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MOST GRF OFFICES CLOSED ON JULY 4
See page 3.



HEALTH OPTIONS EXPO IS THIS FRIDAY
See page 2.



CINC IS MORE THAN A PAYMENT SYSTEM
See page 3.

KICK OFF THE SUMMER

GRF BOARD

Four committee structure begins in July; what to know

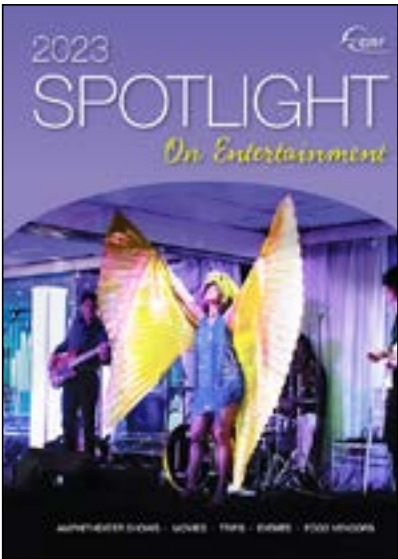
by Marsha Gerber
GRF Board President

A new GRF committee structure enhancing the Foundation's efficiency and convenience to members is being unveiled this week.

Four new committees (which I call the Big 4) will replace the 11 standing committees that conducted the Foundation's business. I've been told the changes will save about 1,000 staff hours annually that can be devoted to more important tasks. The changes, approved by the GRF Board in April, consolidate related staff and administrative skill sets so it's more likely productive synergies

COMMITTEES, page 2

NEW PUBLICATION



Copies of the 2023 Spotlight On Entertainment were delivered to LW homes last week. Extra copies are available in the News Office.



Surf's Up members and Goldberg family members Danny (l-r), Lyric, Donny, Landon and Don Goldberg Sr.

Surf's Up: The Beach Boys Tribute
June 29 | 7:30 p.m.
Amphitheater Stage

Sponsors: Home Instead Senior Care, On-Site Home Sales

Surf's Up is one of the first true Beach Boys tribute bands in the country and have been recreating the Beach Boys sound for almost 40 years, literally since they were kids. Keeping it in the family, the band consists of brothers Donny and Danny Goldberg, their father Don Goldberg Sr., who founded the group, and most recently Donny's two sons Landon and Lyric—making it three generations on stage.

The band captures the authentic blend of the Beach Boys like no other. Not just another "tribute band," these veterans and young protégés naturally bring the magical "Sounds of Summer."

The group will perform today, June 29, at 7:30 p.m. Enjoy Lucille's BBQ, Koffel's and Mandi's Candies starting at 5:30 p.m.

The next Amphitheater show will be held July 6 and feature The Springsteen Experience, sponsored by the Golden Age Foundation and Financial Partners Credit Union.

See a full list of Amphitheater rules on page 3.

Things to Remember:

1. Guests are welcome as long as they are accompanied by residents. Admission is free.
2. Minibus service is available before and after the show. Parking is limited near the Amphitheater.
3. No parking is allowed in front of the Amphitheater on southbound St. Andrews Drive. This is a tow-away zone on Thursdays during Amphitheater season.
4. People can bring picnics or enjoy the food trucks available for pre-event dining.

INDEPENDENCE DAY

Celebrate July 4 in LW with car and craft show



The car show is just one of the many activities available at GRF's annual July 4 event.

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 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.

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COMMITTEES

from page 1

will emerge.

The new plan will make it easier for residents to follow the community's governance. In addition to cutting the number of committee meetings by over 60%, all GRF committee meetings will be held on Tuesdays and Thursdays. All four meetings will be at the same time and in the same place, 10 a.m. in the Administration Building's Conference Room A. And a side benefit is that all Mutual monthly meetings will also be consolidated into a single location, Building 5's Conference Room B.

The revamped committees also will save an enormous number of staff hours. Some of the old committees had seven or eight senior staff members reporting to the committee, along with the necessary recording secretaries and IT help. Each new committee will have one senior director reporting to it, and the staff previously expected to attend will be able to stay working at their posts.

Here are the committees and their responsibilities:

The Facilities Committee will meet on the first Tuesday of each month. Chaired by GRF Director Nick Massetti, its main role echoes the previous Physical Property Committees. However, the new committee will oversee the Foundation's entire physical plant. It will oversee clubhouse maintenance and the \$1.7 million annual cus-

tomodial contract, previously the responsibility of the Recreation Committee.

The Operations Committee meets on the Thursday after the Facilities Committee. This committee gathers together all the Foundation's operations that depend on information technology or whose delivery could be enhanced by computer applications. It will unite the old IT Committee's functions with gate access oversight previously in Security, Bus and Traffic, and

NEW MEETING LOCATIONS:

Committee meetings:
Administration Building,
Conference Room A.

Mutual monthly meetings: **Building 5,**
Conference Room B.

develop best practices for the newspaper and electronic communication. This committee, led by GRF Director Donna Gambol, will also be examining ways to make repetitive processes in the Stock Transfer Office more efficient and user friendly.

The second Tuesday of the month will see Director Teri Nugent chair the Member Services Committee, which is tasked with the most prominent face-to-face service delivery to current residents. The core duty of her committee is to oversee the

previous Recreation Committee's club, sports, entertainment and programming functions. Member Services also monitors the Security Department's community patrol and buses, which previously were managed by the Security, Bus and Traffic Committee, and social services coordination, which reported to the Mutual Administration Committee.

The final committee, Administration, will meet on the Thursday following Member Services. This committee, chaired by GRF Vice President William Thompson, oversees the Board's responsibilities for finance, human resources and mutual administration. The committee monitors the Foundation's leases and fee structures, whose revenues lower resident monthly assessments by about \$6.5 million per year. It will also oversee the preparation, formatting and compliance issues necessary to prepare the GRF's monthly board meeting.

The 2022-23 GRF Administration Committee, an appointed Committee Restructure Task Force, and the Governing Documents Committee developed, reviewed and amended the committees over four months earlier this year. Due to the Independence Day holiday, the Facilities Committee's first meeting will be on Monday, July 3. The Operations Committee will meet at its scheduled time on Thursday, July 6.

HEALTH RESOURCES



Health Options Expo is this Friday

The Golden Rain Foundation has partnered with Sunrise of Seal Beach Assisted Living and 80 other vendors to present the Leisure World Seal Beach sixth annual Health Options Expo on June 30 from 10 a.m.-2 p.m. in Clubhouse 4.

This free expo will provide information on resources and services available to LWers to improve their quality of life.

A virtual dementia tour, assisted living presentation and eye evaluations will be available to all attendees. The Lions Club will provide free glasses.

The Veterans Plaza stage will be surrounded by over 30 booths and food trucks, including The Berlin Truck—gourmet sausage and grilled cheese and ice cream. The LW Orchestra will play from 11 a.m.-noon.

Everyone is invited to this free, fun community event. Watch for more updates in LW Weekly and via LW Live.

GRF Minibus shuttle service will be available for all who want to avoid the traffic and limited parking near the expo.

A special early morning on-call event bus service will be available from 9:30-10:30 a.m. the morning of the Life Options Expo. Call 562-431-6586, ext. 379, on Friday, June 30, between 9:30-10 a.m. to be picked up. Regularly scheduled minibus shuttle service will be available all day after 9 a.m. for convenient bus service to the Expo.

See the 2022 Minibus Book Weekday Schedule pages for shuttle bus route timetables or call Grant Winford at 562-431-6586, ext. 372, for assistance.



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NEW APP AVAILABLE

CINC system offers information on permits, violations and more

Leisure Worlders are getting settled into CINC, the Golden Rain Foundation's new portal for paying assessments.

But CINC is more than just a payment processing tool; the application offers a wide array of services that can help members stay up to date on violations, work orders, community events and more.

This past week, GRFlaunched a CINC application, LWSB All Access, which is available for download for Apple or Android phones. Now, members will have access to payments and Mutual information from the palm of their hands.

From the Resident Portal accessible through the app, people can do the following:

- Take a quick glance at account information, violations, ACC (Permit) orders and work orders (SROs) through the Dashboard.
 - Use the Pay Assessments drop down to make one-time or recurring payments by e-check or credit card.
 - View account information, resident profile information, ACC requests, violations and work orders through the Account Information drop down. (Each Mutual Board can choose whether to allow shareholders to view and submit work orders and ACC/permit request through the app.)
 - Learn more about Leisure World through the Community Info drop down, which includes a calendar of Mutual events, a member directory, a gallery of Mutual photos and important documents such as governing documents, meeting documents and Mutual financial documents. (Mutual Boards can decide whether to use the calendar and photo gallery options. Members can decide whether to have their information shared to the member directory.)
- The CINC app also offers Board-only access to keep Board



The LWSB All Access app

members up to date on the state of their Mutual. Through the Board Overview drop down, members of the Board can access their Mutual's Aging Report, which shows the aging assessments for all shareholders/owners in the Mutual; accounts receivable, which shows a report of the collection activity for the shareholders/owners in the mutual; and an ACC Review, which shows all permit applications for the Mutual.

If the Board elects to approve invoices electronically, they'll also be able to approve invoices through the CINC app, as well as review and respond to tasks inputted by the Portfolio Specialist in this section. Lastly, violations and work orders (SROs) for the Mutual will appear here.

These new features will help streamline both the Board and members' access to essential information.

Members who have lost their CINC account numbers can contact Reception at 562-431-6586, ext. 313, or Finance at 562-431-6586, ext. 431, to recover their number.

Summer at the Show
What to Know

The Golden Rain Foundation, along with show sponsors, are proud to present the 2023 Amphitheater Season starting June 29. To ensure an enjoyable season, show-goers are asked to adhere to the following rules:

- There is no video- or audiotaping of performers.
- Do not save seats. Amphitheater seating is first-come, first-served.
- Do not sing along with performers unless asked to do so by the performer on stage.
- No one is allowed to sit or stand in the aisles.
- No smoking is permitted in the Amphitheater area.
- Flags on scooters should be lowered, so everyone can see the stage (see LW Security for assistance with this).
- Leave walkers in the aisle.
- Handicap seating is at street level at the handrails in the middle of the Amphitheater.
- Pets are not allowed.
- The audience is not permitted to enter the Amphitheater earlier than 1-1/2 hours before the program begins as requested by performers, who will be doing sound checks.
- Dancing is allowed only on the two side wing patios flanking the Amphitheater stage.
- No flash photography.
- Do not climb over seats.

HOLIDAY CLOSURES

In observance of Independence Day, all Golden Rain Foundation offices except Security will be closed Tuesday, July 4.

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

The Minibus and the Access bus will operate on the holiday schedule. The Access bus will operate from 8 a.m.-4 p.m.

The Healthcare Center 24-hour nurse will be available for telephone advice or home visits for a charge by calling 562-795-6216.

The newspaper will be sent to the printer on Monday, July 3.



CERT discusses shelter in place

On June 23, the Community Emergency Response Team (CERT) discussed how to prepare for sheltering in place. Many LW residents may not be aware that if there is a disaster—such as an earthquake, fire, smoke, toxic spill or terrorist attack—they are basically on their own and will need to be able to shelter in place for at least three days.

If this happens, people will need to have an adequate supply of water (one gallon per person per day); food (non-perishables like peanut butter, power bars and a manual can opener); and light (flashlights and batteries).

These are the most important things but a complete list for a Home Disaster Supply Kit or a ready-made kit is available through the Orange County Fire Authority (ocfa.org) or from CERT at the upcoming October Disaster Expo.



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PERSPECTIVES

Letter to the Editor

Editor:

I was reading the "Letters to the Editor" column of last week's paper and I certainly agree with Rachael Lehmberg when she asked "Where is the outrage" concerning our long gone pharmacy. I absolutely loved the convenience of it, the friendly and always available help, the candy counter and the fact that these wonderful people would deliver your prescription to your door. I was more than outraged when it closed its doors for the last time. I was devastated.

Now we are offered the services of CVS which is certainly not built around a senior's abilities. Everything is done by computer and you can't get a human to talk to, so if you have a complaint, too bad. The prescriptions are filled automatically, whether you like it or not, and they SAY that they will deliver; however, in my case, the computer told me that they can't deliver to my house because I have the wrong insurance. What? And if you try to get a human to talk to on the phone, you are put on hold until you fall asleep.

Whatever the reason for our little pharmacy's closing, I am sure I am not alone in mourning our loss. Oh, and also outraged, that's for sure!

Joan Rose
Mutual 12

Letters Policy

Letters, maximum 250 words, should be typed and delivered to LW Weekly by email, 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.

LW Weekly 562-430-0534

Scams on the rise in Seal Beach; how to avoid them

Social Security Administration imposter scams

Social Security imposters may tell victims that their SSN has been linked to criminal activity and/or suspended. The scammer will claim they can reactivate the number once the victim confirms their SSN. Other Social Security scams may tell victims their benefits are eligible for an increase and request that they confirm their name, date of birth and SSN.

Both approaches are ploys to gain access to personal information that can be used to access private accounts and personal finances.

Actual representatives from the Social Security Administration won't ask for your SSN over the phone. Warnings of arrest, the suspension of your Social Security number or the loss of benefits are also signs that the notice is a scam.

Internal Revenue Service imposter scams

Another one of the most prominent government scams is IRS impersonation. This type of scam usually involves calling victims directly and telling them they owe taxes that, if not paid, could lead to their arrest or other

legal action. The scammer's goal is to intimidate victims into immediately sending the requested money or providing personal information, like bank account or Social Security numbers.

The Department of the Treasury recommends immediately hanging up if you receive a phone call matching these characteristics.

If there's an issue with your taxes, the IRS will typically send a notice in the mail first. It will never ask for personal financial information like PINs, passwords, or credit card numbers.

Computer Tech Support/Virus Imposter Scams

Tech support scammers tell victims their computers have problems or viruses that they can help resolve. They then make money by asking victims to pay for services that aren't needed. In 2019, tech support scammers stole \$24 million from victims over 60. The most common way tech support scammers connect with victims is online.

On certain websites, pop-up warnings may appear, warning users of a virus or security issue on their computers. Though the message sounds urgent and may use official-looking logos, it's just a way to trick the user into mak-

ing contact and sending money. Often, tech scammers claim they are from a well-known company like Microsoft or Apple. When these pop-ups appear, simply close out the tab and ignore the warning.

Scammers may also ask for remote access to your computer. While legitimate computer care companies may do this to resolve technical issues, you shouldn't grant remote access to your computer to anyone that you haven't vetted. Whether or not the method is listed here, it's important to be skeptical of anyone who is asking for advance or immediate payment. Resist the pressure to act quickly.

Scammers create a sense of urgency to produce fear and lure victims into immediate action. Call the police immediately if you feel there is a danger to yourself or a loved one.

When in doubt, don't send any of the requested money, and talk to someone you trust about the potential scammer.

For more information about scams, go to the Federal Trade Commission website at <https://www.consumer.ftc.gov/>. Report any suspected telephone scams to the Seal Beach Police Department at 562-799-4100.



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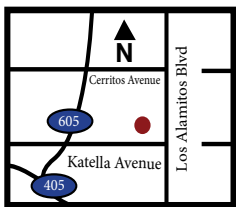
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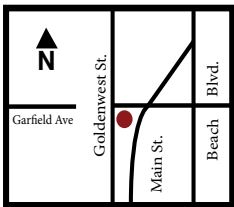
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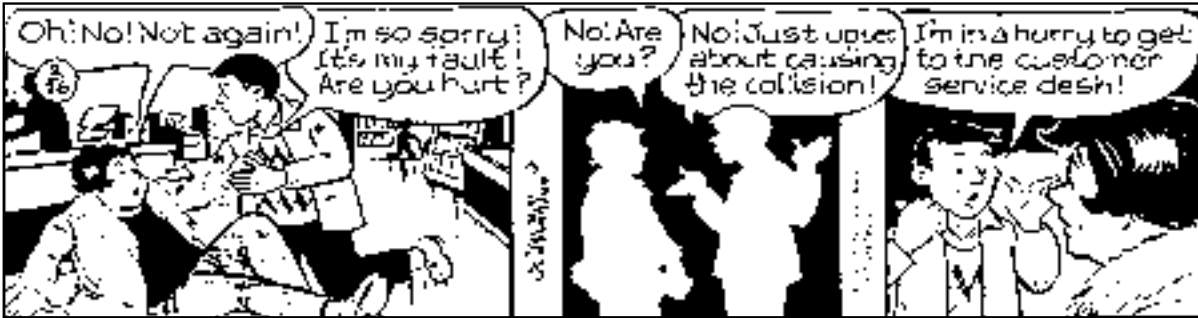
VOL 47, NO 25

Puzzles & Comics

Answers on page 19

Gasoline Alley

By Jim Scancarelli



Broom-Hilda

By Russell Myers



Middletons

By Ralph Dumagin & Dana Summers



Los Angeles Times Crossword Puzzle

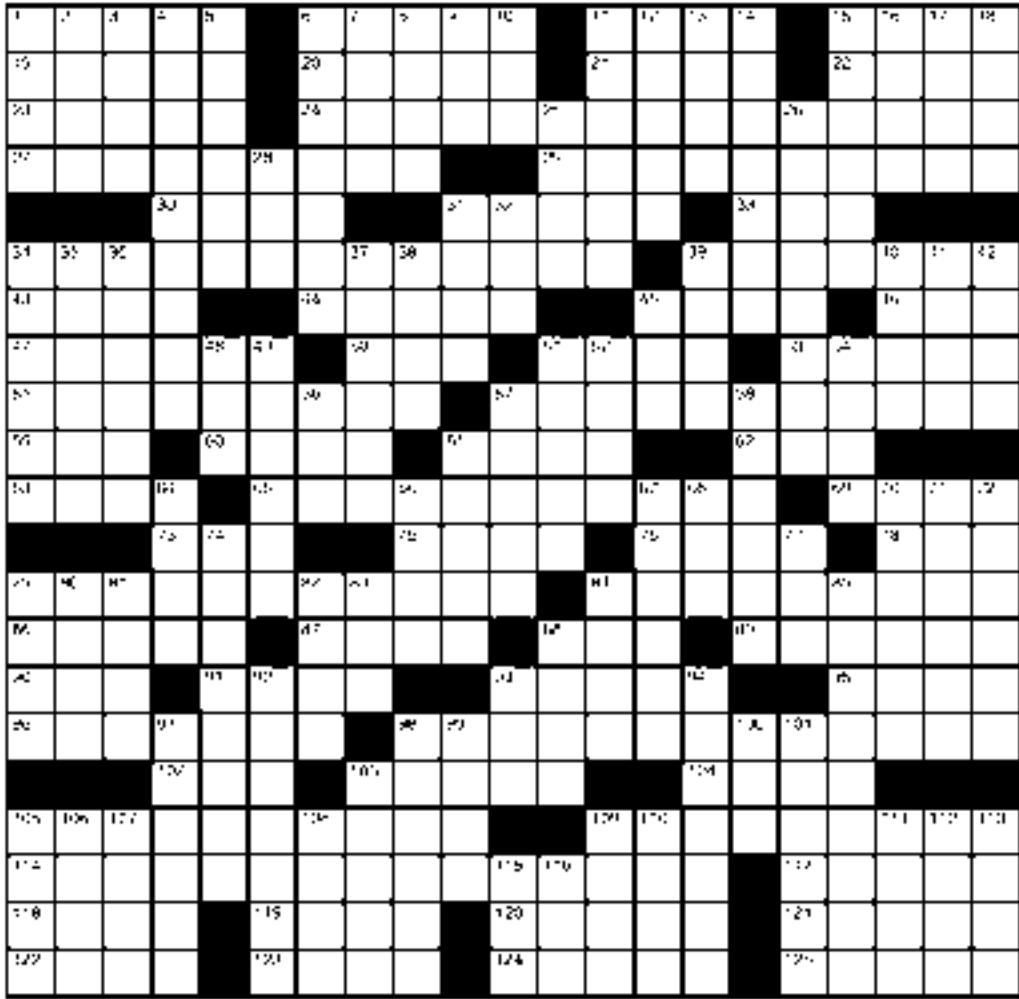
Edited by Rich Norris and Joyce Nichols Lewis

"JUST DESSERTS"
By MARVELLEN
UTHLAUT

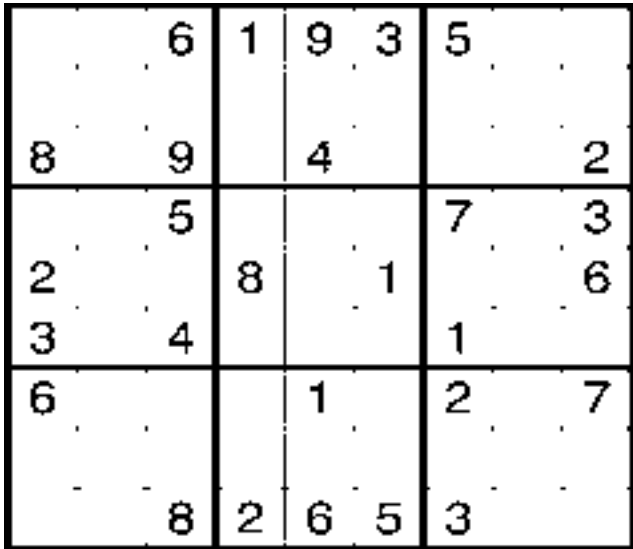
- ACROSS**
1. Cauterization
6. 70-year-old morning show
11. Small, sandy shores
15. Actor's goal
19. One way to earn access
20. Northern California town that once had a palermerie bakery
21. First thing last in the "For Your" of a hat proverb
27. Many a solo
28. Air and equal, e.g.
29. "Furry" dish that imparts a healthy glow?
27. Septuagint, the War concern
29. Handbags
30. Buzzers
31. Nasopharynx
33. Red-bearing peg
34. "Brenda drinks that lemon something to be certain?"
39. Reason area attractions
43. Certain something
44. River to the English Channel
49. Online message
46. Used light
47. Music: verse poetry
50. Rude, bratty
51. Indecent innuendo
53. Hang upon oneself
55. Casually snoot
57. "Snowed out" that doesn't crumble under pressure?
59. She's covered and he
60. Small valley
61. Tardis
62. Canada's most populous prov
63. Sneaking upon
65. "Pastie" that doesn't lie up on its side?
69. Disney souvenir feature
73. Airport abys
75. Duds
76. Long, long time
78. Mugging: "I made
79. "Shee" that's easy to make?
84. "What's done is done" e.g.

86. Implanted
87. Rich dessert
88. Consider
89. Cookware
90. Black inmate cooking
91. End of many a hammer
93. Whining of "Chicago Med"
95. For fear that
96. The length of outer garments
98. "Toughen" in confections that are a credit to their baker?
102. Inven. trademark
103. Sight for
104. "This" "Must Be Crazy" 1960 comedy film
105. Thin and brown bread
109. Turkey cheese
114. "Ouch" that's a misadventure for life?
117. Authority
118. Sauna covering
119. Many a net net machine

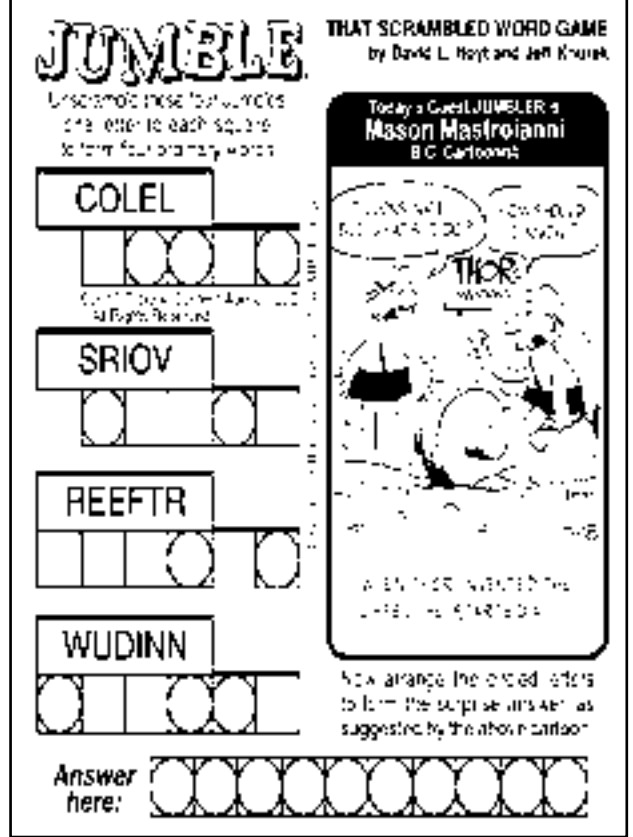
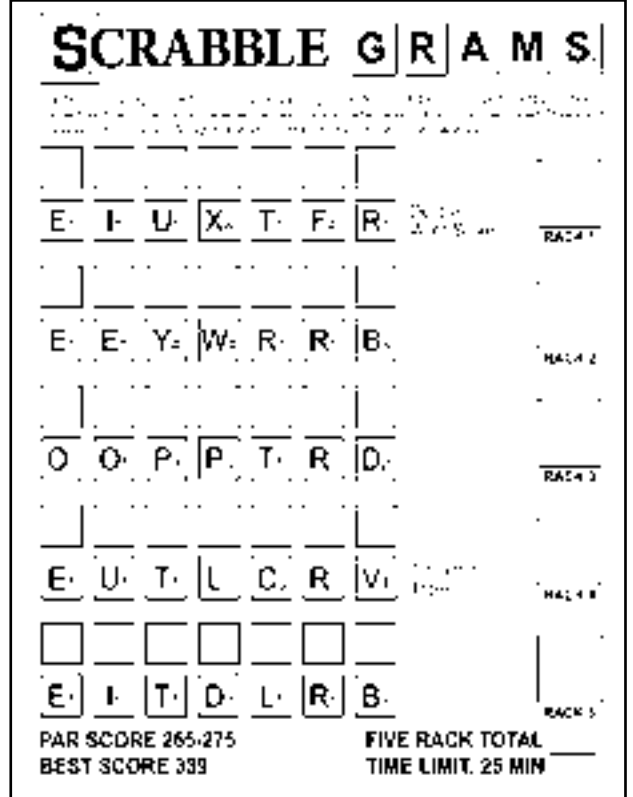
120. Of the wall
121. Bruce Mulvey's trademark expression
122. It opens many doors
123. H-shaped
124. G. L. L. character
125. Test, as one
DOWN
1. Dressed
2. Flagstick holder
3. Periods with names
4. Agitate
5. Menacing
6. Keyboard prod
7. After-sandwich sandwich
8. Cluttered basket
9. Westminster snowing
10. "Hoo!" cry of celebration
11. Balance sheet heading
12. Persian ruler
13. Common product
14. Tranquilizer
15. About 3.26 x 10²⁶ years
16. Spike
17. Ominous money
18. Alternations in marketboards
25. Dan's longie
26. Frosty?
28. Leaves in a cup
31. "Wing"
32. Barely inside, with nail
34. Sock's professional
35. Severe break?
36. Funn
37. Calm
38. Hastened
39. Jan-Michael's "Scenes Now"
40. Break-in Broadway
41. Keep a case
42. Over up
43. Pouch with a turned-up nose
44. Zing counterpart
49. Star NFL player
51. Jokers to be
52. Computer one
54. Memoir about
56. We coming wealth
57. Words on a spine
58. Anime name is costume wearer
61. Croaking reptile
64. Merit of the mind, St. Jerome
65. Air 2 of the
67. Del. hanger
68. New Zealand parrot
70. Insight
71. Least courteous
72. Balance as on
74. Gemstone from the sea
77. Daring Arab's
79. Try this mess
80. Kind of dreams name
81. Father says Jim's
82. Word with panel or screen
83. Holy animal?
84. Green bird and online leekiness
85. Magic charms
88. Archery arms
92. Source of info on
93. "Just kidding"
94. Spacious ps
97. Spider's network
98. Things eaten in sandwiches, with the
99. Rapier for one
100. Labour catcher
101. Tonic or
102. Urban city
103. Pink noods
105. Work on papers
106. The
107. "Gourmet" ink? Black
107. Mexican word
108. "What" ?
109. In the company of
110. Other name sandwich
111. Conflicts can help them
112. Having set sail
113. Wing race
115. "I" Wide
116. Wild-west track



Sudoku 1



9 To 5 By Harley Schwadron



I am an actor born in New York on March 6, 1946. Although I had a famous role on a popular TV series, I am best known for my work as a tough-as-nails Karate sensei, a role I recently reprised in a Netflix reboot.

Sudoku #2

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

Puzzles & Comics

Answers on page 19

Determine the code to reveal the answer!


Solve the code to discover words related to hearing impairment.
Each number corresponds to a letter.
(Hint: 5 = E)

A. 5 13 23
Clue: Listening body part


B. 8 5 13 23 3 6 17
Clue: Ability to process sound

C. 15 3 26 14 5 6
Clue: Give attention to sound

D. 26 21 2 6 12
Clue: Noise

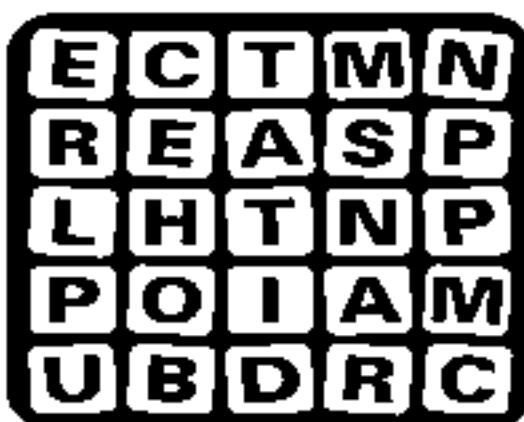


By David L. Hoyt and Jeff Knurek



FOUR LETTER WORDS ARE WORTH 4 POINTS
THREE LETTER WORDS ARE WORTH 3 POINTS
TWO LETTER WORDS ARE WORTH 2 POINTS
ONE LETTER WORDS ARE WORTH 1 POINT

BOGGLE POINT SCALE	YOUR BOGGLE RATING
(1 letter = 1 point)	151+ = Champ
(2 letters = 2 points)	101-150 = Expert
(3 letters = 3 points)	61-100 = Pro
(4 letters = 4 points)	31-60 = Garner
(5 letters = 5 points)	21-30 = Rookie
(6 letters = 6 points)	11-20 = Amateur
(7 letters = 7 points)	0-10 = Try again



Boggle BrainBusters Bonus

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

Find **AT I F A S T**, **S I X**, **S E V E N**, **I F T T E R**, **M A M M A L S** in the grid of letters.

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HEARING LOSS WORD SEARCH

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

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

WORDS

ACQUIRED
AUDITORY
CANAL
COCHLEA
CONDUCTIVE
CONGENITAL
DEAF
EAR
EARDRUM
HEARING
INNER
LOSS
MIDDLE
MILD
MODERATE
NEUROPATHY
OSSICLES
OUTER
PINNA
PROFOUND
PROGRESSIVE
SENSORINEURAL
SEVERE
SUDDEN

RELIGION

Community Church

Community Church is proud to declare “all are welcome here.” In the Gospel of Matthew, Jesus says to his apostles: “Whoever welcomes you welcomes me, and whoever welcomes me welcomes the one who sent me.”

This week, Community Church will look at what it means to welcome one another and Jesus. Jesus spent his ministry welcoming those on the margins of the society. Anyone who has been made to feel less than welcome in the past or those who can see that they have been less than welcoming in the past are invited to come and learn from this message on Sunday, July 2.

People are welcome to join the service on Sunday at 9:50 a.m. in person or online on Zoom and on Facebook @CommunityChurchLeisureWorld. The in-person service is followed by food and fellowship. People can contact the church office to receive the Zoom link.

For more information, call the church office and leave a message at 562-431-2503.

Congregation Sholom

Congregation Sholom will hold services on Friday, June 30, along with a potluck dinner prior to services in Clubhouse 3, Room 9, at 5 p.m. A sign up sheet for the potluck has been sent to members. Services, conducted by Rabbi Eric Dangott and Jason Fedder, will begin following the dinner at 6:30. Hybrid services continue on Saturday, July 1, with Rabbi Mike Mymon in Clubhouse 3, Room 9, and via Zoom at 10 a.m. To receive a Zoom invitation, contact Jeff Sacks at 714-642-0122.

This week's double Torah portion is Chukat-Balak from the book of Numbers. It opens by describing the process of burning the red heifer and using its ashes for purification. It also tells the stories of the deaths of Miriam and Aaron, Moses striking a rock to bring forth water, a plague of venomous snakes, and battles against the Emorite kings Sihon and Og. Balak tells the story of the Moabite king Balak, who hires Balaam to curse the Israelites. Balaam's donkey speaks along the way, and Balaam ends up blessing the Israelites. The portion ends with a story about Israelite men sinning with Moabite women and the stabbing of an Israelite and a Midianite.

Contact Howard Brass at 714-396-0121 for information.

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 July 3-9 is Acts 1-5.

The “Come, Follow Me” devotional asks “Have you ever wondered what Peter might have been thinking and feeling when he, with the other Apostles, ‘looked steadfastly toward heaven’ as Jesus ascended to His Father? The Church that was founded by the Son of God was now in Peter’s care.”

Redeemer Lutheran Church

Jesus said in Matthew 10:40 “Whoever welcomes you welcomes me, and whoever welcomes me welcomes the one who sent me.”

“Welcoming God into Your Life” is the theme for Redeemer Lutheran Church’s Sunday worship service at 10:30 a.m. on July 2. LWers are invited to share the word and Communion in the sanctuary at 13564 St. Andrews Drive. After the choir and congregation close worship with the July 4 prayer-filled hymn titled “The Battle Hymn of the Republic,” there will be a fellowship reception.

Redeemer thanks those who have contributed to its continuous food drive. LWers are invited to bring non-perishable food to the church anytime. The food is distributed to those in need in the community.

For more information about the church or its outreach within the community, call 562-598-8697.

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 714-468-6887.

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: Meekness is not a trait valued in society today. The loudest voices and those who push hardest seem to get their way, even if it is not the best choice for the majority. But God values meekness. It is the next fruit of the spirit Assembly of God’s

study in Galatians 5:22-23. Pastor Chuck Franco will preach a sermon titled “Meekness Is Not Weakness” on Sunday, July 2, illustrating how Christians can demonstrate a holy meekness in their strength.

Bible Study: “Job,” by Francis Chan, takes students into the chaos Job experienced as he lost everything he valued, to the point of questioning God.

This is a story of redemption and a God who cares and acts on behalf of the faithful, even in life’s most bitter circumstances. A short video lesson is followed

by guided discussion and student interaction.

Contact: More information about the church can be found at www.lwassemblyofgod.com. Those who would like prayer, personal contact from a pastor or a DVD of the sermon can contact pastors Chuck and Sheryl Franco by calling 562-357-4360 or emailing pastorchuck@lwassemblyofgod.com.

Pastor Chuck’s sermons are on the Faithlife app under “Leisure World Assembly of God,” where people can also give online.

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

This week Pastor Bruce Humes will discuss an event that happened to Abram in Genesis 15. After God had shown Abram his descendants would be as plentiful as the stars, he goes on to tell him of the land that he and descendants would possess. God then instructed Abram to bring specific animals, a heifer, a female goat, ram, a turtle dove and a pigeon and then present them as a way of confirming the covenant between them. The sacrifices were then cut in two and lay separated. God then caused a deep sleep to fall upon Abram. God told Abram that his descendants would be strangers in a land that was not theirs, would be enslaved and oppressed for 400 years and ultimately a judgement would

come upon the nation that had enslaved them and afterward God’s people would be freed.

During the dream God appeared in the form of a flaming torch passing between the sacrificed animals as his confirmation of the unconditional covenant between Abram, and his descendants.

What an incredible exhibition of God’s grace. The descendants of Abram, the Hebrews, went into the land of Egypt that was not their own for 400 years, but it was during that time that the nation and people grew to be a great nation as God had promised.

The prophet Isaiah put it like this in Isaiah 55:8-9, “For my thoughts are not your thoughts, nor are your ways my ways,” says the Lord. ‘For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts.’”

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. Ray will also sing a special selection this week.

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

The women’s Bible Study, led by Melli Herrera, will be on summer break from July 3-24.

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

“The Lord is my strength and my shield; my heart trusts in Him, and I am helped. Therefore my heart exults, and with my song I shall thank Him” Psalm 28:7.

Contact

First Christian Church is located on Northwood Road behind Carport 125.

Those who want more information or have a need can call the church message line at 562-431-8810.

Faith Christian Assembly

Faith Christian Assembly’s popular Pray, Share, and Act class is now in progress. It’s not too late to join in, with two of the three meetings left.

Led by Earlene Leming, long-time prison ministry leader and Bible teacher, along with her fellow prison ministry volunteer Suzy Mellen, the class is held in the church’s Garden Room on the first Thursday of each month. The next meeting will be held July 6 from 1-2 p.m.

This is a condensed version of the congregation favorite Pray, Share and Act course that was previously offered for many years, before the pandemic.

During the meetings, participants will learn to PRAY effectively through the power of the Holy Spirit; SHARE in praying for needs and hearing “miracle-answers;” and ACT go forth and touch lives.

All LW residents can join the meetings. After the July 6 meeting, there will be one more class offered on Aug. 3.

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 Thursdays 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 or visit www.FCAchurch.net.

LW Baptist

LW Baptist will meet Sunday, July 2, at 10 a.m. to celebrate the mutual fellowship and joy believers have with the heavenly father and his son Jesus Christ. The book of Job concludes with God’s intervening in Job’s sufferings and delivering him from false feelings of estrangement from God and his fellowman. God comes, removes doubts, and blesses Job’s life in the present and happily ever after.

The men’s Bible Study Group will meet on Monday, July 3, at 10 a.m. to look at the story of Ruth and Boaz, which shows God’s missionary heart. The Energizers group will meet on Wednesday, July 5, at 3 p.m. to apply the truth that “God is my fortress” from Psalm 59.

For more information, call 562-430-8598.

COMMUNITY



The line up for the 2019 Rollin’ Thunder golf cart parade.

ROLLIN THUNDER

Roll through LW in the Fourth of July golf cart parade

Leisure World’s popular July 4 Golf Cart Parade by the Rollin’ Thunder Club is in its final planning stages. This greatly anticipated event will feature dozens of colorfully decorated golf carts, and will follow a route covering most of the community’s main thoroughfares and larger residential streets. Parade participants can finalize

their decorations at 10:30 a.m. in the parking lot of Clubhouse 4. The parade will officially get underway at 11 a.m., concluding an hour later at Clubhouse 6. Parade participants are invited to bring cookies and other refreshments to Clubhouse 4. These will be served at the parade’s conclusion at Clubhouse 6. Membership in the Rollin’

Thunder Golf Cart Club is not required to enter the parade. Parade participants are reminded to charge their batteries or have a full tank of gas prior to the event. Club President Tom Davis will be on hand at the parade to accept club membership applications. Call 562-431-6859 for more information.



McGaugh second graders collaborate on building and testing their own designs for a dam.

Help support local students

Don't miss your chance to catch one of the best fireworks shows in the area from a prime location and dine on delicious food, all while supporting local students. J.H. McGaugh Elementary School's nonprofit Project SEEK is selling a series of 10-person tables at The Boathouse on the Bay, located on the waterfront of Alamitos Bay, for the “Big Bang on the Bay” fireworks display on July 3. These tables at the Boathouse offer a front-row view of the fireworks show and include a buffet hosted by Naples Rib Company. As the event website reads: “Brace yourself for a breathtaking symphony of colors, shapes, and patterns that will illuminate the night and create unforgettable memories.” The fireworks show starts at 9 p.m. Booking a table will directly support Project SEEK, the volunteer-run booster organization that entirely funds both the art and STEM (Science, Technology, Engineering and Math) programs and teacher salaries at McGaugh, the only public school in Seal Beach. All of the proceeds from the sale of the tables will go toward McGaugh’s kindergarten through fifth grade students and their hands-on explorations in art and science. To purchase a table for \$1,500 (or \$150 per individual seat) for a party, email president@projectseek.org or visit projectseek.org for more information.

Battery recycling program returns July 18

The Golden Age Foundation will host a battery recycling service on Tuesday, July 18, in the Clubhouse 2 parking lot from 10 a.m.-noon. GRF ID is required. GAF will collecting approved batteries such as alkaline, carbon zinc, nickel cadmium (NiCd), nickel metal-hydride (NiMH), lithium Ion (Li-Ion), lithium metal, silver oxide, button cell batteries

BATTERIES, page 10

SENIORS FOR PEACE

Athens to discuss composting

The Seniors For Peace Club will meet on Thursday, July 6, at 2 p.m. in Clubhouse 3, Room 9. Representatives from Athens Services, LW’s waste disposal provider, will explain and clarify the mandatory organic waste recycling program to all interested residents. There will be ample opportunity for residents to ask questions regarding the program. The organic recycling program was mandated by the State of California last year to stop huge amounts of food scraps and other organic waste from being dumped into landfills, which releases massive amounts of methane into the environment. The club encourages all Leisure Worlders to attend this important meeting. Those interested in attending should call Pat Kruger at 562-357-4040.





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Humanist Association

The Leisure World Humanist Association will meet Sunday, July 2, in Clubhouse 3, Room 1, at 10:20 a.m.

The guest speaker will be author and religious scholar Bill Zuersher. The title of his talk will be “Consciousness: Brains, Minds and Souls.”

How is consciousness possible? Is consciousness the preserve of human beings only, or do animals, plants and even electrons participate? Can a rational worldview accommodate someone’s everyday concepts of the self, or does a person have a God-given soul to account for their subjective experience, free will and rationality?

Zuersher is an activist for the separation of church and state and the author of “Seeing through Christianity: a Critique of Beliefs and Evidence.” His interest in religion derives from a concern about the role of faith-based beliefs in American politics. Rather than engage in public policy debate about multiple disparate issues, Zuersher has focused on the root cause of all of them.

The Leisure World Humanist Association attempts to provide a forum for topics of interest and relevance for the community.

—Dave Silva

AMERICAN LATINO CLUB

RSVP for Hawaiian BBQ lunch

The American Latino Club will meet on Thursday, July 13, at 11:30 a.m. in Clubhouse 3, Room 2.

The lunch menu will be catered from Ono Hawaiian BBQ in Buena Park. A combination plate will include macaroni salad, white steamed rice and steamed vegetables consisting of cabbage and broccoli. The main entrée will include barbeque chicken, beef or short ribs. Members will have to choose one of the three entrées. The cost is \$17 for members and \$19 for guests.

Payment and choice of entrée must reach Carmen Edwards by Thursday, July 6, either by U.S. mail or dropping it off at 1240 Oakmont Road, 52-K, Seal Beach, CA., 90740. No orders will be accepted after the July 6 deadline. Make sure to specify the name and entrée each person is ordering. No extra lunches will be purchased.

Members will be contacted by email or phone for details. Members and guests may bring their own lunch/drink if they have dietary restrictions.

For more information, call Edwards at 562-431-4257.



Helene Loftus, Mutual 15 (l-r); Judy Nesteby, Mutual 4; and Less Feller, Mutual 15, recently attended a 60th birthday party where the theme was “Dress like the ’60s.” The trio came dressed as hippies. “It was a great party, with wonderful food and music,” said Feller, “Can’t wait for another.”

GAF



Darold and Virginia Holten (l-r) signed up for the Ralphs Community Reward program last week. GAF Board members Beth Greely and Cheryl Falconer assisted with their sign-up process. They’re available each Wednesday in Clubhouse 6 from 9-11 a.m. For more information, text 562-301-5339.

Democratic Club

by Mary Larson
LW contributor

The LW Democratic Club is relaunching its highly successful monthly Voter Awareness Sessions. The first meeting will be on Wednesday, July 19, at 1 p.m. in Clubhouse 3, Room 3. This session will feature a discussion on the upcoming primary election, as well as how the Democratic Party functions at all levels. It will cover topics such as who is running for election and the party’s endorsement processes. Because of the size of the room, attendance will be limited so people are invited to register immediately by emailing beverleybender@gmail.com.

Joanna Weiss will be the club’s featured speaker on July 26. Weiss founded the grassroots organization Women for American Values and Ethics (WAVE). She is running to replace Katie Porter, LW’s current

representative in Congress.

Congresswoman Porter is running to replace Dianne Feinstein in the U.S. Senate. She has been invited to speak at the club’s membership meeting on Aug. 23. The club hopes to hear from Congresswoman Barbara Lee, who is also running to replace Feinstein as well.

The Democratic Club’s board has voted unanimously to support the candidacy of Cypress City Councilwoman Frances Marquez for Orange County Board of Supervisors. She is running to replace current representative on the board, Andrew Do. Supervisor Do’s term in office expires at the end of 2024.

The club’s information booth will not be open on July 4 due to holiday events scheduled in the Clubhouse 6 parking lot.

The club’s nominating committee continues to work on assembling a roster of candidates

for the 2024/2025 SBLW Democratic Club Board of Directors. Anyone interested in serving in this capacity should call 562-296-8521 or 562-594-4156.

Correction from June 22 issue: The Democratic Party of Orange County event scheduled for July 11 is a fundraiser in a private home in Santa Ana, not the DPOC annual gala.

For more in-depth reporting on issues and candidates, Democrats and supporters can subscribe to the club’s free electronic newsletter by emailing democraticclubsblw@gmail.com or calling 562-296-8521. People are asked to include their full contact information, as well as party affiliation.

The Seal Beach Leisure World Democratic Club believes that facts and the truth do matter. Everything appearing in this weekly column and in its bimonthly newsletter has been fact checked.



The Sunshine Club brings neighbors together for good food and fun on July 15.

RSVP for the Sunshine Club’s picnic July 15

The Sunshine Club will host a picnic on July 15 in the Clubhouse 1 picnic area from 10:30 a.m.-1 p.m.

The picnic will be a way for members to socialize and enjoy a lunch of sandwiches and freshly cut watermelons. To sign up, come to the Sunshine Club

on Friday, July 7, in Clubhouse 3, Room 2 before the 10 a.m. presentation to pay. Alicia La Brenche will take RSVPs.

Greenbelt singers Nina De Rosa, Ken Notoreva and Ric Dizon will entertain during the picnic.

In order to participate in

the GRF Life Options Expo, the Sunshine Club will not meet on Friday, June 30. The Sunshine Club will meet on Friday, July 7, with Wendy Wheeler from Sunrise in Seal Beach.

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

RELATIVELY SPEAKING



Mutual 6 shareholders Min Joo and Jong Hae Ra (left) are proud grandparents of Kathryn Min, who has just graduated from UCLA with a sociology/pre-law major with high honors. Kathryn will be interning in Washington D.C. as a congressional intern starting in July while studying for the Law School Admission Test. They wish her the best in her bright future.

BATTERIES from page 9

and all other dry cell batteries.

This includes all household batteries, cell phone and laptop batteries and small, button-type batteries. Place each lithium bat-

tery in a separate bag to comply with recycling requirements.

It is very important for LWers to recycle batteries instead of throwing them in the trash to keep waste fees low and the planet clean.

Note that this service is for

residents household batteries only; no business batteries.

The Golden Age Foundation is happy and honored to be able to serve the community in this area.

For more information, call Carl Kennedy at 661-810-9410.

OBITUARIES

Richard “Red” Ryals
1934-2023

Richard “Red” Ryals went to be with our Father in heaven on June 10, 2023, at the age of 88, in Seal Beach, California. He was a great man who always celebrated life, even in his most difficult times. And Richard was a man who would desire for us to celebrate his life rather than mourn his death.

Richard was a veteran, a man of God, and a warrior. He was born on Oct. 12, 1934, in Long Beach, California. Richard served in the army as a proud soldier from 1957-1959. Richard was an active man of God who regularly served in the church and he was a beacon of light and joy to all of those around him. His love for others was evident in all he did and said. Richard will be greatly missed, but he will continue to live on in our hearts and minds.

Richard leaves behind five beautiful children: Jay Scovill, Linda McClelland, Carolyn Trevino, Michael Ryals, and Lisa Ryals Page, along with many loving grandchildren and great-grandchildren.

Those who want to celebrate Richard’s life, join family and friends on July 7 at 11 a.m. in Clubhouse 4 in Leisure World, Seal Beach, CA.



Kyoko Weaver Ogita
1942-2023

From her husband, Richard:

We held hands in a tender moment at her bedside. She knew her passing was near. As she’d always done, she remembered, even through all the pain, one very important last detail: “Please write a nice announcement for me?”

Her words so childlike, I forced back tears. “Of course. Remember, your notes are on my audio recorder.” She relaxed and gently squeezed my hand.

Kyoko’s roughly three-year warfare with cancer finally ceased in the hours before dawn on Wednesday, June 7, 2023. In those dark years I witnessed her unyielding courage in not giving ground to intense attacks from that debilitating disease, physical decline and final tsunami of pain overwhelming her hospice medications and her courage to live. She had the heart of a lion, yet a tender, enduring and strengthening love for her family and friends.

To her family and LW friends, Kyoko said, “My heart speaks to you in grateful thanks for your love and sweet gifts to me in my last months. Knowing each of you made my life rich and a joy. Your tender support lifted my hopes in those longest days and nights. We share wonderful memories. I remember



you with much love.”

Her story:

Panic gripped the Japanese civilian settlement. The Imperial Army was retreating from the Manchuria. Families had one hour before the last evacuation train departed. To be left behind meant imprisonment or capture. Kyoko’s mother furiously bundled clothing and food together, gathered her four children and fled to the train. Arriving at the port city hours later, it was learned all Japanese soldiers and male civilians, including Kyoko’s father, had already been evacuated by ships. The thousands of women and children would be evacuated in a second convoy. But those ships never returned. Kyoko and her family became immediate refugees.

Born in Manchuria to father Mikio Ogita and mother Kazue Ishiwata Ogita, Kyoko was the youngest of four children. As refugees they faced a harrowing struggle to survive while other refugees perished. Finally, one year later, U.S. and Allied Forces sent ships to evacuate the stranded civilians back to Japan. In Yokohama, life was hard. Too young for elementary school, Kyoko often spent hours alone standing outside the classroom watching her sisters learn their lessons. Kazue divorced Mikio, then raised four children, helped at times by their grandparents. Kazue’s employer forbade childcare at work but a neighbor took Kyoko in after school. She taught Kyoko the skills of knitting, sewing and crocheting skills, which Kyoko improved throughout her life. In high school, to save money, she tailored dresses and clothing for her mother and herself. After graduation, Kyoko attended a business school at night while working full time as a clerk at a shoe manufacturer. She earned a certificate as a Telex Operator. This combination of office and technology skills assured her of higher salaries. She also studied professional Japanese flower design and earned a license. Her designs often evoked praise and professional recognition. She saved money and arrived in Los Angeles in the late 1970s.

She worked three jobs as a telex operator, night shifts as a yarn factory employee and sewing apparel on weekends and lived in the YWCA. Her income increased, she found an apartment and bought a used car. A prestigious commodities trading firm hired her as a telex specialist. She left her other two jobs to attend evening adult vocational classes. She earned certificates in English proficiency and office computers.

Kyoko and her husband, Richard, met at a mutual friends party and dated a few months. One day her neighbor called Richard at work, letting him know that Kyoko was in an emergency room for surgery. She had no family there, so Richard left work and arrived at the hospital to find her asleep and looking weak. He sat at her bedside until she awoke hours

later. Surprised but pleased, both of them sensed they had something special. The couple dated seriously after that, married along their life journey, over 41 years together.

Kyoko rose to become and assistant manager for purchasing at a Japanese aerospace company. Forced to retire after 20 years to care for her aging mother, she travelled back and forth to Japan. When, in mid-life, her husband Richard became totally blind, Kyoko assumed much of his care. Kyoko’s strengthening love and support motivated Richard to seek training and finally successful employment.

The couple moved to Leisure World in 2005. Kyoko was especially found of and a member of the Hula Club, where she also served as treasurer. She loved gardening, had a magical green thumb with plants and flowers (hydrangeas were her favorite) which prompted her to join the Garden Club. She enjoyed many Recreation Department excursions, especially baseball games to watch Shohei Ohtani, her favorite player.

Her joys included traveling to Hawaii, the Grand Canyon, and the Grand Tetons in Yellowstone. Her love of history found her traveling to many ancient Japanese historic sites, temples and even to a monastery in the mountains. There, she discovered ancient writings which traced the Ogita family origins. She loved dogs and would make instant friends with almost any dog on her walks around LW.

Her tenderness and advocacy for people with handicaps was daily practiced. She often stepped away from her hula dancers role to chat with patients watching the performance in different care facilities. She would reassure them, and even danced with them to help encourage them to be hopeful and show them love.

She loved sharing special foods and chats with her Japanese girlfriends and their laughter often filled her home with joy. Christmas season gave her great pleasure in decorating trees, her home, and even her husband. Singing her favorite carol, “Silent Night” would brighten her face as if it was illuminated from deep inside. Although not dedicated to a specific religion, she respected others and held a deep faith that there was a God, whom she might understand in her life journey.

Richard and her care giver were at Kyoko’s bedside as she gently eased in her sleep to eternity.

“I remember each of you with much love,” Kyoko said.

She is survived by her husband, Richard; cousins Yushi Ishiwata and Yoshiko Koda; and her nieces and nephews Mitsi, John Jr. III and Derek Byrum.

—Paid Obituary

- ...
- In Memoriam**
- Robert Jones 62
Irene Miramontez 63
Kelly Pula 55
Susan Pratt 83
Anna Salhus 80
Alma Yax de Tovar 72
Ronald Fleming 81
Patricia Fuimaono 56
Michael Forbes 75
Russell Chaney 76
Elizabeth Buck 91
Don Scruggs 88
- Families assisted by
McKenzie Mortuary,
562-961-9301
- 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 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. For more information, call 562-430-0534, ext. 801, or email laurieb@lwsb.com.

Shredding service returns on July 11

The Golden Age Foundation (GAF) will hold a shredding service on Tuesday, July 11, in the Clubhouse 2 parking lot from 10 a.m.-noon.

In order to have the best service possible, the GAF reminds residents of the following rules:

- Do not arrive earlier than 10 a.m., no one will be there to guard bags or sensitive documents.
- Only use paper or plastic bags to hold documents. Leave the bags open; do not tie the handles together.
- Cardboard boxes will not be accepted.
- Residents are asked to put their bags on the front passenger seat and stay in the car. A GAF volunteer will come to the car to retrieve the bag.
- All shareholders are asked to drop their documents and go once the shredding truck arrives.
- There will be no chairs for people to wait and sit with their documents.
- No magazines or newspapers will be accepted.
- Remove staples and paper clips.
- No electronic devices will be accepted.
- Contaminated bags will be turned away.
- No X-ray scans will be accepted.

All GAF programs are provided free to Leisure World residents. The GAF is staffed by volunteers, so all contributions go directly to meeting community needs. The generous support of shareholders, residents, clubs organizations and businesses is the main source of income. Donations are welcome.

More information go to www.GoldenAgeFdn.org, or text Anna Derby at 562-301-5339.

The LW Weekly

562-430-0534

Meet us at
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SPORTS & GAMES

PICKLEBALL

The Jerry Wrenn Ladder Tournament set for July 8

On Saturday, July 8, the Pickleball Players Club will hold The Jerry Wrenn Ladder Tournament in memory of past president Jerry Wrenn, who recently passed away.

The tournament entry fee is \$5, which includes a barbecue. Sign-ups for the tournament will begin 15 minutes before each level of play.

The tournament will be split into three levels of play with 16 players in each set: 10 a.m.- noon for levels 2.5-3.0; noon-2 p.m. for level 3.5; 2-4 p.m. for level 4+; barbecue at 4:30 p.m.

Players will be assigned a court when they sign up and play their first game. Those who win will go up to the higher court. Those who lose will go down a court. People must play with a different player in each game. There will be six games in all to play. Each game will end when the first team reaches 11 or the 15-minute whistle blows, whichever comes first. Those at the score 10-11 must win by two points.

“After finish of play, we will have a barbecue. There will be no winners, no losers, just fun play,” said club President Linda Evenson.

If attendees are not playing in the tournament but wish to attend the barbecue, the fee is \$5.

“Jerry was one of the original club players from when pickleball started indoors in Clubhouse 1. He was also past president of our club. Just remember, Jerry helped start what we all now get to enjoy,” said Evenson.

Free Monthly Lesson July 11

The Pickleball Players Club is sponsoring a free beginner lesson on Tuesday, July 11, at 10:30 a.m. on the pickleball courts behind Clubhouse 2. The Pickleball Club will loan paddles and balls. The beginner lesson is offered on the second Tuesday of each month. For more information on the lessons, email lwsbpickleball@gmail.com or contact president Linda Evenson at 561-577-3283.



Top three winning 8-Ball doubles teams from the Leisure World Pool Club June Tournament include Tom Zimmerman and Shery Wells (l-r), third place; John Barth and Russ Black, first; Zelma Berkenkamp and Dave Silva, second. The three teams had to do a post-tournament play-off since their regular tournament final scores tied at six wins apiece.

Pool Club held June pool tournament

The monthly pool tournament, held June 21, was an eight ball doubles event for 12 teams. Each team played seven rounds and the top three teams received prize money.

Three teams were tied at the end of the seven rounds with six wins apiece. There was a drawing to determine which of the three teams would receive a bye and would play the winner

of the two remaining teams. Russell Black and John Barth drew the bye.

Tom Zimmerman and Shery Wells won the lag for break against Dave Silva and Zelma Berkenkamp. Berkenkamp missed a tricky cut shot in the side on the eight ball, but Zimmerman scratched on his team's last ball, giving Silva ball in hand for an easy shot on the

eight for the win.

In the final game for first place the game went down to the eight for both teams. Silva made the seven ball in the corner, but left his partner Berkenkamp a very thin cut on the eight in the side pocket. She left Black a long straight-in shot on the eight, which he made to take first place for him and his partner Barth.



John Mount, Loretta Brown, Fred Carpenter, Jack O'Brien and Anita Giroud keep their shuffleboard game sharp.

Shuffleboard courts close July 10 for restoration work, reopen July 31

There are two additional mornings for Shuffleboard Club pick-up game play, July 3 and 5, and then the courts will close for restoration work. The project is expected to be completed by July 31.

The club invites all present and past members to join them for a “Bon Voyage” Potluck on Wednesday, July 5, at 5 p.m. at the Courts Building and the Clubhouse 1 outdoor tables to wish the troubled courts goodbye.

Fall leagues will begin organizing teams and schedules by the middle of August. New players are welcome to join either or both the leagues: Tuesday evenings from 5:30-8, and Friday mornings from 8:30-11. The fall season will play nine games and will end by mid-December. There will be a sign-up sheet starting Aug. 16 at the Courts building for anyone interested in joining a team.

For all Shuffleboard Club questions, call or text Kay Mount at 775-527-0426.

—Kay Mount

Saturday Social Bunco

The Saturday Social Bunco Club meets on the second and fourth Saturdays of every month in Clubhouse 3. Sign-up starts at 1 p.m. and play begins at 1:30.

On June 10 the winners were: Dolores Ruiz and Stella Kaiser, most wins; Mary Milhone and Yvonne Vostry, most buncos; Nancy Floyd, most babies; Marilyn Moody, most losses. The door prize winner was Marianne Matheis.

For more information, call club president Doris Dack at 714-356-0443.

—Doris Dack, president

Men's Golf League Results

Friday Golf

On June 16, 11 golfers and one guest, Daniel Mahoney, played on the nine hole 1,795-yard, par-30 Bixby Village Golf Course in Long Beach. The weather was cool and, surprise, overcast. Initially the course was wet, making reading the greens tricky.

This is the first time the league has played this course and it has no par 5's. Since it is only nine holes the golfers played the course twice for a total par of 60. There is one water hazard which has to be crossed to reach the par-3 second hole. Several par-3 holes are 150-170 yards long, making them a challenge to reach. One par 3 has an inviting donut hole sand trap in the middle of the green. The par 4's are dog-legs with numerous sand traps tee to green. The large greens and tees are in good condition. Fairways had suffered with the drought but are recovering nicely. Along with numerous sand traps and devilishly placed trees, the course was a challenge.

Fujio Norihiro had the fewest putts for the 'A' flight and Bob Munn for the 'B'. Jim Goltra was closest to the pins on both the par-3 second and 18 holes. Bill McKusky had two birdies, Gene Vesely, Gary Stivers, Norihiro, Chris Lankford, Tom Ross, Bob Munn and Lowell Goltra had one each.

A flight winners: Norihiro,

first place, a marvelous 8 under 52; Jim Goltra, second, a good 3 under 57; Stivers, third, a nice 2 under 58; tie between Dave LaCascia and Sam Choi, fourth, at 1 over 61; Chris Lankford, fifth.

B flight winners: Bob Munn, first place, a splendid 8 under 52; Vesely, second, an excellent 4 under 56; Lowell Goltra, third, a fine 2 under 58; tie between McKusky and Ross, fifth.

Monday Golf

On June 19, 13 golfers and a guest challenged the 5,800-yard par-70 Riverview Golf Course in Santa Ana. The course continues to improve after the devastation caused by the heavy rains earlier in the year.

The excellent course conditions were reflected in scores with nine of the 13 golfers net under par. Birdies were carded by Dave LaCascia, Chris Lankford, Larry Hillhouse with two, and Fujio Norihiro. Larry Hillhouse was closest to the pin on the 150-yard par-3 second hole and LaCascia was closest on the 95-yard par-3 ninth hole. Gary Stivers and Lankford tied for fewest putts in the 'A' Flight and William Hillhouse had fewest in the 'B'.

A flight winners: LaCascia, first place, a very well-played 10 under 60; Lankford, second, a hard-earned 5 under 65; Stivers, third, a super 4 under 66; Larry

Hillhouse, fourth, a nice 3 under 67; Norihiro, fifth, a fine 2 under 68; Sam Choi, sixth, at 1 under 69.

B flight winners: Bob Munn, first place, a terrific 3 under 67; Gene Vesely, second, at 1 under 69; 3-way tie between Digna Vesely, William Hillhouse and Lowell Goltra, third; Tom Ross, fourth.

The Monday and Friday Golf Leagues play at four local courses, all within 15-20 minutes of Leisure World. The courses the group plays are always quite full, so advance league reservations are required with a sign-up sheet available at each round.

There is a prize pool for each round. Players are not obligated to enter. Rewards are given for low net in each flight, birdies, closest to the pin on two par threes, and for the lowest number of putts in each flight. Holes-in-one and eagles (2 under par), although infrequent, are generously rewarded.

For more information regarding the club, contact Gary Stivers at 714-313-3697 or Dave LaCascia at 801-674-5975.

—David LaCascia

See more
Sports & Games
on page 19

ARTS & LEISURE



Hula dancers pose with Mutual 12 centenarian Alfred Arrieta.

Hula dancers perform at centenarian birthday

Hui O Hula dancers performed to celebrate the 100th birthday of Mutual 12 resident Alfred Arrieta.

Hui O Hula classes are held twice a week on Tuesday and Thursday. Both classes start at 1 p.m. Tuesday's class is offered upstairs in Clubhouse 6. Thursday's class is given at the Veterans Plaza (or

inside Clubhouse 3 if the weather is unfavorable). All are welcome to take hula dance lessons or just to watch and listen to melodic Hawaiian music.

Dancers are enjoying an unusually busy performance schedule. This week there are four performances. For class information, contact 562-431-2242 or email Jojo@huiohula.com.

GOOD NEWS SINGERS



Soloists from the Good News Singers are busy rehearsing for the upcoming July 15 performance of "Find Us Faithful" in Clubhouse 4 at 2 p.m. The pictured soloists are: Sophia Peng (l-r), Janet Ray, director Judy Creighton, Ruth Bonnema, accompanist William Young, Rob Illingworth, Sue Warnke, Kay Pushman, Susan Kelleghan, Sandy Carlson, Carmen Edwards and Lois Sellars.

Tickets on sale soon for fall and winter bus trips

Many residents have already joined the festivities on trips like "Under the Skin," a tragic-comedic play at the International City Theater of Long Beach, "Otello" at the LA Opera, "Stars on Ice" at the Honda Center, and most recently visited the Angels Stadium of Anaheim while the talented Ohtani pitched and scored a homerun against the Seattle Mariners.

Recreation sold out of tickets for the upcoming Getty Villa trip in July, and to the Pageant of the Masters in August. However, new bus trips will be offered during the fall and winter months.

On Sept. 7, Recreation has a cultural bus trip and tour planned to the Museum of Tolerance in Los Angeles from 11 a.m.-2 p.m. Tickets will go on sale Friday, June 30. Recreation has also secured tickets to Segerstrom Hall on the evening of Sunday, Oct. 22, for residents to indulge in the Broadway musical "Ain't Too Proud: The Life and Times of The Temptations." The musical has been nominated for 12 Tony Awards and secured the 2019 Tony Award for Best Choreography.

During November, residents can visit the Winter Sawdust

Festival and experience a "one-of-a-kind holiday art festival," according to its website. The holiday festivities will persist through early or mid-December, as Recreation returns to Segerstrom Center for Arts to relish American Ballet Theatre's "The Nutcracker." The OC register describes the story of Clara as "jaw-droppingly beautiful." More information to come in the next few months for the winter bus trips.

For more information contact Mayoka at 562-431-6586, ext. 476, or email her at mayokab@lwsb.com.

Bands will return to rock the Clubhouses

Big band swing and jazz: The Velvetones Ballroom Dance Orchestra is Leisure World's own professional big band, playing big band swing and jazz standards. They will perform Sunday, July 2, from 6-9 p.m. in Clubhouse 4. The Velvetones play regularly at LW Clubhouse 4 on the first and third Sunday evenings.

Classic rock, pop and motown: Cabaret Entertainers presents Vinyl Rock Saturday, July 8, in Clubhouse 4 at 7 p.m. The band passionately performs classic rock, pop and motown tunes primarily from the '60s, '70s and '80s.

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.

Country music: On Saturday, July 22, Abilene returns to Clubhouse 2 at 7 p.m. Abilene is Seal Beach Leisure World's No. 1 country rock band going strong for 20 years. Doors open at 6:30 p.m. and the music goes until 9.



Troy Palmer

Dancers work on their swing cuddles.

Leisure Time Dancers

This week the cha-cha class learned a new step, triple cha-chas with breaks. As the class mastered the step, a sequence was developed blending the new step with last week's leader's hand changes. This sequence fills a lot of music, and will look dynamic on the dance floor.

In East Coast swing, the cuddle in/out was reviewed, and then expanded to include a center movement of the partners exchanging places.

Cha-cha is at 2 p.m., followed by East Coast swing at 3. The group meets Monday afternoons, in the dance studio,

upstairs in Clubhouse 6.

The current class series is extended for an additional week, so cha-cha and East Coast swing will be featured on July 3. On Monday, July 10, a new series will start: salsa at 2 p.m. followed by nightclub two step at 3.

No partner is necessary; class will rotate so everyone dances. Beginners are welcome, a review of basics will be included. The cost is \$7 per person for one class, \$11 per person for two classes in a single day. For more information, contact Leisure Time Dancers President Jackie Theis at 310-743-9373.



Segerstrom Center for the Arts presented "SIX: The Musical" June 13-25. Dori Campbell (l) and Debbi Fudge were thrilled to be in the center of the second row on June 16.

AUTHORSPEAK IS BACK

Author Kaira Rouda will speak July 14

The Leisure World Library invites residents to join its next AuthorSpeak event at 11 a.m. on Friday, July 14, next to the Library at Veterans Plaza.

Kaira Rouda is a multi-award-winning, USA Today bestselling author of contemporary fiction that explores what goes on beneath the surface of seemingly perfect lives. Her novels of domestic suspense include "The Widow" and her upcoming novel "Beneath the Surface."

Many of Rouda's books are available to borrow from the library in advance of her visit.

The presentation begins promptly at 11 a.m. People can



Kaira Rouda

arrive as early as 10:30 a.m. to enjoy refreshments provided by the library. Future AuthorSpeak events will be publicized in the LW Weekly.



Eileen Merritt and Mike Dunn

Dancers and Mixers July 4 Dance

The Dancers and Mixers Club invites residents to come celebrate the Independence Day holiday at its dance on July 4 from 7-9 p.m. The club features ballroom dancing to live music provided by Leisure World's own Linda Herman.

The dance is an opportunity for people to wear their patriotic best and celebrate without singeing their fingers. All of the fireworks will be virtual and on the dancefloor at Clubhouse 4. There never is a charge to attend the dances, although donations are appreciated. Everyone is welcome to attend. People can bring their own favorite beverage and snacks. Partners are not needed as there is a mixer and some line dancing; the club has a strong tradition of welcoming new unaccompanied people. Ballroom dancing is a great form of exercise and a fabulous way to meet new people.



Rose Kroll and Siegfried Romano discussing their photo.

Photo Arts Club

The Photo Arts Club will meet Thursday, July 13, at 1:30 p.m. in Clubhouse 3, Room 9.

The assignment is to photograph a person (headshot) in black and white with light shining on a prominent part of the face. The key is to make it a high contrast image. Photo must be very sharp. Members will send only three photos to benbenjamins@hotmail.com to be shown at the next meeting. People can bring photos of their choice to be displayed and to be commented on at the meeting.

Individuals with technical or other questions will be paired with someone who can help them for individual discussion after the meeting. Everyone is welcome. For information about the club, call Regine Schumacher at 562-430-7978.

Leisure World Orchestra

On Friday, June 30, the Leisure World Orchestra will perform during the Golden Rain Foundation Life Options. People can come listen to the group at Veterans Plaza starting at 11 a.m.

The orchestra will also have two more informal performances: short pop concerts on Tuesday, July 25 and Tuesday, Aug. 22.

The concerts will be in the Amphitheater with stage doors opening at 1 p.m. They feature popular tunes such as "Strangers in the Night" and American folk classics such as "Shenandoah" and "Simple Gifts."

The orchestra continues to expand and is always interested in new players. To join, call Chris Gruber at 562-884-5763 or email chris.p.gruber@gmail.com.

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.

The library is open Monday-Saturday from 9:30 a.m.-3:30 p.m. Faxes are not sent past 3:15 p.m. to allow time for closing procedures. For more information, call the library at 562-598-2431.



Ellen Brannigan

Community Karaoke

Ellen Brannigan set the tone for karaoke night singing "What a Wonderful World."

A parade of 30 singers entertained the audience with a variety of songs like Vickie Van Ert's "My Guy" and Mariza Jouquin's lively "Diana." Anna Le did a dramatic "Till." The audience heard a strong "Don't Be Cruel" from Frank Miller. Many dancers had fun as Shannon Harrison sang "The Twist." People hummed along with Nina Todorov's "Que Sera Sera." With lots of personality Sally Glausser sang "Potion No. 9." Wayne Urban shook up the audience while singing "Jackson." Some soothing numbers were sung by Richard Yokomi, Barbie May, Elizabeth Butterfield and David Noble among others.

Karaoke practice will be available in Clubhouse 6 on Monday, July 3, to polish a favorite tune. People can find patriotic songs in the Artist Song Book to celebrate on Wednesday night in Clubhouse 1. Everyone is welcome.

—Margie Thompson

Grab 'N' Go Menu June 29-July 5

Thursday: Domino's Pizza in Clubhouse 6—Call ahead at 562-493-2212 for special orders, wings and salads. Business will be onsite from 3:30-7 p.m.; cash and cards accepted.

Thursday at the Amphitheater Show: Lucille's BBQ, Koffel's and Mandi's Candies—No advance orders allowed; opens at 5:30 p.m.

Friday: Berlin Truck at the Life Options Expo at Veterans Plaza (see page 2)—Gourmet sausages, grilled cheese and more.

July 4 Car and Craft Show: Taco Tuesday Truck and Lucille's BBQ—On-site from 10 a.m.-1 p.m.; cash and cards accepted; no preorders.

For questions or feedback, call 562-431-6586, ext. 398.

On call bus service is available from 4:30 p.m. on; regular service before 4:30 p.m.; weekends on-call any time. To get a ride, call 562-431-6586, ext. 379.

Vendors are subject to change; watch for updates on LW Live.

Sign up for LW Live at www.lwsb.com/lw-live-sign-up/.



Sherie Vanek (l) and club president Martha Destra

Doo Wop Club

The Doo Wop club will host a Summer Woodstock-themed dance party in Clubhouse 2 on Saturday, July 15. Doors open at 6:30 p.m. and the show starts at 7.

The entertainment lineup will feature songs from a variety of music styles and artists from the 1969 festival and other late '60s favorites. Doo Wop dancers will lead the audience with sing-along lyrics, and all guests are invited to the dance floor.

The event is free and will feature free cookies and coffee. Donations are always appreciated.

—Lu DeSantis



Bob Groncki (l-r), Leonard Perez, Bob Barraza and Mark Van Holsbeck.

Basset Hounds performance

The Bassett Hounds band will perform Friday, July 7, in Clubhouse 2. Doors open at 5:30 p.m., music from 6-8 p.m. Admission is free and donations are encouraged. All are welcome. The performance is brought to residents by Coconut Breeze.

SUMMER FUN

Amphitheater movies begin July 7

Movies will be shown on the gigantic screen at the Amphitheater on Friday nights starting at 8:30 p.m. LW residents are invited to bring friends and family for a free movie night.

The Minibus has "on call" service to movies beginning at 7:15 p.m.

Call 562-431-6586, ext. 379, and a bus will arrive within 10 minutes. A bus is available to take residents home after the movie.

• **July 7—Top Gun Maverick:** After 30 years, Maverick is still pushing the envelope as a top naval aviator, but must confront ghosts of his past when he leads Top Gun's elite graduates on a mission that demands the ultimate sacrifice from those chosen to fly it.

PG-13 | 2h 10min | action, thriller

• **July 21—80 for Brady:** A group of friends made it their life-long mission to go to the Super Bowl and meet NFL superstar Tom Brady.

PG-13 | 1h 38min | comedy, drama, sport

• **Aug. 4—Jurassic World Dominion:** Four years after the destruction of Isla Nublar, Bio-

syn operatives attempt to track down Maisie Lockwood, while Dr. Ellie Sattler investigates a genetically engineered swarm of giant insects that threatens the world's food supply.

PG-13 | 2h 27min | action, adventure

• **Aug. 18—The Fabelmans:** Growing up in post-World War II-era Arizona, young Sammy Fabelman aspires to become a filmmaker as he reaches adolescence. But soon he discovers a shattering family secret, which motivates him to explore how the power of films can help him see the truth.

PG-13 | 2h 31min | drama

• **Aug. 25—Black Panther: Wakanda Forever:** The people of Wakanda fight to protect their home from intervening world powers as they mourn the death of King T'Challa.

PG-13 | 2h 41min | action, adventure, drama

• **Sept. 8—Elvis:** The life of music icon Elvis Presley, from his childhood to becoming a rock and movie star in the 1950s while maintaining a complex relationship with his manager.

PG-13 | 2h 39min | biography, drama, music

HEALTH & FITNESS



June 9 top losers: Shirlene Bradrick (l) and Ruth Depuy.



Carol Darnell (l), first place winner of the spring contest and the June 16 top loser Joyce Brannon.

Wa-Rite

On June 9, Shirlene Bradrick and Ruth Depuy shared the top loser honors by losing 11 pounds total. Depuy attributed her success to “putting an effort into doing what feels right.” The Coastline Community College fitness instructor Judy Aprile also encouraged the club members to keep moving even while watching TV, such as ankle flexes and seated marching.

On June 16, the club celebrated members Joyce Brannon and Carol Darnell. Darnell took home cash and bragging rights for her first-place win in the spring contest, and Brannon earned a title of a top loser by losing 2.5 pounds. The club’s total weight loss for the week was 10.5 pounds. Brannon also shared a powerful and

WA-RITE, page 18

Meals on Wheels Long Beach

Meals on Wheels of Long Beach, Inc., delivers freshly cooked meals for \$9.75 per day Monday-Friday, between 10:30 a.m.-12:30 p.m.

Deliveries include an 8-ounce carton of 1 percent milk. An alternate dessert is available for those on a diabetic diet.

Contact Client Manager Caron Adler at 562-439-5000, ext. 1, or visit www.mowlb.org to complete an online application or cancel a meal for the following day, before 9 a.m. the prior business day.

Thursday, June 29

Roast turkey with sage gravy, cornbread stuffing, peas and carrots, banana, roast beef and cheese sandwich with lettuce, tomato and pickle, and a homemade potato salad.

MEALS LB, page 18

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 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 29

Salisbury steak with mushroom gravy, mashed potatoes, mixed vegetables, breadstick and sugar-free pear crisp.

Friday, June 30

Chili cheese hotdog on whole grain bun with coleslaw, relish, ketchup and mustard, chips, orange-pineapple juice and sugar-

MEALS OC, page 18

JOYFUL LINE DANCE



On Thursday, July 13, the Joyful Line Dance Club will have a summer line dance party in Clubhouse 2 with sumptuous, authentic Korean food for lunch. The party is from 10 a.m.-12:30 p.m. or until attendees are too tired to dance anymore. People can sign up with Chong Hee Kim during the regular class. There will be no class on July 13. For more information, text 562-301-5339.



The LW Bike Club enjoyed breakfast at Glory Days in Seal Beach recently. The club meets on Sundays with breakfast 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.

Fitness Fusion

Evelyn Kim, Fitness Fusion Club member, practices the weightlifting dragon walk and cardio exercise with a small jogging movement, both of which get the blood pumping and strengthen the heart muscles.

Fitness Fusion meets on Tuesdays at 10:30 a.m. in Clubhouse 6, and Thursdays and Saturdays 10:30 a.m. at Veterans Plaza, and incorporates 18 different exercises in each class. People can bring their own weights to Veterans Plaza for additional resistance. Everyone is welcome.



Evelyn Kim

Al-Anon

The Leisure World Al-Anon Club meets at 9:30 a.m. on Mondays in Clubhouse 3. The group meets in Room 8 on the second and fourth Mondays of the month, and in the hearing-assisted room 7 on the first and third Mondays.

Al-Anon is a 12-step program for family and friends of alcoholics. For more information, call 562-598-6121.

Fall prevention workshop July 5

Everyone is welcome to attend the next balance and physical literacy workshop on July 5 from 11 a.m.-noon at Optum HCC Large Conference Room. It is held on the first Wednesday of the month.

This interactive hybrid style seminar, presented by Renue Health clinical kinesiologist Christel Mitrovich, provides a lecture and exercise demonstration to LW residents on balance and fall prevention, and how to increase strength and reduce pain and risk of injury.

Optum HCC Events

Physical Literacy and Emotional Balance

When: Wednesday, July 5
Where: HCC Large Conference Room
Time: 10-11 a.m.

Christel Mitrovich and Renue Health are back with the basics on fall prevention and physical literacy. RSVP to 562-493-9581 or stop by.

Medicare 101

When: Tuesday, July 11
Where: HCC Large Conference Room
Time: 10-11 a.m.

The representatives from SCAN will answer any Medicare related questions.

Laughing for the Health of It

When: Wednesday, July 12
Where: HCC Large Conference Room
Time: 10:30-11:30 a.m.

Laughter is scientifically proven to turn any frown upside down. Everyone is welcome.

Red Cross Blood Drive

When: Friday, July 14
Where: Optum HCC
Time: 9 a.m.-2 p.m.

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MEALS OC
from page 15
free ice cream.

Monday, July 3
Cream of spinach soup with sugar-free crackers, tarragon chicken salad with yogurt dressing, lemony orzo salad, and mandarin orange.

Tuesday, July 4
Closed in observance of Independence Day.

Wednesday, July 5
Ground turkey Bolognese, bow tie pasta, Italian vegetable blend, parmesan cheese, whole wheat dinner roll with Smart Balance, and a tropical fruit mix.

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MEALS LB
from page 15

Friday, June 30
Herb-roasted pork loin with brown gravy, oven-browned potatoes, zucchini with tomatoes, fresh orange, chef's salad with turkey, ham, egg, tomato, bacon, blue cheese dressing and crackers.

Monday, July 3
Barbecue chicken leg and thigh, mashed sweet potatoes, seasoned broccoli, mixed melons, chicken salad sandwich with spinach and tomato, and marinated beet and onion salad.

Tuesday, July 4
Closed in observance of Independence Day.

Wednesday, July 5
Homemade meatloaf with mushroom gravy, garlic and chive mashed potatoes, creamed spinach, banana, roast beef and cheese sandwich with lettuce, tomato and pickle, and a homemade macaroni salad.

Balance and Stability Class

The next Balance and Stability class is July 18 at 10 a.m. in the Clubhouse 3 Lobby. Bring water and a smile.

WA-RITE
from page 15

candid portrait of her 35-year long journey with significant heart disease.

The club will return to programs after its last meeting of the month on June 30 and the first meeting of the month on July 7. On July 14, club member Linda Rich will speak on the importance of hydration. Those interested in better health, more energy and some light-hearted camaraderie are welcome to visit up to three meetings before deciding to join.

Wa-Rite meets every Friday in Clubhouse 3, Room 1, from 9-10 a.m. Weigh-ins are from 8:15-8:45 a.m. Annual membership is \$10. Weekly dues are 10 cents.

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Hospital-Bed 36" Wide. Fully-Electric/Mattress-and-Cover/ Inflatable-Mattress-Topper/ Deluxe-Pressure-Pump-Included/ Safety-Side-Rails. Topper makes it comfortable! On-Wheels for easy moving. Wheels lock in place. New/\$2,100. Asking/\$300. Mutual-7/You-Must-Pick-Up/562-400-8075.

Estate Sale by Jennifer and Denise. 13450 St. Andrews Drive, Mutual-12/Unit-73H. Thursday/June-29th, Friday/ June-30th/9:00am-2pm. This home is a Collector's Dream! Owned by a retired decorator designer at Knotts Berry Farm. Every inch is filled with amazing one-of-a-kind Vintage and Collectible-Treasures. You will find Knotts Memorabilia/Toys/ Games/Dolls/Pottery/1940-Bedroom-Set/Records/ Religious/Nostalgic-Kitchen/ Home-Dcor. Sofa-Bed/Men's-clothing-Medium/Shoes. Lots of Christmas/Halloween/Easter for decorating. For entry through Leisure-World main-gate, call/ text Denise/714-234-8842 with your name by Wednesday. POB 427, Seal Beach, 90740. Seal Beach Business License 14206514.

FREE ITEMS

Antique-Coins, Comic-Books, Stamps. Available Monday-Friday/9:00am-3:00pm. MUST call for appointment 562-594-3975.

Couch and Table available. For details call 562-799-0198/Mutual-6

leisure list, SB



M1 - 28A

2 Bedroom 1 bath corner, facing greenbelt. Drive up potential. Close to the Golf course & Clubhouse 1.

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Mutual 2-18L

Sold

\$465,000

Beautiful 2 bedroom 1-1/2 bath corner unit with side patio, move-in ready.

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

Leisure Living Resales

Robin Gray

Over 26 years of Leisure World Experience DRE 01027333

(562) 209-5605







Happy 4th of July



Mutual 2-47C

\$454,900



Under Contract

BEAUTIFUL Unit - BEAUTIFUL Setting!

Light and bright open concept floorplan - the remodeled kitchen, dining room and living room all flow so nicely! This fully expanded and remodeled home has two bedrooms and one bath. The master bedroom has a walk-in closet and the 2nd bedroom/den has pretty French door slider that overlook the huge living room. Granite counters, washer/dryer, 3 heat pumps, skylights, smooth ceilings, laminate wood look floors, bay windows with Plantation Shutters that overlook the

BEAUTIFUL GREENBELT!!

Mutual 4-52J

\$450,000



Pending

FABULOUS GREENBELT and a GREAT UNIT!!

Fully expanded with so much added storage! Large living room/dining room with built-ins and book shelves, remodeled kitchen with added counter space, storage and breakfast bar and the remodeled bath has dual sinks! Master bedroom has a walk-in closet plus an extra wardrobe closet, the 2nd bedroom/den has French doors that open to the living room and 2 closets - one with a built-in desk! Washer/dryer, central heat/air, skylights, laminate wood look floors, smooth ceilings, Plantation Shutters, dual pane boxed bay window with seating so you can sit and enjoy the **FABULOUS GREENBELT!!**







Pending

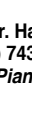
Mutual 11-265-A \$495,000

13926 Seal Beach Blvd., Seal Beach, CA 90740


Mr. Hank
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(562) 493-6601
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NEW LISTING



Mutual 1 – 47h Thunderbird
1B/1Ba on large greenbelt, Dual Pane Windows, Laminate Vinyl Flrs., Stunning Kitchen w/Stainless Appl., Granite Counters, Heat/Air Pump, Skylights, Smooth Ceilings, All New Construction. Parking is next to the unit. MUST SEE!
Completely Remodeled @ \$245,000

Mutual 12 – 77h Glen View
2B/1Ba, L-Shape w/tile patio, NEW Floors & Paint, Granite
SOLD OVER ASKING! \$345,000

NEW LISTING



Mutual 15 – 21b McKinney
2B/2Ba Downstairs Corner Great Location, Expanded, Granite Counters, Smooth Ceilings, Heat/Air Pumps, Bamboo Flrs., Washer/Dryer, Dual Pane Windows + more!
UPGRADED NICE! @ \$425,000



*****CLOSED TRANSACTIONS*****

Listed 10-238b	Listed 15-29j	Listed 14-19e	Buyers Agt. 7-164l
Listed 15-22a	Listed 7-163k	Listed 2-37i	Buyers Agt. 15-11d
Listed 15-43e	Listed 5-115i	Buyers Agt. 7-176c	Buyers Agt. 10-248c
Listed 15-10f	Listed 7-158b	Buyers Agt. 14-25e	Buyers Agt. 4-47j
Listed 5-103l	Listed 14-18b	Buyers Agt. 12-64g	Buyers Agt. 10-249b

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Claudette "CC" Cooley
310-484-9600



Estee Edwards
562-208-2540

Mutual 1-30K **\$219,000**
Quaint unit with potential

One-Bedrooms

Mutual 1-26B **\$229,000**
Beautiful greenbelt and view of trees



Mike Varipapa
562-235-7413



Leah Perrotti
310-889-6583

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

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

Two-Bedrooms

Mutual 12-39E **\$374,000**
East facing unit, completely re-modeled

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

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



Bill Berman
714-606-5258



Hanna Rubinstein
562-900-4243



Jay Cho
714-944-4998



Philip Bak
213-550-9991



Fay Wescott
949-212-8748



Kawain Payne
714-293-1151



Adrian Villarreal
714-694-3291



Conrad Rodriquez
562-746-1960



Chris Kim
424-247-4542

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Associate Broker
DRE # 00744676



Sean Wood
Realtor®
DRE# 02186926

562 514-6613



Gloria Hadley
Realtor®
DRE # 01057681

Mutual 1-30K \$219,000

Great location for this one bedroom one bath unit which is close to downtown Leisure World and the shopping center. The living room is carpeted and has Vertical Blinds. The kitchen has tile flooring, built in Leisure World appliances including a stove, oven, refrigerator, and has an added ceiling fan and skylight. The bathroom has tile flooring, cut down shower for walk-in convenience, and skylight. The bedroom is carpeted and has a wardrobe closet. The very private patio is screened has a side view of a pretty Greenbelt. You can walk to downtown Leisure World, the gym, golf course, pool, jacuzzi, amphitheater, health care center and shopping center. Located in the resort-like community of Leisure World Seal Beach which features over 200 clubs organizations and activities. Enjoy Seal Beach and it's wonderful ocean breezes.



Mutual 1-26B \$229,000

Don't miss out on this expanded one bedroom 1 bathroom cottage located on a fabulous Greenbelt. This terrific one bedroom has a spacious living room with leaded glass door entry. The living room is carpeted and has an added heat pump with an air conditioning unit. The kitchen has built in Leisure World appliances including a stove, oven, refrigerator, and has an added skylight and ceiling fan. A skylight has also been added in the bathroom. The bedroom is carpeted, fully expanded, and features a second closet with sliding glass doors and a sliding glass door to the patio. This unit has lots of potential and has double pane windows and a private patio with a beautiful green belt view.



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.



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.



Mutual11-273L \$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.



PENDING

Mutual4-77E
Mutual2-29E

**SOLD
2023**

Mutual 11-268F
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

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For 2023, We have a total of **44** pending and closed sales.
Buyers are anxiously awaiting the perfect floor plan for their needs! It may be yours!



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.



In Escrow
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!



Price Improvement!
13700 El Dorado Dr 32H | M3 | \$569,000
Reimagined 2bed/2bath home on greenbelt location, chef's kitchen, tiled showers, quartz countertops, stainless appliances, central AC, washer/dryer, no detail spared!



New Listing
13381 Del Monte Dr #28I | M14 | \$349,000
2Bed/1bath fully expanded unit with windows across the front of the home. Dining room, AC heat pumps, skylights throughout. laminate floors, microwave, and large additional storage closet.



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
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!

06/26/2023 - Year To Date MLS Activity

■ For Sale

■ In Escrow

■ Closed Sale



Month	For Sale	In Escrow	Closed Sale
Jan	55	38	15
Feb	50	40	25
Mar	55	55	20
Apr	68	50	38
May	65	45	30
Jun	52	62	28
July			
Aug			
Sept			
Oct			
Nov			
Dec			

On June 26th, 2023 a total of 52 units show as active listings on the CRMLS
(this is where Realtors list property for sale)

10 - 1 bedroom/1 bath units
from \$219,000 to \$290,000

25 - 2 bedrooms/1 bath units
from \$275,000 to \$500,000

17 - 2 bedrooms/2 baths units
from \$349,000 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!



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4TH OF JULY

RAFFLE



ENJOY A 4TH OF JULY THEMED GIFT BASKET WITH \$100 VISA GIFT CARD TO CELEBRATE OUR INDEPENDENCE!

4TH OF JULY BASKET DRAWING
WILL BE ANNOUNCED JULY 6TH.
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M8 - 84F \$390,000

Fully Expanded with a Gorgeous Greenbelt View



M15 - 37L \$349,000

Large 2 bedroom 2 Bath Upstairs unit



M11 - 283J \$258,000

Beautiful expanded 1 bedroom on a Green Belt



M12 - 76L \$529,000

Beautiful remodeled 2 bedroom 1.5 bath unit



M3 - 9B \$225,000

Nice basic one bedroom with all Dual Pane windows



M1 - 1D - \$290,000

Beautiful expanded one bedroom on a greenbelt



M4 - 81E - \$247,000

Very nice one-bedroom unit; Enclosed patio; On lovely green



M12 - 73H \$329,000

Partially expanded 2 Bedroom 1 bath



M9 - 220C - \$275,000

Basic 2 bedroom one bath



M9 - 208D - \$369,000

Fully Expanded 2 bedroom 1 bath



M10 - 238H \$325,000

Lovely Drive up 2 Bedroom 1 Bath



Dawn Januszka
Broker
DRE #02110501



Ginny Houck
Escrow Officer



Verna Chumley
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