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ABILENE WILL HOST BOOT SCOOTIN' DANCE THIS SATURDAY

See page 12.



CAR SALE THIS SATURDAY

See page 3.



RESTORED SHUFFLEBOARD COURTS OPEN FOR PLAY

See page 8.



LW's Main Gate

## What to know about upcoming RFID tags

Have questions? GRF has answers. Dive into the comprehensive answers staff has gathered to frequently asked questions related to the upcoming gate access program.

### When will the gate access system go live?

The goal is to go fully live with the system sometime by the fourth quarter of the year (October-December). There are a few milestones to hit before the timeline is narrowed down. These include: successful import of data to the new software, completion of RFID tag distribution, approval by the Orange County Fire Authority and final installation of the barrier arms and license plate recognition (LPR) cameras.

### What is RFID?

RFID stands for radio frequency identification. An RFID reader can read an RFID tag from a certain distance. With a valid RFID tag, the barrier arm will raise, allowing a vehicle to pass into the community.

### Where will the RFID tag be placed on my car?

The RFID tag is a headlamp tag and will be placed on the left side front headlamp of your vehicle.

### Do I have to pay for an RFID tag?

Each member will be issued one RFID tag for free (one tag per member). Additional tags can be purchased, up to the number of vehicles permitted by your

RFID, page 2

## HANDS-ON DEMONSTRATION

## CINC resident portal training sessions

The GRF has transitioned to a software system called CINC, which includes Mutual account history, documents, communication and more payment options for residents. CINC resident portal training sessions are scheduled for 1-3 p.m. on Monday, July 31; 10 a.m.-1 p.m. on Tuesday, Aug. 1; and 10 a.m.-1 p.m. on Wednesday, Aug. 2. All training is held in the Learning Center in Clubhouse 3.

Staff will be onsite to give residents hands-on demonstrations of the CINC system and help them register via the online portal. RSVPs are not required. Walk-ins are welcome.



Today at the Ampitheater...

## Anthony Bernasconi as the soulful Michael Bublé

Anthony Bernasconi will perform as Michael Bublé, performing the artist's hits as well as classic swing and jazz standards.



Anthony Bernasconi

## Michael Buble Tribute July 20 | 7:30 p.m. Amphitheater Stage

Anthony Bernasconi will take the stage performing as a soulful Michael Bublé crooning classic swing and jazz standards and giving them a modern day feel. Bernasconi has mastered Bublé's buttery vocals and couples that with a mesmerizing stage presence.

He perfectly emulates the effortless class that Bublé so famously exudes. Bublé's music has been nominated for 10 Grammy awards—four of which he won—and 30 Juno awards (the

Canadian Grammys), 11 of which he won. He's also scored four No. 1 albums on the Billboard 200. His hits include "Haven't Met You Yet," "Feeling Good," "Home" and "Sway."

Bernasconi has captured the velvet voice and smooth moves that have famously reinvigorated the next generation of artists. With an easy-going disposition and a million-watt smile, Bernasconi has created an immersive experience that is sure to delight Bublé fans of all ages. Come and enjoy Bublé's greatest hits accompanied by the standards that continue to stand the test of time.

See page 14 for the full season schedule and for a list of Amphitheater rules.

## OBITUARY

## Remembering former GRF Board president Thomas Barratt

by Ruth Osborn  
rutho@lwsb.com



Then-GRF President Thomas Barratt with librarian Sharon Arnold Rasp dedicating the LW Library expansion in 2007.

Former Mutual 15 resident Thomas E. Barratt, who served as GRF director from 1998-2013, died June 28, 2023, at the age of 85 in Duluth, Minnesota. That is where he and his wife, Mary Jean, moved in 2013 to be closer to family.

During his 16 years of GRF service, he served six terms as president of the board, two terms as vice president, four terms as treasurer and one term as corporate secretary.

Barratt's community service in LW began in 1995, when he was appointed president of Mutual 15. He stayed on the Mutual board until he was elected to the GRF board in 1998. He became GRF president in June 2000 at the age of 62, taking over from Mildred Tuttle.

During his tenure, the GRF Board opened a new Health Care Center in 1998, oversaw the millennium celebration in 2000, dedicated Veterans Plaza in 2004, expanded the Minifarms in 2006 and dedicated the newly expanded LW Library in 2007. He was instrumental in opening North Gate Road in 2008 and chaired LW's 50th anniversary committee, which executed a memorable celebration, including a parade, country fair, entertainment, three

BARRATT, page 3



RFID  
from page 1

Mutual per the fee schedule, to be determined by the GRF Board of Directors.

What if my tag is lost/de-stroyed/etc?

You may purchase a replacement tag at a fee to be determined by the GRF Board. Exceptions would be on a case-by-case basis.

How many RFID tags do I get and at what cost?

The initial issuance of RFID tags will be one per member (vehicle) at no charge.

I have additional cars, can I get more RFID tags?

You may purchase additional RFID tags up to the number of vehicles permitted by your Mutual per the fee schedule to be determined by the GRF Board of Directors.

Do motor scooters or bicycled need an RFID?

You are not required to purchase an RFID tag for motor scooters or bicycles. Please continue to show your GRF ID to enter the community.

Are decals going away?

No, decals are not going away. Decals are for recognition of the vehicle for your Mutual.

Can I get an RFID tag without a decal?

No, you must have a valid decal to get an RFID tag. Before getting an RFID tag, please be sure to visit the Decal Office to obtain a valid decal.

Will we still get the four annual guest passes?



Residents packed Clubhouse 4 on July 12, for an all-department town hall. Security Services Director Victor Rocha fielded questions, many of which were focused on GRF's impending RFID gate access program.

No, the four annual guest passes will not be issued in 2025. Instead, each unit is permitted up to four guests to be listed as permanent guests in the new system—Proptia.

What is a permanent guest?

A permanent guest is a person you designate as always being permitted into the community.

How many permanent guests may I have?

You can list up to four permanent guests; other guests can be called in as a temporary guest.

How does my permanent guest get into the community?

Upon the first entrance to the community by your permanent guest, they will need to stop and show the gate guard their ID. After confirmation, they will

be printed a pass good for 90 days entry.

How does a permanent guest get an updated pass?

Once a permanent guest's paper pass expires, they simply stop at the guard gate, present their driver's license and they will receive a new printed pass good for another 90 days.

Can I change my permanent guest?

Yes. Simply report the changes to the Security Office or update your guests yourself through the Proptia portal.

Can I still call in guests?

Yes. You can still call in guests to the Security Office. You will need to provide your confirmation code to verify you are authorized to call in guests.

What is a confirmation

code?

A confirmation code advises Security that you are authorized to call in visitors. This can be a number code or a word.

Is there another way to add a guest for entry?

Yes. With our new Proptia software, you will be able to set up a login to the online portal. In this portal, you can add and remove any temporary or permanent guests as you wish.

What is a mobile pass?

A mobile pass is a pass that can be emailed to the guest coming into the community prior to entry.

How does a guest use a mobile pass?

The guest will show the mobile pass to the gate attendant. At that time, the attendant

will print a paper pass for the guest to place on their vehicle's dashboard.

How do I know my guest was put in the system?

You will now have the option to opt into notifications by email, text or both when a guest is successfully registered into the system.

Can I be notified when my guest comes through the gate?

Yes. You will now have the option to opt in to notifications by email, text or both when your guest is scanned in at the entrance gates.

Do my guests still have to check in at the main gate?

No. Now, your guests can go to any of the three entrances to be allowed entrance into the community.

Will there still be traffic control at the main gate?

Yes. Traffic control will still be present to ensure the flow of traffic at the main gate.

What is an LPR camera?

A LPR camera is a license plate reader camera. These cameras will be stationed at the entrances and exits of the community to capture the license plates of each vehicle.

Why are there going to be LPR cameras?

The LPR cameras capture a license plate so it is automatically printed on the pass. This will also further assist the Seal Beach Police Department in any police investigations.

Optum

# Have questions?

Call the Health Care Center (HCC) nurse line

The HCC concierge nurse line is staffed by registered nurses. They can help you make the best decisions for your health. They can also help answer questions like:

- Should you go to the emergency room?
- Where's the nearest urgent care?
- Does your doctor need to see you first?
- How should you take your medicine?



Available for all Leisure World residents 24 hours a day, 7 days a week.

For more information, call 1-562-795-6216, TTY 711. Or visit [optum.com/bettercare](https://www.optum.com/bettercare)

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ATENCIÓN: Si habla español (Spanish), hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al 1-800-403-4160, TTY 711.

請注意：如果您說中文 (Chinese)，我們免費為您提供語言協助服務。請致電：1-800-403-4160, TTY 711。

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## BARRATT

from page 1

themed dinners and a host of other fanfare, in 2012.

Mary Greytak, 101, of Mutual 6, remembers that June day in 2012. She and her late husband, Gary, had set up a booth for their Cribbage Club, and it was a busy day with a lot of moving parts for her, Gary, Tom and Mary Jean.

“After it was all over, we were just exhausted,” Mary recalled, “and we went to a little restaurant and sat outside under a full moon. There was a breeze, and we had one little drink to celebrate that it was all over, and it went so well. It’s just one of so many good memories.”

Barrett is perhaps best remembered here for his unflappable leadership during turbulent years when Leisure World was at a legal crossroads: Was the community a nonprofit corporation, as was its designation since the 1960s, or a common interest development subject to the transparency and accountability provisions of the Davis-Sterling Act? Davis Sterling requires that certain association records be made available to residents.

For four years ending in 2008, the GRF was embroiled in a lawsuit seeking to redefine LW. The suit was filed by seven LW residents.

The GRF contended that Leisure World was structured differently from most private communities, such as gated subdivisions and condominiums that are ruled by homeowners’ associations, and that the laws for these associations did not apply.

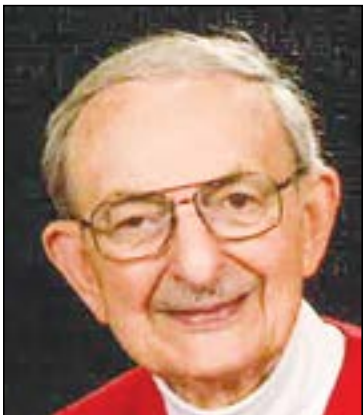
Some residents disagreed, saying LW was a homeowner’s association, and financial and management records should be open.

The California Fourth District Appellate Court ultimately ruled in favor of the residents in a countersuit that the Golden Rain filed against them. The decision reaffirmed a lower court ruling that the GRF is indeed a common interest development so it must follow state rules governing homeowner’s associations.

The results of the closely watched case redefined how retirement communities like Leisure World are governed. The lawsuit ultimately became case law for California.

It was a time of conflict, drastic change and high emotion on all sides of the issue, but through it all, Barratt persevered with a unifying influence.

“Through his leadership and educational columns in the weekly paper, Tom tried hard to



Former GRF President  
Thomas Barratt

keep the shareholders informed about the ramifications of having GRF declared a HOA,” said Mary Milhone of Mutual 2.

“I also have fond memories of his many efforts to set up the computer lab in Clubhouse 5 for shareholder use and to have computer lit classes. I was employed as an adult ed teacher for Garden Grove Unified School District at the time, and he allowed me to teach the very first class! He also taught at the lab for many years.”

Barratt also served as president of the Golden Age Foundation, Leisure World’s philanthropic self-help organization.

Joan Shramek remembers his service and how Barratt encouraged her to accept the GAF presidency, which she held

for three “wonderful years. I could not have done it without him,” she said. “I have lost a dear friend. He and (Shramek’s husband) Frank are chatting like old times in heaven now.”

Barratt was born on April 6, 1938, in Pasadena, California. He grew up in Southern California and enjoyed surfing, tennis and sailing. He met and married his wife, Mary Jean, in 1965. He earned a history degree from California State University, Los Angeles. History remained a lifelong interest. He spent a lot of time helping to collect and curate Leisure World’s history as a member of the LW Historical Society, a group that thrives today under the leadership of Margaret Gillon.

Barratt also graduated from the Air War College, beginning a 37-year career of military service. He enlisted in the California National Guard serving part time as second lieutenant.

He became a full time California National Guardsman a few years after he and Mary Jean married, commuting to Santa Monica and then to Los Alamitos, where the couple relocated when his guard unit moved there.

He eventually joined the United States Army Reserve in Los Alamitos, and from there,

he was promoted to colonel and given a new assignment in Forest Park, Illinois. When this four-year assignment ended, he retired from the U.S. Army. The Barratts returned to California, choosing Seal Beach Leisure World as their home for the next 20 years.

After 48 years of southern California living, Tom and Mary Jean moved to Duluth in 2013. He served for nine years as treasurer for their senior cooperative in Duluth, a port city on Lake Superior.

The couple enjoyed life there, with its ever-changing seasons, the Duluth Playhouse and the Duluth Superior Symphony Orchestra.

Throughout their marriage, the Barratts traveled extensively in the United States, Europe, Australia and China, and enjoyed lives as adventurous diners.

“He believed in treating all humanity with kindness and fairness,” said Mary Jean.

Survivors include his wife of 57 years, Mary Jean Barratt of Duluth, Minnesota; sister Sally Van Sittert of Ocean Springs, Mississippi; and many nieces, nephews and friends.

A Mass of Christian Burial was held July 6 at St. Lawrence Church in Duluth.

### GRF Car Sale

Each fourth Saturday, authorized residents have the opportunity to sell any used motorized vehicle in the Administration parking lot from 8 a.m.-4 p.m. The next sale is July 22.

Vehicles must have current DMV registrations, GRF decals and be insured. In addition to cars, motorhomes, motorcycles, golf carts, bikes, trikes and scooters may be sold.

The owner or representative does not need to be present but is allowed to display a single “for sale” sign no larger than 18” by 24” on the vehicle to include a phone number.

The sale is open to Leisure World residents only and the guests they call in.

The public will not be able to sell at the events. This is a self-managed event where residents can meet and buy or sell a vehicle on their own.

For more information, contact the Recreation Department at 562-431-6586 ext. 398.

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# PERSPECTIVES

## MEMBER COLUMN

### Community bids fond farewell to a favorite LW couple

by **Patti Green**  
LW contributor

We are saying “see you soon” to two of Leisure Worlds favorite residents. Mutual 4, especially, would like to thank, pay tribute and give our well wishes to longtime community servants Mike and Gail Levitt.

Shortly after moving to Leisure World in the late 1990s, Mike joined the Mutual 4 Board of Directors, slowly rising to president.

In 2004, Mike was elected to the Seal Beach City Council, representing District 5, which encompasses much of Leisure World.

Dividing his time between Mutual representation and Seal Beach business proved a real challenge. When elected by the city council to the office of mayor, Mike began attending conferences up and down the state. The work often took him away from Mutual governance, so he resigned from the Mutual board for a time.

After being termed out of city council, Mike was invited back onto the Mutual board, again rising to president.

Mike will serve in that capacity in Mutual 4 until he moves on to his and Gail’s next adventure. The couple is moving from Leisure World to another senior community in Beaumont, California.

The couple has purchased a home in this smaller community and it includes a big yard and a garage, where Mike will “finally have a garage to store all the stuff I’ll never need in,” he said.

During their quarter century in Leisure World, Mike and Gail were members and officers of several clubs and groups. They were active in the RV Club, Mini Farmers, Fun and Fitness Club,



Mutual 4 pays tribute to Mike and Gail Levitt.

Friendly Couples Club and Rollin’ Thunder Golf Cart Club. Mike belonged to the American Legion Post 327 and the Lapidary Club. Also, because “man cannot live on bread alone,” he and Gail were members of The Wine Club and The Rat Pack Happy Hour Club.

Gail was known for her creative and organizational expertise. She served on the Golden Age Board of Directors and ran the Garden Club tours for years as well as serving on that club’s board of directors. She is president of the Bunco Club and belongs to the Yahtzee Club. She was once a Ceramics Club member, with Mike supervising the kilns.

We will sorely miss Mike and Gail and, with full hearts, wish them all the best for many years to come.

## MEMBER COLUMN

### Korean War experiences spark mixed memories

by **Lynne Burt-Jenkins**  
LW contributor

Reading Grace Kim’s passionate description of episodes in the Korean War (June 22), which must have brought serious, fearful memories for the Koreans and Americans who lived through that time, also brought back some other memories of that time that affected me in a far different way.

In about 1956, our Methodist Episcopal Church, Vanderveer Park ME Church, located in the Flatbush neighborhood of Brooklyn, New York, welcomed a South Korean family to our community. The family, a mom and dad and a daughter and two sons, were the first and only Koreans I, and most others, had ever met.

The father had been a minister in Korea and had been taken captive by North Korean forces. He was forced to spend a few years in prison to “pay” for his resistance to North Korea. By doing so, they permitted his family to emigrate out of Korea and into the United States. The family was separated for about three years while he was in prison. Then, he was released and allowed to leave the country.

At the time, I was in my early teens. My best friend Margaret lived across the street from my family. We all attended the same church and sang in the choir. One Sunday, the Wang family was introduced to our congregation. The daughter was

about my age and the two sons were just ending their teenage years. It was interesting to see that this family was really just like all our church families. We happily welcomed them to the U.S. and to Brooklyn.

For the next couple of years, I saw the Wang family mostly on Sundays. They were all very nice—to be expected of a Methodist minister’s family, right? It was easy to talk with each other, as we kids did.

Shortly after this time, I went to work in Manhattan and was not readily available during the weekdays, but I did see the daughter, whose name escapes me now, and occasionally the younger of the two sons. I presume the older son was also working during the day. They were too old to attend the Meth-

odist Youth Fellowship and did not know how to play basketball, all of which took place either at our church or another local one. So most meetings were casual and laid back. Margaret dated the younger son for awhile.

There is not much to relate about the happenings then, but suffice it to say we all got along very well, and all my memories of that time are warm and happy. Shortly after this, my family left Brooklyn, and so I was never to see the Wangs again.

As for Grace Kim, I have found her also to be a warm and lovely person.

It was so nice to have met them all. The memories of wartime are never good, but memories of friendships always are, no matter how long ago they may be.

## Copy & Supply Center

The Copy and Supply Center, 562-431-6586, ext. 345, is open from Monday-Friday, 9 a.m.-4 p.m. (closed for lunch from 12-12:30 p.m.) The office is located in Building 5 on the first floor. Compost bags for the food scrap collection program are in stock.

The center also offers copy, notary and passport services, household light bulb disposal and the sale of emergency preparedness kits and replacement parts (stove top drip pan, light bulbs, etc.).

For the complete list, see <http://www.lwsb.com/residents/copy-supply-center/>.

Services include:

- Color copies, 14 cents, single-sided; black-and-white, 10 cents, single-sided.
- Passport photos, \$12 for two photos; between the hours of 9-11 a.m.
- Notary is \$15 per signature by appointment only.

## Letter to the Editor

Editor:

The LW Library is a very valuable asset here in Leisure World. I drop in almost every Thursday. As I am in Mutual 10, it is just a short walk over.

On Thursday, I exchange the books I read for a new group. The staff is wonderful and accessible. This past Thursday I recognized a librarian who had been on leave. I mentioned to her that before she left, she told me that my favorite author had just come out with a new book, and it was already in circulation. So later, I asked another librarian about the book, and she found it for me.

I also learned that I can place a new book on a list to add it to the library’s collection if it seems like a good match for the readers at LW.

If you haven’t been to the library, you really must check it out. It has lots of space to sit in comfort and read, and there is a restroom. Before you walk in, you will see a couple sitting on a bench. He is reading a book to her. They are not very conversant as they are absorbed in the book. I always acknowledge them. When I leave I pickup the SUN newspaper.

Barry Allen  
Mutual 10

## Perspectives Policy

**Letters to the Editor:** Letters must be no longer than 250 words and should be typed and delivered to LW Weekly by email at [rutho@lwsb.com](mailto:rutho@lwsb.com) (preferred), regular mail or hand-delivered. Letters must be of general interest to the community and may contain opinions, suggestions, compliments, and complaints without being scurrilous, libelous, defamatory, repetitive or otherwise inappropriate.

The names of individual employees, titles and/or departments will not be permitted in letters that could adversely impact any Foundation employee directly or indirectly.

**Member Columns:** Member columns, maximum 500 words, must be of general interest to the community.



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# GOVERNMENT

## GRF Board of Directors Meeting

Agenda  
Tuesday, July 25, 10 a.m.  
Clubhouse 4

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

1. Call to Order/Pledge of Allegiance
2. Roll Call/Notice of Quorum
3. President's Announcement
4. Member Comments/Correspondence
5. Consent Calendar
  - a. GRF Board of Directors Minutes, May 23
  - b. Election Minutes, June 6
  - c. Organization and Ratification Minutes, June 13, 2023
  - d. Approve Transfers of Funds for GRF per Civil Code 5502
6. New Business
  - a. General
    - i. Approve Southern California Edison Easement on Trust Property. Proposed Resolution: To authorize the President to sign the Grant of Easement for the Electrical Vehicle Charging System being installed near Mutual Four.
  - b. Capital Funding
    - i. Capital and Reserve Funds Balance Sheet (Document Pending)
    - ii. On-Site Sales Office Sign. Proposed Resolution: To award a contract to MJ Jurado for the installation of a concrete sign visible from both sides of Seal Beach Boulevard for the On-Site Sales Office at the entrance of Leisure World, at a cost of \$8,500 Capital Funding adding \$1,000 contingency for a cost not to exceed \$9,500 and authorize the President to sign the contract.
    - iii. Engineering EV Stations (Maintenance Yard). Proposed Resolution: To award a contract to Control Engineering for field engineering to evaluate sources of power to charge Electric Vehicles in the Service Maintenance Yard at a cost not to exceed \$4,000 Capital Funding and authorize the President to sign the contract.
    - iv. Radar Speed Signs. Proposed Resolution: To authorize purchase for three radar speed signs location to be chosen by the Security Department and installed by Service Maintenance, for a total cost not to exceed \$15,000 Capital Funding and authorize the President sign the contract.
    - v. Main Entry Traffic Flow. Proposed Resolution: To approve the proposal from Urban Crossroad to complete a traffic study and provide solutions to the Main Gate entry at a cost not to exceed \$14,400, Capital Funding and authorize the President sign the contract.

- Reserve Funding
- i. HVAC Unit in News Office. Proposed Resolution: To award a contract to Greenwood Heating and Air for the replacement of the HVAC unit in the News Office at a cost not to exceed \$22,800 Reserve Funding and authorize

- the President to sign the contract.
- ii. Paving Project 2023. Proposed Solution: To award a contract to MJ Jurado for the grind and repaving of Interlachen, Glenview, Fairfield South, Mayfield, Twin Hills, and Main Gate entry. Crack Fill and Slurry Seal is required at Fresh Meadows, Knollwood, Kenwood and St Andrews (outside gate) using the same cost as presented in their 2022 bid and not to exceed \$580,000, Reserves Funding and authorize the President to sign the contract.
  - iii. Clubhouse Four—Grand Piano. Proposed Resolution: To approve purchase of a recommendation of a Roland GP9 5' in Polished Ebony at a cost not to exceed \$11,000, Reserve Funding and authorize the President to sign the contract.
- a. Governing Documents
    - i. Amend 30-1021-1, Posting Signs on Trust Property. Proposed Solution: Amend 30-1021-1, Posting Signs on Trust Property updating verbiage throughout, as presented.
    - ii. Amend 40-2230-3, Authorized Signatories. Proposed Solution: Amend 40-2230-3, Authorized Signatories adding Electronic Signing requirement for \$150,000 payments and updating verbiage throughout as presented.
  - b. Cost Recovery.
    - i. Optum Lease Renewal. Proposed Solution: To extend Optum a five-year lease renewal beginning October 1, 2023, at a rate of \$65,000.00 per month for 60 months with a pre-agreed, \$5,000 increase at the renewal of the next 5-year lease.
    - ii. Amend 80-5580-2, Entry Passes—Fees. Proposed Solution: Amend 80-5580-2, Entry Passes—Fees updating language throughout as presented.
    - iii. TENTATIVE VOTE: Adopt 10-2000-2, Fees. Proposed Solution: To adopt 10-2000-2, Fees as presented, pending a 28-day notification to the members, and a final decision by the GRF Board of Directors on August 22, 2023.
7. Ad Hoc Reports
    - a. 1.8 Ad Hoc Committee—Discussion
  8. Next Meeting Date  
Tuesday, August 22 at 10 a.m.—Clubhouse 4
  9. Adjournment

## City seeks Parking Advisory Ad Hoc members

The City of Seal Beach City Council will consider the establishment of a Citizen-Council Parking Advisory Ad-Hoc Committee at its regular meeting on July 24.

The City Council designated that the committee be comprised of two council members: Mayor Thomas Moore and Council Member Joe Kalmick, and each council member will nominate a representative from Seal Beach to serve on the committee to be approved by the full City Council at a future meeting.

All committee members will be required to be actively involved by attending all meetings, adhere to the Ralph M. Brown Act; engage in focused discussions, and review, evaluate and analyze the city's Parking Management Program and make recommendations to the full City Council.

To serve as a committee member, a person should have knowledge, education, and experience with parking programs, be a Seal Beach resident and over 18.

The five committee members may not be City of Seal Beach elected officials or city employees; other than those designated by the council and the city manager.

Those residents interested in serving on the Citizen-Council Parking Advisory (CCPA) Ad-Hoc Committee are encouraged to apply at <https://www.sealbeachca.gov/Departments/City-Clerk/Forms> or request an application via email from the city clerk at [gharper@sealbeachca.gov](mailto:gharper@sealbeachca.gov) or apply in-person by visiting the city clerk's office.

All applications must be received in the city clerk's office by Friday, Aug. 4. The City Council will review applications for consideration of the five members of the CCPA Ad-Hoc Committee at the City Council meeting on Aug. 14.

For more information, contact the city clerk at 562-431-2527, ext. 1305.

## Mutual Meetings Schedule

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

Thurs., July 20	<b>Mutual 2</b> Conference Room B/Zoom..... 9 a.m.
Thurs., July 20	<b>Mutual 11</b> Conference Room B/Zoom..... 1:30 p.m.
Mon., July 24	<b>Mutual 8</b> Conference Room B/Zoom..... 9 a.m.
Wed., July 26	<b>Mutual 10</b> Conference Room B/Zoom..... 9 a.m.
Thurs., July 27	<b>Mutual 1</b> Conference Room B/Zoom..... 9 a.m.
Fri., July 28	<b>Mutual 6</b> Conference Room B/Zoom..... 10 a.m.
Tues., Aug. 1	<b>Mutual 17</b> Conference Room B/Zoom..... 1:30 p.m.
Wed., Aug. 2	<b>Presidents' Council</b> Clubhouse 4 ..... 1:30 p.m.
Tues., Aug. 8	<b>Mutual 16</b> Conference Room B/Zoom..... 1 p.m.

## GRF Meetings

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

Tues., July 25	<b>GRF Board Meeting</b> Clubhouse 4/virtual ..... 10 a.m.
Thurs., July 27	<b>GRF Board Executive Session</b> Conference Room A ..... 1 p.m.
Tues., Aug. 1	<b>Facilities Committee Meeting</b> Conference Room A/virtual ..... 10 a.m.
Thurs., Aug. 3	<b>Operation Committee Meeting</b> Conference Room A/virtual ..... 10 a.m.
Tues., Aug. 8	<b>Member Services Committee Meeting</b> Conference Room A/virtual ..... 10 a.m.

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
LUNCH				
Butternut Squash Frittata Multi-Grain Toast	Chicken Tacos Coleslaw	Tortellini Pasta Salad w/Salami & Red Peppers	Quiche Lorraine Macaroni Salad	Barbecue Chicken Salad w/Avocado & Fresh Corn
Seasonal Fruit	Mixed Berries	Seasonal Fruit	Mixed Berries	Fruit Salad
DINNER				
Tuscan Chicken Mashed Potatoes	Cajun Salmon Mango & Papaya De Gallo	Meatloaf Asparagus & Red Peppers	Shrimp Scampi Pasta	Shrimp & Salmon Kebab Green Beans & Carrots
Pastry	Seasonal Fruit	Cookies	Seasonal Fruit	Pastry



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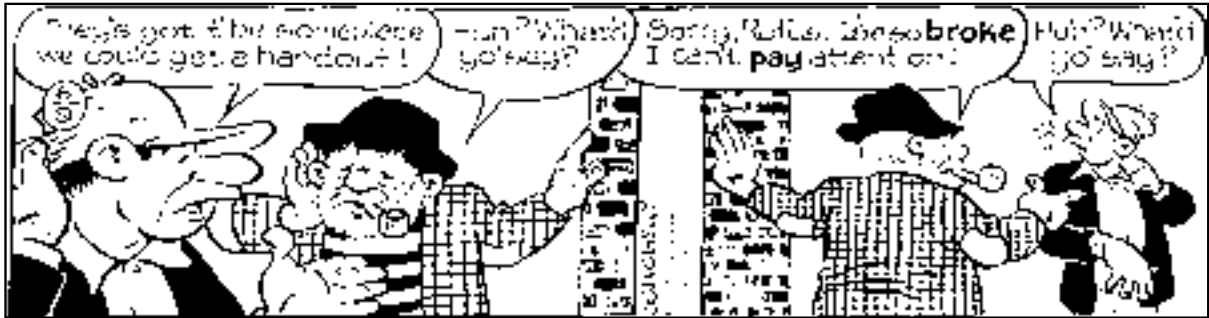
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Puzzles & Comics

Gasoline Alley



Broom-Hilda



Middletons

By Ralph Dunagin & Dana Summers



Los Angeles Times Crossword Puzzle

Edited by Patti Varol and Joyce Nichols Lewis

**"BLOOD BANK" BY MATTHEW STOCK**

**ACROSS**

1 Uses a treadmill

5 Many a personal website

9 Apple player

13 Deceives

19 "Am \_\_\_ loud?"

20 Spanish tender

21 Purple pet in old cartoons

22 Turn over

23 Excuse for a presidency's shortcomings? (A+)

26 Antenna

27 Fencing move

28 Distribute

29 Sales agt.

30 Music producer Brian

31 Geopolitical alliance

33 Where Parisians get their newspapers? (A-)

37 Bagel feature

39 Cover story piece?

41 Jet stream heading

42 Bit of sunlight

43 \_\_\_ au lait

44 Tight end Rob with four Super Bowl rings, familiarly

45 Siddhartha \_\_\_ the Buddha

47 Wisecracking extraterrestrial of 1960s TV

48 Riot

49 Oscar the Grouch's backing instrumentalists? (B+)

53 Angry tennis player, perhaps? (B-)

57 Top \_\_\_

58 Milne character who likes to swing on Tigger's tail

59 Cook quickly, as vegetables

60 Fraud

61 Parting exchanges

63 Subway Series side

64 "I guess that works"

65 Menial worker

66 "Family \_\_\_"

67 "Tut-tut" evokers

68 Yardstick's three

69 Brink

70 \_\_\_ chic

71 Oscar-nominated film about a South Korean family in rural Arkansas

72 34-Down opposite

**DOWN**

73 Space-saving bed

74 Barista-inspired dessert? (O+)

76 Warmup stretches at a company retreat? (O-)

80 Button on some scales

81 Above, in odes

82 "Agreed"

83 Moved furtively

85 Short lunch orders?

86 Knee part, for short

88 "Keep this private" docs

89 Handsome, in Honduras

90 Keep aloof

91 Excited cry when the shellfish course finally arrives? (AB+)

94 Give voice to

96 Confer

97 Mess up

98 Nonspecific category

100 Window-switching shortcut

104 Used a loom

106 Reason so many classic songs are earworms? (AB-)

109 Put forth

110 Small sled

111 Ardent

112 Aretha Franklin's gospel/soul-singing sister

113 Some Ethiopian Christmas celebrants, for short

114 \_\_\_ so slightly

115 Honor roll stats

116 Overly curious

**DOWN**

1 Fault

2 Capitol Reef National Park setting

3 Spider-Man \_\_\_ monochromatic comic book character

4 Like sugar in water

5 Square meal?

6 Schlep

7 Large part of a pod

8 Hold nothing back

9 The bee's knees and the cat's meow

10 Old Ford named for a horse

11 Solid yellow ball

12 On the \_\_\_

13 Infancy, adolescence, etc.

14 Hardly handy

15 Night before

16 One-named

17 Tejano singer

18 Hot now

19 Others, in Oaxaca

24 Key in the sea

25 Not optimistic

29 Said again

32 Legume used in vegan chocolate

34 72-Across opposite

35 Apply messily

36 Many an Emirati

37 Lamb eaten on Eid, e.g.

38 Heard but not seen, maybe

40 Some sacred flowers

43 Those with a driving passion?

44 Post-punk subculture

45 Long-nosed fish

46 Gents

48 "Consume it!"

49 Special find

50 Sport that encourages horsing around?

51 Infamy

52 Spycraft files

54 Massage target

55 Selling point?

56 Sun-kissed

61 Taproom offering

62 Crack some jokes

63 Stereo alternative

65 Sedate

66 Extra charge

67 Striped yellow ball

69 Portico pillars

70 Buicks, e.g.

71 Indicator

73 Banned refrigerant, for short

74 \_\_\_ Lingus

75 Riverside rental "\_\_\_ in the blanks"

77 "\_\_\_ in the blanks"

78 ESPN focus

79 Sailor's boon

83 Dinner rolls?

84 Infielder's untimely move

85 "Plot twist ..."

86 Mamá's mamá

87 Plot-makers

89 Assemble

90 Acrimony

91 Pitching duel?

92 NASA-approved watch brand

93 Park ranger's post

95 "Downton Abbey" figures, perhaps

99 Accept an invite, perhaps

101 Poi base

102 Upper limbs

103 Annual milestone, briefly

105 Pet doc

106 \_\_\_ Henriksen: skin care brand

107 Hon

108 Noche preceder

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18

19 20 21 22

23 24 25 26

27 28 29 30

31 32 33 34 35 36

37 38 39 40 41 42

43 44 45 46

47 48 49 50 51 52

53 54 55 56 57 58

59 60 61 62 63

64 65 66 67

68 69 70 71

72 73 74 75

76 77 78 79 80 81

82 83 84 85

86 87 88 89 90

91 92 93 94 95

96 97 98 99 100 101 102 103

104 105 106 107 108

109 110 111 112

113 114 115 116

Sudoku 1

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

9 To 5 By Harley Schwadron



**SCRABBLE G | R | A | M | S**

PAR SCORE 260-270  
BEST SCORE 349

FIVE RACK TOTAL  
TIME LIMIT: 25 MIN

BACK 1

BACK 2

BACK 3

BACK 4

BACK 5

**JUMBLE**

Unscramble these jumbles and enter the letters in each square to form four new words.

RIOKU

CEGOK

CIDNTU

LIROSA

Print answer here:

THAT SCRAMBLED WORD GAME

By David L. Hoyt and Jeff Knevek

Now arrange the jumbled letters to form the surprise answer suggested by the above cartoon.



Guess Who?

I am a comic actor born in Philadelphia on July 6, 1979. I worked as a shoe salesman after attending community college. I later won several amateur comedy contests around New England. I've starred in many hit films and I had an album go five-times platinum in June of 2012.

Sudoku #2

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

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to Independence Day.  
Each number corresponds to a letter.  
(Hint: 14 = E)

A. 10 26 11 14 3 14 26 11 14 26 19 14  
Clue: Freedom from control

B. 13 10 24 14 7 5 24 15 8  
Clue: Pyrotechnics

C. 19 14 17 14 2 24 25 23 10 5 26  
Clue: Party

D. 20 10 19 23 5 24 1  
Clue: Defeating an opponent

Boggle BrainBusters!

By David L. Hoyt and Jeff Knurek

GENOI  
LROCL  
IBABY  
PEMVU  
LUZRE

Boggle BrainBusters Bonus  
We put special brain-busting words into the puzzle grid. Can you find them?  
Find AT LEAST SEVEN TWO-SYLLABLE MAMMALS in the grid of letters.

YOUR BOGGLE RATING  
151+ = Champ  
101-150 = Expert  
61-100 = Pro  
31-60 = Gainer  
21-30 = Rookie  
11-20 = Amateur  
0-10 = Try again

Puzzles & Comics  
Answers on page 22

STAR SPANGLED WORD SEARCH

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

WORDS

AMERICA  
BACKYARD  
BURGER  
CELEBRATE  
DESSERT  
FLAG  
FOURTH  
FRANKFURTER  
GATHERING  
GRILLING  
GUESTS  
HOLIDAY  
ICE CREAM  
INDEPENDENCE  
LEMONADE  
POOL  
ROCKETS  
SKY  
SPANGLED  
STAR  
SUMMER  
SUNSHINE  
UNITED  
WARM



# SPORTS & GAMES



Roger Bennett (l-r), Ellie West, Sal LaScala and Fred Carpenter supported the restoration process when the work was only half completed by testing the success of the grinding sequence to check where additional grinding might be beneficial. They were all delighted with the improvement in the courts.

## Restored shuffleboard courts to open for open play July 24

The Shuffleboard Club will begin its Monday and Wednesday morning open play/pick-up games from 9–11 Monday, July 24. This schedule provides sufficient time for the courts to dry thoroughly and for the sealant and wax treatments to season fully after having the long-awaited restoration completed.

Club members are invited to take advantage of the time to practice as the courts will perform quite differently than they have over the last year. As

several members have noted, there will be a need to re-learn how to play the courts. The historical twists and turns have been minimized, and the speed of the courts will be altered after being sealed and waxed with new material. The other difference with the courts when play is resumed will be the use of a new material, PolyGlide, to be laid down before game days.

For more information, call or text Kay Mount at 775-527-0426.

—Kay Mount

## Yahtzee Club

The Yahtzee Club will meet July 21 in Clubhouse 3, Room 6, at 1 p.m. There will be a halftime social. The club meets the first, third and fifth Fridays of each month.

**July 7 winners:** Karen Schaffer, most Yahtzees; Doris Dack, high score; Diane Seeger, low score; Joyce Ingram, door prize.

For more information, contact Diane Seeger at 562-533-5997.

## Cribbage Club

Cribbage Club winners for the week were: Irvane Bernstein, first place, with a score of 840; Marilyn Chelsvig and Jack Hawn, tie for second, 828; Russ Gray and Marsha Larson, tie for third, 824; Dale Quinn, fourth, 823.

Donna Gorman surprised Sam Ray with homemade cake and ice cream in celebration of his birthday last week. Carrie Kistner assisted Gorman in serving. Richard McCarty provided extra mixed nuts and candies.

To learn to play cribbage or hear more about the club, call Terry Thrift at 714-394-5885. Yearly dues are \$5. The club meets in Clubhouse 1 every Tuesday. Members who arrive by 12:15 p.m. are guaranteed a place at the table. A dollar is collected from each member before play begins. Announcements are shared at 12:25. Play begins at 12:30.

## Monday Night Bunco Club

The Monday Night Bunco Club meets the second and fourth Monday of every month in Clubhouse 3, Room 1. Play begins at 6 p.m. sharp. The next meeting will be July 24. All Leisure World residents and their guests are welcome. There is a halftime social for all attending. For more information, call Gail Levitt at 562-596-1346.

**July 10 winners:** Mariann Klinger, Joanne Herreta and Rochelle Bornstein, most buncos; Johanna Rogers, Helen Becker and Larry Sholman, most wins; Jan Goodwyn, most babies; Carolyn Reedy, most losses; Joyce Ingram, door prize.

## Saturday Social Bunco Club

The Saturday Social Bunco Club meets on the second and fourth Saturdays of every month. The next meeting will be held July 22 in the Clubhouse 3 lobby. Sign up starts at 1 p.m. Play begins at 1:30.

**July 8 winners:** Delores Ruiz, most buncos; Yvonne Vostry, most wins; Joyce Ingram, most babies; Karen Riner, most losses; Kathy Rapp, door prize.

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



Rufino "Ruffy" Ramos



Russ Black

## Pool Club

Leisure World Pool Club (LWPC) "A" skill level players Rufino "Ruffy" Ramos and Russ Black battled in a recent playoff to win LWPC Fall League entry fee.

Ramos won the 8-ball match. Black then competed against Bruce Pettys to earn a spot as the second eight game "A" player against Laguna Woods Billiards Club.

The Laguna Woods club will play against LWPC in LW on July 22 in Clubhouse 2.

The organizations have created a traveling trophy for bragging rights whenever the clubs play each other. In 2022, each pool club won a tournament so the series is tied, leading to heightened competitive interest.

## Tournament Poker Club

The Tournament Poker Club had another great tournament on July 8. The two players with the highest hands of the day were Maryanne Conte (66669) and Katie Hamilton (AAA44). The promotional hand was won by Joyce Smith.

The final table players were Doug Wolfe, first place; Kirk Bromberg, second; Conte, third; Jeff Rolnick, fourth; and Lee Pfeifer, fifth place. With five great players there was plenty of action at the table right up until the head's up play between Wolfe and Bromberg. In the winning hand, Wolfe went all in (KK) before the flop and was called by Bromberg. The flop cards were K, 10, 7. The turn was a Jack, and the river was a 3. That gave Wolfe the winning hand of K-K-K-7-10.

Wolfe has lived in Leisure World for eight years and has been a member of the club for six years. This was his third final table win. He enjoys playing pickleball as well as poker here in Leisure World.

The club congratulates all the winners. Those who would like to play a fun and friendly game of Texas Hold 'Em should make plans to come on one of the first three Saturdays of every month to the lobby of Clubhouse 6 at 10 a.m. for registration, with cards in the air at 10:30. There will be no late seating.



Doug Wolfe

## Duplicate Bridge Club

The Duplicate Bridge Club meets on Mondays, Thursdays and Fridays in Clubhouse 1 at 12:30 p.m. Reservations can be made at any game using the sign-up sheets. Players can also call Linda Nye at 562-453-6678 or email her at [yuelingnye@yahoo.com](mailto:yuelingnye@yahoo.com) no later than 10 a.m. on game day. Arrive by 12:15 to confirm reservations.

There is a break in the lessons and supervised play offered on Friday mornings. Play will resume in a few weeks.

**July 3 winners (six tables):** Mark Singer and Fred Reker, and Bud Parish and Joyce Basch, north/south; Judy Jones and Al Appel, and Shmuel Fisher and Thad Mikols, east/west.

**July 7 winners (seven tables):** Sibyl Smith and Diane Schmitz, and Thad Mikols and Bob Goldstein, north/south; Kathy Jervick and Priscilla Caillouette, and Bud Parish and Walter Struck, east/west.

The club congratulates the winners and thanks all the players who participate in and support the club.

For complete results, including a list of all players and scores, go to the Long Beach Bridge Center results page at [www.acblunit557.org](http://www.acblunit557.org) and click on Leisure World results.

For more information regarding the club, contact John Markovich at 562-661-0502 or by email at [cdrijm@yahoo.com](mailto:cdrijm@yahoo.com).

—John Markovich

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NO QUARTERS NEEDED



The Clubhouse 2 game room includes games such as table soccer, Skee-Ball, air hockey and even video games, and is air conditioned.

LW Women’s Golf

July 11 had 35 women golfers play in the weekly tournament. The women played for low gross, low net and birdies. Eighteen birdies were achieved by 13 golfers.

**A flight winners:** Low gross: Soo Choi and Janice Turner, 26 with two birdies each; low net: Linda Herman, 24. Devora Kim had three birdies; Sang An, Jane Song and Chong Hee Kim each had one birdie.

**B flight winners:** Low gross: Bert Thompson, 28 with two birdies; low net: Sally Park, 22 with one birdie. Mary Ann Moore, Pam Krug, Judy Kim and Sun Lee each had one birdie.

**C flight winners:** Low gross: Helen Yoon, 33; low net: Vivian Ceballos and Angela Han, 25.

**D flight winners:** Low gross: Dale Quinn, 30; low net: Patti Smith, 23.

Those interested in joining the Women’s Golf Club can obtain an application from the golf course starter or contact Club Treasurer Margie Thompson at 562-493-0484 for more information.

—Liz Meripol

Pinochle Club

The Pinochle Club meets on Mondays and Thursdays in Clubhouse 1 from noon-4 p.m.

**July 1 winners:** Nita, first place, 10,780; Antonia Zupancich, second, 10,180; Gayle Colden, third, 9,720; Irene Perkins, fourth, 9,510.

**July 3 winners:** Tony Doderio, first place, 11,160; Dolores Cook, second, 11,470; Ruth Bonnema, third, 10,670; Suzanne Tester, fourth, 10,630.

**July 6 winners:** Phyllis Pierce, first place, 12,530; Antonia Zupancich, second, 11,070; Dolores Cook, third, 10,950; Gene Smith, fourth, 10,610.

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Men’s Golf League Results

**Friday Golf**  
On July 7, 12 golfers competed at the 5,800-yard, par-70 Riverview Golf Course in Santa Ana. This course has remained in excellent condition for many years. Riverview has returned to pre-rainy season form after months of rehabilitating the course. Acres of new sod, grading of the fairways and riverbed has corrected 95% of the issues. The one par-5 that was turned into a par-3 has become a long par-5 again.

The weather was cool and initially overcast. The sun showed up mid-round and it became a lovely morning. Scores were generally below average even with great conditions and OK weather. But there were five birdies, one each by Dave LaCascia, Chris Lankford, Bill McKusky, Daniel Mahoney and Gene Vesely. Gary Stivers and Fujio Norihiro tied for fewest putts for ‘A’ flight, and Lowell Goltra and Mahoney tied for fewest for the ‘B’. LaCascia was closest to the pin on the par-3 second hole and Mahoney was closest on the par-3 ninth.

**A flight winners:** LaCascia, at 1 over 71, first place; Lankford, second; tie between Stivers and Sam Choi, third; tie between Norihiro and Clay Fischer, fourth.

**B flight winners:** Ron Jackson, at 1 under 69, first place; McKusky, second; tie between Bob Munn and Mahoney, third; tie between Vesely and Goltra, fourth.

**Monday Golf**  
On July 10 at Meadowlark, 16 players attacked the 5,600 yard, par-71 course. It was initially overcast and cool but turned into a sunny warm day. With the course being in excellent condition, scores were generally good, and everyone enjoyed the weather and the round.

**A flight winners:** Fisher, 66, first place; Lankford, 67 with a birdie, second; Norihiro, 68 with fewest putts, third; Stivers, 69 with two birdies plus closest to the pin on no. 16, fourth; tie between Larry Hillhouse and Sam Choi with a birdie, fifth.

**B flight winners:** McKusky, 60 with a birdie, first place; tie between Goltra and Tom Ross, 71, second; Bill Zurn, 72, third; tie between Vesely (with fewest putts), Digna Vesely and Mahoney, fourth; tie between Bob Munn and new player Steve Miller, who was closest to the pin on no. 7, fifth.

The Monday and Friday Golf Leagues play at five 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, which players are not obligated to enter. Prizes are given for low net in each flight, birdies, closest to the pin on two par threes, and for the fewest 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

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# RELIGION

## 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.

### Weekend Services

Sunday services are traditional from 9:30-10:45 a.m. with hymnal music led by Janet Ray and Pat Kogak at the piano. This week, Beverly Sunday will

present the special music for the service.

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 until July 24.

Pastor Gary Whitlatch leads the Tuesday Bible study group from 9:30-10:30 a.m.

The Thursday Bible study group, led by Pastor Bruce Humes, meets from 10:30-11:30

a.m.

Pastor Humes also leads the prayer and Bible study group on Fridays from 6-7 p.m.

All Leisure World residents are welcome to attend the above services and Bible studies.

### Contact

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

Those who have a need or want more information can call the church message line at 562-431-8810. The call will be returned at the earliest opportunity.

## Faith Christian Assembly

Faith Christian Assembly is pleased to announce the return of GriefShare on Thursday, July 27. Led by Rupert and Addie Penner, who each have experienced losses of their own, GriefShare was created to assist those who are seeking comfort and strength through loss. Rupert and Addie are excited to lead an updated version of the curriculum that will be introduced this month. Anyone who feels they would benefit from this program is invited to attend. It will be held in Faith Christian Assembly's Garden Room at 6 p.m. The church is located on the corner of Seal Beach Boulevard and St. Andrews Drive, just outside the St. Andrews Gate at 13820 Seal Beach Blvd.

Sunday service times are at 10:30 a.m. and 5:30 p.m., with pre-service prayer offered at 5.

To receive more information about the church or to receive the free monthly newsletter, call the office at 562-598-9010, email [contact@fcachurch.net](mailto:contact@fcachurch.net) or visit [www.FCAchurch.net](http://www.FCAchurch.net).

## 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 24-30 is Acts 16-21.

The "Come, Follow Me" devotional says "Among the Lord's final words to his apostles was the commandment 'Go ye therefore and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost: teaching them to observe all things whatsoever I have commanded you.' While the apostles didn't quite make it to all nations, Acts 16-21 does show that Paul and his companions did make remarkable progress in establishing the church."

## Redeemer Lutheran Church

"Seeds, Weeds, Needs and Deeds" is the title of Council President Jerry Brady's sermon for the Redeemer Lutheran/St. Theodore's Church's worship service at 10:30 a.m. on Sunday, July 23.

There will be a special piano duet medley with songs "Simple Gifts" and "Holy, Holy, Holy" performed by LW resident Cedric Elmer and organist Sharon Heck.

LWers are invited to join the community and share the word and Communion in the sanctuary at 13564 St. Andrews Drive, across from the Administration building where ample parking is provided.

Redeemer Lutheran thanks those who have generously contributed to its continuous food drive. People can bring non-perishable food to the church any time to be distributed to those in need in the broader community.

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

## Buddha Circle

Buddha Circle will meet on Saturday, Aug. 5, in Clubhouse 3, Room 1, with Ven. Kusala from 9:30-11 a.m.

Ven. Kusala is well known in the Buddhist community. He presents Buddhism in simple ways and teaches people how to suffer less and become happier. Buddha Circle is an interaction-based group, 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.

## Beit HaLev

Beit HaLev with Rabbi Galit-Shirah conducts online livestream Shabbat services every Friday evening. To join the Beit HaLev "Zoomagogue" for its interactive service go to <https://us02web.zoom.us/j/9152434704?pwd=THJGTE1OUXl5VXFDTWtuZHF4K3VxUT09>. The livestream can also be viewed on Facebook at [www.facebook.com/galityomtov](http://www.facebook.com/galityomtov) or on YouTube at <https://www.youtube.com/@beithalevlive8816/streams>. Shabbat Ma'ariv services are every Friday at 5 p.m.

All Beit HaLev services share the new special prayerbooks onscreen, "Lev L'Lev," which include excerpts from the Reform Siddur, "Mishkan HaT'filah."

Beit HaLev and Rabbi Galit-Shirah are affiliated with the Union of Jewish Universalist Communities and Clergy and the International Federation of Rabbis. It is progressive in thought and traditional in liturgy. It considers all religions holy and valid.

To join Beit HaLev, call Rabbi Galit-Shirah at 562-715-0888 or email [duets@icloud.com](mailto:duets@icloud.com). Contributions to Beit HaLev are welcome and may be sent to: Beit HaLev, P.O. Box 2279, Seal Beach, CA 90740.

## Community Church

In the Gospel of Matthew, Jesus talks to his followers about the difference between wheat and weeds. Community Church will look at how there are aspects of each person that are wheat and some that are weeds. The fact that each person is made of wheat and weeds confirms that believers have no business being unwelcoming to anyone.

All are welcome to attend Community Church's service on Sunday, July 23, at 9:50 a.m. The service is followed by a time of food and fellowship.

People may also watch the service live on Facebook at @CommunityChurchLeisureWorld and via Zoom. People can contact the church office to receive the Zoom link.

Those who are in need without another way to address that need, may call the church office to leave a message at 562-431-2503.

## HOLY FAMILY CATHOLIC CHURCH



Holy Family Catholic Church parishioner Ellen Brannigan celebrated her 90th birthday on July 11 with a great celebration. She received a Papal Blessing from the Vatican, presented by Holy Family's pastor, Father Joseph Nguyen, and was surrounded by friends and family members. Holy Family Church is located at 13900 Church Place, next to St. Andrews Gate. There are daily masses at 8:30 a.m. Weekend masses are held on Saturdays at 4 p.m. and Sundays at 8 a.m., 10 a.m., and noon. Visit [www.holyfamilysb.com](http://www.holyfamilysb.com) for more information.

## Assembly of God

**Service/Gathering Times:** The service is 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 Sunday, July 23, at 6 p.m. in the Clubhouse 3 Lobby.

**This week's sermon:** Everyone has tried to lift or carry something beyond their physical capacity, and the result is often pain or injury. The same principle that applies to physical loads is also true of mental, emotional and spiritual loads. Many people try to shoulder burdens they were never intended to carry. Pastor Chuck Franco will bring a message titled "A Custom-Fitted Yoke," from Matthew 11:28-30 this Sunday, July 23. Jesus' words are a comfort to those who feel overwhelmed and oppressed.

**Bible Study:** The Wednesday Bible study is "Job," by Francis Chan. Although this is a familiar portion of scripture, the insights are new. Students find the principles in this study immediately applicable as they navigate loss, grief and hardships.

**Contact:** More information about the church can be found at [www.lwassemblyofgod.com](http://www.lwassemblyofgod.com).

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

## Congregation Sholom

Congregation Sholom will hold services with Rabbi Eric Dangott via Zoom on Friday, July 21, at 6:30 p.m. Rabbi Dangott will also lead the hybrid service on Saturday, July 22, in Clubhouse 3, Room 9, and via Zoom at 10 a.m. To receive a Zoom invitation contact Jeff Sacks at 714-642-0122.

Congregation Sholom sends its deepest condolences to Rabbi Mike Mymon and his family on the passing of the Rabbi's father Cha'im Ben Moshe Mymon in Israel this past week. May his memory be a blessing.

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

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

## LW Baptist

Why are Christians considered to be one family worldwide? The vertical dimension and the horizontal establish the family union. The vertical dimension is that Christians are all children of God through faith in Jesus Christ. The horizontal makes Christians brothers and sisters united in Christ. Christ is the head of the church, which corporately is called his body, over which he presides in every place.

LW Baptist will explore Christian Fellowship and the union of believers on Sunday, July 23, at 10 a.m. in Clubhouse 4.

For more information, call 562-430-8598.



# ARTS & LEISURE

## COMPUTER LESSONS



LWers learn how to use computers at the Korean American Computer Forum.

### Korean American Computer Forum

The Korean American Computer Forum (KACF) meets the first and third Thursdays of each month. The club meets at Learning Center in Clubhouse 3 from 9:30-11:30 a.m., listening to the lecturer's instructions and practicing with laptops and mobile phones that each member brings from home.

Currently, they are learning about various Google apps that may be useful for seniors' daily lives. Those who are interested in elevating computer skills are welcome.

For more information, contact Tony Ahn at 562-447-7273 or Matt Sung at 801-860-1968.

### CDs for Seniors Club

The CDs for Seniors Club meets on the third Thursdays of every month. The club will meet Aug. 17 in Clubhouse 3, Room 3. Everyone is invited to attend. Free CDs are available, plus lots of fun and snacks. For more information, call Barbara McFall at 361-537-0040.

## Grab 'N' Go Menu July 20-26

**Thursday: Domino's Pizza at Clubhouse 6**—Call ahead at 562-493-2212 for special orders, wings and salads. On site from 3:30-7 p.m. Cash and cards accepted.

**Every Thursday night at the Ampitheater: Koffel's Taco Tuesday Truck and Mandi's Candies**—Dine al fresco before the show from 5-7 p.m.

**Monday: The Empanada Maker (New) in Clubhouse 6**—Preorder by calling 949-524-3145 or buy on-site from 4-6 p.m. Cash and cards accepted.

**Tuesday: Taco Tuesday at Clubhouse 6**—Enjoy Mexican favorites plus hot dogs, burgers, and fries from 5-7 p.m.; no pre-orders. Cash and cards accepted.

**Wednesday: Burning Buns Food Truck (New) at Clubhouse 6**—Enjoy gourmet burgers, sandwiches and wraps from 4-6 p.m. Cash and cards accepted.

To ask questions or give 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.; and weekends on-call any time. Call 562-431-6586, ext. 379.

Vendors are subject to change—sign up for LW Live updates at [www.lwsb.com/lw-live-sign-up/](http://www.lwsb.com/lw-live-sign-up/).

## PICKLEBALL CLUB

### Enjoy Bob Dylan tribute at Vets Plaza

Leisure World resident Jon Pearlstone will perform two free local live music performances for Leisure World residents before the end of July.

On Sunday, July 23, Pearlstone and fellow resident Bob Groncki appear for the third time at Glory Days Bar and Restaurant in Seal Beach, right off Pacific Coast Highway. The Legends of Rock Band has a "Sunday Funday" with dance music plus food and drinks from 3-6 p.m. There's indoor-outdoor seating and dining. If all goes well, the bar plans to make it a regular event at least until football season. Many Leisure World residents know the Legends of Rock classic rock dance music from their monthly pickleball club dances in Clubhouse 2.

On Sunday, July 30, from 2-4 p.m., the Pickleball Club will sponsor Pearlstone in a Bob Dylan Tribute, "Unplugged," inside Leisure Wold for the first time.

The Dylan tribute show will be at Veterans Plaza, a shaded outdoor venue right next to Clubhouse 3. The show features Dylan's greatest hits along with other songs he inspired and the stories behind them. There is no cover charge, but donations are always appreciated.

### Cabaret Entertainers

The Cabaret Entertainers will present "Remember When" on Saturday, July 29, in Clubhouse 2, with special guest performer and M.C. Ken Notorleva standing in for Charlie Guggino. People are encouraged to bring their favorite snacks and beverages to "come to the cabaret." Doors open at 5:30 p.m.; show time is 6:30. People should come early for the best seats.

*Submit arts stories by email  
to [emmad@lwsb.com](mailto:emmad@lwsb.com)*

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The class practicing their moves.

## Leisure Time Dancers

Several new folks joined the Leisure Time Dancers for its new class series. Salsa is at 2 p.m., followed by nightclub two step at 3 p.m. on Monday afternoons in the dance studio, upstairs in Clubhouse 6. Basic steps were reviewed in both classes.

No partner 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.

### WEEKEND DANCE



Abilene

## Country Rock Concert

Abilene will host its regular monthly boot scootin' dance this Saturday, July 22, in Clubhouse 2 at 7 p.m. Doors open at 6:30, but reserving tables is prohibited.

Abilene is Seal Beach Leisure World's No. 1 country rock band going strong for nearly 20 years. Last year, they opened the Amphitheater season with a rockabilly show that drew nearly 2,000 fans.

Terry Otte leads Abilene and shares singing duties with Tina Schaffer. Rounding out the group are guitarist Rod Anderson, bassist Doug Decker and drummer Jim Greer.

All concerts are free, but tips are accepted and greatly appreciated.

For more information, contact [kathyt@lwsb.com](mailto:kathyt@lwsb.com).

## Clubhouse 1 Woodshop Hours

The recently remodeled Woodshop in Clubhouse 1 is open and gaining in popularity. In hopes of extending the hours to accommodate more residents, the Recreation Department has been looking for a few good woodworkers to join its roster of volunteer supervisors. Three supervisors have now committed to working four Saturday mornings a month.

Woodworkers can now enjoy the shop from 8:30 a.m.-noon on the first, second, third and fourth Saturdays each month. The shop is closed in months with a fifth Saturday. The weekday hours are currently 8 a.m.-2 p.m. but the department is actively recruiting experienced woodworkers who can volunteer a weekday, Saturday, or Sunday afternoon or evening in order to keep the shop open longer.

Those interested in becoming a volunteer supervisor at the clubhouse woodshop, or who would like more information, should call Recreation Manager Kathy Thayer at 562-431-6586, ext. 398, to set up an appointment. Typically, experienced woodworker hobbyists should be available for one or two 4-hour shifts a week.

## Coin Club

The Coin Club will meet Aug. 9 in Clubhouse 3, Room 2, at 1:30 p.m. Members can participate in door prizes, coin auctions, coin raffles, and group discussions regarding currency and coins. Refreshments are provided. LW residents can have coins evaluated at no cost. Meetings are held monthly.



Top place award winners at the LW Art League's monthly competition held on July 11 were Diana Harrison (front, l-r), Rosie Grogan, Daniel Prosek, Carmen Leslie (back, l-r) and Kelly Frankiewicz.

## Art League announces winners of monthly competition

The LW Art League met on July 11 in Clubhouse 4. The guest demonstration artist and judge was Cody M. Lusby, a contemporary virtual artist from Long Beach.

At the monthly competition, Rosie Grogan won best of show, and Carmen Leslie won the popular vote.

In the master's category, Kelly Frankiewicz won first place; Carol Levine, second place; Al-

ice Sioson, third place; and Rosie Grogan, honorable mention. In the intermediate/advanced category, Daniel Prosek won first place; David Vogel, second place; Judy Sherratt, third place; and Marion Higgins, honorable mention.

In the 3D/multimedia/digital category, Diana Harrison won first place; David Vogel, second place; Judy Sherratt, third place; and Linda Frysinger,

honorable mention. One new member, Helen Elich, joined the meeting.

The Art League will not have a regular meeting in August in lieu of a "Spotlight On The Artist" event on Saturday, Aug. 12. The featured artists will be Terese Smith and Patti Kilian. More information will be sent out via emails to members or through the LW Weekly.

—Larry Sioson



Jojo Weingart

Hui O Hula Club members gather for Ellen Brannigan's (on stage) 90th birthday party.

## Hula Club learning 'Ka Hulia Wai' in weekly classes

During Hui O Hula's performance at Ellen Brannigan's 90th birthday party in Clubhouse 4, hula dancers enjoy watching Brannigan sing "Que Sera, Sera" with her granddaughter Reagan.

Brannigan feels especially blessed not only to have her loving family and friends there but also three priests from Holy Family Catholic Church to celebrate her 90th trip around the sun.

Members of the Video Producers Club—Bonnie Cooper, Ivy Kung and Joe and Oralía Osuna—were also there to

capture the fun. The club gives a big mahalo to Brannigan for her generous invitation. Brannigan has lived in LW for 12 years.

She loves to sing and is staying active with the Filipino Association of Leisure World, Community Karaoke and the Traveling Tigers Club.

Hui O Hula, LW's Hawaiian dance group, offers hula dance lessons on Tuesdays and Thursdays from 1 p.m.

Tuesday's class meets upstairs at Clubhouse 6 and Thursday's class meets at Veterans Plaza, which is located between

the Library and Clubhouse 3. All are welcome to dance or to audit.

The current class subject is "Ka Hulia Wai." Instead of using their hands to express themselves in this cheerful melody, dancers are using hula implements: the pu'ili (bamboo rattles), 'il'il (river rocks), 'uli'uli (feather gourds) as well as ipu (gourds). The class also has a busy summer performance schedule.

Anyone who is interested in taking lessons or booking a performance should call 562-431-2242.



## Travel Diary: A Month in Scotland

by Fred and Linda Fenton  
*LW contributors*

Having spent only a few days on previous trips to Scotland, we decided on a month-long visit this June to see and experience as much of the land and people as possible. It became a truly great adventure.

We travelled by train. Neither Linda nor I fancied “driving on the other side of the road,” especially the narrow, often single-lane roadways common in Scotland. That decision was key to our enjoyment of the beautiful Scottish countryside. Instead of concentrating on traffic and negotiating turnarounds, we enjoyed seeing the lush, green countryside through panoramic passenger car windows.

Another key decision was to stay several days each place we visited. This kept us rested and gave more opportunity to spend time seeing things and visiting with the Scottish people. They proved to be unusually warm and friendly, asking questions about us and sharing easily about themselves. We were surprised by their knowledge and concern about politics in the U.S. They expressed shock and dismay over daily shootings in America. Scotland has strict gun laws. We felt safe at all times and in all places while we were there.

One big surprise was the weather. Based on our previous trips, we took warm, winter

clothing. What we found was the fairest month of June in Scotland since 1940. Days were sunny and bright, with infrequent showers only during the last few days of the month.

Another surprise was the food. We had come to expect disappointing meals on previous trips to Great Britain. This time was different. Every meal, in restaurants, coffee shops, sidewalk cafes, and pubs was excellent.

At coastal towns we were served fish caught the same day. At every place we enjoyed an unhurried atmosphere that added to the pleasure of dining.

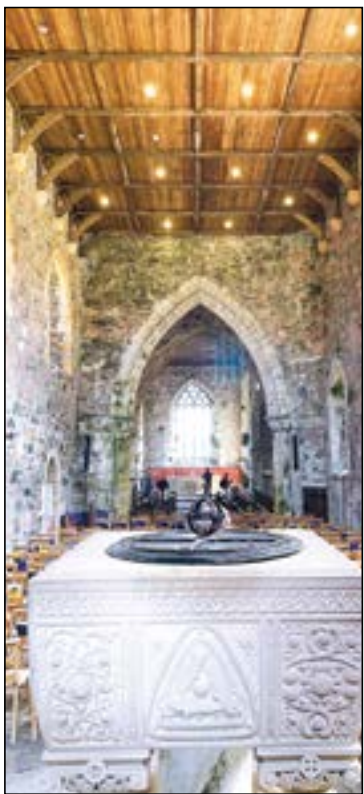
One of the most attractive features of our trip was this slower pace of life. We rarely experienced being rushed or pressured. People had time to chat and seemed eager to do so. It was possible for us to enjoy moments of inspiration without being hurried on to the next thing.

Here are a few of the events we are likely to remember whenever we think of Scotland:

- Dumfries House, Cumnock Ayershire: A stately country home, full of priceless 18th-century Chippendale furniture beautifully preserved in its original placement throughout the house.
- Sunday Choral Eucharist at St. Mary’s Scottish Episcopal cathedral in Glasgow: A service with beautiful music and a fine



St. Mary’s Scottish Episcopal Cathedral in Glasgow



The Abbey Church on the Isle of Iona

sermon by a female priest.

- The Abbey Church on the Isle of Iona: Birthplace of Scottish Christianity.
  - Majestic view of top of the Craig at Staffin on the Isle of Skye.
  - The 1881 footbridge over the River Ness in Inverness: Inverness, in the Scottish highlands, was our favorite place on this trip.
  - The Scottish Parliament in session: Marked by thoughtful, well-reasoned political debate.
- And so many more memories of a month in Scotland, one of the very special places on this earth.



The top of the Craig at Staffin on the Isle of Skye

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CONTINUING EDUCATION

Registration opens for NOCE classes July 25

The fall 2023 Leisure World NOCE semester begins on Aug. 11 and ends on Dec. 16.

Before the semester begins, students will need to register for classes beginning on Tuesday, July 25, at 8 a.m.

New and returning students will be able to register for the fall semester one of two ways:

1. Starting Tuesday, July 25, at 8 a.m., people can register themselves online at myGateway by visiting [mg.nocccd.edu](http://mg.nocccd.edu) on their internet browser of choice. Use the CRN numbers listed on the class list to add each class. If a class has two CRN numbers, people must register with both numbers to stay enrolled in the class for the full semester.

2. Visit the Learning Center in Clubhouse 3 on Tuesday, July 25, from 8-10 a.m. GRF staff will assist residents who need extra help registering for classes on a first-come, first-served basis. After 10 a.m., visit the library to receive registration help.

No matter which method students choose to register for classes, students must already have their Banner ID and password to access their online account before registration day on July 25.

Students who are currently enrolled or have taken NOCE classes before should visit [mg.nocccd.edu](http://mg.nocccd.edu) before July 25 to ensure they have the correct log-in information by logging into myGateway successfully.

Those interested in attending Leisure World NOCE classes for the first time should visit the LW Library as soon as possible to receive assistance with applying to become a NOCE student.

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

People who face issues logging into myGateway or applying to become a student should call NOCE Star Help at 714-808-4679. People can also visit the library, where GRF staff will do their best to troubleshoot issues.

The full list of NOCE classes offered inside of LW can be picked up at the library.

The full list was sent out via LW Live on July 12.

Genealogy Club

The Genealogy Library is currently open to members from Monday-Thursday from 1-4 p.m.; Saturday-Sunday from 11 a.m.-2 p.m.; and closed Friday.

Theme Thursdays are becoming very popular. Workshops start at 1:30 p.m. and people should arrive early for a good seat. The schedule is as follows: Acadians today, July 20, and Help for Beginners on July 27. For more information about the club, email [lwgenealogy@gmail.com](mailto:lwgenealogy@gmail.com).



Ellen Brannigan (l-r), Donna Cooper and Elinore Petoletti

Community Karaoke

“What A Wonderful World” was a great song for karaoke night celebrating Ellen Brannigan’s birthday along with her friends. Donald Horning sang the catchy “Poor Little Fool,” followed by his visiting daughter, Sheridan, singing “Eternal Flame.” Shannon Harrison likes swaying songs like “Rockin’ Robin.”

The audience enjoyed a newcomer Bruce Lee singing “La Vie En Rose.” Brian Tivnan delivered a fine “My Funny Valentine.” Dorothy Ferrington changed the pace with a favorite gospel tune. The audience liked the upbeat songs done by Nina Todorov, Barbie May, Erika Greenwood, Ray Greierman and Edward Jablonski.

The club’s Wednesday night parties are fast-paced with over 30 performers anxious to regale the audience with their selections. Some songs bring back memories; others make people tap their feet and want to sing along.

Singers and audience members gather in Clubhouse 1 starting at 5:30 p.m. each Wednesday. Members go home with a song in their hearts and feel uplifted. Everyone is welcome to join.

—Margie Thompson

In Photos: A Trip to Alaska



Peter Meuter

Peter Meuter and Min Chen went eagle-watching at this site in Sitka, Alaska.



Peter Meuter

Icy Strait Point outside the village of Hoonah, Alaska.



Peter Meuter

Min Chen rides a gondola in Ketchikan, Alaska.

Summer at the Show: Amphitheater Rules

The GRF, along with show sponsors, are proud to present the 2023 Amphitheater season. To ensure an enjoyable season, showgoers 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.
- No climbing over seats.

2023 Amphitheater Season Schedule

The 2023 Amphitheater music festival will run until Sept. 14, with a 12-show lineup promising an eclectic mix of country, rock, pop, soul and blues tribute performers at the 2,500-seat Amphitheater.

Shows start at 7:30 p.m. (schedule is subject to change). Non-resident guests must be accompanied by a resident. Smoking is not permitted at the Amphitheater, which is located behind the LW News Office in the GRF Administration complex.

No parking is allowed in front of the Amphitheater on St. Andrews Drive along the southbound lanes. This is a tow-away zone on Thursdays during Amphitheater season.

Minibus transportation will be available before and after shows. Food trucks will provide options for pre-event dining.

July 20	<b>Michael Bublé Tribute with Anthony Bernasconi</b>
July 27	<b>Venturesmania</b> <i>Sponsor: Community Legal Aid SoCal</i>
Aug. 3	<b>Tribute to Elton John with Kenny Metcalf</b> <i>Sponsors: Gasper-Monteer Real Estate MemorialCare</i>
Aug. 10	<b>Bee Gees Gold</b> <i>Sponsors: Athens Services Financial Partners Credit Union</i>
Aug. 17	<b>Elvis Tribute with Matt Lewis</b>
Aug. 24	<b>Always Tina—Tribute to Tina Turner</b>
Aug. 31	<b>Hip To Be Square—</b> <b>Huey Lewis &amp; The News Tribute</b> <i>Sponsor: Optum Healthcare</i>
Sept. 7	<b>Stone Soul</b> <i>Sponsor: Optum Healthcare</i>
Sept. 14	<b>Mark Wood &amp; The Parrot Head Band</b> <i>Sponsor: Optum Healthcare</i>

SUMMER EVENTS

Amphitheater Movie Schedule

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 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, Biosyn 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









The Mahana Dance Troupe will dance at the FALW luau.

## FALW announces RSVPs are open for annual luau

The Filipino Association of Leisure World (FALW) is preparing for its annual luau-dinner dance that will be held on Saturday, Sept. 2, in Clubhouse 2.

There will be special performances from the Mahana Dance Group that sway hearts and transport people to an island with a refreshing ocean

breeze. These talented young men and women will perform dances from Hawaii, Tahiti, New Zealand and other Marquesas Islands.

David Noferi and his Second Winds Band will provide the music for dancing at the event.

Pacific Island cuisine will be served to satisfy taste buds. The main dish will be a whole

roasted pig.

There are a limited number of tickets available for sale for \$40 or \$280 for a table of eight.

For more information about the event or to RSVP, call: Ric Dizon at 714-225-3597, Ed Bolos at 551-998-4223, Harry Varnas at 323-791-1141 or Ren Villanueva at 323-854-6209.

—Ren Villanueva

## LW Democratic Club

by Mary Larson  
LW contributor

LW Democratic Club members are looking forward to an in-person discussion with Joanna Weiss, who is a candidate for election to the House of Representatives. All Leisure World Democrats are invited to attend the meeting on Wednesday, July 26, in Clubhouse 3, Room 9, at 1 p.m. Members can also join the meeting via Zoom by email ing [sblwdemocraticclub@gmail.com](mailto:sblwdemocraticclub@gmail.com) for the login information.

Weiss is one of the three Democratic candidates running in the 2024 Primary to replace Rep. Katie Porter in Congress. She is the founder and past president of Women for American Values and Ethics (WAVE). She is also an award-winning litigator and community organizer.

Weiss has received the backing of community leaders such as OCSupervisor, Katrina Foley, Congresswoman Linda Sanchez and former Rep. Harley Rouda. She also has the backing of EMILY's List, a national organization dedicated to electing pro-choice women to office.

U.S. Rep. Katie Porter, who is running to succeed Dianne Feinstein in the U.S. Senate, will join the club's August meeting via Zoom. Congresswoman Barbara Lee, another Democratic contender for this position, is tentatively scheduled as the speaker for the club's Sept. 27 meeting.

Another candidate running for the Senate, Adam Schiff, joined club members by Zoom in June. He began his half-hour presentation with a review of what he had been able to accomplish, first as a member of the California legislature and later as a member of the House



Joanna Weiss  
of Representatives.

Schiff also shared with attendees why he has been spending a substantial amount of time talking with potential voters in regions of the state such as the one currently represented in Congress by Speaker of the House Kevin McCarthy. He listed compelling reasons as to the importance of reaching voters located outside of densely populated areas in Northern and Southern California in order to win in 2024.

Arguing that California needs a new type of representation in the nation's capitol, Silicon Valley executive Lexi Reese has announced that she is also running to succeed Feinstein in the Senate.

...

The Democratic Club's information and registration booth will be open again on Tuesday, Aug. 1st from 10:30 a.m.-12:30 p.m. in the Clubhouse 6 parking lot. Democrats and potential supporters are invited to stop by the booth to get more information about the club or to register to vote.

Leisure World's electronic bulletin boards now include a

**DEMOCRATIC, page 17**

## LW Republican Club

by Sheryl Du Somme  
LW contributor

The SBLW Republican Club information and registration booth is located outside Clubhouse 6. It is open on the first Monday of the month from 10 a.m.-noon.

All political parties and supporters are invited to stop by to find out more about club activities or register to vote.

This month's club meeting was held on July 19. Gene Vesely gave a presentation about Article V of the Constitution. This allows states to convene to create amendments to the Constitution to "limit the power and jurisdiction of the federal government, impose fiscal restraints, and place term limits on federal officials" in order to bring back power to the states' governing rights as expressed in the Constitution.

The discussions also continued with last month's meeting topic on "The New Digital Economy" and its relationship to Environmental, Social and Governance (ESG) and why it is important to businesses and individuals.

To learn more about these issue and other topics, people can go to the club's website at [www.lwrepublicans.com](http://www.lwrepublicans.com).

## Concerned Shareholders

The guest speaker for the Concerned Shareholders meeting on Thursday, July 27, at 1 p.m. in Clubhouse 3, Room 2, will be Mutual Administration Director Jodi Hopkins. She will discuss the policies of the Stock Transfer Office as well Mutual Administration. There will be time for questions.

All residents are invited.

## SEAL BEACH POLICE DEPARTMENT

# Become a volunteer in the Police Services Academy

The Seal Beach Police Department will host a Volunteer in Police Services (VIPS) Academy for seniors who are interested in giving back to their community and are available for a few hours per week.

The VIPS Academy will commence on Thursday, Sept. 7, and will conclude on Thursday, Oct. 5. Academy classes will be from 8 a.m.-noon. on Thursdays at the Seal Beach Police Department (911 Seal Beach Boulevard, Seal Beach). Attendance at every session is mandatory to successfully graduate. The Academy classes will be held Sept. 7, 14, 21, 28 and Oct. 5.

Volunteers In Police Services participate in various functions at the police department including volunteer patrols, records, property, fleet services, special events and more. Volunteers are an important part of the department and have been serving with distinction since 1997.

Anyone who is interested in participating in this exciting volunteer program can go to go the Seal Beach Police Department website at <https://sealbeachpd.com/vips/> for more information and to obtain an application. People may also call 562-799-4100, ext. 1160, or email Support Services Captain Nick Nicholas at [nnicholas@sealbeachca.gov](mailto:nnicholas@sealbeachca.gov). People can also step into 911 Seal Beach Blvd. and ask for an application.

All applicants will undergo a VIPS supervisor's oral board panel and application review with the Support Services Captain. All applicants will be subject to a criminal background check and fingerprinting.

Academy attendees will be issued a training manual. The focus of the academy training is on the various aspects of the VIPS program and how to perform the duties and assignments. The training will include an orientation, introduction to the training manual, history of the program, mission statement, and limitations of the VIPS position. The attendees will be provided instruction on foot and vehicle patrol procedures, vacation checks, crossing guard duties, fleet services, DUI checkpoints and radio procedures. The attendees will tour different parts of the police department, including the pier substation. Additionally, attendees will learn about the Good Samaritan Act, the Mature Driving certification, the annual events calendar, frequently asked questions and the hours/attendance requirements.

Upon graduation, probationary VIPS team members will be issued uniform pants and grey polo shirt. Academy graduates will then have to complete 200 hours of on-the-job training under the guidance of a mentor. After completion of an additional 100 hours of service, for a total of 300 hours, probationary VIPS members earn their white uniform shirt and badge.

For more information about the Seal Beach Police Department, follow on social media [@sealbeachpolice](https://twitter.com/sealbeachpolice).

## SUNSHINE CLUB

# Learn about the Adult Family Center

Linda Tinoco, the outreach and project manager at Adult Family Center (AFC), will speak at the Sunshine Club's meeting on Friday, July 21, in Clubhouse 3, Room 2, at 10 a.m.

Tinoco has a master's in social work and has worked in nonprofits providing resources for almost 10 years. Part of her current role is focused on cultivating new community partnerships for AFC and providing resources and education on dementia and dementia care to the community. The most requested topic she speaks on is the 10 early signs and symptoms of Alzheimer's disease and some tips to improve brain health.

AFC offers free memory checkups, which can be conducted in person at Leisure World. Tinoco will share information on the resources AFC provides and resources the community partners provide for families affected by dementia.

The AFC is an adult day health care facility providing memory care programs and caregiver support for people. For over 40 years, AFC's mission has been to improve the quality of life for families challenged by Alzheimer's disease or another dementia through services tailored to meet individual needs. AFC has been certified as a Center of Excellence by the Alzheimer's Foundation of America and is the only facility in Orange County to earn this prestigious designation, and one of only six in California. It affiliated with the Pickup Family Neurosciences Institute at Hoag Hospital.

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

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



Linda Tinoco



## SBTV-3 Listings

SBTV-3 airs on TWC-Spectrum Channel 3, Frontier Fios Channel 37 and online streaming at [sbtv3.org/schedule](http://sbtv3.org/schedule). Have Roku? Go to <http://roku.streamsource.tv/add/sbtv>. The playback schedule is available at [Sbtv3.org](http://Sbtv3.org).

### Thursday, July 20

4 pm Road Trip  
4:30 pm GAF 50th Anniversary  
5 pm Seal Beach Car Show  
5:30 pm Sophia Rabin: On Q  
6:30 pm Patriotic Songs by Rob Roy  
7 pm Studio Cafe  
7:30 pm McGaugh Fourth Grade Concert  
8:30 pm Velvetones  
9:30 pm Bearizona  
10 pm All the Rest of the Songs  
11:30 pm Rough Seas Ahead

### Friday, July 21

4 pm Safety Flags Installation  
4:30 pm Sophia Rabin: On Q  
5:30 pm Studio Cafe  
6 pm Seal Beach Public Safety Awards  
7:30 pm GAF 50th Anniversary  
8:30 pm McGaugh Second Grade Concert  
9:30 pm Road Trip  
10 pm Good News Singers: Precious Memories

### Saturday, July 22

4 pm All the Rest of the Songs  
5:30 pm Studio Cafe  
6 pm Seal Beach Car Show  
6:30 pm Rough Seas Ahead  
7 pm LAUSD Meeting  
8 pm Road Trip  
8:30 pm Sophia Rabin: On Q  
9:30 pm Memorial Day Special  
10:30 pm GAF 50th Anniversary  
11:30 pm Cool Blue Jazz

### Sunday, July 23

4 pm Seal Beach Planning Commission: Replay

5 pm Seal Beach Public Safety Awards  
6:30 pm Studio Cafe  
7 pm Seal Beach Car Show  
7:30 pm Sophia Rabin: On Q  
8:30 pm Patriotic Songs by Rob Roy  
9 pm Velvetones  
10 pm Cool Blue Jazz  
10:30 pm Safety Flags Installation  
11 pm Good News Singers: Precious Memories

### Monday, July 24

4 pm Bearizona 2023  
4:30 pm Aquatic Center Opening  
5 pm Seal Beach Public Safety Awards  
6:30 pm Rough Seas Ahead  
7 pm Seal Beach City Council Meeting: LIVE

8 pm Sophia Rabin: On Q  
9 pm Studio Cafe

10 pm Velvetones  
11 pm GAF 50th Anniversary

### Tuesday, July 25

4 pm Studio Cafe  
4:30 pm Abilene Band  
5 pm Patriotic Songs by Rob Roy  
5:30 pm GAF 50th Anniversary  
6:30 pm Sophia Rabin: On Q  
7:30 pm Velvetones  
8:30 pm Cool Blue Jazz  
9 pm Seal Beach Car Show  
9:30 pm Memorial Day Special  
10:30 pm Safety Flags Installation  
11 pm Good News Singers: Precious Memories

### Wednesday, July 26

4 pm All the Rest of the Songs  
5:30 pm Sophia Rabin: On Q  
6:30 pm Seal Beach Public Safety Awards  
8 pm GAF 50th Anniversary  
9 pm Studio Cafe  
9:30 pm McGaugh Fourth Grade Concert  
10:30 pm Bearizona  
11 pm Aquatic Center Opening

\*All programming is subject to change.

## GAF & RALPHS REWARDS



Leora Savage (l) from Mutual 4 recieved help from Golden Age Foundation volunteer Beth Greeley in signing up for the Ralphs Community Reward program. She learned about it from the brochure she received from the GAF-sponsored Shredding Service. People can sign up each Wednesday downstairs in Clubhouse 6 from 9-11 a.m. In order to sign-up, GAF will ask for a resident's full name, email and phone number connected to their Ralphs Rewards membership to complete the transactions. The information will be shredded after signing up. For more information, text 562-301-5339.

## Humanist Association

The LW Humanist Association will meet on Sunday, Aug. 6, in Clubhouse 3, Room 1, starting at 10:20 a.m. The guest speaker will be Bobbie Hamfeldt, who will give a presentation on organ, eye and tissue donation.

Shortly after retiring in 2010, Hamfeldt's only child was killed in a tragic accident. Her grief journey has led her to take new paths in life to honor her son Erik and continue causes that were important to him. In 2017, she trained to become a OneLegacy Ambassador, so she can help to spread the important message of organ donation, a cause that is very important to her.

Hamfeldt's presentation will begin with an overview of donation, its impact on others and why it's an important act to consider. She will also go over ways that people can participate in donation as a living donor and/or as a deceased donor. There are many myths that have been passed around regarding organ and tissue donation, and Hamfeldt will spend some time addressing these fallacies. After the presentation, there will be time for questions, and people will be able to register to be a donor if they choose.

## OBITUARIES

### In Memoriam

Erik Jacobson 82  
Toni Gray 71  
Alison Dodge 59  
Patricia Johnson 70  
David Liedahl 83  
James Saudners 66  
Charles Kieffer 72  
Aaron Treuil 64  
Aidee Sandoval 92  
Donald McEntree 82  
Michael Negretel 81  
David Myers 76  
Kevin Olay 65  
*Families assisted by  
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...

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

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

Email obituary notices to [laurieb@lwsb.com](mailto:laurieb@lwsb.com) with photos attached as jpg files.

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

For more information, call 562-430-0534, ext. 801, or email [laurieb@lwsb.com](mailto:laurieb@lwsb.com).

The LW Weekly  
562-430-0534

## DEMOCRATIC from page 16

welcoming message from the LWSB Democratic Club

LW Democrats are invited to subscribe to the club's free electronic newsletter. This semi-monthly publication covers more in-depth reporting on issues and candidates. People do not need to be a club member to subscribe. To sign up, email [mlarson.telfords@gmail.com](mailto:mlarson.telfords@gmail.com) or call 562-296-8521. It is important people include their full contact information, as well as party affiliation in the email.

The Seal Beach Leisure World Democratic Club believes that facts and the truth do matter. Everything appearing in this weekly column and in the twice a month newsletter has been fact checked to the fullest extent possible.

Read the LW Weekly online at  
[www.lwweekly.com](http://www.lwweekly.com)

Joshua 1:7-9

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# HEALTH & FITNESS



Fitness Fusion Club members Barbara Simundza (l) and Linda Frysinger practice a butterfly exercise for stronger chest and arm muscles. The club meets on Tuesdays at 10:30 a.m. in Clubhouse 6, and Thursdays and Saturdays at 10:30 a.m. in Veterans Plaza. People can bring their own weights to Veterans Plaza for additional resistance. Everyone is welcome.



Katya Lukina

## Joyful Line Dance celebrated its ninth anniversary with dancing and friends

On July 13, the Joyful Line Dance Club had a special summer line dance party celebrating nine years of dancing. The party began with a group photo. Fifty members of the club had fun dancing non-stop with neighbors and friends from 10:30-11:30 a.m. and enjoyed the Dosirak lunch (Korean version

of bento), and brown rice cake, watermelon, and cantaloupe for dessert. The purpose of the club is to provide opportunities to all who want to improve their emotional and physical health and live a happy, healthy life. With the majority of female club members, men are encouraged to come

out and try out a class. Currently, the club has more than four male members who participate every month and learn new dances under the club's leaders: Albert Comia, Chung Cha Lewis, George Pinada, Carmel Atkinson, Sunny Kim, Ginna Baik, Elizabeth Kim, Nak Soo Kim, David Powell and

**LINE DANCE, page 22**

## Introducing the LWSB Memory Support Team to LW residents

Alzheimer's Orange County, with the support of numerous community partners, is pleased to introduce the Leisure World Seal Beach Memory Support Team (MST).

The MST will provide a variety of memory support programs and services to LWSB residents concerned about memory loss and/or cognitive decline. The MST is comprised of dementia care specialists and care team navigators who will team with residents to support their efforts to live productively and independently.

The development of the MST was influenced by the thoughtful and persistent advocacy of the Golden Age Foundation. Support for this program has also come from the Golden Rain Foundation, SoMang Society, Pathways Volunteer Hospice, CSULB Center for Successful Aging, LWSB Community Church, Meals on Wheels Long Beach and Orange County, LWSB Optum HealthCare Center and Alzheimer's Orange County.

MST programs and services include:

- Brain health classes
- Memory and cognitive screenings and memory training programs
- Early memory loss workshops
- Individual and family dementia care consultation and care options counseling
- Medication reviews and reconciliations
- Home safety evaluations and dementia related safety screenings
- Dementia education, interventions and resource linkages
- Advance care planning
- Caregiver well-being
- Behavioral management support

**MEMORY, page 23**

## 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 Dr., 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, July 20

Pork carnitas bowl, tomato cilantro rice, fiesta vegetable mix, whole grain tortilla, and a sugar-free ambrosia.

### Friday, July 21

Breaded fish tacos, black beans, red and white cabbage, corn tortillas, pico de gallo, and pineapple chunks.

### Monday, July 24

Chili con carne (beef crumbles), baked potato withn shredded cheese, broccoli, whole wheat crackers, and a seasonal fresh fruit.

### Tuesday, July 25

Turkey pot roast, brown gravy, sweet potatoes, collard greens, and a sugar-free fruited gelatin.

### Wednesday, July 26

Macaroni and cheese, diced tomatoes, carrots, breadsticks, orange-pineapple juice, and a sugar-free apple crisp.



LW residents enjoy an interactive presentation by Tracy Bell from Alzheimer's OC.

## LWers learn how to age successfully in the comfort of their home with Alzheimer's OC

by Katya Lukina  
LW staff  
katyal@lwsb.com

Aging healthy and enjoying life go hand in hand with the help of a few tips when living alone. On July 10, over 60 residents gathered in Clubhouse 3, Room 2 to learn more about aging successfully alone. Presented by the Memory Support Team and the Alzheimer's OC social worker Tracy Bell, the following are 11 tips that Bell discussed in depth in an hour-long presentation.

### Medical ID bracelet

The medical ID bracelet can include current medications, major medical diagnoses, allergies, implanted devices and an emergency contact. They can be found in pharmacies and online (Amazon; MedicAlert).

### Refrigerator door signs

The refrigerator door sign is a low tech source of information that can be easily accessed by emergency personnel, neighbors or family members. They can include emergency contacts, healthcare provider's contact information, instructions for



Tracy Bell shared 11 tips to age successfully when living alone.

pets in emergencies, poison control phone number: 1-800-222-1222, Abrazar non-medical transportation phone number: 714-893-3581, and the phone numbers for Meals on Wheels OC: 714-220-0224 and Meals on Wheels LB: 562-439-5000, ext. 1.

### Emergency healthcare record

The emergency healthcare form lists the instructions in case of an emergency health visit and can include family names and phone numbers and instructions for pets' care, and

should be kept in a handy place.

### Get personal records in order.

Personal records should be kept in one place such as a locked safe or cabinet. Exemplar: insurance policies, updated will and estate plans, record of all accounts and their beneficiaries, funeral instructions, and important passwords list.

### Duplicate keys

Duplicate keys can be used in an emergency to enter a locked unit to avoid breaking down a door and incurring expensive repairs.

**AGE, page 23**



## Impaired Vision and Hearing Club

Last month, the Impaired Vision and Hearing Club held its annual picnic. President Juanita Townsend presided over the luncheon attended by over 60 members. After lunch, attendees enjoyed a performance by the Hui O Hula dancers.

The Hard of Hearing Support Group meets on the second Thursday in Clubhouse 3, Room 7, at 10 a.m.

The Impaired Vision and Hearing Club meets every fourth Tuesday in Clubhouse 3, Room 1, at 1:30 p.m. (except

July, August, November).

The Impaired Vision Support Group meets every third Friday in Clubhouse 3, Room 6, at 10 a.m.

For more information about the club, call Sharon Kohn at 562-596-1969.

## Lowering blood sugar may reduce Alzheimer’s risk

Aging is associated with certain ailments, some of which concern seniors more than others. One of the conditions many older adults worry about is dementia, particularly in the form of Alzheimer’s disease. Though there’s no cure for Alzheimer’s, recent research suggests reduc-

ing blood sugar may be associated with a lower risk.

A blood sugar level above normal levels (depending on activity level and weight, among other factors) can contribute to an elevated risk of developing dementia. Studies show that those with high blood sugar had

a faster rate of cognitive decline than those with normal blood sugar, whether or not those blood sugar levels classified the people as being diabetic.

The link could be due to an enzyme that breaks down insulin. Insulin-degrading enzyme, a

ALZHEIMER’S, page 22

## Safeguard mental health with these tips

No one is immune to issues that can adversely affect their mental health, including men and women nearing retirement age and those who are already retired. Though the term golden years suggests life in retirement is one sunny day after another, many individuals 60 and older deal with mental health issues.

According to the World Health Organization (WHO), approximately 15% of the world’s adults aged 60 and over suffer from a mental disorder. What makes that statistic even more troubling is that the WHO acknowledges it likely doesn’t paint the most accurate picture of seniors and mental health, as depression is often undiagnosed among older men and women and untreated because it co-occurs with other issues affecting seniors.

In the past, the Centers for Disease Control and Prevention has acknowledged that late-life anxiety was not readily understood. However, much progress has been made in recent years, thanks to a heightened awareness of the problem of seniors and mental health. That means seniors now have ample resources they can look to as they seek to learn what they can do to safeguard their mental health. Recognizing the signs of mental health issues is the first step to getting treatment. Mental health issues vary, and people with anxiety

MENTAL HEALTH, page 22

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(Time goes very fast. Are you ready to meet Jesus?)  
“ 은혜로운 교회, 재미있는 교회로 여러분을 초청합니다.”  
(We invite you to our gracious and joyful church.)  
주일 낮 예배 낮 1:30PM / Clubhouse 3, Rm 2  
매일 말씀묵상 / YouTube 실비치 유니온교회 강단  
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ALZHEIMER'S  
from page 19

product of insulin that breaks down both insulin and amyloid proteins in the brain, which are the same proteins that can lead to Alzheimer's disease, is a factor in the connection to dementia. People who have type 1 diabetes and don't produce enough insulin can't break down the amyloid proteins naturally. Furthermore, those who take insulin to treat diabetes can end up with a surplus of insulin in the body. The insulin-degrading enzyme gets used up trying to break the surplus down. This doesn't leave enough enzyme to tackle amyloid brain clumping proteins. These same scenarios can occur in people if their blood sugar levels are elevated, even if they don't have diabetes yet.

According to data published by Harvard Health, people who have elevated blood sugar levels, or roughly 100 mg/dL or higher after a fast, can tame sugar levels by exercising, losing weight and shifting away from highly refined grains. People also may want to favor a Mediterranean style of eating, which focuses on fish, olive oil, fruits, vegetables and beans over a processed carbohydrate- and sugar-laden diet.

Making simple lifestyle changes can keep older adults healthy throughout their golden years.

—MetroCreativeConnection

Health Tip

As people age, they naturally lose muscle mass, so it's important to strength train to stay strong. If there's only time for one exercise, do a set set of squats, experts say. Squats strengthen all of the muscle groups in legs, including the calves, quadriceps, hamstrings and glutes, as well as muscles in the lower back and core. Those muscles provide the foundation for most activities of daily living, such as climbing a set of stairs and simply standing up from a chair.

MENTAL HEALTH  
from page 19

will likely experience different symptoms than those with depression. The following are some of the warning signs of mental health issues.

- Noticeable changes in mood, energy level or appetite.
- Feeling flat or having trouble feeling positive emotions.
- Difficulty sleeping or sleeping too much.
- Difficulty concentrating, feeling restless, or on edge.
- Feeling stressed.
- Anger, irritability, or aggressiveness.
- Ongoing headaches, digestive issues or pain.
- Misuse of alcohol or drugs
- Sadness or hopelessness, suicidal thoughts.
- Obsessive thinking or compulsive behavior.
- Thoughts or behaviors that

interfere with work, family, or social life.

- Engaging in thinking or behavior that is concerning to others.
- Seeing, hearing, and feeling things that other people do not see, hear, or feel.

As noted, a growing awareness of mental health issues and how they affect older adults has translated to more available resources for aging men and women who need help. Within the United States, seniors can visit [www.nimh.nih.gov/health/find-help](http://www.nimh.nih.gov/health/find-help) to access contact information for various groups that help people in times of mental health crises.

The National Institute on Aging notes that most cases of depression cannot be prevented. However, healthy lifestyle changes

can have long-term benefits on older adults' mental health. Such changes include:

- Being physically active.
- Eating a healthy diet that can reduce risk for disability and depression.
- Getting adequate sleep, which for seniors is between seven to nine hours per night.
- Remaining socially active, including regular contact with friends and family
- Participating in activities you enjoy.
- Sharing mental issues or concerns with friends, family members and your physician.

People who are vulnerable to mental health issues can learn more about how to combat them at [nimh.nih.gov](http://nimh.nih.gov).

—MetroCreativeConnection

LINE DANCE  
from page 18

Anna Derby.

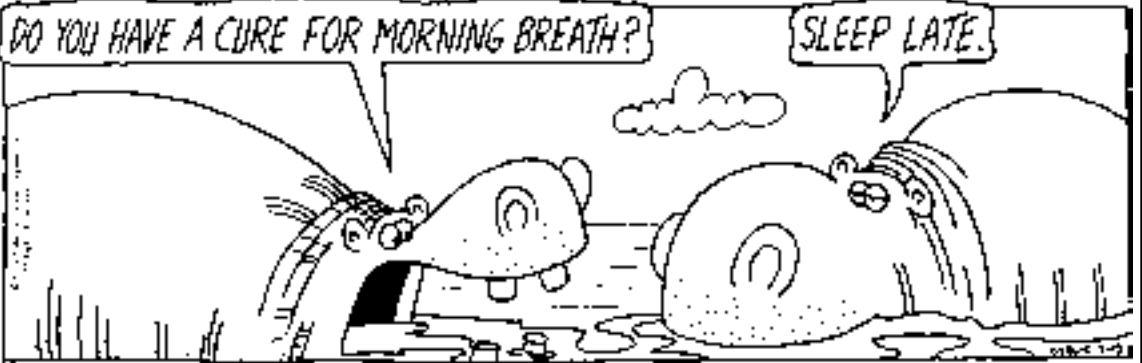
The club meets every Thursday from 10:30 a.m.-12:30 p.m. upstairs in Clubhouse 6.

Beginning Aug. 3, the classes will be held in Clubhouse 2, from 10:30 a.m.-12:30 p.m. to accomodate new members.

Everyone is promised to have fun learning new moves and dancing to their favorite hits. 56.....

Puzzle Answers

Puzzle pages 6-7



SCRABBLE G R A M S SOLUTION														
K	E	Y	C	A	R	D								
I	N	V	O	L	V	E								
G	R	U	N	I	O	N								
M	I	S	C	O	P	Y								
N	O	U	V	E	A	U								
PAR SCORE 260-270										TOTAL 349				

Crossword Answers

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

Sudoku 1 Answers

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

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

Jumble Answers

QUIRK    GECKO    INDUCT    SAILOR  
The thunder wasn't impressive being so distant,  
but the lightning was    STRIKING

Sudoku 2 Answers

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

Guess Who?  
Kevin Hart

Crypto Fun Answers

A. independence B. fireworks C. celebration D. victory

Boggle BrainBusters Answers

LION PUMA ZEBRA CAMEL BABOON BEAVER GERBIL

Word-Find Answers





## 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.*

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

**Thursday, July 20**

Rosemary chicken breast with creamy garlic sauce, rice pilaf, carrots, seasoned brussels sprouts, mandarin oranges, turkey, ham and cheese sandwich with lettuce, tomato and pickle, and carrot and raisin salad.

**Friday, July 21**

Spaghetti and meatballs with marinara sauce, whole grain roll, seasoned broccoli, fresh pear, Greek chicken salad with tomato, olives, cucumber, Feta cheese, vinaigrette dressing and crackers.

**Monday, July 24**

Chicken enchilada casserole with red sauce, pinto beans, seasoned broccoli, fresh orange, chicken salad sandwich with spinach and tomato, and marinated beet and onion salad.

**Tuesday, July 25**

Beef goulash, whole grain dinner roll, zucchini medley, apple sauce, taco salad with shredded chicken, diced tomato, corn, black beans, cheese, cilantro, salsa dressing and crackers.

**Wednesday, July 26**

Vegetable frittata, whole grain roll, seasoned carrots, tangerine, turkey and cheese sandwich with lettuce, tomato and pickle, cucumber, red onion and dill salad.

## MEMORY

**from page 18**

- Respite care programming.
- Personalized dementia care management services.
- Memory support outreach and engagement.

The following in-person classes don't require pre-registration and will educate people on home safety and health.

- **Brain Boot Camp (class 2 of 2)**  
When: Monday, July 24, 10-11:30 a.m.  
Where: Clubhouse 4
- **Keeping Your Home Safe 101**  
When: Monday, Aug. 14, 10-11 a.m.  
Where: Clubhouse 3, Room 2
- **Worried About Your Memory? Normal Aging vs. Warning Signs.**  
When: Wednesday, Sept. 13, 10-11 a.m.  
Where: Clubhouse 3, Room 1

Many of the above services provided will be accessible via phone or Zoom at the LW Social Services Office, at Clubhouse events, and in the homes of individuals and families living with memory loss. Enrollment for in-home services will require a no-fee clinical assessment provided by the clinicians of the MST.

All the above services with the exception of Respite Care Programming will be provided at no cost. The LWSB MST is funded in-part by a federal grant (CA 90ADPI0096) from the Administration for Community Living, including additional financial support from the Golden Age Foundation and Alzheimer's Orange County. MST services will be offered in English as well as Korean.

Individuals interested in participating in the Memory Support Team can call the AlzOC Helpline at 844-373-4400, Monday-Friday, 8:30 a.m.-4:30 p.m. or email [info@alzoc.org](mailto:info@alzoc.org).

## Food Distribution is Today

Free food is available in Leisure World to eligible residents who are 60 years or older through Community Action Partnership of Orange County (CAPOC), which has a monthly distribution site by Clubhouse 4. The next food distribution is today, July 20.

Distributions are on the third Thursday of the month.

The pick-up process has changed. Rather than driving up to the food truck, people should park, check in and retrieve their box of food from the Art Room in Clubhouse 4.

Every third Thursday from 9-11 a.m., qualified people receive 32 pounds of food, including cereal, juice, peanut butter, milk, canned vegetables, fruit, soup and cheese. Qualified residents will receive their food the same day.

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

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

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

## Leisure Leggers

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

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

## LW Bicycle Group

Everyone is invited to join the LW Bicycle Group, which meets at 9 a.m. at the North Gate on Sunday with breakfast, Mondays, Wednesdays and Fridays. Group B departs from the North Gate at 8:45 a.m. Bicycle helmets and safe shoes are required. Everyone is welcome.

For more information on Group A, contact Mary Romero at 562-810-4266; on Group B, contact Lucy Cyza at 818-209-3075.

## AGE

**from page 18**

**Create a "signal" with a neighbor**

Neighbors can alert each other through mutually created signs for a welfare check such as porch lights (on/off), curtains (open/closed), daily phone check-ins or texts and window signs.

**Medical response systems**

A medical response system can come in the form of a necklace, key chain, a pocket or a voice-activated device. The devices can be priced between \$25-45 a month and provide peace of mind to family members and friends.

**Durable power of attorney**

People can establish their end-of-life wishes by filling out the Five Wishes form that is available at [www.fivewishes.org/for-myself/](http://www.fivewishes.org/for-myself/) free of charge. A copy of this form needs to go to a primary care provider and an emergency contact.

**Make your home fall safe**

Removing tripping hazards, installing grab bars in a bathroom, avoiding step ladders, utilizing better lighting, removing clutter throughout the home and making safety modifications to a bathroom can reduce falls and associated injuries.

**Annual mind check**

Memory screenings are a wellness tool that help identify possible changes in cognition and thinking in a "first-step" approach. This wellness program creates a baseline for people and helps identify those at risk for cognitive impairment. The screenings are available by appointment through Zoom and in-person by calling 1-844-373-4400.

**Don't try to do everything yourself**

It's okay to need assistance from time to time even when living alone. People can contact the LW Member Resources Liaison Roberta Arshat at 562-431-6586, ext. 317, to get connected with the resources and services available and get a home safety assessment.

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In home haircare, serving the men-and-women of Leisure-World for 36-years. Mel Cell/562-480-9341 SB Business License KC75538. Exp 8/23

Full-Service for Men-and-Women at Dal Je's Salon. 562-626-8122, 562-431-4603. 5-minutes from Leisure-World! Cannot-WAIT-to-Serve You! PLEASE ask for Sun/Thank-You! SB Business License 14203016. Exp 8/02

**We would like our patients to meet our new associate Dr. Taylor J. Sant**

**For those who do not have dental insurance, we offer new patients a \$35<sup>00</sup> exam, x-ray & cleaning special (Reg. \$292) In the absence of gum disease**

Because one of our goals is to discover small dental problems before they become big ones. The American Dental Hygienists' Association estimates that for every dollar spent on preventive care, \$8 to \$50 is saved in restorative and emergency procedures.



Philip P. Nguyen, D.D.S., ADA, CDA, OCDS Over 20 years experience



Ella J. Chen, D.D.S., ADA, CDA, Over 10 years experience



Taylor J. Sant, D.M.D. Over 4 years experience

• **Crowns & Bridges • Dentures • Implants**  
• **Cosmetic Bonding & Veneers**  
• **Periodontics (Gum Disease)**



*Senior Discounts Available*  
**Providing Quality Dental Care to Leisure World Residents Since 1975.**

**Most Insurance Plans Accepted**

# Seal Beach Dentistry

1900-A St. Andrews Dr. Seal Beach, Leisure World Shopping Center

## 562-430-1054



# CLASSIFIEDS

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CLEAN AND REPAIR.  
Licensed and insured.  
Dan (562)-841-3787 Exp 10/04  
SB Business License BRA0002

SKYLIGHT Cleaning & Repairs.  
Contact Eugene (714) 774-4385.  
Contractor License 634613-B.  
Exp 11/29/2023

## WINDOW WASHING

**WANT CLEAN WINDOWS?**  
I clean Inside/Outside OR Clean  
Outside only and SAVE \$\$\$.  
LW-Resident/Rich Livitski. (562)-  
600-0014. SB Business License  
LIV0004. Exp 8/02

BEAUTIFUL WINDOWS 40+  
YEARS EXPERIENCE. PHIL  
(562) 881-2093. SB Business  
License AB0001. Exp 10/11

## LEISURE WORLD HELPING LEISURE WORLD

Does your walker need new tennis  
balls? Delivery and installation  
provided. Please provide your  
name and phone number. Free of  
charge. Diane Hart 714-955-2885.

**"ROLLIN THUNDER"**  
**GOLF CART CLUB**  
Offering FREE advice on buying  
and selling of your Golf Cart. Also  
batteries and Safety Flags.  
562-431-6859

## COMPUTERS

**FRUSTRATED**  
**(562)755-6199**  
Everything for your Computer  
(PC-or-Mac), Cellphone, TV,  
Stereo, any Electronic-Device.  
Tina Schaffer. SB Business  
License CIP0001. Exp 7/26

**COMPUTER SERVICES**  
(562)-733-9193  
All things computer related.  
Phones, TV's, Tablets, Electronic  
gadgets. Call John LW Resident.  
SB License FUH0001. Exp 11/01

## HOME CARE PERSONAL ASSISTANT

Experienced Caregiver available  
to assist with/Daily-Care/  
Doctor-Appointments/Errands/  
Available 24/7. 949-899-7770.SB  
Business License HEL0006. Exp 9/27

**CHRISTIAN HOME CARE**  
Experienced, knowledgeable  
caregivers. Honest/Assertive/  
Fluent-English. Hourly/Full-Time,  
doctor-appointments, errands.  
Bernadine/562-310-0280. Bonded/  
Insured. SB Business License  
BCS0002. Exp 1/31/2024

**MOST AFFORDABLE RATES**  
with/optimum service, 30-years  
LW experience. Licensed, Reli-  
able, Honest Caregivers. 24-hours/  
Part-Time/Doctor-Appointments.  
References, Fluent English. Ann  
/714-624-1911 and 562-277-3650  
/Heidi. SB Business License  
HYC0001. Exp 8/02

**EXPERIENCED CAREGIVER**  
**Over 25+years in Leisure-**  
**World** with/Excellent References!  
Hourly or Live-in. Please Call  
**Pampet/562-371-4895.** SB Busi-  
ness License PAN0003. Exp 10/11

Elderly care. Live-in, live-out. 30+  
years experience. Cooking, clean-  
ing, medications, companions,  
doctors. Experience with dementia.  
Gloria/949-371-7425. SB Business  
License RAZ0002. Exp 8/09

Maria's experienced caregivers.  
Run Errands, Doctor appointments,  
cleaning, part-time, full-time, live-  
in. (562)-230-4648. SB Business  
License CAM0006. Exp 7/26

## HOUSE CLEANING

Experienced Housekeeper  
providing Weekly-and-Monthly  
cleaning. Call/949-899-7770. SB  
Business License HEL0006 Exp 9/27

**MOVE-IN, MOVE-OUT.** Walls,  
Floors, WINDOWS. CALL PHIL  
562-881-2093. Over 30 Years  
Experience! SB Business License  
AB0001. Exp 10/11

## GRACIAN'S HOUSECLEANING & WINDOWS. WINDOWS 10% OFF first cleaning.

General housecleaning  
Excellent referrals in LW  
(562) 307-3861.  
20 years experience. Exp 10/04  
SB Business License GRA0006

General housekeeping, 30+ years  
experience. Bi-weekly or monthly.  
SB Business License RAZ0002.  
Call Gloria 949-371-7425. Exp 8/09

Maria House-Cleaning  
We'll make your house look  
NICE-as-possible! 15+/years  
experience. We can work with/  
your schedule. Bi-weekly/  
Monthly. Deep-cleaning. Call/  
Text/714-496-2885. Exp 8/09 SB  
Business License HER0008

**MAGALY'S CLEANING**  
**SERVICE.** We make your home  
sparkle! 7-days/call anytime!  
Complete-cleaning. 562-505-1613  
SB Business License M0001A.  
Exp 9/20

Albert & Patricia House-Cleaning.  
Weekly/Bi-Weekly/Monthly.  
(562)-397-4659, (323)-413-0830  
SB Business License 14206409.  
Exp 9/20

LeeGee Cleaning Services.  
Move-In/Move-Out. Deep  
Cleaning and/or Recurring.  
General Housecleaning. Weekly/  
Bi-Weekly/Monthly. 7-Days  
Call/Text Lisa/714-916-7796.  
SB Business License LEE0004.  
Exp 7/26

## AUTOS WANTED

**ANY KIND OF CAR**  
Cars/Motorcycle/Truck, running-  
or-not. We are local, call anytime!  
We pay cash and remove promptly!  
We do DMV and Release-of-Liabil-  
ity for you! Bonded/License, since  
1985! Call us 562-684-0901, we  
can come out and give you a quote.  
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## AUTOS/BOATS/RV'S TRAILERS FOR SALE

**ELECTRIC CAR PADS**  
Installed at your residence. Call  
Frank 562-743-3832. #779642  
State Contractor License. Exp 8/30

## ELECTRIC CARTS/ SCOOTERS/MOBILE CHAIRS FOR SALE

Golf Cars. SELL, BUY, TRADE  
& REPAIRS. Call 714-292-9124.  
Exp 1/03/2024

Electric Wheel-Chair. Price-  
Drop/\$400. Excellent Condition,  
Hardly Used. Call 562-235-2814.

## GOLF CART TIRES

Golf Cart Tires in Leisure-World  
with "SPECIALTY TIRES". All-  
Standard-Sizes and MORE! 1-800-  
847-9593. SB Business License  
SPE0007. Exp 8/09

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Read the paper online!  
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## TRANSPORTATION

Need a lift? Pam Miller.  
LW Residents ONLY.  
310-227-1258 Exp 8/02

Inexpensive Shuttle. Airports,  
Shopping, Doctors, etc. SB License  
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**A PERSONAL DRIVER IS**  
**WITHIN YOUR REACH!** Trans-  
portation for Airport Travelers,  
Medical-Patients. Call  
James/562-537-1298. Exp 8/02

## MOVING, HAULING & STORAGE SERVICES

**J&D HAUL-AWAY AND**  
**CLEAN-UP SERVICE**  
No job too small! Fast/Reliable/  
Great-Prices. SB Business License  
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Exp 10/04

**A FRIEND AND A TRUCK**  
**Your-Friendly-Movers!** We-  
offer-Hauling-service-too. Any  
size job! Call/310-387-2618. SB  
Business License RO263644.  
Exp 10/11

## CARPORT SPACE AVAILABLE FOR RENT

Carport-Space available for Rent/  
Space-44. Renter MUST live in  
Mutual-5. \$40/month. Leave-  
Message/562-430-3840. Exp 7/26

Carport-Space available for Rent.  
Mutual-1/Carport-11/Space-31.  
\$40/Month Call/562-481-8136.

## MISCELLANEOUS WANTED

**LESLIE'S VINTAGE STORE**  
Buying Mid-Century Modern  
Furniture/Antiques/Chinese-  
Collectibles/Old-Toys/Vintage-  
Clothing/14K-Jewelry-and-Ster-  
ling/etc. 562-243-7229 Exp 8/09

## MISCELLANEOUS FOR SALE

Antique-Coins, Comic-Books,  
Stamps. Available Monday-  
Friday/9:00am-3:30pm. MUST  
call for appointment 562-594-3975.  
Exp 7/26

Fabric for Sale in Leisure-World.  
Lots of Yardage, Cotton/Flan-  
nel/Knit/Specialty and Sewing/  
Quilting-Books/Supplies. Call-  
for-Appointment/503-559-3080.

Assorted SOLID BODY Electric  
Guitars and Amplifiers. Call Chris  
562-810-3166.

NOVA Transport Wheelchair/\$90.  
Like-New CAREX Folding  
Transport Wheelchair. Rollator-  
Walker/\$85. Shower-Chair/\$25.  
626-384-1298

**Estate Sales by Jennifer and**  
**Denise.** 1371 Pelham Road,  
**Mutual-6/Unit-66A.** Thursday/  
July-20th and Friday/July-  
21st/9:00-2:00pm. This home  
has MANY Treasures! Lots  
of vintage-bedding/photos/  
crocheted-throws-and-pillows/  
great-furniture-project-pieces-  
for-painting/lots-of-art/MCM-  
bookshelf/rocking-chair/couch/  
end-tables/anniversary-china-  
sets/flatware/religious/books/  
Christmas/fans/tools/costume-  
jewelry/small-kitchen-applian-  
ces/vintage-sewing-boxes/patio-  
chairs/floor-lamp/glass-vanity-  
table-and-chair/round-dining-  
table-with-4-chairs/men's  
clothes-size-large and so MUCH  
MORE! **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.

\$\$\$ Yard-Sale \$\$\$ 13800 Canoe  
Brook Drive/Mutual-3/Unit-15F.  
Thursday/July-20th-and-Friday/  
July-21st/9:00am-3:00pm/NO-  
EARLY-ARRIVALS-PLEASE!  
Mint-Condition-Faux-Leather-  
Couch/Futon/Rocking-Chair/  
Small-Kitchen-Appliances/  
Power-Tools and MUCH MORE!

**Estate Sale.** 1541 Northwood  
Road, Mutual-11/Unit-273D.  
Thursday/July-20th and Friday/  
July-21st, 9:00am-2:00pm. Five  
piece solid oak Mission Style  
bedroom-set, square vintage  
extendable oak kitchen-table,  
portable air-conditioner unit,  
blue sectional-sofa, lamps,  
small book-cases and lamp-  
tables, two Samsung flat-screen  
TVs, vintage lawyer's cabinet,  
medium-size solid wood office-  
desk, knick-knacks, womens-  
clothing. Glinda Davis 714-943-  
1818 or Kirk 858-232-3193. Seal  
Beach License GDD0001 PO  
Box 2069 Seal Beach, CA. Visit  
us on Facebook Market Place or  
Next Door for pictures.

**Estate Sale - 1300 Golden**  
**Rain Rd., Mutual 3 - 9B.**  
Thursday July 20, and Fri-  
day July 21 from 8:30-2pm.  
Beautiful furniture, including  
a matching leather sofa and  
loveseat, a new recliner, plus  
a nice dining set. Desk with  
hutch, tall bookcase and coffee  
table. Queen bed and match-  
ing dresser with mirror. NEW  
large air fryer oven. Beauti-  
ful Chicos clothing (size 3),  
purses, scarves and costume  
jewelry. Decorator items,  
florals, flags, plants and resin  
patio furniture. **Estate Sales**  
**by Docia Drake, 714-514-**  
**8232.** POB 427, Seal Beach  
Business License ESD0001.



**M1 - 28A**  
**2 Bedroom 1 bath**  
**corner, facing**  
**greenbelt. Drive up**  
**potential. Close to**  
**the Golf course &**  
**Clubhouse 1.**

## Attention Sellers!

**TIME TO SELL?**  
**Looking to save \$\$\$?**  
**Ask me about**  
**my creative**  
**Commission pricing**  
**and FREE STAGING**

**Call now!**  
**(562) 270-5305**  
**(310) 753-2776**  
**Melinda Curtis**  
**BROKER**  
**LEISURE LIST, S.B.**  
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DRE#01291830

**Mr. Hank**  
**Leisure Living**  
**Resales, Inc.** Lic. #636260  
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**leisurelivingresales.com**

**No One Knows**  
**LW Like We Do!**

 Erika — M17 (562)-208-5223	 Lela Lee (714) 213-1993
 Valory Escrows	 Gina Rojas 562-533-3190
 Carl Kennedy M15 (661) 810-9410	 Karen Wittkamm 714-858-1794
 Mr. Hank (562) 743-8473 The Piano Man	

*Thinking of Selling?*  
*We will save you*  
*Thousands of Dollars*  
*on Sale Expenses!!!*

**The Happy Office!**  
**28 Years in LW!**  
**Thank You!**

**UNDER CONTRACT!**  
**MUTUAL 7-163B**  
**ONLY ON THE MARKET FOR**  
**1 DAY. FULL PRICE OFFER**  
**ACCEPTED!!**  
**Buying or selling a**  
**home can be a**  
**stressful process if**  
**you don't have the**  
**right real estate**  
**agent. As a Leisure**  
**World specialist, you**  
**can rely on me to get**  
**you the best possible**  
**result. Call me today!**  
**Let's Work Together.**

**LISTINGS WANTED**  
**CONTACT: Kim**  
**+562-598-1388 Office**  
**+562-852-1640 Cell**  
**KimOnSiteSales@gmail.com**



# Robin Gray

Over 26 years of Leisure World Experience    DRE 01027333

(562) 209-5605





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## Listings Wanted



**Mutual 2-47C**

**\$454,900**



Pending

**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!!**

13926 Seal Beach Blvd., Seal Beach, CA 90740



**Gina Rojas**  
 (562) 533-3190



*ginamrojas@gmail.com*  
**Leisure World Specialist**  
 23 Years LW Experience

 DRE#02111452
 

*"I Have Your Best  
 Interest at Heart"*

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**Now Offering  
 Notary Services**

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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.**

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**2022 Escrows**

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

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DRE#02120194



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*McIntyre*

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Excellent Service for:  
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**PROBATE SALES (No Trusts)**  
**NON-RESIDENT CO-OWNERS**

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**PENDING SALE**



**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, Sky-  
lights, 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**

**FOR SALE**



**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! @ \$390,000**



**\*\*\*\*\*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

**www.TeamDonnaJean.com**

 <b>Michael Shieh</b> <b>714-866-9268</b>	 <b>Andrea Bair</b> <b>714-624-1981</b>	 <b>Suzanne Ahn</b> <b>562-810-1614</b>	 <b>Alice Sioson</b> <b>626-216-3038</b>
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**Kristin Duncan**  
562-480-1465  
Office Manager



**Robin Gray**  
562-209-5605



**Jasmine Elisha**  
949-522-1618



**Kathy Gupton**  
562-618-9940



**Gloria Hadley**  
562-884-3594



**Edwina DiMario**  
562-706-7999



**Vickie Van Ert**  
310-220-1407



**Rosie Wang Davis**  
626-623-9929



**Joanie Korman**  
(714) 308-8034



**Estee Edwards**  
562-208-2540



**Leah Perrotti**  
310-889-6583



**Hanna Rubinstein**  
562-900-4243



**Philip Bak**  
213-550-9991



**Fay Wescott**  
949-212-8748



**Kawain Payne**  
714-293-1151



**Adrian Villarreal**  
714-694-3291



**Conrad Rodriguez**  
562-746-1960



**Chris Kim**  
424-247-4542



**Claudette "CC" Cooley**  
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**Bill Berman**  
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Seal Beach, CA 90740  
BRE 00338699

**(562) 431-2149**  
13926 Seal Beach Blvd.  
Seal Beach, CA 90740

**One-Bedroom**

**Mutual 1-30K**      **\$219,000**

Quaint unit with potential

**Mutual 11-267C**      **\$299,500**

Beautiful greenbelt with remodeled kitchen.

**Two-Bedrooms**

**Mutual 11-273L**      **\$349,900**

Spacious corner in private location

**Mutual 12-39E**      **\$374,000**

East facing unit, completely remodeled

**Mutual 5-122L**      **\$399,000**

Fully expanded, corner home

**Mutual 1-10G**      **\$425,000**

Corner unit in a desirable location



# Specializing in the LW Community

562 618-9940 562 884-3594  
Yes we are **SISTERS**



**Kathy Gupion**  
Associate Broker  
DRE # 00744676



**Sean Wood**  
Realtor®  
DRE# 02186926



**Gloria Hadley**  
Realtor®  
DRE # 01057681

## Mutual 11-267C \$229,000

This fabulous expanded one bedroom 1 bathroom home has a dramatic Greenbelt view. A lovely leaded glass entry door that opens into this charming home that features a spacious living room with a large added skylight. The remodeled kitchen has upgraded cupboards including upper cabinets with lovely glass doors, Corian counters, a built-in stove, oven, and refrigerator. The kitchen has an extra-large skylight that provides a kitchen that is light and bright. The bedroom is fully expanded with a walk-in closet providing lots of storage space and sliding glass doors to a quaint patio. The full bathroom has a bathtub added with a shower fixture over the tub, an extra-large skylight and custom countertop. Also included in this amazing home is hardwood floors, carpeted bedroom, central heating and air conditioning, window coverings that are elegant sheer covered blinds, and large windows in the living room and bedroom that maximizes the amazing Greenbelt view. The cozy patio offers the opportunity to sit back, relax, and enjoy the expansive Greenbelt view and the refreshing ocean breezes Seal Beach has to offer. This home is a definite must see. Don't miss out.



### PENDING

Mutual 1-26B  
Mutual4-77E  
Mutual2-29E  
Mutual 4-76L

### 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

## Mutual 5-91J \$399,000

This Charming beach cottage features 2 Bedrooms, 1 3/4 Bathrooms plus a den. This lovely flexible floor plan has 2 master bedrooms both with walk-in closets. Living is light and bright with a leaded glass entry door. The Living room has an added skylight and heat pump with air conditioning. The Kitchen has built-in Leisure World appliances with added ceiling fan and skylight. Main Bedroom is expanded with a walk-in closet, bay window and sliding door to patio. Main Bathroom has a bath tub and shower over tub and a skylight. The extra large second bedroom has skylight and sliding doors to patio. The den has a walk-in closet added and a 3/4 Bathroom with walk-in shower, .



## 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 1-26L \$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.



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1900 St. Andrews Dr. Suite B Seal Beach, CA 90740

For 2023, We have a total of **47** pending and closed sales.  
Buyers are anxiously awaiting the perfect floor plan for their needs! It may be yours!



In Escrow

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.



New Listing!

1601 Glen View Rd #64H | M12 | \$399,000  
2Bed/1bath drive-up location with golf cart pad, patio and large storage closet! Heat pump, light and bright remodeled custom kitchen with skylight and newer appliances. Wood floors, dual pane windows, skylights throughout with jetted shower/tub.



In Escrow

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!



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.



New Listing!

13180 St Andrews Dr #238J | M10 | \$285,000  
Refreshed 2bed/1bath interior location full patio with storage closet, new laminate floors and freshly painted throughout. AC heat pump in living room with skylight in kitchen.



Coming Soon!

1571 Golden Rain Rd #118K | M5 | \$349,000  
Adorable 2 bed/1 bath with newer laminate floors throughout. Central AC, washer/dryer with tiled patio. Updated kitchen, newer appliances, dishwasher with skylights and shutters throughout.

07/17/2023 - Year To Date MLS Activity

■ For Sale ■ In Escrow ■ Closed Sale



Month	For Sale	In Escrow	Closed Sale
Jan	55	38	15
Feb	52	40	25
Mar	55	55	20
Apr	68	50	38
May	65	45	30
Jun	52	60	32
July	50	60	15
Aug			
Sept			
Oct			
Nov			
Dec			

On July 17th, 2023 a total of 48 units show as active listings on the CRMLS (this is where Realtors list property for sale)

6 - 1 bedroom/1 bath units from \$210,000 to \$299,500

24 - 2 bedrooms/1 bath units from \$279,000 to \$520,000

18 - 2 bedrooms/2 baths units from \$344,900 to \$619,000

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

Testimonial



"I can't express enough how good a decision it was to use Gasper Monteer. Nick staged the home for no charge and it looked great. Leisure World has many nuances for selling the units and picking a realtor with that knowledge is the best way to sell. They also use an escrow company that knows everything needed to sell your unit. Gasper Monteer has an office right out of the entry gate which came in handy a few times. His partner Carol knew everything going on with the sale which also helped to make the process go smooth."  
-Wayne S. 61A M6





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**M2 - 24J \$379,000**  
*Clean Expanded 2 Bedroom 1 Bath*



**M15 - 28A \$520,000**  
*Beautiful and Spacious Atrium with Greenbelt Views*



**M2 - 1A \$425,000**  
*Private 2 Bedroom Corner Unit*



**M15 45B \$619,000**  
*Gorgeous Modernized 2 bedroom Atrium unit with Vaulted ceilings*



**M12 - 73H \$329,000**  
*Partially expanded 2 Bedroom 1 bath*



**M15 - 37L \$349,000**  
*Large 2 bedroom 2 Bath Upstairs unit*



**M11 - 283J \$253,000**  
*Beautiful expanded 1 bedroom on a Green Belt*



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



**Dawn Januszka**  
Broker  
DRE #02110501



**Ginni Houck**  
Escrow Officer



**Verna Chumley**  
Realtor®



**John Webster**  
Realtor®



**Wendi Noble**  
Realtor®



**Kim Jbeili**  
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**Tony Accetta**  
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**Sally Angell**  
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**Suzanne Fekjar**  
Realtor®



**Terri Walters**  
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**Elana Torres**  
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**Maryann Shaddow**  
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