusala is well known in the Buddhist community and presents Buddhism in a simple way. The group is interactive and those who attend are encouraged to ask questions. Donations are welcome and will support Ven. Kusala in his teachings. For more information, call 562-431-7275.

## Assembly of God

**Service/Gathering Times:** Sunday morning at 10:30 in Clubhouse 3, Room 2. The Wednesday Bible study is at 10 a.m. in Clubhouse 3, Room 2. The Hymn Sing is held on the fourth Sunday of the month at 6 p.m. in the Clubhouse 3 Lobby. **This week’s sermon:** After issues with an unresponsive iPad prevented Pastor Chuck Franco from sharing the intended sermon last week, he preached on remembering how God transformed the lives of those who come to him by relating it to Memorial Day. The response to the sermon demonstrated again that there are no accidents in God’s schedule. The

scheduled sermon, titled “God’s Goodness Vs. Man’s Goodness,” will be presented this week. In today’s culture of shifting values, the standard by which goodness is determined shifts with the value set of the individual. Pastor Chuck will share the only reliable, absolutely true standard for goodness. **Bible Study:** “The Book of Acts,” by Louie Giglio, continues to challenge contemporary believers to discover and apply the truths displayed by the early church. If the growth and reach of the early church is not seen today, the Book of Acts explains why. This encouraging and motivating study is enjoyed by both

students new to Bible study and those familiar with the Bible. **Contact:** More information about the church can be found at [www.lwassemblyofgod.com](http://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](mailto:pastorchuck@lwassemblyofgod.com). Carolyn van Aalst is also available 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.

## Congregation Sholom

Congregation Sholom will hold services via Zoom on Friday, June 9, with Rabbi Mike Mymon at 6:30 p.m. Rabbi Mymon will also lead services on Saturday, June 10, in Clubhouse 3, Room 9, and via Zoom at 10 a.m. Saturday’s Torah reading will be Beha’alotekha from the book of Numbers. Beha’alotekha (when you raise) opens with God instructing Moses to inaugurate the Levites for service in the Mishkan (Tabernacle). It

recounts the stories of people who request a second chance to offer the Passover sacrifice, complaints of the Israelites and their punishments, and a disease that affects Miriam. To receive a Zoom invitation, contact Jeff Sacks at 714-642-0122. Congregation Sholom offers a traditional Jewish service in person and online. Those who want to join Congregation Sholom should call Howard Brass at 714-396-0121.



Rabbi Mike Mymon

## Faith Christian Assembly

“All of you together are Christ’s body, and each of you is a part of it” 1 Corinthians 12:27. The apostle Paul explains earlier in the same letter, “But now indeed there are many members, yet one body. And the eye cannot say to the hand, ‘I have no need of you’ nor again the head to the feet, ‘I have no need of you.’ No, much rather, those members of the body which seem to be weaker are necessary,” 1 Corinthians 12:20-22.

It takes many unique parts to make a whole, and the whole is just not the same without each person in the church. The whole cannot function completely without all the parts. Each person has unique gifts and abilities, and all are equally important. But it’s the differences in those gifts that make everything come together so beautifully. Everyone has something special to offer, and Faith Christian Assembly invites LWers to visit to bring another unique piece to

the whole. Sunday service times are at 10:30 a.m. and 5:30 p.m., Those who are interested in growing through community are welcome to join the men’s or women’s ministries. The groups meet the third Thursday of each month at 1 p.m. To receive more information about the church or to receive the free monthly newsletter, call the office at 562-598-9010, email [contact@fcachurch.net](mailto:contact@fcachurch.net) or visit [www.FCAchurch.net](http://www.FCAchurch.net).

## First Christian Church

First Christian Church of Leisure World teaches from God’s word, the Holy Bible verse by verse. It is a friendly church that welcomes all visitors to join in 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. **Pastor’s Message** In Genesis 14, when Abram returned from retrieving his nephew Lot from the four kings of the East, he met the king of Sodom, a king of unrighteousness, and then he met Melchizedek, which means “King of Righteousness.” Scripture says Melchizedek is a priest of “God the Most High.” This priest of God brought bread and wine and gave a blessing to Abram and God.

This offering of bread and wine recalls to mind the ordinance of Holy Communion Christ set before all at the Last Supper. **Weekend Services** Sunday services are traditional services from 9:30-10:45 a.m. with hymnal music led by Janet Ray and Pat Kogak at the piano. This week, the choir will sing “Little is Much When God Is In It.” Saturday services are more contemporary with Gregory Black leading worship with guitar accompaniment. The service is held from 9:30-10:45 a.m. **Midweek Studies** Melli Herrera leads the Women’s Bible Study on Mondays from 10:30-11:45 a.m. Pastor Gary Whitlatch leads the Tuesday Bible study group from 9:30-10:30 a.m.

The Thursday Bible study group, led by Elder Jack Frost, meets from 10:30-11:30 a.m. Pastor Bruce Humes leads the prayer and Bible study group on Fridays from 6-7 p.m. All residents are welcome to join any of the studies. **Scripture of the Week** “Praise the Lord! Praise God in His sanctuary; Praise Him in His mighty heavens, Praise Him for His mighty deeds; Praise Him according to His excellent greatness. Let everything that has breath praise the Lord. Praise the Lord” Psalm 150:1, 2 and 6. **Contact** First Christian Church is located on Northwood Road behind Carport 125. Those who would like more information can call 562-431-8810.



# SPORTS & GAMES



Club president Linda Evenson (l) gives pointers to new pickleball players.

## Pickleball Club offers free beginner lesson June 13

On June 13, the LW Pickleball Club will offer free beginner lessons led by Jim Thomason at 10:30 a.m. on the pickleball courts behind Clubhouse 2. Paddles and balls will be loaned. Free classes are offered on second Tuesday of each month. The Pickleball Club also holds follow-up beginner's play and pointers every Wednesday at 10 a.m. For more information, email [lwsbpickleball@gmail.com](mailto:lwsbpickleball@gmail.com) or call President Linda Evenson at 561-577-3283.

On July 8, the club will have a Jerry Wrenn memorial ladder tournament followed by a barbecue. Tickets are \$5. For more information or to reserve a spot, email [lwsbpickleball@gmail.com](mailto:lwsbpickleball@gmail.com).



Terry Thrift and Potsy Frank

## Cribbage Club

On May 30, 55 members of the Cribbage Club enjoyed cake and ice cream provided by Julie Milburn. Candy Meyers and Carrie Kistner served refreshments in honor of Memorial Day. Two members, Terry Thrift and Potsy Frank, each won all seven games and earned another star with a total score of 847. Adair Paul placed second with a score of 835; Rose Mary Wu, third, with 828; and Margaret Smith, fourth, with 818. Meyers lost all seven of the games played.

CRIBBAGE, page 23

SCRABBLE G R A M S SOLUTION

P <sub>3</sub>	R <sub>1</sub>	O <sub>1</sub>	T <sub>1</sub>	E <sub>1</sub>	C <sub>3</sub>	T <sub>1</sub>	RACK 1 =	61
M <sub>3</sub>	I <sub>1</sub>	S <sub>1</sub>	F <sub>4</sub>	E <sub>1</sub>	E <sub>1</sub>	D <sub>2</sub>	RACK 2 =	64
F <sub>4</sub>	U <sub>1</sub>	N <sub>1</sub>	P <sub>3</sub>	L <sub>1</sub>	E <sub>1</sub>	X <sub>8</sub>	RACK 3 =	107
L <sub>1</sub>	E <sub>1</sub>	G <sub>2</sub>	H <sub>4</sub>	O <sub>1</sub>	L <sub>1</sub>	D <sub>2</sub>	RACK 4 =	62
H <sub>4</sub>	I <sub>1</sub>	L <sub>1</sub>	L <sub>1</sub>	T <sub>1</sub>	O <sub>1</sub>	P <sub>3</sub>	RACK 5 =	62
PAR SCORE 260-270							TOTAL	356

Crossword Answers

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

Sudoku 1 Answers

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

Sudoku 2 Answers

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

Guess Who?

Jon Bon Jovi

Crypto Fun Answers

A. kidney B. abdomen C. filter D. pain

Boggle BrainBusters Answers

ROSE IRIS LILY LILAC DAISY TULIP ORCHID VIOLET

Word-Find Answers

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



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Saturday Social Bunco

The Saturday Social Bunco Club meets on the second and fourth Saturdays of every month. The next meeting is June 10 in the Club-house 3 lobby. Sign-ups start at 1 p.m. and the play begins at 1:30. May 27 winners: Marilyn Moody, most wins; Susan Rose, most buncos; Stella Kaiser, most babies; and Susan Hopewell, most losses. The door prize went to Helen Sponsler. For more information, call club president Doris Dack at 714-356-0443.

Scrabble Club

The Leisure World Scrabble Club met on all five Wednesdays in May. There were 72 scores above 300, eight of which were higher than 400, and 51 bingos (the use of all seven tiles in one move). Diane Seeger and Larry Edgar each topped 300 thirteen times. Seeger had six bingos and two scores above 400 with her best score of 494. Edgar had four bingos and a top score of 436. Bob Ruderman had 11 scores above 300, 18 bingos, and a best score of 458. Myrna Loscuadro posted seven totals higher than 300, with 306 in a three-way game (equivalent to a 459 in a two-way game), eight bingos and a best score of 376.

SCRABBLE, page 23

Men's Golf League

On Friday, May 26, 10 golfers endured the 4,000-yard, par 62 David L. Baker Executive Golf Course in Fountain Valley. Sam Choi had the fewest putts for the A flight, and Fujio Norihiro had fewest for the B. Lowell Goltra and Gary Stivers were closest to the pins on the par three third and 12th holes respectively. Two birdies were carded by Larry Hillhouse and Clay Fischer. Bob Munn, Ron Jackson, and Goltra had one each. **A flight winners:** Hillhouse, first place, 12 under 50; Choi and Stivers tied for a second place, eight under 54; Fischer, third, six under 56; Dave LaCascia,

MEN'S GOLF, page 23

Guys and Gals Tournament

The second Guys and Gals Tournament of May was played on May 31. Teams of various skilled golfers of one man and one woman vied for best net scores (gross score minus handicap), plus two circle holes (shots within a 5-foot radius are rewarded), and two closest to the pin challenges. The Turtle Lake Golf Course is a 1,658-yard, 18 hole-par 54 course. A total of 29 teams (58 players) teed off and played 18 holes. There were nine circle hole winners and 53 birdies. Closest to the pin on the second hole were Glenn Barry and Devora Kim; and Mike Mayfield and Sandy Derouin on the 11th hole. The lowest gross score was recorded by Bruce Bowles and Linda Herman, and Bill Lyons and Yasmin Merali at four under 50. Bowles and Herman had the lowest net score at 14 under 40. Two other teams had net scores of 42 or 12 under par. Twenty-eight teams had net scores at or under par. All scores below are net—gross score minus handicap. **A flight winners (has handicaps of 0-9):** Bob Barnum and Kyung Ju, first place, 12 under 42; Glenn Barry and Karen Mendon, Richard Jun and Nina DeRosa, Bob and Janice Turner, Steve Walker and Jassca Choi, and Lyons and Merali tied for fifth place at nine

GUYS AND GALS, page 23

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Sixteen Shuffleboard Club members met for a luncheon after a challenging but rewarding competition. Club members also enjoy social gatherings, games and league competitions.

## Shuffleboard courts to undergo much needed repairs

All current and prospective Shuffleboard Club members are invited to attend an important general membership meeting today, June 8, at the courts building at 10 a.m. The agenda includes debriefing the recent memorial tournament, discussing the upcoming grand reopening of the courts, the club's 60th anniversary celebration and the fall league play guidelines. The club also thanks the LW Weekly staff for the coverage of GRF Board's funding approval on the shuffleboard building

courts' repair. The use of the shuffleboard courts building has grown dramatically, as many people enjoy this amenity throughout the week. Assistance with learning the basics of shuffleboard is available all month in June. The shuffleboard courts (behind Clubhouse 1 on Burning Tree Lane) and mentors are available for instruction, practice, and pick-up games Monday and Wednesday mornings from 9-11. With enough interest in

pick-up games on Wednesdays from 1:30-3:30 p.m., the mentors will be available through July 6. All needed equipment is available at the courts building. Closed toe shoes are required. Organized leagues will resume plays mid-September. Everyone is invited to the summer practice times to learn the basics of shuffleboard to enjoy the league play. For more information, call or text Kay Mount at 775-527-0426.

—Kay Mount

### MEN'S GOLF

from page 22

fourth, four under 58; and Bill McKusky, fifth, at even par 62. **B flight winners:** Bob Munn, first place, 11 under 51; Norihiro, second, 10 under 52; and Jackson and Goltra tied for a third place at five under 57. There were no plays on Monday, May 29, due to holiday. The Monday and Friday golf leagues play at four local courses near Leisure World. Advance league reservations are required with a sign-up sheet available

### SCRABBLE

from page 22

Wanda Bemben had six scores above 300, one bingo, and a high game of 370. Sylvia Makus topped 300 three times and had one bingo. Outgoing club president Maria Giegerich had two scores above 300, the better of which was a 355, and two bingos. Donna Perkins had two totals higher than 300. Her best was a 340. Jim Schneiderman,

at each round. There is a prize pool for each round. 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) are generously rewarded. For more information, contact Gary Stivers at 714-313-3697 or Dave LaCascia at 801-674-5975.

—Dave LaCascia

### CRIBBAGE

from page 19

To learn more about the club, call and leave a message with Terry Thrift at 714-394-5885. Annual dues are \$5; \$1 is collected from each member when

Marilyn Moody, and Sue Ann Gass each topped 300 once, with respective scores of 345, 316 and 302. Schneiderman had two bingos. The club meets on Wednesdays in Clubhouse 3, Room 5, from 1-4 p.m. New members, including beginners, are welcome. Lunch will be served on June 28.

—Larry Edgar

### GUYS AND GALS

from page 22

under 45. **B flight winners (has handicaps of 10-12):** Bowles and Herman, first place, 14 under 40; Mayfield and Alison Kim, second, 12 under 42; Jae H. and Sun Lee, and Ken Notorleva and Pam Krug tied for third at 11 under 43; and Paul Alloway and Ann Tran, fourth, at 10 under 44. **C flight winners (has handicaps of 13-18):** Steve and Connie Kang, and Brian Tivnan and Patty Littrell, tied for a first place at 10 under 45; and Fujio Norihiro and Keiko Sekino, second, at eight under 46.

On June 21, the Men's Golf Club will sponsor a spring/summer picnic at 1 p.m. at the Clubhouse 1 picnic area. Tickets, \$5, include hot dogs, hamburgers, chips, salads, water, beer and raffle prizes of donated merchandise from local vendors. Tickets are sold at all tournaments through June 21. Entertainment will be provided by the Greenbelt Singers and fellow golfers.

The next Guys and Gals Tournament is June 21. The Men's Tournament is played every third and fifth Wednesday of the month. Those who had planned to play but can't make it, should contact Alan Sewell 541-324-8558 or Dave LaCascia 801-674-5975 as soon as possible. Players need to arrive 10-15 minutes prior to their scheduled tee time and be ready to play.

—David LaCascia

## LW Pool Club

On May 27, 12 players competed in the second annual pool-a-thon at 1 p.m. in Clubhouse 2. Players drew numbers to determine their opponents. The contest consisted of two rounds of four different pool games. The first game was eight ball, the second was nine ball, call shot to fifteen points and one pocket. In one pocket, the goal is to make majority of the balls all in one down table corner pocket. The opponent must make the balls in the other down table corner pocket. To make the game shorter, only nine balls were used instead of traditional 15. After the first round of four games there were five players tied at three wins and one loss. Going into the final game of the second round, Tom Zimmerman needed to win his one pocket match to score seven wins and take first place, but he lost it. Ruffy Ramos won his final game of one pocket to tie Zimmerman at six wins and two losses, and beat Zimmerman in the eight ball playoff match and took the first place. For third place money there was a four-way tie between Bruce Pettys, Rusty Aquino, Russell Black and Dave Silva at five wins each. Pettys beat Silva, and Black beat Aquino to set up an eight ball match between Pettys and Aquino. Black made a nice shot on the eight ball and took third place. The tournament lasted almost four hours, but the players enjoyed the level of competition and playing four different games.

—Dave Silva

## LW Women's Golf

On May 30, the LW Women's Golf Club (LWWGC) had a special tournament with 14 women playing the round from the blue tees (women play from the red tees, which are closer). The winners were: Linda Herman, low gross, 28, and Judi Ornoff, low net, 23, first place; and Patti Smith and Patty Littrell with a low net tie of 25, second place. The club congratulates Jane Song, 2023 club champion. Club championship tournament scores: **Flight A:** Jane Song, low gross, 84; Nina DeRosa, low net, 74. **Flight B:** Lisa Kim, low gross, 93; Judy Kim, low net, 75. **Flight C:** Marilyn Hewitt, low gross, 94; Sue Yokomi, low net, 78. **Flight D:** Angela Han, low gross, 102; Connie Kang, low net, 81. Anyone interested in joining the Women's Golf Club can obtain an application from the golf course starter. For more information, contact club treasurer Margie Thompson at 562-493-0484.

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**2022 Escrows**

8-178D \$582,000	14-12A \$560,000
5-70F \$520,000	6-64A \$272,000
7-170K \$342,000	15-11Q \$350,000
8-195B \$480,000	12-55E \$295,000
2-62C \$225,000	2-39A \$310,000
6-130K \$300,000	17-110B \$475,000

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***Sold***

**Mutual 10 – 238b St. Andrews**  
2B/1Ba Expanded faces South  
Dual Pane Windows, Skylights  
Ceramic Floors, Ceiling Fans,  
Turnkey! Good Price \$315,000

*An Independent  
Brokerage!*  
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**UNITS COMING SOON**

**2B/2Ba Great Features**  
**2B/1Ba High-End Stunning**  
**2B/1Ba Corner Beauty**  
***SOLD OVER ASKING!***



**Mutual 12 – 77h Glen View**  
2B/1Ba, L-Shape w/tile patio  
NEW laminate floors, NEW  
Paint, Granite Countertops,  
Dual Pane Windows, French  
Door, exceptionally clean!  
**A+ Like a MODEL! \$345,000**



**Mutual 15 – 22a McKinney**  
**RARE ON MARKET 1B/1Ba**  
**Corner, NEW Laminate Flrs.,**  
**A/C, Microwave & D/W,**  
**New Oven, White Cabinets**  
**Dual Windows + more!!!**  
**OPPORTUNITY @ \$279,900**

***SOLD OVER  
ASKING!***

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Seal Beach, CA 90740

**One-Bedroom**

**Mutual 1-40D**      **\$229,500**  
Great greenbelt, enclosed patio, sky-lights, very nice

**Mutual 15-46P**      **\$367,000**  
A/C, washer/dryer and dishwasher

**Mutual 4-52J**      **\$455,000**  
Fully expanded unit on a fabulous green.

**Two-Bedrooms**

**Mutual 1-26L**      **\$318,000**  
corner unit with extra large skylight

**Mutual 11-273L**      **\$349,900**  
Spacious corner in private location

**Mutual 4-76L**      **\$389,000**  
Charming Corner expanded unit with a patio.

**Mutual 2-47C**      **\$459,900**  
3 heat pumps, open floor plan on a gorgeous green.

**Mutual 1-10G**      **\$425,000**  
Corner unit in a desirable location



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**Leah Perrotti**  
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**Hanna Rubinstein**  
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# Specializing in the LW Community



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Associate Broker  
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**Sean Wood**  
Realtor®

DRE# 02186926

562 514-6613



**Gloria Hadley**  
Realtor®  
DRE # 01057681

## Mutual 4-76L

\$389,000

Don't miss out on this expanded 2 bedroom one bathroom corner property. This home is light and bright and ready to move in and has many extras. This charming home has a spacious living room with ceiling fan, formal dining room also with ceiling fan, remodeled custom kitchen with newer cabinets and built in appliances including a stove, oven, refrigerator, dishwasher, ceiling fan, and skylight. The main bedroom has a sliding mirrored wardrobe door and a sliding glass door to the patio. The bathroom has a washer dryer and skylight. The second bedroom has mirrored wardrobe closet doors. This lovely home has Central Heat and Air Conditioning, has been recently painted throughout, and has newly installed Deluxe Vinyl Plank flooring in the dining room, living room, and bedrooms. The kitchen, hallway, and bathroom have ceramic tile flooring. The private patio has a walk-in storage closet and has open Greenbelt views. Located in Leisure World Seal Beach it is a resort-like community that features over 200 clubs, organizations and activities including a swimming pool, jacuzzi, 9 hole three par golf course, gym, lawn bowling, bocci ball, shuffleboard, billiard rooms, woodworking shops, arts, crafts, and sewing room, amphitheater, library, healthcare center, a variety of card and exercise groups, and so much more. Enjoy the ocean breezes and the quaint community of Seal Beach.



## PENDING

Mutual4-77E  
Mutual2-29E

## SOLD 2023

Mutual 4-50F  
Mutual9-212C  
Mutual6-143A  
Mutual 9-225C  
Mutual 9-230D  
Mutual11-283D  
Mutual 4-51D  
Mutual 8-189D

## SOLD 2022

Mutual 14-17B  
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 6-135I  
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 11-286I  
Mutual 5-117G  
Mutual 2-46H  
Mutual 1-67E  
Mutual 4-49G  
Mutual 8-183G  
Mutual 11-285D  
Mutual 9-216H  
Mutual 7-164L  
Mutual 2-6G  
Mutual 11-285A  
Mutual 11-263A  
Mutual 4-49B  
Mutual 8-201L  
Mutual 2-6L  
Mutual 7-165E

## Mutual 1-26L

\$318,000

A must see corner 2 bedroom 1 bath cottage newly redecorated. This charming home is light and bright and ready to move in. It has new deluxe vinyl flooring though out and has been newly painted. The Kitchen has white cabinets and features built-in appliances including a built-in dishwasher and extra- large skylight. The bathroom has a large skylight and cut down shower for walk-in convenience. The private patio has new indoor/outdoor carpeting and walk-in storage closet. Located in Leisure World Seal Beach a resort like community with over 200 clubs, organizations and activities including, a swimming pool, Jacuzzi, 9 hole 3 par golf course, bocce ball, shuffle board, arts, ceramic and sewing room, a variety of exercise and card groups, library, health care center, amphitheater and so much more. Enjoy the charming community of Seal Beach and the wonderful ocean breezes.



## Mutual 11-268F

\$469,000



Enjoy this beautiful fully expanded corner home with many custom upgrades nestled in a fabulous Greenbelt location. This lovely home features two bedrooms, one bathroom, large spacious living room, and formal dining room. The living room features a leaded glass entry door, entry closet 2 Bay windows overlooking beautiful Greenbelt views. The remodeled kitchen has custom cabinets, Corian countertops, built in appliances including a stove, oven, refrigerator, dishwasher, built in microwave, a pantry and extra-large skylight. The dining Room has a ceiling fan and recessed lighting. The master bedroom has a walk-in closet, is carpeted and has a Bay window. The bathroom has a stacked washer dryer, custom cabinets, walk in tile shower, and extra-large skylight.

## M11-273L

\$349,900

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.



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

For 2023, We have a total of **42** pending and closed sales.  
Buyers are anxiously awaiting the perfect floor plan for their needs! It may be yours!



Price Improvement!

1201 Oakmont Rd #196H | M8 | \$344,000  
Gorgeous greenbelt 2bed/1bath with partial expansion and exterior storage. Immaculate home with laminate floors throughout, Central HVAC, skylight, shutters on all windows.



13660 Annandale Dr #21F | M1 | \$379,000  
Corner patio with garden walk up looking out onto the golf course! 2Bed/1Bath, heat pump, light and bright kitchen with skylight and newer appliances. Bamboo floors, dual pane windows, washer/dryer, meticulously maintained!



13700 El Dorado Dr 32H | M3 | \$589,000  
Reimagined 2bed/2bath home on greenbelt location, chef's kitchen, tiled showers, quartz countertops, stainless appliances, central AC, washer/dryer, no detail spared!



In Escrow

13800 El Dorado Dr #24B | M3 | \$369,000  
2Bed/1Bath fully expanded unit with BIG beautiful windows in front. AC heat pumps, new carpeting, laminate floors and paint throughout. Skylights and cutdown shower in bathroom. Golf cart included!



13131 Shawnee Ln #268C | M11 | \$295,000  
Adorable 2bed/1bath interior location full patio with storage closet, new laminate floors and freshly painted throughout. Skylights in kitchen and bathroom. Move-in ready!



In Escrow

1080 Foxburg Rd #216i | M9 | \$319,900  
Adorable 2bed/1bath unit with full tiled patio and large bright skylights throughout. Washer/dryer, AC heat pumps in living room and both bedrooms, luxury vinyl flooring throughout, granite countertops, oversized storage unit and gold cart pad!

06/05/2023 - Year To Date MLS Activity

For Sale

In Escrow

Closed Sale



Month	For Sale	In Escrow	Closed Sale
Jan	55	38	15
Feb	52	42	25
Mar	58	55	20
Apr	68	50	38
May	65	45	30
Jun	62	50	35
July			
Aug			
Sept			
Oct			
Nov			
Dec			

On June 5th, 2023 a total of 61 units show as active listings on the CRMLS  
(this is where Realtors list property for sale)

10 - 1 bedroom/1 bath units  
from \$212,000 to \$350,000

35 - 2 bedrooms/1 bath units  
from \$289,000 to \$455,000

16 - 2 bedrooms/2 baths units  
from \$320,000 to \$589,500

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



Back on Market!

13200 Del Monte Dr #23P | M15 | \$329,000  
Upper unit 2bed/2bath with window patio enclosure. Galley kitchen with newer oven and refrigerator. Blank canvas ready for your interpretation!



ENTER TO WIN



RAFFLE



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4TH OF JULY BASKET DRAWING  
WILL BE ANNOUNCED JULY 6TH.  
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Seal Beach, CA 90740

NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_

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☐ I want to receive information about the market in Leisure World





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**M7 - 176F - \$439,000**  
Beautiful 2 bedroom 1 bath unit!



**M9 - 210A - \$514,900**  
Gorgeous 2 bedroom, 1.5 bath remodeled corner unit



**M3 - 9C - \$229,000**  
Partially expanded one-bedroom unit; Expd. bedroom; Tiled patio!



**M3 - 16C - \$385,000**  
Two-bedroom full expansion!



**M9 - 218L - \$519,000**  
Gorgeous 2 bedroom, 1.5 bath corner unit



**M1 - 1D - \$290,000**  
Beautiful expanded one bedroom on a greenbelt



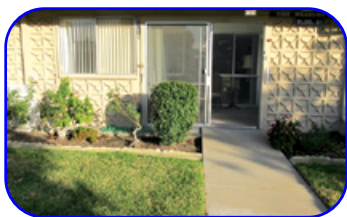
**M2 9J \$299,000**  
Nice 2 bedroom 1 bath



**M5 101L \$ 439,000**  
Beautiful two bedroom corner with Built in office!



**M7- 148G \$659,000**  
AMAZING 2 bedroom 2 bath remodel on central park!



**M4 - 81E - \$247,000**  
Very nice one-bedroom unit; Enclosed patio; On lovely green



**M10 - 253D \$289,000**  
Basic 2 Bedroom 1 Bath



**M12 - 62A \$459,000**  
Gorgeous Expanded Corner with added Bathroom



**M12 - 73H \$379,000**  
Partially expanded 2 Bedroom 1 bath



**M5 - 71L \$395,000**  
Beautiful 2 Bedroom Corner Unit



**M9 - 220C - \$315,000**  
Basic 2 bedroom one bath



**M7 - 176F - \$439,000**  
Beautiful 2 bedroom 1 bath unit!



**M9 - 208D - \$369,000**  
Fully Expanded 2 bedroom 1 bath



**M11 - 275B \$309,000**  
Cute 2 bedroom 1 bath



**M10 - 238H \$325,000**  
Lovely Drive up 2 Bedroom 1 Bath



**M9 - 220B - \$305,000**  
Basic two-bedroom unit; Easy access; Faces the breeze



**M11 - 264H \$529,000**  
Gorgeous 2 Bedroom 2 Bath with Washer/Dryer



**M1 - 45B \$212,000**  
Basic East facing One Bedroom



**M4 - 84F - \$399,000**  
Corner 2 Bedroom 1 Bath with enclosed Patio on Greenbelt



Dawn Januszka  
Broker  
DRE #02110501



Ginni Houck  
Escrow Officer



Verna Chumley  
Realtor®



John Webster  
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