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LEARN HOW TO PREPARE FOR AN EMERGENCY
See page 18.



ORANGE COUNTY WANTS TO HEAR FROM SENIORS IN NEW SURVEY
See page 3.



AMPHITHEATER SURVEY: SHARE YOUR THOUGHTS
See page 16.

EMERGENCY PREPAREDNESS

Seal Beach will test emergency alert system today

The City of Seal Beach will test its emergency mass notification system, AlertOC, today Sept. 21, with a test emergency alert that will be sent to residents' mobile devices and home phones.

The test will replicate a large-scale, multi-jurisdictional emergency requiring thousands of numbers to be called simultaneously across Seal Beach. This is the 13th annual regional test of the system and will include Orange County as well as the county's unincorporated areas.

ALERT, page 3

GATE ACCESS

RFID distribution goes off without a hitch



Paul Kryczko

A line of cars moved quickly through the 1.8-acre site on Sept. 18.

St. Andrews Gate Detour

The 2023 GRF Paving Project will continue with the paving and slurry of five more streets, including Twin Hills Drive, South Fairfield Lane, Fresh Meadow Lane Kenwood Road and St. Andrews Drive (outside of gate).

People are encouraged to avoid St. Andrews Drive today, Thursday, Sept. 21, and Friday, Sept. 22, due to continuing street repairs. The exit lane is closed.

Pedestrians and drivers should proceed with caution and adhere to traffic controls on and near streets that are being paved.

Mutual-by-Mutual distribution will continue into November

Since last week, the GRF Security Department has distributed hundreds of radio frequency identification (RFID) tags at the 1.8-acre site in its quest to make sure every person with a valid Leisure World ID will have one vehicle registered during this initial roll out in September and October.

It is important to note that after Jan. 1, 2024, people will not be able to use decals to gain entry into the community. People must have an RFID tag on their vehicle or show a valid Leisure World ID to enter. Without an RFID tag or a Leisure World ID, it could delay entry into Leisure World. Decals are still important, as they are used



Emma DiMaggio

The translucent RFID tags are placed on the driver-side front headlamp of each resident's chosen vehicle.

by the Mutuals to ensure that people are authorized to park in carports.

Without one of these two forms of identification, people will be required to pull over and wait for GRF Security staff to verify their identity, which

may cause a noticeable delay.

With the RFID tagging process now underway, Security reports short wait times as residents queue up at the 1.8-acre site in accordance with a Mutual-by-Mutual schedule (see page 2) to get a tag placed on a front headlight.

The longest wait time so far is about 25 minutes, with the first hour of distribution being the most congested. People who arrive later in the day can anticipate shorter wait times and expedient service.

RFID tags are part of Leisure World's new gate access system that will significantly heighten security in LW. Security Director Victor Rocha emphasized that RFID tags

RFID, page 2

Flu clinic coming to HCC at 8 on Oct. 6

Optum will host a flu clinic on Friday, Oct. 6, from 8 a.m.-3 p.m. in Clubhouse 6. Each Mutual has been assigned a time slot for flu shots.

For more information about flu shots, see page 9.

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This project is funded in part through a grant from the California Department of Aging, as allocated by the Orange County Board of Supervisors and administered by the Office on Aging. The conclusions and opinions expressed may not be those of the California Department on Aging and the publication may not be based upon or inclusive of all raw data.

PRESCRIPTIONS



Stock Photo

The CVS Pharmacy located in Rossmoor will no longer deliver prescriptions inside Leisure World. See page 3 for alternative options, such as mail delivery or transferring to Leisure World's incoming pharmacy provider, MedCare.

WILDLIFE

Three coyote traps set in LW

The GRF has hired All City Animal Trapping to set traps for coyotes due to a large number of sightings and unverified reports of coyotes threatening unleashed dogs in Leisure World.

Three traps were set on Sept. 19 in various locations on trust property where coyotes have been repeatedly seen.

The traps are humane cages, and residents are asked to leave them alone. A licensed, professional will handle the removal of traps and coyotes.

All City Animal Trapping is a family-owned and operated business specializing in humane animal trapping and removal services. It has more than 20 years of experience.



Ruth Osborn

A coyote lingers at a greenbelt in Mutual 7.

RFID

from page 1

are the best and most efficient way of verifying who is entering the community.

Once the new system is implemented, decals will only be used by Mutuals to verify which vehicles are authorized to park in carports.

In the case of rain on a Mutual's distribution date, Security will close operations for that day because moisture impedes the adhesion of RFID tags on headlights. Therefore, rained-out Mutuals will be accommodated during the make-up week starting Oct. 30.

The RFID tag distribution is one tag per one LW ID card. Tags for additional vehicles, golf carts, etc. will be issued at a later date. If multiple vehicles are issued for one LW ID at this time, the second and all subsequent vehicles will not be entered or activated.

Here are some quick facts to make the distribution process an easy one for all residents:

Who can receive an RFID tag?

Any person who possesses a valid Leisure World Identification Card may receive one RFID tag for one vehicle with a valid GRF decal without charge. To receive an RFID tag, people must have a valid Leisure World decal on their vehicle.

Decals are available at the Decal Office next to the Café in Building 5. The Decal Office is open Tuesday-Saturday, 8 a.m.-



Emma DiMaggio

Security Services Manager Larry Norlander (l) and Security Director Victor Rocha (r) verify resident documents at the 1.8-acre site in the early morning on Sept. 18.

4 p.m. (closed noon-12:30 p.m.).

To receive a decal, people must have the following: (1) valid state issued driver's license, (2) valid vehicle registration, (3) valid vehicle insurance, (4) valid GRF Identification Card.

Where do I pick up my RFID tag?

People can pick up their RFID tags at the 1.8-acre site, located in the northwest corner of the community in Mutual 9 (formally known as the "mini-farms").

When do I pick up my RFID tag?

Residents of each Mutual and building have been assigned a date to pick up their RFID tags.

The hours of distribution will be 8:30 a.m.-4 p.m. Cars may not line up earlier than

8:15 a.m. on Oak Hills Drive.

Before entering the 1.8-Acre site, Security will verify all four documents (valid license, vehicle registration, vehicle insurance and GRF Identification Card). Upon entering 1.8 Acre site, people will complete a form to list the four permanent guests they want on their account.

In addition, people will need to provide a password for their account (the password may be any type of name or object or set of numbers).

Distribution Calendar

To ensure the RFID tag issuance is completed in an efficient manner, Security is distributing RFID tags by Mutual.

If people miss their assigned day for any reason (illness, vacation, etc.), there will be an opportunity to obtain an RFID tag on a make-up day. Be advised that the make-up day will be after regular distribution of all RFID tags are made, so issuance of the RFID tag will be during the last week of October.

The Security Department will be distributing over 10,000 RFID tags. The process will take nearly two months to complete. Therefore, Security cannot offer any specific day or timed reservations for RFID distribution, nor can Security accommodate any special requests. Any residents in line for a tag on a day that they have not been assigned will not receive an RFID tag.

Distribution Dates:

Mutual 1
• Buildings 49-64: Sept. 21
• Buildings 65-70, Sept. 22
Mutual 2
• Buildings 1-11: Sept. 22
• Buildings 12-28: Sept. 23
• Buildings 29-45: Sept. 25
• Buildings 46-62: Sept. 26
• Buildings 63-72: Sept. 27
Mutual 3
• Buildings 1-7: Sept. 27
• Buildings 8-24: Sept. 28
• Buildings 25-36: Sept. 29

Mutual 4

- Buildings 37-42: Sept. 29
- Buildings 43-59: Sept. 30
- Buildings 60-76: Oct. 2
- Buildings 77-89: Oct. 3

Mutual 5

- Buildings 69-72 and 90-97: Oct. 3
- Buildings 98-114: Oct. 4
- Buildings 115-126: Oct. 5

Mutual 6

- Buildings 53-57: Oct. 5
- Buildings 58-68 and 127-131: Oct. 6
- Buildings 132-144: Oct. 7

Mutual 7

- Buildings 145-149: Oct. 7
- Buildings 150-166: Oct. 9
- Buildings 167-176: Oct. 10

Mutual 8

- Buildings 177-183: Oct. 10
- Buildings 184-200: Oct. 11
- Buildings 201-205: Oct. 12

Mutual 9

- Buildings 206-216: Oct. 12
- Buildings 217-233: Oct. 13
- Buildings 234-237: Oct. 14

Mutual 10

- Buildings 238-250: Oct. 14
- Buildings 251-260: Oct. 16

Mutual 11

- Buildings 261-267: Oct. 16
- Buildings 268-286: Oct. 17

Mutual 12

- Buildings 6-11 and 34-45: Oct. 19
- Buildings 46-47 and 55-67: Oct. 20
- Buildings 68-78: Oct. 21

Mutual 14

- Buildings 1-5: Oct. 21
- Buildings 12-30: Oct. 23
- Buildings 31-33 and 48-54: Oct. 24

Mutual 15



- Buildings 1-11: Oct. 25
- Buildings 12-23: Oct. 26
- Buildings 24-35: Oct. 27
- Buildings 36-48: Oct. 28

Make Up Days

Make up days for those who missed their assigned pick-up date will be held Oct. 30-Nov. 4.

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GRF All-Department Town Hall

There will be a GRF All-Department Town Hall meeting on Wednesday, Oct. 18, at 1 p.m. in Clubhouse 4. Directors will give updates and residents are encouraged to ask questions during the public forum.



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CITY OF SEAL BEACH

Town hall will be held in CH4

Seal Beach City Council-member and LW resident Nathan Steele will host a town hall on Wednesday, Sept. 27, at 2 p.m. in Clubhouse 4. Topics will include the city's housing element and zoning changes, paid parking on Main Street, the results of a citywide poll and the city's five-year financial forecast. Steele will be joined by Mayor Thomas Moore, City Manager Jill Ingram, Director of Planning and Development Alexa Smittle, Director of Public Works Iris Lee, Chief of Police Mike Henderson and city parking plan author and expert Julie Dixon, among others.



City Manager Jill Ingram

Steele represents the Seal Beach District 5, which encompasses Leisure World west of St. Andrews Drive. Moore, of College Park West, represents District 2, which encompasses the portion of Leisure World east of St. Andrews Drive, Rossmoor Center and College Park West. "The goal of the town hall is to help people understand the housing element and the connected changes to zoning in Seal Beach," Steele said. "It is also to help folks understand the issue of paid parking on Main Street, which the city council has not yet passed but is considering in the ad hoc parking commission."



HEALTH

MedCare offers prescription deliveries

The CVS pharmacy located in Rossmoor, 12490 Seal Beach Blvd., no longer offers home delivery for prescriptions inside Leisure World, effective Sept. 8. Residents who require delivery from CVS can sign up for mail delivery. Same-day delivery costs approximately \$6-7 per delivery. People can also sign up to get unlimited deliveries for \$5 per month through CVS's CarePass program. People should be aware that there may be restrictions on mailing certain controlled substances. For more information, call the pharmacy at 562-596-4533, visit www.cvs.com/content/delivery or speak to a pharmacist at the address listed above. MedCare Pharmacy, which will move onsite to replace the LW pharmacy that closed in February, is currently operating off Harbor Boulevard in Santa Ana. MedCare offers next-day and, in some situations, same-day delivery to Leisure World. MedCare is a SCAN provider. To transfer prescriptions to MedCare, call 714-557-2982. Be prepared to provide insurance information or the information of the patient's previous pharmacy.

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NEEDS ASSESSMENT

OC wants older adults to share their opinions

Orange County and Advance OC are conducting a countywide older adult needs assessment to guide the development of plans and services for older adults. The survey results will help guide the development of a Master Plan for Aging that will focus on the needs of the county's older adults. The survey is anonymous. People are not required to provide their name, address, email, or any other identifying information. People will be asked for opinions on services already offered and others that might still be needed. To access the survey, visit www.olderadultsurvey.com or call 949-415-6898. Orange County is home to 450,000 adults aged 65 and older. The number of older adults is expected to increase, even as all other age group populations are expected to decrease. —Mariann Klinger, OC Senior Citizens Advisory Council

ALERT from page 1

"We should all take action to prepare for emergencies and disasters that can affect our communities," said Sgt. Brian Gray, emergency services coordinator for the City of Seal Beach. "Our goal is to increase the overall number of individuals, families, and communities that engage in preparedness actions at home, work, school and places of worship." Disasters, such as the state's historic wildfires, often occur rapidly, forcing evacuations and road closures to neighborhoods. Police Chief Michael Henderson said, "We urge residents and businesses to prepare for the many hazards that threaten our daily lives and sense of normalcy—most often occurring in Southern California with little-to-no warning." AlertOC is the county's mass notification system used by the City of Seal Beach and Seal Beach Police Department to issue government related messages to residents and businesses. All residential and commercial landline phone numbers are a part of the AlertOC system. AlertOC replaced the old "Reverse 911" system. AlertOC is a critical link for residents to immediately learn of any required actions, such as evacuating their homes during an imminent fire. AlertOC also enables the county to inform our residents during ongoing incidents, such as a pandemic or other health emergencies. The distinctive feature of AlertOC is the ability for individuals to register multiple contact methods and addresses. Registration of cell phones and alternate numbers dramatically increases the ability to reach the greatest number of community members within minutes. This enables landlines, cell phones, and e-mail addresses to be incorporated into a single notification system. Residents can do their part to prepare for emergencies by registering cell phone numbers, text numbers and e-mail addresses for AlertOC. For more information or to register alternate phone numbers or email addresses, visit AlertOC.org. To receive real time updates, SBPD also encourages the public to sign up for Nixle Alerts—people can do this by visiting <https://www.nixle.com/> or texting their zip code to 888777.

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PERSPECTIVES

Letters to the Editor

Editor:

I want to pay tribute to a neighbor I barely got to know but I admired her sense of wit and loving heart! Jackie Clarkson of Mutual 11 made such an impact on the neighbors, always making a point to stop to chat when I was tending the garden getting a dose of Vitamin D, and I loved it!

The other day, when I introduced my 13-year-old granddaughter Evelyn to her as Jackie walked her dog Sparky, she learned Evelyn is from Texas. Jackie jokingly said, "Shame on you!" during our friendly conversation. True to her character, Jackie returned soon after and profusely apologized to Evelyn for the comment, which she then deemed inappropriate to make to a young child. I have no doubt she made positive impact on Evelyn, and she caused me to respect her even more.

Soon after I came back from a recent trip, I was informed that Jackie was not well. Little did I know how seriously ill she was. I was crestfallen when I couldn't see her again, at least, not here on earth.

We will all miss Jackie, but I am sure she is in a better place where there is no more pain, and no more sadness and suffering. It seems I can almost hear the laughter among friends over there enjoying her presence and her wit!

So, good night, Jackie, and see you again!

Sun Han
Mutual 11

Editor:

On the front page of the LW Weekly (Sept. 7) was a long justification why our assessments will increase dramatically. The author said, "The GRF Board has not voted on the amount yet, but by law, the most it can be raised is 20% of the current monthly assessment." The author goes on to say wage increases were a minimum of 20% last year and construction costs have gone up 25% to 50%.

You can be guaranteed a couple of things.

1. Even when the goal is met, you can bet our assessments will not go down. GRF will get used to being flush with money. 2. You can bet the increase will be 20% because they are complaining about wages and costs having been increased by that amount and more.

Most of the people living here are retired. Our income has not gone up 20%. Many people here are primarily dependent on Social Security.

The GRF is spending our money with wild abandon, buying \$13,000 electric pianos and other unnecessary items.

I will be watching this vote very carefully, and I will talk to everyone I know, trying hard to convince them to vote out anyone who supports this increase.

The GRF needs to be more careful of our money, not pillage

our assets.

Edward Hickman
Mutual 3

Editor's note: The cost to replace the piano is incorrect. The actual cost was \$11,000; the piano will replace a heavily used one that was damaged in a fall. The item had support among clubs, and LW musicians and performers.

Editor:

I read with great dismay the article written by GRF President Marsha Gerber regarding the 2024 monthly GRF assessment increase (Sept. 7). It sounds like the GRF Board is preparing us residents for a 2024 20% increase which would be \$38.65 per month per unit then add on the Mutual fee. That is simply incredulous.

I'm fairly sure that every resident is aware of our aging community and the need for infrastructure improvements, but I truthfully question some of the spending this GRF Board has approved that has placed us in this low reserve quandary with spending such as the new gate system.

If our reserves are low (which should have been projected 1-2 years ago), why go forward with the gate project? I'm not opposed to a new/improved entry system but if our reserves are dangerously low why spend more money? Why not slow down on project spending for, say, 12 months to build back our reserves? Why did we need to purchase a digital piano at \$11K? Why would we even consider a projected \$100,000 sound system for the Amphitheater that has 12 concerts per year? Why not vastly increase the new buyer fee? Yes, that might slow down folks buying in here, but it would create revenue for the reserves.

Ask any resident and they'll agree: stop spending money we don't have and keep our monthly fee low.

We can't run our households by overspending and the GRF Board needs to also think along those lines.

Donna Hughes
Mutual 15

The GRF Board has not yet approved the 2024 budget, and so the final assessment has not been determined, although an increase is anticipated as inflation and other costs are on the rise. The gate access system, among many other ongoing projects, won't affect the GRF reserve fund balance, as they were budgeted as capital projects with costs covered by capital funds. As far as the reserve fund goes, GRF's "fund strength" is rated at 62.8%, according to the August 2023 reserve study conducted by Association Reserves, considered the nationwide leader in the preparation of such studies. This is classified as a "fair" position for the fund to be in; by comparison, a "strong" rating starts at 70%. GRF projects identified in its

reserve study are built into a multi-year funding plan far in advance based on the reserve fund's current strength. This allows ongoing amenity repair and replacement to be completed in a timely manner to keep pace with deterioration. Failure to complete scheduled projects adversely impacts reserve funding because inflation drives up pricing, and/or equipment and structures fail due to lack of maintenance.

Editor:

A big thank you from the Seal Beach Animal Care Center to all the animal lovers of Leisure World. Because of you, we raised \$2,139 in cash and item donations at the Stone Soul concert on Sept. 7.

All proceeds will go toward feeding, housing, and caring for our animals.

The winners of the gift cards were Barbara Glass, California Pizza Kitchen; Nina Selleck, Home Goods; and Debbie H., Target. Many thanks again and see you all next year!

Christina Miller
Seal Beach Animal Care Center

Editor:

Our Theater Club did it again! Its Sept. 4 presentation of "The Spawn Family Reunion OR Who's Your Daddy" had me either laughing or clapping almost non-stop from when the presentation started until it ended.

The play was all original material. Thank you to Theater Club members for sharing their writing, acting, singing and piano-playing talents. Also appreciated are your talent in stage set management, costume design and prompting, not to mention your commitment to untold hours of rehearsals.

Debbie Fudge
Mutual 1

Editor:

I sadly read last week about the passing of Herman Fogata, a dear neighbor.

I had the honor of getting to know this amazing man, not just casually as neighbors tend to be, but because he was in one of my legacy writing classes.

I saw in his obituary that he continued writing his autobiography, and I am grateful for that, as his family now has a treasured gift that he left for them.

Thank you, Herman.

Doris Sandrick
Mutual 10

Editor:

Since joining the GRF team in May, I have enjoyed taking my breaks and lunches outside at the various tables located around the Administration Building.

A few weeks ago I was sitting at the tables under the trees on the side of the Amphitheater when I heard a strange noise. It sounded like a scraping noise. I looked all around, and I didn't see anyone. I continued to eat my lunch, and I heard it again!

This time I looked under the table, and I found the culprit. A squirrel! He was scraping the metal off the bottom of the chairs with his teeth! I found this to be very odd and chalked it up to a one time deal.

A few weeks later, I saw the squirrel again, this time at the umbrellaed tables between Optum and the Administration Building. He was scraping the metal off of those chairs! What's going on with this squirrel? Is it just one squirrel that has the

taste for metal? Is it multiple squirrels, and they are sharpening their teeth for a nighttime rumble with the coyotes? I don't know if I'll ever get the answer so I'm believing its for the rumble.

Next time you walk by the tables, take a look at the bottom of the chairs, and you will see that the bronze coating has been scraped away. If I was a betting gal, I'd put my money on the squirrels...they're nuts!

Andrea Matteucci
GRF Cashier

Perspectives Policy

Submissions in each of the following categories may be published at the discretion of the Communications Director.

Letters to the Editor: Letters, maximum 200 words, should be typed and delivered to LW Weekly by email (preferred), regular mail or hand-delivered. Letters must be of general interest to the community and may contain opinions, suggestions, compliments, and complaints without being scurrilous, libelous, defamatory, repetitive or otherwise inappropriate. The names of individual employees, titles and/or departments will not be permitted in letters that could adversely impact any Golden Rain Foundation employee directly or indirectly.

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

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



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VOL 47, NO 36

GOVERNMENT

GRF Board of Directors Meeting Agenda

- Tuesday, Sept. 26, 10 a.m., Clubhouse 4**
- The GRF Board meeting can be attended in person or live streamed at 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, Aug. 22
 - b. Accept the Interim Financial Statements for July 2023 for Audit
 - c. Accept the Reserve Funds Investment Purchase
 - d. Approve Transfers of Funds for GRF per Civil Code 5502
 - e. Approve the Alzheimer's OC Lease Agreement
 - f. Sewer Preventive Maintenance Three-Year Contract
 6. New Business
 - a. General
 - i. Accept 2024 Budget
 - ii. Pickleball Club Tournament Exemption
 - b. Capital Funding
 - i. Speed Cushion Change Order
 - ii. Bocce Court Remodel
 - c. Reserve Funding
 - i. Capital and Reserve Funds Balance Sheet
 - ii. Administration Office HVAC Reroute
 - iii. Phase 1—Channel Fence Replacement
 - iv. Clubhouse One Renovation
 - d. Governing Documents
 - i. Amend policy 40-5520-1—Reserves
 - ii. Amend policy 40-5061-2—Fees
 - iii. Rescind policy 40-5522-3—Safe Deposit Boxes
 - e. Cost Recovery
 - i. Amend 40-5506-3—Request for Proposal Requirements
 - ii. Amend 40-3182-2—Member/Owners and Renter/Lessee Fines—Fees and Deposits
 - iii. TENTATIVELY VOTE: Amend 10-2000-2 – Consolidated Fee Schedule
 7. Ad Hoc Reports
 - a. 1.8 Ad Hoc Committee – Discussion
 8. Next Meeting: Tuesday, Oct. 24, at 10 a.m., Clubhouse 4
 9. Adjournment

Public Comments at GRF Meetings

The Open Meeting Act requires boards of directors to establish reasonable time limits for speakers to address the GRF Board of Directors. (Civ. Code §4925(b).). Time limits are four minutes per speaker for 15 or fewer speakers; three minutes per speaker for 16-25 speakers; and two minutes per speaker, more than 26 speakers.

To address the board, submit a comment card at the meeting prior to it being called to order. Residents may email correspondence to executive.coordinator@grfboardaction@lwsb.com.

Free Shuttle for LW Residents

The Senior Shuttle Service is a free 20-passenger shuttle that runs on a fixed route to Seal Beach Pier/Old Town area, Leisure World, and Rossmoor Shopping Center/North Seal Beach Community Center, and can accommodate wheelchairs and scooters, and hold two bikes.

To register, submit the following to City of Seal Beach Recreation Coordinator Anthony Nguyen by email or in-person/mail:

- An application that can be requested from Nguyen or found on www.sealbeachca.gov/Departments/Community-Services-Recreation/Senior-Services.
- Photo ID showing proof of Seal Beach residency and date of birth (GRF ID card for LW residents).

To use this free shuttle, people must be:

- 60 years or older and a Seal Beach resident.
- Pre-registered with the City of Seal Beach (have their SMP ID Number available for the driver, which is assigned upon registration with a turnaround time of three business days after submittal of application).
- For more information, call Robann Arshat, GRF member resources liaison at 562-431-6586, ext. 317, or email robertaa@lwsb.com.

GRF Meetings

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

Tues., Sept. 26	GRF Board Meeting Clubhouse 4/virtual 10 a.m.
Thurs., Sept. 28	GRF Board Executive Session Conference Room A 1 p.m.
Tues., Oct. 3	Facilities Committee Meeting Conference Room A 10 a.m.
Thurs., Oct. 5	Operation Committee Meeting Conference Room A 10 a.m.
Tues., Oct. 10	Member Services Committee Meeting Conference Room A 10 a.m.
Thurs., Oct. 12	Administration Committee Meeting Conference Room A 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. Members will be provided an opportunity to address the committee.

Tax breaks for older Americans

Moving into the golden years could offer some breaks when it comes to taxes and finances. There are some potential age-related tax perks that are worth discussing with an accountant or a certified financial planner.

- **Increase retirement savings**
Older adults can contribute more to employer-sponsored retirement accounts and Roth or traditional individual retirement accounts (IRAs). For 2023, the contribution limit for employees who participate in 401(k) and 403(b) programs, most of the 457 retirement savings plans and Thrift Savings Plan through the U.S. federal government can increase their contributions to \$30,500.
- **Larger standard deduction**
For tax year 2022, people 65 or older can add an extra \$1,750 to the standard deduction if they are unmarried and not a surviving spouse. Those who are married and file jointly can add \$1,400. For tax year 2023, those amounts go up to \$1,850 and \$1,500.
- **Reduce taxable income**
The ability to contribute more to tax-deferred retirement accounts enables older adults to reduce their taxable incomes. This, in turn, reduces the amount that needs to be spent on income taxes.
- **Changes in filing threshold**
The filing threshold is the income that must be made before being required to file a tax return. Typical taxpayers who are either employees or retired and drawing pensions or Social Security find the threshold increases over age 65. Single filers over age 65 do not need to file returns if their incomes are \$14,700 or under. Married filers over age 65 have a threshold of \$278,700. If primary or sole income comes from Social Security or a pension, those over 65 may not have to file returns at all.
- **Elderly or disabled tax credit**
According to the IRS, differing from deductions, a credit for taxpayers is available to those 65 or older or retired people on permanent disability who receive taxable disability income for the tax year. This credit is for those who have an adjusted gross income or the total of nontaxable Social Security, pensions, annuities, or disability income under specific limits. The eligibility levels change from year to year. Credits range from \$3,750 to \$7,500.

For more information, visit www.irs.gov.

—MetroCreativeConnection

Mutual Meetings Schedule

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

Thurs., Sept. 21	Mutual 2 Conference Room B/Zoom..... 9 a.m.
Thurs., Sept. 21	Mutual 11 Conference Room B/Zoom..... 1:30 p.m.
Fri., Sept. 22	Mutual 6 Conference Room B/Zoom..... 9:40 a.m.
Mon., Sept. 25	Mutual 8 Conference Room B/Zoom..... 9:30 a.m.
Wed., Sept. 27	Mutual 10 Conference Room B/Zoom..... 9 a.m.
Thurs., Sept. 28	Mutual 1 Conference Room B/Zoom..... 9 a.m.
Tues., Oct. 3	Mutual 17 Conference Room B/Zoom..... 1:30 p.m.
Mon., Oct. 9	Mutual 9 Conference Room B/Zoom..... 9 a.m.
Tues., Oct. 10	Mutual 16 Conference Room B/Zoom..... 1 p.m.

Mutual 9 Election is Oct. 2

The GRF special election for a Mutual 9 representative is on Monday, Oct. 2, at 10 a.m. in Clubhouse 4.

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09/26/2023 to 09/29/2023

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
LUNCH				
Asparagus & Mushroom Omelet Hashbrowns	Shrimp Wrap Rice	Chicken Sandwich Basil & Tomatoes	Clam Chowder Sourdough	Meatball Sandwich Side Salad
Seasonal Fruit	Mixed Berries	Seasonal Fruit	Mixed Berries	Seasonal Fruit
DINNER				
Tuscan Chicken Pasta	Cajun Catfish Asparagus	Prime Rib Mixed Vegetables Mashed Potatoes	Chicken Piccata Broccoli & Carrots	Coconut Shrimp Peach Preserves & Sweet Chili
Fruit Trifle	Seasonal Fruit	Pie	Seasonal Fruit	Pastry

Salim Khoury

(562) 754-8487

www.simplydelicious.app

To ensure high quality, some items may be substituted.

Puzzles & Comics

Answers on page 27

Gasoline Alley

By Jim Scancarelli



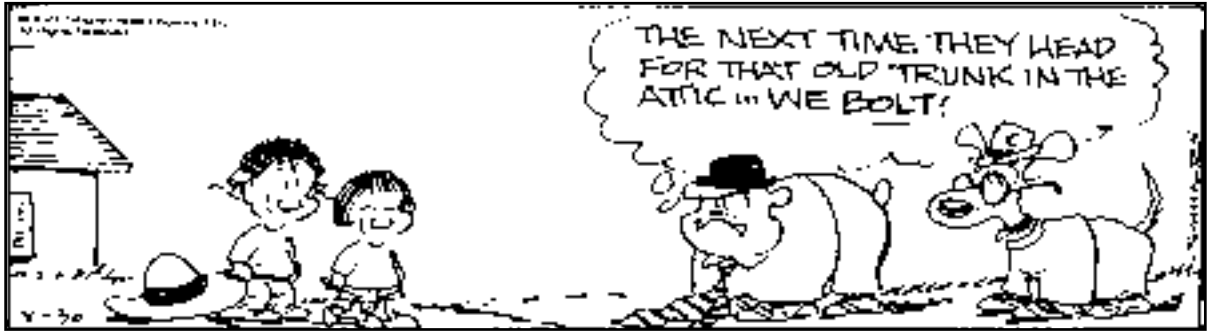
Broom-Hilda

By Russell Myers



Middletons

By Ralph Dunagin & Dana Summers



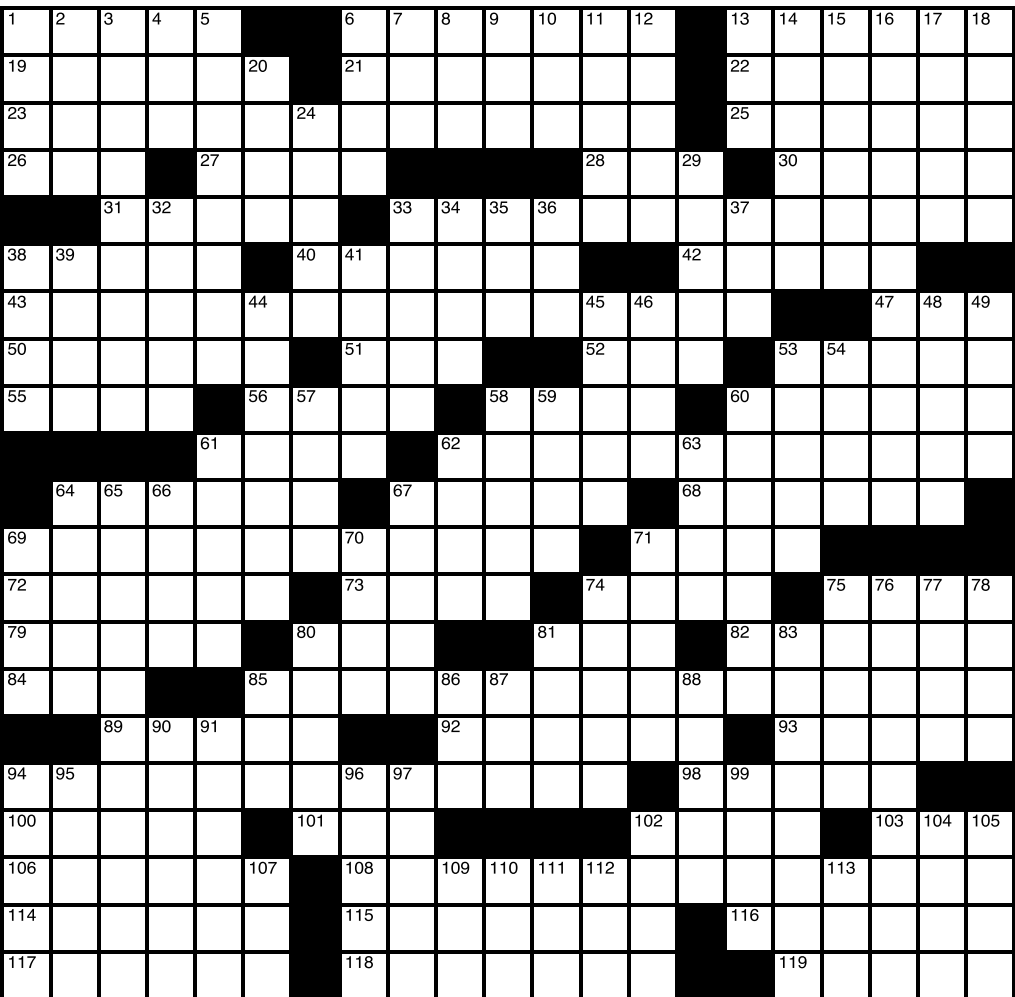
Los Angeles Times Crossword Puzzle

Edited by Patti Varol and Joyce Nichols Lewis

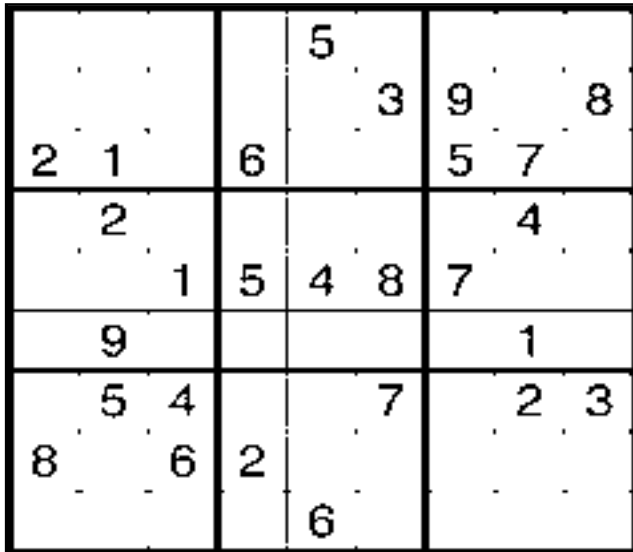
"THE ESPY AWARDS" BY CARL LARSON

- ACROSS**
- 1 "We Create Music" org.
 - 6 Unplanned break from school
 - 13 Stood out
 - 19 Ristorante choices
 - 21 Emphasize strongly
 - 22 "One ring ___ them all": "LOTR" line
 - 23 Advice for making a stick more fun?
 - 25 Enthusiasm
 - 26 Capote nickname
 - 27 Ocho menos cinco
 - 28 Quaint contraction
 - 30 Snarky
 - 31 Hannah of "Sense8"
 - 33 One with joint custody of a pet cat?
 - 38 Big game locale
 - 40 Yoga poses
 - 42 Ukrainian port on the Black Sea
 - 43 Request from a chef who ran out of asparagus?
 - 47 Energy bar bit
 - 50 Array in linear algebra
 - 51 Astronaut Jemison
 - 52 Slapstick prop
 - 53 Freshness symbol
 - 55 View from a pew
 - 56 Top with spaghetti straps, informally
 - 58 Within
 - 60 Tablet alternative
 - 61 Attic pests
 - 62 Treatment for phaser burns?
 - 64 Pain-relieving drug
 - 67 Coastal flock
 - 68 World Cup chant
 - 69 Peloton instructor from hell?
 - 71 Silver-tongued
 - 72 Bountiful residents
 - 73 Sprinkle, say
 - 74 Level or bevel
 - 75 Invitation letters
 - 79 "The Terminator" actress Hamilton
 - 80 Rapper will ___
 - 81 ___ Speedwagon
 - 82 Runs together?
 - 84 Card game cry
 - 85 Litterbugs in Alberta's capital?

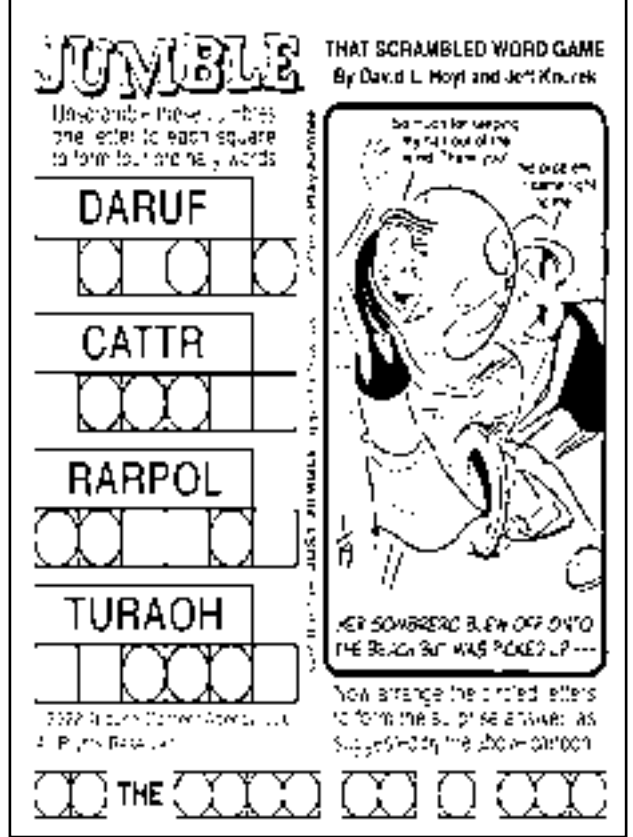
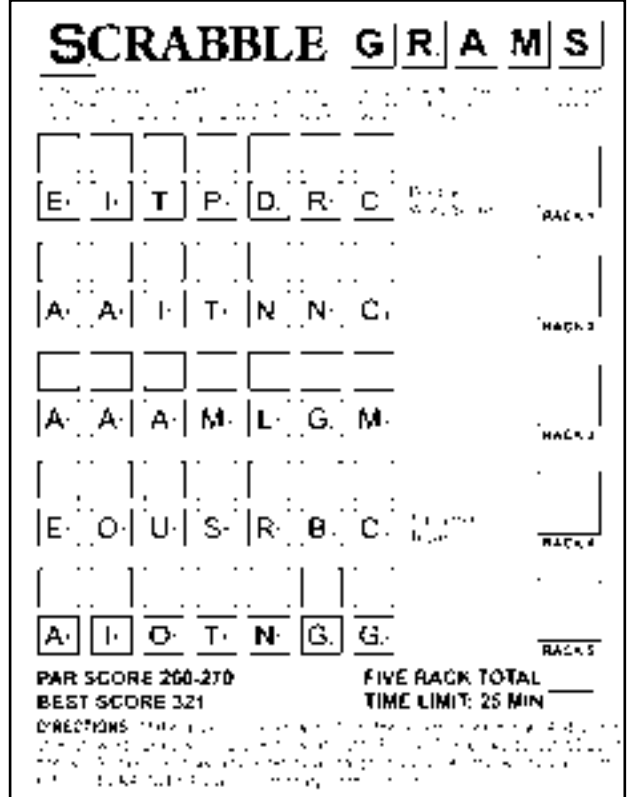
- 89 Writer Mario Vargas ___
- 92 Kit with paints, markers, colored pencils, etc.
- 93 Kilt detail
- 94 Encouragement to a waiter adding ground pepper to a dish?
- 98 Ticked off
- 100 Hops-drying kilns
- 101 Energy bar bit
- 102 Kolkata dress
- 103 "New Rules" singer ___ Lipa
- 106 Rebel
- 108 Budget for "Hamlet," "Macbeth," "Othello," et al.?
- 114 ___ St. Brown: NFL player named for an Egyptian deity
- 115 Many a family car
- 116 Tranquil
- 117 Like some windshields
- 118 Arnold Palmer and Shirley Temple, e.g.
- 119 Job-related moves, for short
- DOWN**
- 1 Google Calendar entry: Abbr.
- 2 Ending with dino-
- 3 Kids of the 70s?
- 4 ___ loss for words
- 5 Langer's Deli specialty
- 6 Indian honorifics
- 7 Editor Talese with her own Doubleday imprint
- 8 "r u kidding me?!"
- 9 "___ knew?"
- 10 Slip on
- 11 Friendship
- 12 "Smallfoot" creatures
- 13 Qt. halves
- 14 "Clumsy mel"
- 15 Museum store purchases
- 16 Rigidly moral
- 17 Skip over, as syllables
- 18 Try to stop
- 20 Quick and nimble
- 24 Pass along
- 29 Fern bump
- 32 Actor Braugher
- 33 Island home of the Grand Canyon of the Pacific
- 34 Memo phrase
- 35 Univ. helpers
- 36 Kitchen meas.
- 37 Mormon initials
- 38 ___ mater
- 39 Gather
- 41 River in northern France
- 44 Fires up
- 45 Cinematic spectacles
- 46 White House staffer
- 48 Stylebook subject
- 49 Classify, as blood
- 53 Summer triangle star
- 54 Designer Gucci
- 57 Taiwan-based laptop brand
- 58 Food Network cover
- 59 Grammy winner Aimee
- 60 Italian astronomer who embraced heliocentrism
- 61 Food from heaven
- 62 Big rig
- 63 LAPD alert
- 64 Decide to take part
- 65 Where to learn key concepts?
- 66 Aired with sharp resolution
- 67 Spanish "I love you"
- 69 Helmsman under Kirk
- 70 Ounce fraction
- 71 "Duck, duck" follower
- 74 Nerve-wracking
- 75 Esther of "Good Times"
- 76 One-touch shortcut
- 77 Designer Wang
- 78 Soft "Over here!"
- 80 Shoshone Falls state
- 81 College mil. unit
- 83 Makeup bag item
- 85 Approximate fig.
- 86 Midday refresher
- 87 TNT part
- 88 Curved plumbing piece
- 90 Dormant
- 91 "Fine, whatever"
- 94 Sacha Baron Cohen persona
- 95 "Doctor Strange in the Multiverse of Madness" director Sam
- 96 Wonderland cake instruction
- 97 Funny pages unit
- 99 Ticks off
- 102 IDs on tax forms
- 104 "Do ___ others ..."
- 105 Forever
- 107 ___ thai
- 109 "It's ___-brainer!"
- 110 Card game cry
- 111 Wrigley Field climber
- 112 Kiss follower
- 113 JFK predecessor



Sudoku 1



9 To 5 By Harley Schwadron



I am a rapper born in Missouri on October 17, 1972. I aspired to be a comic book artist until I was introduced to Ice-T's song "Reckless." I became an international rap sensation. My stage name refers to the initials of my real name.

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

Determine the code to reveal the answer!


Solve the code to discover words related to dental hygiene.
Each number corresponds to a letter.
(Hint: 17 = T)

A. 10 12 13 18 6 19 3
Clue: Dental technique


B. 17 13 8 17 13 8
Clue: Hard, calcified deposits

C. 17 9 19 3 11 1
Clue: Part of the mouth


D. 17 9 9 17 7 23 8 11 10 7
Clue: Cleaning device



By David I. Hoyt and Jeff Knurek



YOU'VE GOT TO BE A Boggle word expert to find all the words in a Boggle grid. In this game, you'll be challenged to find words in a Boggle grid. The words can be horizontal, vertical, or diagonal. You'll have 30 seconds to find as many words as you can.



BOGGLE POINT SCALE

(3 letters = 1 point)
 (4 letters = 2 points)
 (5 letters = 3 points)
 (6 letters = 4 points)
 (7 letters = 5 points)
 (8 letters = 6 points)
 (9 letters = 7 points)

YOUR BOGGLE RATING:

151+ = Champ
 101-150 = Expert
 61-100 = Pro
 31-60 = Gamer
 21-30 = Rookie
 11-20 = Amateur
 0-10 = Fry again

Boggle BrainBusters Bonus

Without looking for it, find 10 words in the puzzle grid. Can you find them?

Find **AT LEAST SEVEN DOG BREEDS** in the grid of letters.

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

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

ABRASION
 ABSCESS
 ABUTMENT
 ACID
 ADJUSTMENT
 AMALGAM
 ANALGESIA
 BACTERIA
 BICUSPID
 BITE
 BONDING
 BREATH
 CARIES
 CLEANING
 CROWN
 FLUORIDE
 HYGIENIST
 PARTIAL
 PLAQUE
 ROOT
 SEDATION
 STAINS
 TARTAR
 TOOTH

HEALTH & FITNESS

JOYFUL LINE DANCE CLUB



Instructor Liz Kennedy demonstrates the dance routine to the newest members of the club. Joyful Line Dance meets on Thursdays in Clubhouse 2 from 10:30 a.m.-12:30 p.m. The club has added two new dances to keep the routine interesting for new and existing members. Joyful Line Dance offers LWers the opportunity to have fun and meet new people while exercising and learning new dances. Membership fees apply. Dancing or exercise shoes are required. For more information, text Anna Derby at 562-301-5339.

Impaired Hearing and Vision Club resumes its monthly meetings

The Impaired Hearing and Vision Club will meet on Tuesday, Sept. 26, in Clubhouse 3, Room 1, at 1:30 p.m., following its summer break. The guest speaker will be LW resident Adrienne Rosenfeld, who is a certified instructor and teaches balance and stability classes on the first and third Tuesdays in the Clubhouse 3 Lobby at 10 a.m. for \$5 a class.

Rosenfeld will share tips on how to increase confidence and stability for those with hearing and vision problems. The classes focus on balance and cognitive exercises, increasing the brain activity and adding more years to people's lives.

People with mobility issues can also make reservations with the handicap bus up to three days in advance by calling 562-431-6586, ext. 379. President Juanita Townsend looks forward to meeting and greeting everyone.

—Sandy Esslinger

Grief Support Group

Pathways provides a free grief support group for LW residents on Wednesdays from 2-3:30 p.m. in the Optum HCC Conference Room. People who want to learn more about the grief process can call Tammie Ottenad at 562-531-3031 for a preliminary screening.

For more information, call GRF Member Resources Liaison Robann Arshat at 562-431-6586, ext. 317.

Bicycle Group

Join the LW Bicycle Group for a healthy ride on Sundays and breakfast at El Dorado Park, Mondays, Wednesdays and Fridays. The group meets at the North Gate at 9 a.m. Helmets and safe shoes are required.

For more information, call Mary Romero at 562-810-4266 or Lucy Czra at 818-209-5075.

Dental Services for Retired Veterans

For the ninth consecutive year, Dr. Seza Barsamian's Los Alamitos dental office will offer annual free dental services for retired veterans in honor of Veterans Day.

Retired veterans will get their annual dental checkup, X-rays and regular dental cleaning at no cost on Thursday, Nov. 9, at Seza Barsamian, DDS, Inc., 4022 Katella Ave., Suite 206, Los Alamitos, 90720.

Call in advance to schedule an appointment with Dr. Barsamian at 562-596-4439. Office hours are from 9 a.m.-5 p.m.

Dr. Barsamian said: "We love our veterans and where there is love, there is always an opportunity to serve. Thank you all for your service."

—Dr. Seza Barsamian

Optum HCC Events, Sept. 21-28

Mexican Fiesta Party with Alignment

In honor of Hispanic Celebration Month, join Alignment Health for a fiesta and learn about the great benefits that Alignment Health can offer, no RSVP required.

When: Thursday, Sept. 21
Where: Large Conference Room
Time: 11 a.m.-noon

Meet Optum's 24-hr Nurses at the Sunshine Club

The Sunshine Club will feature the Optum HCC 24-hour nursing team at its Sept. 22 meeting. People don't need to be Optum's patients to benefit from the 24-hour nurse, which includes a hotline. Everyone is welcome. No RSVP required.

When: Friday, Sept. 22
Where: Clubhouse 3, Room 2
Time: 10-11 a.m.

Longevity Series with Right at Home and Jacqueline Atwood

Join Jacqueline Atwood, registered dietician; Grace Atwood, gerontologist; and Vernon Atwood from Right at Home to discuss ways for older people to connect with each other as they age. RSVP by calling 562-493-9581 or just stop by.

When: Friday, Sept. 22
Where: Large Conference Room
Time: 2-3 p.m.

Alzheimer's Support Group in Spanish

The Alzheimer's Support Group will provide resources for Spanish speakers who are suffering from dementia. No RSVP required.

When: Monday, Sept. 25
Where: Large Conference Room
Time: 3-4 p.m.
SCAN Medicare 101

HCC EVENTS, page 9



The week of Sept. 3 Wa-Rite's top losers: Pat Miller and Shirley LeBrecque.

Stay healthy in your golden years with Wa-Rite meetings

At the Sept. 8 Wa-Rite meeting, Pat Miller and Shirley LeBrecque once again shared the title of a top loser with a weight loss of 1.5 pounds each. Both members are committed to being as fit and trim as they can. Wa-Rite Club members lost a total of 18 pounds the week of Sept. 3.

Ruby Resnick presented on foods to improve oxygen levels. Aside from being essential to survival, oxygen manages the cardiac function, and fuels the metabolism by converting food into energy and allowing the body to function properly. The food people consume increases the body's oxygen-carrying capacity and improves hemoglobin levels. Poor oxygen levels can cause lower energy, muscle weakness and mental confusion.

The upcoming presentation will be on how memory can complicate breaking habits.

The Wa-Rite Club is a supportive, nonjudgmental group of women dedicated to making the most of their golden years. Lately, some of the members have been facing hardships, and at times like that Wa-Rite is there to offer support and encouragement.

The club meets on Fridays in Clubhouse 3, Room 1. Weigh-ins are from 8:15-8:45 a.m. The meetings are from 9-10 a.m. Annual membership fee is \$10. Weekly dues are ten cents.

—Denise Stabile

OPTUM HCC

Get nursed back to health with Optum HCC 24-hour nurse line

The Optum Health Care Center 24-hour nurse line continues to serve LW residents. Team members include registered nurse Parminder (Mindy) Singh, who is willing to help 24 hours a day, 365 days a week.

Singh grew up in North Punjab, India, and decided to pursue nursing to help people gain knowledge about their health and wellbeing. "I love using my knowledge and skills to help people and my patients to understand how to manage their health and deal with

aging diseases, and how to manage their symptoms, minimize discomfort and provide good listening," said Singh. When not caring for patients, she is involved with her son's school activities, soccer, family gatherings, and enjoys traveling. Singh is fluent in English, Hindi and Punjabi.

All residents are welcome to call the 24-hour nurse line at 562-795-6216 for over-the-phone advice and help finding nearby care. Optum patients are also offered in-home assessments.

Residents are encouraged to say hello if they happen to see a member of the 24-hour nurse team out and about providing care to LW community.

—Adrienne Flores



Parminder (Mindy) Singh, Optum HCC registered nurse.

BALLET FITNESS



Instructor Mel Lockett leads a class in new choreography. Everyone is welcome to attend the Ballet Fitness class on Saturdays from 1:30-2:30 p.m. in the Clubhouse 6 mirror room.

Nancy Lee

Physical literacy and fall prevention Oct. 11

Everyone is welcome to attend physical literacy and fall prevention workshops with Reneu Health on the first Wednesdays from 11 a.m.-noon, in the Optum HCC Large Conference Room. The next meeting is Oct. 11. This interactive hybrid style seminar presented by the Clinical Kinesiologist Christel Mitrovich from Reneu Health provides a lecture and exercise demonstrations on how to prevent falls, increase strength, improve balance, and reduce pain and risk of injury. For more information, call Robann Arshat, GRF member resources liaison, at 562-431-6586, ext. 317, or email robertaa@lwsb.com, or Christel Mitrovich at Christel@renue-health.com.

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, Sept. 21
Cheese ravioli with savory tomato sauce, broccoli, Italian vegetable blend, whole wheat dinner roll with Smart Balance, Parmesan cheese (one pack), and a tropical fruit mix.

Friday, Sept. 22
Beef goulash, egg noodles, California vegetable blend, whole wheat dinner roll with Smart Balance, assorted pie or fresh fruit (diet).

Monday, Sept. 25
Ground turkey Bolognese, bow tie pasta, Italian vegetable blend, whole wheat dinner roll with Smart Balance, Parmesan cheese (one pack), and a tropical fruit mix.

Tuesday, Sept. 26
Baked tilapia with a savory tomato sauce, sweet potatoes, broccoli, whole wheat dinner roll with Smart Balance, orange juice and a sugar-free pudding.

Wednesday, Sept. 27
Salisbury steak with brown mushroom gravy, mashed potatoes, carrots, whole wheat dinner roll with Smart Balance, and a seasonal fresh fruit.



The Korean Senior Health Club Class (KSHCC) meets on Thursdays at 1 p.m. in Clubhouse 3, Room 4. Members have fun dancing to the rhythms of Korean pop songs, playing brain games, and learning more about well-being from the guest speakers. Everyone is welcome. For more information, contact Lisa Kim at 562-716-2010 or 714-713-0905.

Optum HCC annual flu clinic returns on Oct. 6

The Optum Health Care Center will hold a flu clinic on Friday, Oct. 6, from 8 a.m.-3 p.m. in Clubhouse 6. To help with traffic, each Mutual has been assigned a designated time slot. Short-sleeved or sleeveless shirts are recommended. People will not have to pay a copay for the flu shot if they have Original Medicare and are not Medicare Advantage patients. People will have to pay cash for their flu shots if they are Medicare Advantage patient and their insurance card doesn't have Optum Care Network-Monarch on it. Many pharmacies are now offering the flu shot. People can check with their doctor's office to find out what locations are available. Flu shots will cost \$40 for the regular adult dose and \$65 for the high dose for high-risk individuals at the HCC clinic. For more information about Optum's flu clinic, call 562-493-9581, TTY 711.

Mutual	Appt. start time	Appt. end time
Mutual 1	12:30 p.m.	1:15 p.m.
Mutual 2	11 a.m.	11:45 a.m.
Mutual 3	9:30 a.m.	10:15 a.m.
Mutual 4	1:15 p.m.	2 p.m.
Mutual 5	9:30 a.m.	10:15 a.m.
Mutual 6	8:45 a.m.	9:30 a.m.
Mutual 7	8:45 a.m.	9:30 a.m.
Mutual 8	8 a.m.	8:45 a.m.
Mutual 9	8 a.m.	8:45 a.m.
Mutual 10	11:45 a.m.	12:30 p.m.
Mutual 11	1:15 p.m.	2 p.m.
Mutual 12	10:15 a.m.	11 a.m.
Mutual 14	11:45 a.m.	12:30 p.m.
Mutual 15	10:15 a.m.	11 a.m.
Mutual 16	11 a.m.	11:45 a.m.
Mutual 17	12:30 p.m.	1:15 p.m.
Missed appointments	2 p.m.	3 p.m.

HCC EVENTS from page 8

With SCAN Medicare 101 people will learn more about SCAN, how to take advantage of its benefits and save money. No RSVP required.

When: Tuesday, Sept. 26
Where: Large Conference Room
Time: 2-3 p.m.

Hispanic Heritage Month with Alignment Health
Join Pilar Looney from Alignment Health in celebrating the Hispanic Heritage Month, no RSVP required. Refreshments will be provided.

When: Wednesday, Sept. 27
Where: Large Conference Room
Time: 11 a.m.-1 p.m.

Sherry Vandervoort and UHC Formal Sales Meeting
Sherry Vandervoort from UnitedHealthcare will hold an informational session on insurance choices and benefits. RSVP by calling 949-702-9488 or just come by.

When: Thursday, Sept. 28
Where: Large Conference Room
Time: 5-6 p.m.

Meals on Wheels Long Beach

Meals on Wheels of Long Beach, Inc., delivers freshly cooked meals for \$10.50 per day Monday-Friday, between 10:30 a.m.-12:30 p.m. Deliveries include an 8-ounce carton of 1 percent milk. Contact Client Manager Caron Adler at 562-439-5000, ext. 1, or visit www.mowlb.org to complete an online application or cancel a meal for the following day, before 9 a.m. the prior business day.

Thursday, Sept. 21
Beef Stroganoff, brown rice, zucchini medley, seasoned carrots, cantaloupe, ham, turkey and cheese sandwich with lettuce, tomato and pickle, and Asian coleslaw.

Friday, Sept. 22
Baked turkey ziti, whole grain roll, California blend vegetables, kiwi, Greek chicken salad with tomato, olives, cucumber, Feta cheese, vinaigrette dressing and crackers.

Monday, Sept. 25
Rosemary chicken with creamy garlic sauce, rice pilaf, seasoned brussels sprouts, apples, chicken salad sandwich with spinach and tomato, and marinated beet and onion salad.

Tuesday, Sept. 26
Meatloaf with mushroom gravy, garlic and chive mashed potatoes, vegetables, pudding, Chinese chicken salad with mandarin oranges, cabbage, carrots, onion, Asian dressing, and crackers.

Wednesday, Sept. 27
Barbecue chicken breast, baked beans, broccoli, fresh pear, ham and cheese sandwich with lettuce, tomato and pickle, and creamy coleslaw.

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 President Tom Pontac at 562-304-0880.

SPORTS & GAMES

Pool Club fall league begins

The Monday pool league opened the fall season on Sept. 11 with six teams playing in Clubhouse 2. The season will consist of ten rounds. Each team will play every other team twice, and then there will be playoffs. Every match is 13 points, which means there's always a winner and never a tie. There are three players on each team, who are rated A, B and C. Each player plays his or her corresponding opponent in one game of eight ball and a game of nine ball. Every player also plays with each partner in doubles matches of eight ball and nine ball. In the 13th and final match of the night all three players on each team play one game of eight ball. Except for singles matches, shots are alternated between partners.

Joker's Wild beat The Rustlers 9-4. Joker's Wild dominated the singles play winning 5-1. They also won all three doubles matches but lost all three nine ball doubles games. Gary Snow and Steve Mitchell of Joker's Wild won five games.

In a close match, the Cue Commandos edged the Cue Crew 7-6. The match was tied at six games apiece going into the final eight ball game. The game came down to each team shooting at the eight ball. Gary Monahan made the eight ball on a long bank into the corner pocket. Monahan was the first player this season to win all seven of his games.

The Renegades beat the Sharp Shooters 9-4. The Sharp Shooters won five of their six singles matches and won the final eight ball game. Ken Harpham and Guta Basner led the Sharp Shooters with five wins each.

The Wednesday league began its fall season on Sept. 13. Right on Cue beat The Favorites 8-5. Ray Friedrichsen had the hot stick for Right on Cue, winning five of his seven games.

In a close contest Hot Sticks edged Vader's Raiders. Barry Brideau and George Gordon each won four games for Hot Sticks. The players on Vader's Raiders all wear t-shirts that say, "I beat people with a stick!"—meaning, of course, with a cue stick.

Team X beat the Stevenators 8-5. After a close contest Team X won the last four games. Shery Wells, Team X's "C" player won six games and only lost one.

The LW Pool Club dues for the year, which runs from October 2023 to October 2024, are \$10. The league entry fee for the season is \$20. For more information, contact Steve Edrich at 714-980-3665.

—Dave Silva

Cribbage Club

The Cribbage Club meets each Tuesday in Clubhouse 1. Yearly dues are \$5. A dollar is collected from each member at the table before play begins. Members who come by 12:15 p.m. are assured a place to play. Announcements are shared at 12:25. Seven games are played beginning at 12:30.

Lyn Doyle provided ice cream, and Dave LaCascia provided cake in celebration of their birthdays. Carrie Kistner and Lyn Doyle served the refreshments, and Melinda Cowan provided mixed nuts and assorted candies.

The club congratulates the week's winners: Grace Holdaway with 837, first place; Russ Gray, 833, second; Suzanne Parks, 832, third; Drew Sargent and Sharon Rutigliano, 828, fourth. Minda Burkschab had no wins.

For more information, contact Marilyn Chelsvig at 562-279-5665.

—Mary Holder



Lyn Doyle with celebratory birthday cake.



Saturday Social Bunco Club Sept. 9 winners (l-r): Kathy Rapp, Mary Newport, most buncos; Sandy Weisenstein, most wins; Stella Kaiser, most babies; Helen Sponsler, Mary Milhone, most losses; Kathe Repasi, 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 Sept. 23 in the Clubhouse 3

lobby. Play begins at 1:30 p.m.

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

Tournament Poker Club

Players are invited for a fun and friendly game of Texas Hold 'Em for a \$5 buy-in. Regular tournaments are on the first three Saturdays of every month in the lobby of Clubhouse 6. Registration begins at 10 a.m., along with treats and coffee. Cards are in the air at 10:30. There is no late seating.

On Sept. 9, special guest Victor Rocha, LW Security director, spoke to members and provided a handout about the new gate access system. Many members took advantage of Rocha's offer to answer some of their questions.

The two players with the highest hands of the day were Stanley Fong with K-K-K-K and Kurt Bourhenne with K-K-K-J-J. By playing and winning with the promotional hand of 8-3, Guta Basner won the prize.

The final table players were: John Burns, first; Katie Hamilton, second; Stanley Fong, third; Ron Pine, fourth; Guta Basner, fifth; and Tom Pappas, sixth. The group played a great game right up until the heads up play between Hamilton and Burns. Holding A-K, Burns went all in before the flop, and Hamilton



John Burns

called a pair of 8's. The flop came A-K-7 giving Burns two big pairs A's and K's. Hamilton's only hope was an eight to make three of a kind. Neither the turn card (3), nor the river card (9) was any help, and Burns' two pair was the winning hand.

Burns has lived in Leisure World for two-and-a-half years and has been a member of the club for two years. This was his ninth final table win. In addition to tournament poker, Burns plays pickleball and billiards, and his hobbies include jiu-jitsu and bowling.

For more information, email Deborah Barner at deborah-barner7@gmail.com.

—Deborah Barner



Former Pickleball Players Club President Linda Evenson (l) with new president Ivan Painschab.

Pickleball Players Club

Ivan Painschab was elected as the new president of the Pickleball Players Club at the monthly meeting on Sept. 10. The club

would like to say "thanks a million" to former president Linda Evenson for doing an amazing job the last two years.

—John Markovich

Monday Night Bunco Club

Bunco is an easy dice game and a lot of fun. The Monday Night Bunco Club meets the second and fourth Mondays of every month in Clubhouse 3, Room 1. Play begins at 6 p.m. sharp. The next meeting will be Sept. 26. All Leisure World residents and their guests are welcome. There is a halftime social to meet with friends and neighbors.

Sept. 11 winners: Barbara Gardener, Cindy Zurn, Cheryl Richardson, Joanne Herrera, Mimi Durino, most buncos; Nancy Pittman, Beverly Friedman, most wins; Mariann Klinger, Pat Herman, most babies; Katie Carmagnola, most losses; Helen Becker, door prize winner.

For more information, contact Katie Carmagnola at 925-413-7583.

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 no later than 10 a.m. on game day. Arrive by 12:15 to confirm reservations.

Sept. 4 winners (eight tables): Tony Reddy and Miranda Reddy, and Howard Smith and Bud Parish, north/south; Shmuel Fisher and Thad Mikols, and Bill Brooks and Sue Fardette, east/west.

Sept. 7 winners (six pairs): A Howell movement was played. Howard Small and John Haggman, first pair; Howard Smith and Bud Parish, second pair.

For complete results, including a list of all players and scores, go to the Long Beach Bridge Center results page at www.acblunit557.org and click on Leisure World Results.

For more information, contact John Markovich at 562-661-0502 or by email at cdrijm@yahoo.com.

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

Pinochle Club

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

Aug. 14 winners: Janne Haas and Donna Gorman, 10,150, first place; Don Walton, 9,710, second; Julie Truise, 8,970, third; Howard Bleakley, 8,750, fourth.

Aug. 17 winners: Maureen Hubell, 11,190, first place; Suzanne Parks, 11,140, second; Phyllis Pierce, 10,810, third; Marjorie Cady, 10,660, fourth.

Aug. 19 winners: Ruth

Bonnema, 12,660, first place; Nita Dixon, 11,100, second; Donna Gorman, 10,680, third; Marge Dodero, 10,230, fourth.

Aug. 21 winners: Mary Luongo, 12,131, first place; Gene Smith, 11,570, second; Ruth Bonnema, 11,010, third; Don Kramer, 10,440, fourth.

Aug. 24 winners: Pat Blum, 11,690, first place; Irene Perkins, 11,550, second; Howard Bleakley, 11,180, third; Kathie Ho, 11,020, fourth.

Aug. 26 winners: Donna



A pinochle player studies her cards at a recent game.

Gorman, 13,290, first place; Joan Taylor, 12,080, second; Suzanne Tester, 11,940, third; Melinda, 11,840, fourth.

Aug. 28 winners: Charlotte, 11,960, first place; Jane

Hass, 11,950, second; Mary Luongo, 10,980, third; Don Kraxner, 10,880, fourth.

Aug. 31 winners: Mary Luongo, 13,470, first place; Peggy Kaspar, 11,090, second; Suzanne Parks, 10,640, third; Diana Lambert, 10,350, fourth.

Sept. 2 winners: Curt Rogers, 12,250, first place; Suzanne Parks, 11,020, second; Chung He, 10,820, third; Peggy Kaspar, 10,550, fourth.

Sept. 4 winners: Mary Luongo, 13,470, first place; Peggy Kaspar, 11,090, sec-

ond; Suzanne Parks, 10,640, third; Diana Lambert, 10,350, fourth.

Sept. 7 winners: Alma Zamzow, 12,150, first place; Ruth Bonnema, 11,110, second; Don Walton, 10,870, third; Gini Smith, 10,600, fourth.

Sept. 9 winners: Curt Rudgers, 13,230, first place; Melinda Cowan, 12,070, second; Irene Perkins, 11,110, third; Robert, 10,950, fourth.

For more information, contact Antonia Zupancich at 760-427-2731 or antonina9543@sbcglobal.net.



The LW Shuffleboard Club membership turned out for the general business meeting Sept. 14. The upcoming schedule of games and team captains were announced. The Shuffleboard Club Board of Directors is in the front row.

Shuffleboard Club announces fall team lineups

Forty-seven club members attended the monthly general membership club meeting on Sept. 14. Excitement permeated the room as fall league schedules and 10 teams were announced. Veteran club members were quick to welcome the 16 new members, and about half of the meeting was dedicated to sharing traditional “best practices” of the upcoming league play.

Two team captains, Sally Fowler and Rod Osgood, will serve two teams each, one for the Friday morning league and one for the Tuesday evening league. The other captains include Carol

Johnson, Milly Larsen, Shel Magnuson, Karen Mendon, Jack O’Brien and Chandra Patel.

On Sept. 19, the evening league opened the 10-week schedule. Results for both the Tuesday night games and the Friday morning games will be reported next week in the LW Weekly.

Last fall, there were six league teams, with each team having on average eight players. This season the club will host 10 teams with six or seven players on each team, representing a significant overall increase of players. All six shuffleboard courts will

be occupied for both leagues on Tuesday evenings and Friday mornings.

Open play practice opportunities will continue Monday and Wednesday mornings from 9-11 a.m. The club provides all needed equipment. Closed-toe shoes are required as a safety precaution. Anyone interested in knowing more about the game of shuffleboard is invited to attend. There will be veteran members available to provide support to learn the basics of the game.

For more information, call Membership Coordinator Patty Peterson at 562-714-7072.

—Kay Mount

GAME ROOMS



Clubhouse 1 offers a room for cue games such as snooker and pool.



The game room in Clubhouse 2 offers a variety of free play options, including video games. Tables are also available for those who bring a pack of cards or board game. A room for pool is adjacent.

See more Sports & Games on page 12

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YAHTZEE CLUB



The objective of Yahtzee is to score points by rolling five dice to make certain combinations. The Yahtzee Club meets the first, third and fifth Fridays of each month. For more information, contact Diane Seeger at 562-533-5997.

Men’s Golf League Results

Thirteen Leisure World men’s golf league players and guest Steve Miller played Sept. 1 at the 5,800-yard par-70 Riverview Golf Course in Santa Ana. Riverview is a challenging course with elevation changes, lots of water running through the middle of the course, and narrow fairways. Tee boxes, fairways and greens are always well maintained.

The weather was sunny and warm for the entire round with a light wind during the latter part of play. Five of the 14 rounds were net under par with only three birdies—one each by Chris Lankford, Dave LaCascia and Clay Fischer. Jim Goltra and Bill Zurn had the fewest putts for the round. Closest to the pin on the par-3 second hole was Goltra, and Gene Vesely was closest on the par-3 ninth.

A flight winners (handicaps 0–19): Lankford, first place; tie between Goltra and Gary Stivers, second; LaCascia, third; Fischer, fourth; tie between Sam Choi and Bill McKusky, fifth.

B flight winners (handicaps 20 and over): Tom Ross, first place; Lowell Goltra, second; tie between Bob Munn and Vesely, third; tie between Zurn and Ron Jackson, fourth.

Thirteen golfers played Sept. 8 at the 6,000-yard par-71 Willock Golf Course in Santa Ana. For the first nine holes putting was very difficult due to slow, wet greens. By mid-morning the temps got significantly warmer, quickly drying the grass. The course permitted five of the 13 rounds to be at or under par and yielded just two birdies, both by League Director Gary Stivers.

A flight winners (handicaps 0–19): Bill McKusky (fewest putts for the flight), first place; Stivers (closest to the pin on the par-3 12th hole), second; tie between Clay Fischer, Dave LaCascia, and Sam Choi (closest to the pin on the par-3 third hole), third; Chris Lankford, fourth.

B flight winners (handicaps 20 and over): Tie between Lowell Goltra and Digna Vesely, first place; tie between Bob Munn and Ron Jackson (fewest putts for the flight), second; Gene Vesely, third; Tom Ross, fourth; Daniel Mahoney, fifth.

Thirteen golfers played Sept. 11 at the 5,800-yard par-70 Riverview Golf Course in Santa Ana. The weather was sunny, and temps reached the upper 80s by round’s end with high humidity. The course only allowed eight of the 13 rounds to be at or under par and yielded just two birdies by Clay Fischer and Chris Lankford.

A flight winners (handicaps 0–19): Fischer, first place; tie between Gary Stivers and Sam Choi (closest to the pin on hole No. 2), second; tie between Chris (with fewest putts) and Larry Hillhouse, third; Dave LaCascia (closest to the pin on hole No. 9), fourth; Bill McKusky, fifth.

B flight winners (handicaps 20 and over): Gene Vesely (with fewest putts), first place; Bill Zurn, second; Lowell Goltra, third; Ron Jackson, fourth; tie between Digna Vesely and Bob Munn, fifth.

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

There is a prize pool for each round, which players are not obligated to enter. Rewards are given for low net in each flight, birdies, closest to the pin on two par 3s, and for the lowest number of putts in each flight. Holes-in-one and eagles (two under par), although infrequent, are generously rewarded. For more information, contact Gary Stivers at 714-313-3697 or Dave LaCascia at 801-674-5975.

—Dave LaCascia

Men’s Golf Club

The first September Leisure World Men’s Golf Club Tournament was played on Sept. 13 on the Turtle Lake Golf Course. Two groups of three flights of variously skilled golfers vied for best net scores (gross score minus handicap), plus four circle holes (shots within a 5-foot circle rewarded) and two closest-to-the-pin challenges.

A total of 54 golfers teed off and played 18 holes through the early morning and into the afternoon. Although the fairways and greens are, again, in very good shape, the tee boxes still need improvement. Only 22 of the 54 rounds were net under par and there were 49 birdies. The low gross competition was won by Bob Barnum at one under, followed by Bob Turner at even par, and John Kolthoff at one over.

Closest to the pin on the 100-yard par-3 sixth hole was Ron Steel at 3’ 11”, and on the par-3 15th hole was Bob Turner at 5’ 0”. There were also 11 circle hole winners.

It is requested that each golfer use a tee when driving off the tee boxes and to fill in any divots they may make.

All scores below are net (gross score minus handicap).

A flight winners (handicaps of 0–7): Trai Nguyen, first place; tie between Tom Owens, Alan Sewell, and Andrew Kim, sec-



The LW Men’s Golf Club tackled the Turtle Lake Golf Course during its Sept. 13 play.

ond; tie between John Kolthoff and Bob Turner, third; tie between Pat Paternoster and Bob Barnum fourth; tie between Dong Kim, Bill Long and Don Newhall, fifth.

B flight winners (handicaps of 8–11): Tie between John Rudosky, Mark Rice, and Peter Oh, first place; Ron Jackson, second; tie between Hyon Shin, Richard Yokomi and Ron Steele, third; tie between Paul Alloway and James Farr, fourth; Gary Newhall, fifth.

C flight winners (handicaps of 12–18): Sam Williamson, first place; Bill Zurn, second; Jim Bassett, third; tie between John Sorenson and Jon Russell,

fourth; tie between Marv Jones and Mike Carlson, fifth.

The next men’s tournament will be on Sept. 28 and the second and fourth Wednesday of each month. The next Guys and Gals tournament will be on Oct. 18. Guys and Gals tournaments are played every third Wednesday plus fifth Wednesday if there is one. Those who had planned to play and cannot should contact Alan Sewell at 541-324-8558 or Dave LaCascia at 801-674-5975 as soon as possible. Players should arrive 15 minutes prior to scheduled tee time and be ready to play.

—Dave LaCascia

PICKLEBALL



The Pickleball Players Club will conduct free lessons on the second Tuesday of every month starting at 10 a.m. at the courts behind Clubhouse 2.

LW Women’s Golf Club

Forty-seven women golfers played in the weekly Women’s Golf Club tournament on Sept. 12. They played for low gross, low net and birdies.

The tournament was also week one of the two week President’s Cup.

A flight winners: Low gross: Linda Herman, 26, with birdies on holes No. 2 and No. 8; low net: Sang An, Judy Kim, Lisa Kim, Devora Kim and Sally Park in a five way tie at 26; Devora Kim had a birdie on hole No. 8 and Lisa Kim had a birdie on hole No. 6.

B flight winners: Low gross: Bert Thompson, 29; low net: Mary Ann Moore, 24 with

a birdie on hole No. 7. Young Yoon had a birdie on hole No. 3.

C flight winners: Low gross: Joann Lim, 33; low net: Helen Yoon, 26. Cecilia Han had a birdie on hole No. 2.

D flight winners: Low gross: Kum Delias and Sue Elliott, 37, Sue Elliott had a birdie on hole No. 3; low net: Vivian Ceballos, 28.

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



Joann Lim achieved a hole-in-one on hole No. 1.



Annual flu shot clinic

October 6, 2023

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

My primary care doctor works at an Optum clinic.

- You can get your flu shot. There is no copay.

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- If you're a Medicare Advantage patient and your insurance card doesn't say Optum Care Network – Monarch on it, you must pay cash. Or else we can't give you the flu shot. Please call your primary care doctor to find out where you can get the flu shot.
- Many pharmacies are now offering the flu shot. Check with your doctor's office to learn more.
- If you want to pay in cash, the normal adult shot is \$40. The high-amount shot for high-risk individuals is \$65.

What do I need to do before getting my flu shot?

- If you have a fever, cough or shortness of breath before arriving, please call us at **1-562-493-9581, TTY 711**. This will help us determine the best place for you to get care. It also helps keep all our patients and staff safe.
- Bring your picture ID and insurance card.
- Wear a short-sleeve or sleeveless shirt.

Mutual times

Please show up during your mutual's designated time. This helps with traffic.

Mutual	Appointment start time	Appointment end time
Mutuals 8 and 9	8:00 a.m.	8:45 a.m.
Mutuals 6 and 7	8:45 a.m.	9:30 a.m.
Mutuals 3 and 5	9:30 a.m.	10:15 a.m.
Mutuals 12 and 15	10:15 a.m.	11:00 a.m.
Mutuals 2 and 16	11:00 a.m.	11:45 a.m.
Mutuals 10 and 14	11:45 a.m.	12:30 p.m.
Mutuals 1 and 17	12:30 p.m.	1:15 p.m.
Mutuals 4 and 11	1:15 p.m.	2:00 p.m.
Missed appointments	2:00 p.m.	3:00 p.m.



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ARTS & LEISURE

RECREATION

Fall Festival returns in October

The GRF Fall Festival will be held Saturday, Oct. 14, from 10 a.m.-1 p.m. at Clubhouse 6.

The LW Community Emergency Response Team (CERT) Club, in conjunction with the Security Department and several safety groups and vendors, will be on hand to demonstrate what is new in emergency preparedness.

A variety of noshes will be offered by Koffel's food truck at modest prices, including a special taco grill. The Theater Club will offer complimentary face painting for the young at heart.

Shuttle service will be available from the Clubhouse 4 parking lot. People are encouraged to park and ride.

Stone Soul, which brought down the house at the Amphitheater this season, will perform at the event. It is an eight-piece, horn-blowing, foot-stomping classic soul and Motown tribute band that has built a reputation as one of the hardest-working, most entertaining bands in the genre.

With their snazzy suits and spot-on renditions of memorable soul and Motown hits, the band will have people dancing The Jerk, The Mashed Potatoes and The Twist to smash hits from Smokey Robinson, The Temptations, Stevie Wonder, The Four Tops, Otis Redding, James Brown and more.

For more information, contact mayokab@lwsb.com.

GENEALOGY CLUB

Speaker will discuss military records

The Genealogy Club will meet Wednesday, Sept. 27, in Clubhouse 3, Room 1. Social time starts at 9:30 a.m. and the meeting starts at 10, with coffee, tea, pastries and fruit.

There will be a Zoom presentation screened live at the meeting. Those watching remotely should sign in a few minutes before 10 a.m. at <https://shorturl.at/aAH37>.

Tina Sansone will speak on American military records starting with King William's War of 1689 to the invasion of Iraq in 2003. Resources will be covered to help find ancestors who fought in the war.

Sansone is the co-owner of Past & Present Pathways, a genealogical and DNA research company. She is on the board of the Tennessee Genealogical Society; editor for their quarterly Ansearchin' News; current president of the Second Life Chapter of the Association of Professional Genealogists

(APG); registrar for the Watauga Chapter DAR and belongs to several lineage societies.

The club's popular Theme Thursdays from 1:30-2 p.m. are held in the Genealogy Library in Clubhouse 3, adjacent to the lobby. Topics include:

- Sept. 21: Video from Pearl Harbor during the battle
- Sept. 28: Follow-up on the Sept. 27 meeting presentation

The Genealogy Library is open Monday through Thursday from 1-4 p.m., closed Friday, and open Saturday and Sunday from 11 a.m. -2 p.m.

Volunteers are needed to help out with library hours or act as substitutes. To volunteer, contact Volunteer Coordinator Lisa Brass at 714-390-4213 or lisnhow@gmail.com.

The Genealogy Library gratefully accepts donations of old computers, office chairs, office supplies and shredders.

For more information, call 316-640-8509.



Winners at the LW Art League's monthly competition held on Sept. 12 were Barbara Simundza (l-r, front), Terese Smit and Marilyn Jonas; in back are Marion Higgins (l-r) and Linda Frysinger.

ART LEAGUE

New open studio class perfect for passion projects

The LW Art League met on Sept. 12 in Clubhouse 4. The guest demonstration artist and judge was Hillary Norcliffe, an art professor at Cal State Long Beach.

Before the start of the demonstration, Carmen Leslie, LW Art League's secretary, talked about a proposal to change the category system of the competition. Due to time constraints, a more concrete proposal will be presented at the next meeting in October.

Katie Stubblefield, a NOCE teacher who teaches art classes in LW, announced the opening of an open studio class every Tuesday evening from 5:30-7:30 p.m. (except when there is an Art League meeting). The class is designed for artists who have a "passion project" and would like to work in a class environment where their work can be critiqued.

Email Katie at kstubblefield@noce.edu for more

information. To register for the class, go to the library and ask for Library Manager Taylor Green.

At the club's monthly competition, Marilyn Jonas won Best of Show; Terese Smith won the popular vote. In the masters category, Barbara Simundza won first place; Alice Sioson, second; and Rosie Grogan, third.

In the intermediate/advanced category, Marion Higgins won first place; Allyn Constant, second; and Daniel Prosek, third. In the 3D/multimedia/digital category, Linda Frysinger won first place; Allyn Constant, second; and David Vogel, third.

Two new members, Harlan Petersen and Sharon Kisiday, joined at the meeting. The Art League will meet Oct. 10. The next "Spotlight On The Artist" will be held Nov. 25 and feature ceramics artist and teacher Ramayana Baba.

—Larry Sioson



Art History Club members listen to a variety of classical masterpieces.

Art History Club will listen to classical masterpieces

The Art History Club will meet Thursday, Sept. 28, at 1:30 p.m. in Clubhouse 4. The meeting will feature a presentation of Cubist painters and paintings and classical music masterpieces.

The musical pieces will include:

- Opera: "Song to the Moon" from Rusalka's "Dvorak"

- Opera: "Are you afraid my face grazes yours?" from Massenet's "Manon"

- Requiem: Verdi's "VII. Libera me, Messa da Requiem"

- Mass: Bruckner's "I. Kyrie, Mass No. 3"

For more information, contact Yun Han Choi at 847-708-4790.



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LW DRONE CLUB



Murray Pollack

FUNDRAISER

Enjoy live magic in LW on Sept. 27

A special program for all of Leisure World will feature professional magicians, including Magic Castle performers, on Wednesday, Sept. 27.

At 1 p.m., close-up magicians will amaze with magic happening in front of people's eyes. At 2, stage magicians will entertain and astound.

Tickets are \$15. Murray Pollack, president of Congregation Sholom, is taking reservations.

When not watching sports games, Pollack devotes his time to planning activities and programs for Congregation Sholom.

To purchase tickets contact Pollack at 562-331-3949 or email joycebasch@verizon.net.



The LW Drone Club flies at local parks and near the ocean. The club meets every fourth Thursday, in Clubhouse 3, Room 7, at 11:30 a.m. All are welcome. Club member, Bruce Reynolds, took this recent photo over Mother's Beach at Marine Stadium, in Long Beach. For club information, contact Joseph Valentinetti at 0501042@gmail.com.

Send arts stories to emmad@lwsb.com

South Coast Orchid Society

The South Coast Orchid Society of Long Beach will host a program by Donna Ballard titled "Deflasking: Where Commercial Orchids Come From" at Whaley Park Community Center (5620 E. Atherton St., Long Beach) at 7 p.m. on Monday, Sept. 25.

Long ago, orchids came from tropical jungles. Today's orchid hybrids often come from tissue culture in "flasks" or "bottles," part of a huge industry worth billions.

With professional experience in horticulture and training in the American Orchid Society judging program, Ballard will explain how orchids are propagated from divisions, seeds, or by cloning. Ballard will demonstrate how these small plants are grown to blooming size.

Orchids grown by members will be on display. The program is free and open to the public.

For more information, contact southcoastorchidsociety@gmail.com.



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Thursday Sept. 22nd and Tuesday Sept. 25th
FROM 1-5pm

Grab 'n' Go Menu
Sept. 21-27

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

Monday: Italian Burger in Clubhouse 6—Enjoy Italian barbecue, sides and loaded salads from 4-6 p.m. The full menu is available online at italiancuisinegroup.com. Preorders are accepted online by emailing info@italianburgergrill.com or by texting 424-299-6291, and don't forget to mention Leisure World. Onsite orders are accepted; cards only.

Tuesday: Taco Tuesday at Clubhouse 6—Enjoy Mexican favorites plus hot dogs, burgers and fries from 5-7 p.m. Cash and cards are accepted. No preorders are allowed.

Wednesday: Burning Buns Food Truck (New)—Enjoy burgers from 4-6 p.m. Check out the full menu at burningbuns.com/menu. Cards are accepted.

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

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

To ask questions or give feedback, email kathyt@lwsb.com.



Jojo Weingart

Hui O Hula dancers enjoy swaying to island music outdoors at the Veterans Plaza. All are welcome to join in the dancing or to audit the class.

HAWAIIAN DANCING

Hui O Hula accepts bookings for holiday performances

With the news that a new Omicron strain and its subvariants are considered to be super-contagious, Hui O Hula dancers appreciate practicing hula outdoors at Veterans Plaza, between the LW Library and Clubhouse 3, on Thursdays at 1 p.m.

Anyone who is interested in hula, the Hawaiian dance, is welcome. Dress comfortably and put on soft shoes because of the cement floor.

Hula dance class also meets upstairs in Clubhouse 6 at the mirror room on Tuesdays from 1 p.m.

The new hula subject is a Hawaiian place song named Kipahulu, located on Maui. The Kipahulu District of Haleakalā National Park can be accessed by driving 12 miles past the town of Hāna on the famous Hāna Highway that circumscribes the northeast coast of the island of Maui.

Even though Lahaina, on the west side of Maui, has been destroyed by fire, there are still plenty of opportunities for visitors to experience the wonders of the island.

This song describes the beauty of Kipahulu and the hospitable natives who welcome all the malihini/newcomers.

The holiday season is soon upon us. Any LW residents who want to share aloha in hula with their family, friends or neighbors can call event coordinator Kaye Huff at 562 431-2242 or email Jojo@huiohula.com to book a holiday show.

Anyone who is interested in dancing Mele Kalikimaka may plan to come to class starting in October. For more information about classes, contact Huff.

—Jojo Weingart

2023 Amphitheater Show Survey

DATE	SHOW	GOOD	FAIR	POOR
6/29	Beach Boys Tribute			
7/6	Springsteen Experience			
7/13	Shades of Billy Joel			
7/20	Michael Bublé Tribute			
7/27	Venturesmania			
8/3	Tribute to Elton John			
8/10	Bee Gees Gold			
8/17	Matt Lewis as Elvis			
8/24	Tribute to Tina Turner			
8/31	Tribute to Huey Lewis and the News			
9/7	Stone Soul			
9/14	Jimmy Buffet Tribute			

Mutual: _____ Apartment Number: _____

Comments/Suggestions for future shows:

Return surveys to the GRF Recreation Office, Bldg. 5, by Sept. 29.



John (l) and Leah Perrotti (r) stay warm in Norway.

Travel Diary: Svalbard, Norway

by Leah Perrotti
LW contributor

We recently took an exhilarating expedition trip to Svalbard, Norway. Svalbard is a Norwegian archipelago in the Arctic Ocean, located at the top of the world. It contains endless areas of unspoiled, raw Arctic wilderness. It consists of islands between 74 degrees and 81 degrees north latitude and 10 degrees and 35 degrees east longitude. We were just 600 miles south of the North Pole and didn't get to see Santa. The temperature every day was between 40 and 45 degrees Fahrenheit. We cruised on a yacht with 100 like-minded people and explored the islands via Zodiacs (small rubber rafts) twice a day to observe these breathtaking views of nature. Our expedition was full of contrasts and amazing nature-based experiences.

The arctic silence creates a unique atmosphere where we experienced tranquility that is virtually unparalleled anywhere else on earth. There were 24 hours of continuous daylight, so we had plenty of time to enjoy every minute. We saw majestic mountains, blue sea ice, glaciers, and the rich animal life that dominates the landscape. We observed polar bears—"The King of the Ice"—killer whales, mink whales, beluga gray whales, walruses, ring and bearded seals, dolphins, reindeer and arctic fox.

The region is home to many bird species that include my favorite—the puffin. Unfortunately, we saw global warming up close. While cruising in the Zodiacs, we saw glaciers calv-



A bearded seal



A puffin



A walrus

ing at least every 5-10 minutes. The glacial ice is melting at an alarming rate which accounts for much of the bizarre weather that Earth is experiencing now. The Arctic is one of the ecosystems that is most vulnerable to the effects of climate change, as it is warming at least twice the rate of average in other regions. Melting land ice sheets and glaciers contribute dramatically to sea level rise around the globe, which affects animal and plant life. If you haven't already, you might want to include this adventure on your bucket list—it was fantastic!

Community Karaoke

Community Karaoke Club vocalists sing songs that get people's toes tapping and bodies swaying to the music. Audience members will hear popular tunes that bring back memories.

Everyone is welcome to join the happy group in Clubhouse 1 from 5:30-9:30 each Wednesday evening.

Those who want to try out a new song or perfect a familiar one can come on Monday's to Clubhouse 6 from 1-3 p.m. for the club's karaoke practice sessions.

The club thanks Tony Tupas



Tony Tupas

and Richard Yokomi for hosting the Sept. 13 Wednesday night karaoke party.

—Margie Thompson



Friend of the Car Club Dave Walters poses next to his 1956 Ford F100 Custom Cab at a Meals on Wheels Car Show in Lakewood.

Silver Fox Classic Car Club

The Silver Fox Classic Car Club meets on the second Tuesdays of each month in Clubhouse 3, Room 5, at 6 p.m. People don't need to have a vintage, classic or collectible vehicle to join or participate in the club's activities, just a passion for cars.



Video Producers Club Vice President Joe Osuna (r) teaches member Jack Haskins (l) how to upload videos from a memory card and place them into an editing program.

Video Producers Club

Video Producers Club Vice President Joe Osuna is at the club's office every Monday from 10 a.m.-noon to answer residents' questions and guide them in videography.

Recently, Osuna taught member Jack Haskins how to take videos he recorded for a program documentary off his memory card and transfer them onto a computer, and how to play back the video. Osuna then edited the videos recorded by photographers, and uploaded them to YouTube for everyone to enjoy at any time.

To make an appointment with Osuna, contact him at joosuna29a@gmail.com or call him at 562-822-8216.

—Ivy Kung

LIVE MUSIC



Country rock band Abilene

Free Country Rock Dance

Terry Otte and Abilene will perform its free monthly concert and dance on Saturday, Sept. 23, at 7 p.m. in Clubhouse 2.

Abilene is a local country and rock band that plays once a month in Leisure World. All LW residents and friends are welcome.

The clubhouse is set up with tables, so people can BYOB, plus snacks. People are encouraged to bring their dancing shoes. Admission is free.

Leisure Time Dancers

The Leisure Time Dancers hold classes on Monday afternoons in the dance studio, upstairs in Clubhouse 6. Foxtrot is at 2 p.m., followed by night-club two-step at 3.

No partner is necessary. The 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 and \$11 per person for two classes in a single day. For more information, contact Leisure Time Dancers President Jackie Theis at 310-743-9373.

Saturday Morning Dance Class

There are two dance classes every Saturday morning in Clubhouse 6.

In September, Candis Davis will teach cha-cha at 9 a.m., followed by waltz at 10.

The class participants vote on new dance topics every month. Each class is \$7 per person. Partners are not required.

For more information, contact President Howard Small at 516-659-3314.

—Howard Small

AMPHITHEATER SEASON



David Wolfe

Mark Wood (r) and a Parrot Head Singer (l) rocked the Amphitheater on Sept. 14 in the last show of the season.

Thank You to Amphitheater Sponsors

Every year, the cost of the Amphitheater shows are offset by advertisers who sponsor these entertainment events to partner with the LW community in a positive way. These sponsors, some of whom subsidized more than one event, make it possible to offer shows and movies with free admission to residents and their guests. When residents and their guests patronize these community champions, they should make sure to thank them for their generous support.

Amphitheater show sponsors include (listed in alphabetical order):

- Athens Services
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- Financial Partners Credit Union
- Gasper Monteer Real Estate
- Golden Age Foundation
- Home Instead Senior Care
- MemorialCare
- On-Site Home Sales
- Optum
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COMMUNITY

LW Birthday



LW resident Juanita Townsend celebrated her 96th birthday on Aug. 15 with family. Juanita has enjoyed more than a quarter century of blessed years living in Leisure World. Throughout her time, she has been an active member of numerous clubs as well as her Lutheran Church in Leisure World. The dinner celebration honoring Juanita's birthday was memorialized with a picture of Juanita and her great-grandchildren: Paige, 18 (l-r), Ryan, 20, and Holly Lynn, 2.

Email birthday stories to laurieb@lwsb.com

GAF trip to Academy Museum of Motion Pictures wait list now open

The Sunshine Club's day trip to the Academy Museum of Motion Pictures on Nov. 6 is now sold out. The club has opened a wait list for those still interested in potentially joining. Those who are interested should text Anna Derby at 562-301-5339 or stop by Clubhouse 3, Room 2, on Fridays before 9:30 a.m. or after 11:15.

Those who have already signed up should stop by the next club meeting to pick up and sign a waiver of liability to return before Oct. 6.

The cost of the trip is \$80, which includes an admission ticket, transportation, sandwich, snack, water and driver's gratuity. The pick-up location is in front of the Amphitheater bus terminal, at 8:15 a.m. The group will return before 6 p.m. at the same spot.

No refund will be given after Oct. 6 for cancellation; no exceptions.

For more information, text 562-301-5339; no phone calls.



Filipino Association of Leisure World

The Filipino Association of Leisure World's meeting on Sept. 10 inducted its new officers.

The club also celebrated the September birthday of Myrrha Villanueva and Carolyn Mottola with a special birthday dinner.

The new officers are: Anastacia "Anna" Wayman, president; Tina Lindl, vice president; Harry Varnas, treasurer; Annie Andreatta, assistant treasurer; Zenaida Jose, secretary and Mel Blake, assistant secretary.

GAF Board Meeting

The Golden Age Foundation Board Meeting will be held on Wednesday, Sept. 27, in Conference Room B at 1 p.m.

Retired Teachers Association

The California Retired Teachers (CalRTA) State Chair Sue Breyer will be the guest speaker at the luncheon for the Retired Teachers Association on Oct. 6, at 11:30 a.m., in Clubhouse 3, Room 9.

Breyer will give a presentation on how scammers specifically target senior citizens. According to the FBI, Americans over the age of 60 lost \$1.7 billion to fraud last year. Older adults are less likely to be tech-savvy and more likely to be home during the day to answer phone calls or reply to emails. In this presentation, Breyer will discuss the types of scams that ensnare seniors and what people can do to stay safe.

Join the association for lunch and learn how to "Be Scam Savvy." To RSVP for lunch, call Ann Stone at 714-600-6956.



Sue Breyer

Concerned Shareholders

The Concerned Shareholders will host Leisure World's technology expert, Tina Schaffer with Computer Images Plus, at its meeting on Sept. 28, at 1 p.m. in Clubhouse 3, Room 2.

The main topic of discussion will be learning how to avoid computer and telephone scams. Schaffer will also discuss other technological information and there will be a time for questions after the presentation. All residents are welcome.

For more information, email Tina@ComputerImagesPlus.com or call 562-755-6199.



Tina Schaffer

SENIORS FOR PEACE

CSULB President Conoley to speak at Oct. 5 meeting

The Seniors For Peace Club will host guest speaker Jane Close Conoley, president of California State University Long Beach, on Oct. 5 at 2 p.m. in Clubhouse 3, Room 9. She will speak about the current rise of book banning and censorship in schools and libraries across the country. Conoley is an esteemed and excellent speaker, and the club hopes to have a large turnout for her.

All LW residents and their guests are invited to attend. Light refreshments will be served.

Community Emergency Response Team

The topic for the next Community Emergency Response Team (CERT) meeting is an overview of the "12 Ways to Prepare." It will cover all the CERT safety classes this year, including the family communication plan, making the home safer, and safeguarding documents. The meeting will be held on Friday, Sept. 22, at 10 a.m. in Clubhouse 3, Room 9.

CERT fall training starts Sept. 19 at 6 p.m. in Clubhouse 3, Room 2. There's still room for a few more participants! Contact Eloy Gomez at eloyg@lwsb.com for more information.



For Your Information:

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

Call the LW Weekly at 562-430-0534



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Neighbors gather to honor Phil Mandeville at the Mutual 11 memorial garden dedicated in his honor.

Mutual 11 honors Phil Mandeville with garden dedication

Approximately 75 people attended the dedication of the Phil Mandeville Memorial Garden in Mutual 11 on Sept. 6, the first anniversary of his death.

Residents of Mutual 11 and members of the GRF and Mutual 11 Boards of Directors, the President's Council, CERT, and the Cabaret and Theater Clubs spoke, sharing

fond memories of working with Mandeville on committees, taking CERT training classes, and of him entertaining shareholders as Santa Claus every year.

"The entire GRF Board of Directors mourns the loss of one of our beloved and highly respected colleagues. He was definitely our 'Ring Master,'" said Marsha Gerber, president

of the GRF Board of Directors.

“That tall, handsome guy with the bellowing voice in the crisp dress shirt. We didn’t have him for long on the Board, but long enough to know without a doubt, he was something special. He had a very tender heart and a great sense of humor. He gave so much to our community. He will never be forgotten.”

SUNSHINE CLUB

HCC 24-hour nurse is guest speaker

Monica Cousins, one of Optum's 24-hour nurses in LW, will speak at the Sunshine Club on Friday, Sept. 22, in Clubhouse 3, Room 2, at 10 a.m.

Cousins is a senior registered nurse lead at Optum in Leisure World. She received her bachelor's degree in nursing from Cal State Long Beach 30 years ago.

She has worked at the Health Care Center for 16 years, most of those as the night shift on-call RN for the Leisure World community. Her previous work experience includes working at St. Francis Medical Center and Lakewood Regional Medical



Monica Cousins

Center, focusing on heart patients. She gets great job satisfaction when she sees the joy in her patient's faces when they feel like she has helped them.

Her presentation will be on behalf of the 24-hour nursing team at the Optum Health Care Center. Her goal is to give residents a better understanding of the role and services the 24-hour nurse provides for the community.

Cousins has three grown boys that are all Eagle Scouts. In her spare time, she enjoys traveling and country line dancing, and playing games such as Sudoku, solitaire, Rummikub and Sequence.

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

People are asked to arrive promptly to the meeting. Those who are late for the meeting are asked to quietly use the back door so as not to disturb the presentation.

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



Janice Krihbiel (I) was assisted by GAF Board member Diana Lambert in signing up for the Ralph's Community Reward Program.

GAF

LWers help raise \$1,463 for the GAF through Ralphs Community Rewards

Through the Ralphs Community Reward Program, 393 LW residents and Ralphs members shopped to raise \$1,463.58 for the Golden Age Foundation (GAF) from June-August, and over 70 people have signed up since May.

The Kroger Company Family of Stores is committed to bringing hope and help to local neighborhoods. Their stores are on a mission to not just be part of, but to help create a stronger community. Kroger recognizes that every community has unique causes that need support.

The GAF encourages LW residents and supporters to link their Ralphs Reward Card to the GAF organization (Ralphs number FS 519). The Community Rewards is easy to use. The more supporters shop at Ralphs, the more money the organization will earn.

Janice Krehbiel, a Mutual 9 shareholder for 32 years, visited the Hospitality Center in Clubhouse 6 to become a t of the fundraising supporter.

Every Wednesday, GAF Board members will be in downstairs in Clubhouse 6 to assist residents in signing up. Residents can also visit the Hospitality Center to have a cup of coffee and cookie before or after signing up.

In order to sign up for the program, the GAF will ask for residents for their full name, email and phone number associated with their Ralphs membership. That information will be shredded as soon as the resident is signed up. For more information, text 562-301-5339.

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Democratic Club

By Mary Larson
LW Contributor

The LW Democratic Club meeting will meet on Wednesday, Sept. 27, in Clubhouse 3, Room 9, at 1 p.m. Members and supporters unable to attend in person can participate online or by phone. Email sblwdemocraticclub@gmail.com for information.

Club members are looking forward to meeting Cypress City Councilwoman Frances Marquez, the guest speaker. She is a Democratic candidate for election to the Orange County Board of Supervisors. She is running in the March primary to replace Republican Andrew Do, LW's current District 1 representative on the board. Do will be termed out of office in 2024.

Marquez is the product of Orange County's public schools, having graduated from Cypress High School. She later earned her bachelor's degree from UCLA and then earned her master's and doctorate degrees from Claremont Graduate University.

In her role as a member of the Cypress City Council, Marquez brings the voices of the people to city hall. She has pledged to do the same thing in Orange County if elected to serve on the Board of Supervisors.

A slate of candidates for the club's 2024-25 Board of Directors will also be presented by the

Nominating Committee during the Sept. 27 meeting. Additional candidates can be nominated by club members during the meeting. The election will be held during the club's November meeting.

The club's Neighbor to Neighbor program has implemented its Get Out the Vote in 2024 taskforce. Program coordinators have been named for each of Leisure World's mutuals. These coordinators are currently in the process of recruiting club members interested in being a part of this new program. The program is designed, in part, to increase awareness of the importance of the upcoming March primary election. The long-range goal is to establish a visible, friendly and helpful presence in every LW neighborhood.

Anyone interested in being a part of this effort should call Kathy Moran at 805-588-5141 or email kmoran97@yahoo.com. Neighbor to Neighbor mutual program coordinators and club members who will be reaching out to their neighbors are invited to attend a training session on either Sept. 26 and Oct. 4.

There are still a limited number of free tickets still available for anyone who wants to attend the first annual Democratic Party of Orange County Convention on Oct. 21.

The convention will include



Frances Marquez

a number of workshops related to the 2024 elections. Email mlarson.telfords@gmail.com or call 562-296-8521 for more information or to reserve a ticket.

People are reminded that the Seal Beach Leisure World Democratic Club believes health care is a right, diversity is a strength, the economy should work for everyone, and that facts and truth matter.

All Leisure World Democrats and supporters are invited to subscribe to the club's electronic newsletter. This free semi-monthly publication covers more in-depth reporting on issues and candidates.

To sign up for the newsletter, email mlarson.telfords@gmail.com or call 562-296-8521. It is important to include full contact information.

LW America First Republican Club

The LW America First Republican Club's hosted guest speaker will be Californian State Sen. Janet Nguyen at its meeting on Sept. 20. Nguyen represents Senate District 36 comprised of large portions of Orange County and three Los Angeles municipalities.

The Republican Club booth is now open every Monday outside Clubhouse 6 from 10 a.m.-noon. Leisure World residents are invited to stop by to receive club activity information and voter registration forms.



GAF volunteers Beth Greeley, Pat Whisnant and Shelley Solis.



A large crowd came to enjoy pizza with neighbors.

Hospitality Room Party a success

The Golden Age Foundation (GAF) sponsored a pizza party on Sept. 7 in Clubhouse 6 in the Hospitality Room. People enjoyed 13 large Dominos pizzas (156 slices) as well as numerous pots of coffee.

LW resident Hank Barto (Mr. Hank) added to the celebration with his lively piano playing.

The GAF and its wonderful volunteers host the Hospitality Room Monday-Friday from 9-11 a.m. in Clubhouse 6. Residents can enjoy free coffee, tea and cookies.

LWer celebrates birthday and Bat Mitzvah

On Aug. 27 friends and family watched LWer Michele Vallens celebrate her 70th birthday and her Bat Mitzvah at LW's Congregation Sholom.

Vallens delivered beautiful Hebrew readings and her sermon was both inspirational and emotionally moving.

She dedicated her sermon to the memory of her beloved son, Jonathan, her parents and to the two men who perished within moments of her departure from her familial temple in her native Tunisia earlier this summer.

She spoke of her selfless parents who relinquished their bedroom for an entire year in Tunisia, so a homeless family could finally sleep in a bed, while also clothing and feeding them.

As I scanned the audience, many were teary-eyed. She spoke of kindness and doing mitzvahs (good deeds) daily.

The reception room looked lovely with beautiful tableware, centerpieces and the food was abundant, varied and delicious. There was live singing and dancing throughout the reception.

Seeing the Bat Mitzvah "girl" dance with Ruth Hermann, the most senior congregant was very joyful. Vallens worked very hard to create this wonderful event as did the many volunteers who cooked, served, performed songs and donated tableware.

—Karen Sands



Rabbi Mike Mymon and Michele Vallens with the Torah.

AMERICAN LEGION POST 427



The American Legion Post 427 thanks Cmdr. Richard Carson and members of the Post 427 for hosting the end of summer Labor Day picnic.

How to place an obituary

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

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

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

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

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

OBITUARIES

Richard "Dick" Stone
2023

It is with a heavy heart that we announce the passing of Richard "Dick" Stone. He passed away peacefully at the age of 87, surrounded by his loved ones.



He was survived by his daughter, grandson, granddaughter and four great-grandchildren. Dick was a longtime resident of Leisure World. He had served as president of Mutual 1 and also as a board member of the Golden Rain Foundation.

He was a Marine, pilot, sailor, engineer and friend. He was also

a longtime beloved member of the Bahia Corinthian Yacht Club. He was also the founder and president of the Special Forces Home For Christmas Fund.

Dick received the Spirit of Hope Award from the Marine Corp in 2017, epitomizing the values of Bob Hope.

Dick was also recognized with the Armed Forces Service Medal for all his hard work with the Special Forces Home for Christmas Fund. Since 2003, Stone has helped send over 1,000 Marines home for Christmas.

He will be deeply missed but will live on through his foundation.

SEMPER-FI



August Security Report

The following is the Security Incident Report for August. It has been edited for clarity and brevity.

FIRE: 3

- Aug. 3, 6:12 a.m., *Mutual 6*
A carbon monoxide detector was activated in a unit. The Orange County Fire Authority responded, but it was a false alarm.
- Aug. 15, 7:39 p.m., *Mutual 8*
A malfunctioning stove caused a false alarm; no fire or smoke in the unit.
- Aug. 29, 10:56 a.m., *Mutual 15*
Boiled eggs without water caused smoke in the unit. OCFA arrived at the scene. There was no damage to the unit.

COYOTE SIGHTINGS

- 26 sightings reported.

THEFT: 5

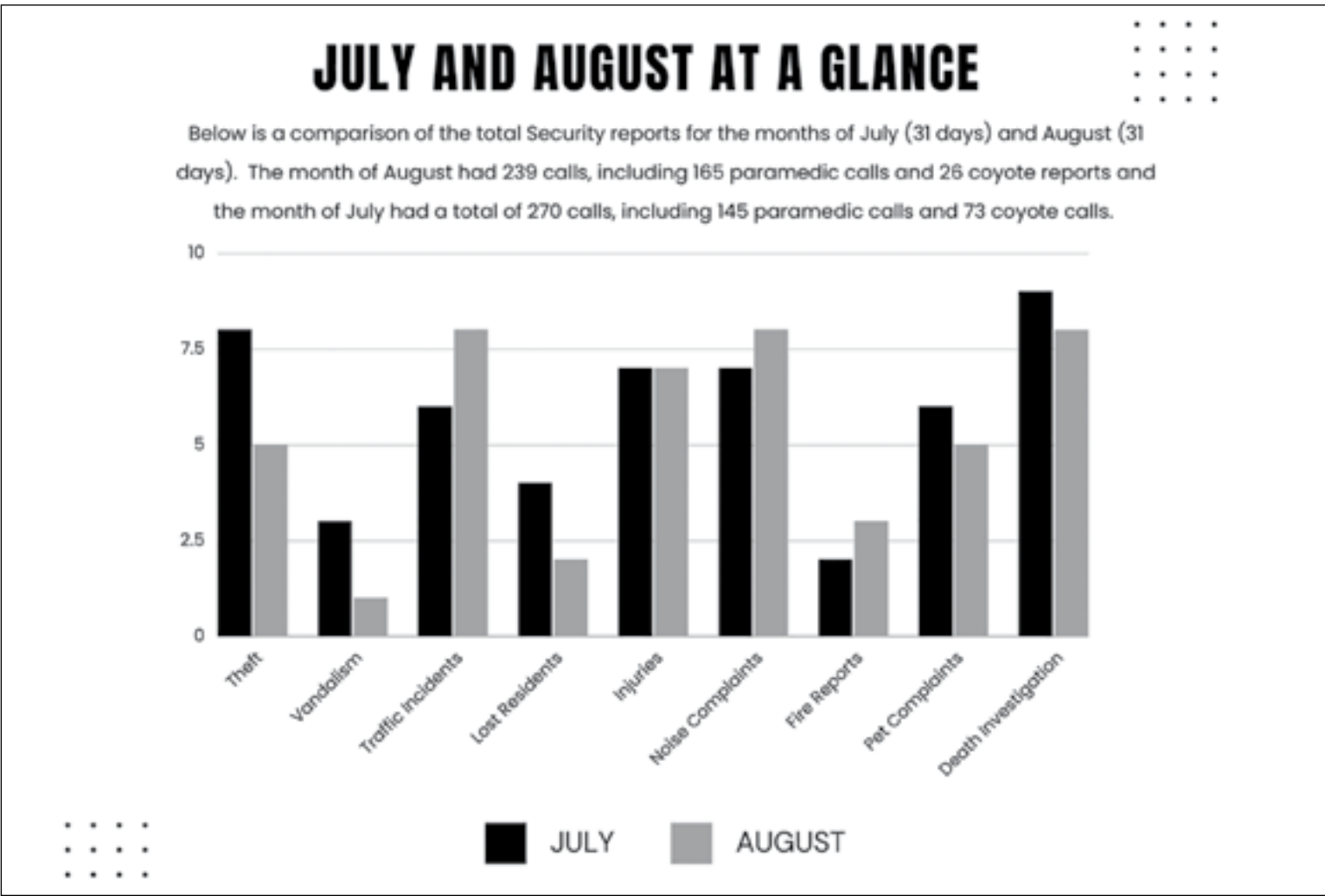
- Aug. 3, 12:37 p.m., *Mutual 4*
A resident stated someone attempted to enter their vehicle, but nothing was removed.
- Aug. 9, 10:22 a.m., *Mutual 9*
A resident stated an unknown person removed her shopping cart from the carport area one month ago.
- Aug. 25, 1:10 p.m., *Mutual 2*
An unknown person removed a passenger side view mirror of a resident's vehicle.
- Aug. 26, 3:46 p.m., *Mutual 4*
An unknown person removed a resident's shopping cart from the carport area.
- Aug. 28, 11:55 a.m., *Mutual 2*
An unknown person removed items from an Amazon box left near the porch area.

VANDALISM: 1

- Aug. 2, 10:01 a.m., *Clubhouse 2*
An unknown person damaged a speaker in the game room.

PET COMPLAINTS: 5

- Aug. 1, 10:24 p.m., *Mutual 1*
A dog was found roaming without a leash. The resident was issued a pet citation.
- Aug. 7, 7:30 a.m., *Mutual 10*
A resident complained of a barking dog. No noise was detected at the scene.
- Aug. 13, 9:30 a.m., *Mutual 3*
A resident complained of a barking dog. No noise was detected at the scene.
- Aug. 16, 2 p.m., *Mutual 12*
Security responded to a resident dispute regarding an unleashed dog.
- Aug. 23, 7:23 p.m., *Mutual 2*
A resident's larger dog at-



- tacked another resident's dog.
- TRAFFIC INCIDENTS: 8**
- Aug. 2, 2:20 p.m., *Mutual 2*
A moving vehicle struck a parked vehicle.
 - Aug. 3, 4:35 p.m., *Mutual 2*
An unknown person caused scratches to a resident's vehicle.
 - Aug. 7, 8:58 a.m., *RV Lot*
An unknown person struck the south post gate receiver and reflector.
 - Aug. 9, 1:40 p.m., *Golden Rain Road/St. Andrews Drive*
A resident reported a "road rage" incident with another resident.
 - Aug. 17, 2:45 p.m., *Mutual 6*
An unknown person drove a vehicle into a parked vehicle and fled the scene.
 - Aug. 21, 11:45 a.m., *Mutual 12*
A resident lost control of her moving vehicle and struck a brick wall, parked car and a carport pole.
 - Aug. 28, 10:35 p.m., *13650 Del Monte Drive*
Two vehicles collided; one driver fled the scene immediately after the accident.
 - Aug. 28, 11 a.m., *RV Lot*
An unknown person struck a pole to the entrance of the RV Lot.
- NOISE COMPLAINTS: 8**
- Aug. 1, 4:14 a.m., *Mutual 1*
A resident complained about loud music. No noise was de-

- tected at the scene.
- Aug. 4, 11:01 p.m., *Mutual 14*
A resident complained of loud a TV; volume was reduced when asked.
 - Aug. 4, 12:33 a.m., *Mutual 5*
A resident complained of loud a TV; volume was reduced when asked.
 - Aug. 5, 10:07 p.m., *Mutual 14*
Security received complaints regarding a loud party. The party volume was reduced.
 - Aug. 10, 10:50 p.m., *Mutual 5*
A resident complained of loud a TV; volume was reduced when asked.
 - Aug. 14, 4:15 a.m., *Mutual 1*
A resident complained of loud a TV; volume was reduced when asked.
 - Aug. 27, 10:37 p.m., *Mutual 14*
A resident complained of loud a TV; volume was reduced when asked.
 - Aug. 31, 10:48 p.m., *Mutual 4*
A resident complained of loud a TV; volume was reduced when asked.
- INJURIES: 7**
- Aug. 3, 7:52 p.m., *Pool*
A resident did not feel well and was transported to the hospital.
 - Aug. 3, 11:22 a.m., *Pool*
A resident fell while exiting the swimming pool but did not require transportation to the hospital.

- Aug. 3, 1:13 p.m., *Clubhouse 3*
A resident fell while walking and was transported to the hospital.
 - Aug. 17, 5:09 p.m., *Mutual 14*
A resident fell while walking but did not require transportation to the hospital.
 - Aug. 24, 9:15 p.m., *Mutual 2*
A resident fell while walking, but did not require transportation to the hospital.
 - Aug. 26, 1:55 p.m., *Mutual 4*
A resident fell off of a bike and was taken to the hospital.
 - Aug. 31, 10:29 a.m., *Mutual 7*
A resident fell while walking, and was taken to the hospital.
- LOST RESIDENTS: 2**
- Aug. 20, 2:40 p.m., *Mutual 4*
A resident became lost during a walk and was taken home safely by Security.
 - Aug. 22, 1:20 p.m., *Mutual 3*
Ongoing issue with resident becoming lost in the community. The resident was found and taken home by Security.
- OTHER INCIDENTS**
- Aug. 1, 8 p.m., *Pool*
Residents were involved in a verbal altercation. Security kept the peace.
 - Aug. 6, 5:45 p.m., *Mutual 1*
A resident was involved in a dispute with a relative. SB Police were called to keep the peace.
 - Aug. 10, 3:18 p.m., *Mutual 2*

- A resident stated her neighbor engaged her in a verbal altercation.
- Aug. 11, 9:55 p.m., *Mutual 1*
A resident reported a suspicious person in the carport. The person was a resident parking their motorcycle.
 - Aug. 12, 12:10 p.m., *Mutual 3*
A vendor was working past construction hours. The vendor ceased work after being advised by Security.
 - Aug. 15, 4:42 p.m., *Mutual 10*
Issue with resident regarding gym rules and regulations.
 - Aug. 15, 5:55 p.m., *Exit Gate*
Ongoing incident with non-resident seeking entry into community. The person was escorted off LW property.
 - Aug. 19, 9 p.m., *Amphitheater*
Residents were involved in a verbal altercation at the Amphitheater. Police were called to keep the peace and take a report of the incident.
- TOTALS:**
- Paramedic Calls: 165
 - Theft: 5
 - Vandalism: 1
 - Traffic Incidents: 8
 - Death Investigations: 9
 - Lost Residents: 2
 - Injury: 7
 - Noise Complaints: 8
 - Fire Reports: 3
 - Pet Complaints: 5
 - Coyote Sightings: 26
 - Grand Total: 239

Turning on closed captions on your television helps keep the noise down

Loud televisions make up the majority of noise complaints in Leisure World each month. As people age and their hearing begins to change or diminish, watching TV and movies can become more difficult without turning the volume to its loudest setting, which then disturbs neighbors. For deaf individuals or people who are hard of hearing, satellite television, streaming services and more offer closed captions and subtitles to make watching television easier.

XFINITY: First, turn on the program you want to watch, then press the Down arrow or OK button on the remote. Next, press the Left arrow to

move to the "Closed Captioning CC" option and press OK with the remote. Choose to turn captions On, then you can customize the font size, color and formatting of your subtitles in the "Closed Captioning Options" menu.

SPECTRUM: Press the Menu button on the remote control, then scroll to "Set-

tings & Support" and press OK/Select. Next, click on the Accessibility tab. Choose between Closed Captioning or Descriptive Video Service to turn captions on.

DIRECTV: Press the Info button on the remote control, then press the Right Arrow button to get to Closed Captioning (CC). Select CC, and

captions will turn on. You can personalize caption options with the following steps: Press the Menu button, click on the Settings option, then press the Right Arrow button to get to the Accessibility option and press Select. Navigate using the Up and Down arrow buttons to the make the changes you need.



RELIGION

First Christian Church

First Christian Church of Leisure World teaches from the Holy Bible verse by verse. It is a friendly church that welcomes all visitors to join and explore God's word together, "that we may be mutually encouraged by each other's faith, both yours and mine," Romans 1:12.

Guest Speaker's Message
Troy Gardner, the Western Region representative for Samaritan's Purse, will be the guest speaker at First Christian Church for the Saturday and Sunday services this weekend beginning at 9:30 a.m.

Samaritan's Purse is a Christian organization that responds to international and U.S. disasters providing not only physical necessities to those affected by disasters, but also the spiritual needs, all done in the name of Jesus.

Samaritan's Purse is currently providing relief to Maui after the devastating wildfires, Florida after its recent hurri-

cane, and if requested, will respond to the recent earthquake in Morocco.

The five distinct objectives of Samaritan's Purse are to proclaim the gospel message while helping others, serve with excellence, respond with compassionate action, demonstrate biblical integrity, and walk in bold faith.

Gardner will share what God is doing around the world in the name of his son, Jesus Christ. The love and compassion that is shown by the staff of Samaritan's Purse and its volunteers are changing the lives of multitudes around the world in Jesus' name.

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. Kogak will also be singing special music this week.

Saturday services are more contemporary with Gregory Black leading worship with gui-

tar accompaniment. The service is held from 9:30-10:45 a.m.

Midweek Studies
The women's Bible study, led by Melli Herrera, is held on Mondays from 10:30-11:30 a.m. Pastor Gary Whitlatch leads the Tuesday Bible study group from 9:30-10:30 a.m.

The Thursday Bible study group, led by 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.

Scripture of the Week
"The Lord is righteous in all his ways and kind in all His deeds. The Lord is near to all who call upon him, to all who call upon him in truth," Psalm 145:17-18.

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

Congregation Sholom

Congregation Sholom will hold a hybrid service with Rabbi Mike Mymon on Friday, Sept. 22, in Clubhouse 3, Room 9, and on Zoom at 6:30 p.m.

The High Holiday schedule is listed below. All services will be hybrid on Zoom and in Clubhouse 3, Room 1.

Saturday, Sept. 23: Shabbat Shuvah with Mymon at 10 a.m.

Sunday, Sept. 24: Kol Nidre with Mymon and Marla Barugel at 6:30 p.m.

Monday, Sept. 25: Yom Kippur with Mymon and Barugel at 9:30 a.m.

Friday, Sept. 29: Erev Succoth with Mymon at 6:30 p.m.

Saturday, Sept. 30: Succoth with Mymon at 10 a.m.

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

The Congregation Sholom Magic Show Fundraiser will be on Wednesday, Sept. 27. Tickets for the magic show are \$15 per person. The doors open for the show at 12:30 p.m. in the Clubhouse 2 Lobby; close-up magic begins at 1 p.m. and stage magic begins at 2.

The show will feature professional magicians, including Magic Castle performers who will perform close-up tricks and stage magic. Those who are interested in attending can email murjet@yahoo.com for more information.

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

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



Three Holy Family archdioceses who celebrated their birthdays last week: Medy Criswell (l-r), Tina Lindl and Rosie Rogala.

Holy Family Catholic Church

It has 60 years been since the first Holy Mass was celebrated in Holy Family Church. By virtue of the Sacrifice of the Mass, the Church was consecrated for Catholic worship.

Believers worship here knowing that the light of Christ burns ever brightly in the midst

of the community and in their hearts.

The church is constantly reminded that Holy Family Church and parish community is nothing less than God's grace in action.

As part of this important celebration, Holy Family is

organizing its annual picnic celebration on Sunday, Sept. 24, at 2 p.m. on the church front grounds. All are welcome to attend. People can RSVP via a sign-up sheet in the vestibule of the church. For more information, visit <https://www.holyfamilylsb.com>.

LW Korean Community Church

LW Korean Community Church (LWKCC) will hold its sixth annual outdoor worship service in the Clubhouse 1 picnic area on Sunday, Sept. 24, at 11 a.m.

Ahead of Chuseok, a unique Korean tradition, friends of the church have invited friends to an outdoor worship service.

Senior pastor Yong Jang-Young will deliver the words of Psalm 133, "It is truly good for brothers to live together in righteousness."

The LWKCC praise choir, under the direction of music pastor Gyu-sam Kim, will sing "The Lord Will Come".

Elder Yoo Jun, a former member of the Bongbong Quartet, will deliver a special praise.

After the service, the church will take commemorative pho-

tos with all alumni and have a barbecue party.

In commemoration of the church's 13th anniversary, LWKCC sponsored 33 visually impaired people at Siloam Eye Hospital. The church has sponsored eye surgery for 100 visually impaired people since its founding.

From Oct. 17-27, a total of 39 people will visit the Holy Land (Israel and Jordan) led by the Pastor Jang-Young.

From Dec. 4-8, about 65 people will go on a cruise to Baja California, Mexico for the church's fifth alumni retreat.

LWKCC is a nesting church of LW Community Church in Leisure World. It carries out the mission of "a church that plants God's will in the ground."

On Saturdays, visitors to the



Pastor Yong Jang-Young

shrine will gather in the praise room to study about the shrine and hold prayer meetings.

Leaders of the church express their deepest gratitude to all members and neighbors

LWKCC, page 27

Beit HaLev

Beit HaLev will hold Shabbat T'shuvah, the Sabbath of Returning, services will be on Friday, Sept. 22, at 5 p.m.

To join the "Zoomagogue" and its interactive service, join the Zoom link at <https://bit.ly/3qwK6U9> or join on Facebook at www.facebook.com/galityomtov or YouTube: <https://www.youtube.com/@beithalevlive8816/streams>.

Beit HaLev will conduct only online High Holy Day services this year; the schedule is as follows:

Kol Nidrei: Sunday, Sept. 24, at 5 p.m.

Yom Kippur Morning: Monday, Sept. 25, at 10 a.m.

Ne'ilah: Monday, Sept. 25, at 5 p.m.

Erev Sukkot/Shabbat: Friday, Sept. 29, at 5 p.m.

Sukkot/Shabbat Morning: Saturday, Sept. 30, at 10 a.m.

Simchat Torah: Saturday, Oct. 7, 10 a.m.

Notice that this year most of the High Holy Days are also on Shabbat.

All Beit HaLev services share brand 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. The services are joyous, meaningful and musical. It welcomes everyone who seeks a path to the Divine and doesn't believe in labels.

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



Rabbi Galit-Shirah

LW Baptist

LW Baptist's worship service will be held on Sunday, Sept. 24, at 10 a.m. in Clubhouse 4.

The Bible says, "The day of the Lord will come like a thief, in which the heavens will pass away with a roar and the elements will be destroyed with intense heat, and the earth and its works." Believers are citizens of the light, and they are to light the darkness with faith, love and hope until Jesus comes. The good news to the whole world is salvation by faith in Jesus Christ. This means, The Lord does not delay in keeping his promise, as some think, but he is patient. It is not his wish that any should perish but rather that all should be brought to repentance.

For more information, call the church office at 562-430-8598.

The LW Weekly: 562-430-0534



Members of Seal Beach Union Evangelical Church

Seal Beach Union Evangelical Church

Thirteen Seal Beach Union Church members went on a trip for three nights and four days up the coast of California from Aug. 28-31. The group took an Amtrak train to San Luis Obispo. It was a great experience and fun for everyone. Then the group went to San Francisco, Yosemite National Park, Hearst Castle and Solvang. Everyone had a wonderful

time. The church is thankful to the Lord for safe and fun trip. Seal Beach Union Evangelical Church meets 1 p.m. on Sundays in Clubhouse 3, Room 2. —Lisa Kim, senior member

Faith Christian Assembly

Faith Christian Assembly is excited to welcome guest speakers Pastors Darrin and Wendy Green on Sunday, Sept. 24, at its 5:30 p.m. service. Pastors Darrin and Wendy lead Grace Harvest Church in Panorama City, California, a part of the Grace International family. Darrin's parents, Daryl and Joie Green have been cherished friends to Faith Christian Assembly and ministered several times in the past. All are invited to join this special night of music and the word. LWers are also invited to join the morning service each week at 10:30 a.m., where people can enjoy a biblical message, sing great hymns, and enjoy wonderful fellowship with a warm and welcoming crowd. Weekly Sunday services are at 10:30 a.m. and 5:30 p.m., with the pre-service prayer beginning at 5 p.m. The weekly Bible Study is

Wednesday at 11 a.m. Grief Share is currently in session and meets each Thursday at 6 p.m. in the Garden Room. GriefShare is still open for those who want to join. To receive a free newsletter by mail or email, or to receive more information on the church, call 562-598-9010 or email contact@fcachurch.net. People can also visit the church website at www.FCA-church.net.

Redeemer Lutheran & St. Theodore's

God's gracious generosity is a repeated theme throughout Scripture. In the temporary absence of Rev. Lisa Rotchford, Kelly Frankiewicz, M.Div., will give an encouraging message. People are invited to worship with Redeemer Lutheran and St. Theodore's on Sunday, Sept. 24, at 10:30 a.m. at 13564 St. Andrews Drive, across from the Administration building. Carol Costello will read this week's lessons, Eric Nelson will be the guest organist, and Jerry Brady will conduct the Holy Communion Service. Immediately following the service, people are invited to join the friendly congregation for coffee and cake to celebrate September birthdays. The church thanks those who attended last week's celebration of Pastor Gilbert Moore's 70th anniversary of ordination and his 96th birthday.

Christian Women's Fellowship and Bible Study Group

The Christian Women's Fellowship and Bible Study Group will meet on the second and fourth Mondays of the month in Clubhouse 3, Room 6. The group is currently studying John McArthur's commentary on the Gospel of John. All residents are invited to attend. For more information, call Jean Davidson at 562-431-0597 or Marge Singleton at 562-594-8100.

Church of Jesus Christ of Latter-day Saints

There will be no Sunday services on Oct. 1 due to General Conference. The worldwide General Conference will be held Saturday, Sept. 30, and Sunday, Oct. 1. Live broadcast can be found at www.ChurchofJesusChrist.org, or on YouTube and www.BYUtv.org. The reading source for this year is the New Testament. The reading assignment for the week of Sept. 25-Oct. 1 is Galatians. The devotional "Come, Follow Me" says, "The gospel of Jesus Christ offers freedom from spiritual bondage. But sometimes people who have experienced the freedom of the gospel turn away from it and 'desire again to be in bondage.' This is what some Galatian Saints were doing. They were turning away from the liberty Christ had offered them."

The LW Weekly: 562-430-0534

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행사 와 사업 안내(Event and business overview)

- (1) 3 번의 분기회와 연말총회등등 년 4 회의 모임으로 친교하며
년 4 회의 이사회를 통하여 한인회의 진로를 결정하고 임원
들의 충성 봉사로 건전하게 운영되고 있습니다.(We are
operating soundly to decide the career path with 4 General meetings
and 4 board meetings of directors, including 3 quarterly general.)
- (2) 매년 8/9 월에 야외극장에서 Korean Night 행사를 개최하며
(A Korean night is held at amphitheater every August/September)
- (3) 매년 2/3 월에 무료 세금 보고 봉사 진행 중이고
(We offer a freeTax reporting service on 2/3 every year.)
- (4) 상담실(매주 목요일) 을 통하여 각종 서비스를 제공 하고
(Providing various services through the counseling room.)
- (5) 매월 1 일자로 유익한 정보를 수집 소식을 보내고
(We collect useful information as of the 1st of every month
and Send newsletter by mail.)
- (6) 격년제로 한인 전화번호부를 제작 배부 하고 있습니다.
(Editing and distributing Korean phone directory every other year.)
- (7) LWSB 한인회는 비영리 단체로 설립 등록하였습니다
(The LWSB Korean Association was established and
registered. as a non-profit organization.)

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Community Church

This week, Community Church will continue to look at how the teachings of Jesus are meant to change how people live. In his teachings, Jesus called his followers to take up their cross and follow him. This teaching has been understood in different ways over the centuries, with some people actually losing their lives from persecution.

Christians don't face persecution for their beliefs in the U.S.; instead they have opportunity to see the cross as tool of transformation. Through the cross, people can change how they see themselves and their relationships as they take on the eyes of Jesus to see and love as God does. Divine sight comes at a cost—it requires selflessness that flies in the face of the teachings of this world where everyone exists for themselves and scarcity reigns supreme.

Those who are looking for a loving community, are invited to join Community Church this Sunday at 9:50 a.m. for worship followed by a time fellowship and light refreshment. People can come early for a cup of coffee in the Narthex. The church is located inside Leisure World at 14000 Church Place.

People may also join the service live on Facebook @CommunityChurchLeisureWorld and on Zoom.

Contact the church office for the Zoom link. For more information, call 562-431-2503.

Buddha Circle

Buddha Circle will meet on Saturday, Oct. 7, in Clubhouse 3, Room 1, with Kusala from 9:30-11 a.m. Ven. Kusala is well known in the Buddhist community. He presents Buddhism in simple ways, teaching people how to suffer less and become happier.

For more information, call 714-468-6887.

Assembly of God

As scripture says, people make plans, but God is in control. Pastor Chuck Franco will preach part 1 of his series titled "Israel's Greatest General," from Joshua 23:1-6, next Sunday, Oct. 1, due to a shift in scheduling.

Learning to listen as God speaks is imperative in one's success in any venture, whether it be a military conquest or daily life.

Assembly of God's Bible study continues with "The Ten Commandments." The sixth

commandment is "Thou shalt not kill." The group will see if that commandment strictly means taking another's life, or does it imply something else as well. LWers are invited to journey to a deeper understanding of Scripture each Wednesday at 10 a.m.

Leisure World Assembly of God meets Sundays at 10:30 a.m. in Clubhouse 3, Room 2. The Wednesday Bible study is at 10 a.m. in Clubhouse 3, Room

2. The Hymn Sing is at 6 p.m. on the fourth Sunday night of each month in the Clubhouse 3 Lobby.

For more information visit, lwassemblyofgod.com, or on Facebook at the Leisure World Assembly of God Church page, where people can catch up on past sermons.

Contact the church office at 562-357-4360 or pastorchuck@lwassemblyofgod.com for more information.

LWKCC from page 22

for being a church that is healthy and happy.

LWKCC's worship services are held in the sanctuary every Sunday at 11:50 a.m.

The early morning service, led by the senior pastor, is held in the sanctuary at 6 a.m. on Tuesdays-Saturdays.

After the early morning service every Saturday, breakfast is

served in the social room.

In the praise room, Elder Yoo Jeong-Hoon and ordained deacon Lee Kun-Su hold seminars on how to use mobile phones (iPhone and Android phones) every other week.

LWKCC is also actively supporting Korean language memory support provided by Somang Society (Chairman Yu

Bun-ja, Secretary Gen. Shin Hye-won).

For more information about the service, call 714-323-0897.

For more information about LW Korean Community Church, call 714-323-0897 or emailrevyong@hanmail.net

LWKCC is located next to LW's St. Andrews in the LW Community Church building.

Puzzle Answers

Puzzle pages 6-7



Crossword Answers

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

Sudoku 1 Answers

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

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

Jumble Answers

FRAUD TRACT PARLOR AUTHON
Her sombrero blew off onto the beach but was
picked up — AT THE DROP OF A HAT

Sudoku 2 Answers

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

Guess Who?
Eminem

Crypto Fun Answers

A. scaling B. tartar C. tongue D. toothbrush

Boggle BrainBusters Answers

US YOUNG BOY'S SCHOOL COULD TOPPLE POWER

Word-Find Answers

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

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Adjustable Twin/Flexabed. Very-comfortable High/Low model fully adjustable Twin-bed with/wireless-remote-control. Includes comfortable high-quality latex-foam mattress with/waterproof-cover. In good condition. Adjustable like a hospital-bed but comfortable as a regular-bed. Purchased in November-2017 for \$5,000. Asking \$750/OBO. Jean/714-814-0900 or Darci/949-533-8329. Exp 9/27

ESTATE SALE. Thursday/September-21st and Friday/September-22nd/10am-2pm. 1123 Northwood Road, Mutual-9/Unit-236K. Toaster-Oven/Egg-Beaters/Popcorn-Poppers/Blenders/Dishes/Pots/Pans. Chairs/Cabinets/Picture-Frames/Mirrors/Clocks/Antiques. 5-Dressers/Nightstand/Bed-Linens. Roll-top-Desk/Miscellaneous-Furniture/Miscellaneous-Items.

26-inch Schwinn Meridian TRIKE \$150. Please call (562)-896-6500.

Estate Sale - Thursday September 21 and Friday September 22 from 8:30-2pm at 1291 Kenwood Rd., Mutual 7 - 162H. Incredibly gorgeous glass/wood display cabinets (full of collections), nice club chairs, small loveseat, corner shelf unit, charging end table. Amazing décor items, Dresden lace figurines, perfume bottles, large glass apothecary jars, bunnies, roosters, lots of holiday, white pitchers, lanterns, candleholders, architectural wall décor and more. Some costume jewelry. Ladder, walkers, transport wheel chair. Estate Sales by Docia Drake, 714-514-8232. POB 427, Seal Beach Business License ESD0001.

LEISURE WORLD APARTMENT FOR LEASE

Leisure World 2-Master-Bedrooms with OWN bath. Super clean and light, NO-SMOKING, no-pets. One-time LW membership fee required PER person, must financially qualify with 60-90/day waiting period. \$2,000/per month. Call (949) 680-8840 and leave message for call back. Exp 10/04

FREE ITEM

Card Game called Continental/Liverpool/Shanghai/Rummy. For details call 714-402-8683.

Classified deadline is 12:00 p.m. Monday, for Thursday's publication



Gina Rojas
(562) 533-3190



ginamrojas@gmail.com
Leisure World Specialist

23 Years LW Experience

DRE#02111452

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Mutual 2-18L
Sold
\$465,000

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

2022 Escrows

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

Leisure Living Resales

Mr. Hank
Leisure Living Resales, Inc. Lic. #636260
13918 Seal Beach Blvd., Seal Beach, CA 90740
(562) 493-6601
leisurelivingresales.com

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 Valory Escrows		 Gina Rojas 562-533-3190
 Carl Kennedy M15 (661) 810-9410		 Karen Wittkamm 714-858-1794

We Welcome Our New Agents!!!

 Daniel Mahoney 562-493-6601	 Joanie Korman (714) 308-8034
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We Are Family!

 Mr. Hank (562) 743-8473 The Piano Man	
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Robin Gray

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California Properties

Stunning Corner

Mutual 4-80-A
\$649,000

Fabulous Open Concept home and outdoor living at its BEST!! Two bedrooms, 1.5 baths - approx. 1120 sq. ft. of indoor living and over 550 sq. ft of patio - one of the largest patio is in LW! Beautiful Shaker cabinetry and Quartz counter-tops, stainless steel appliances, 3 heat-pumps, laminate floors, drive-up parking, and in the process of getting an EV Port installed in the carport! Call to See!!

Mutual 11-273-D
\$354,900

Two Bedroom, 1 bath, U-Shape expansion on a pretty green! New paint, large master bedroom with 2 closets! Close parking and laundry... Call me to see!

PENDING

Mutual 15-5-H Mutual 4-82-L

13926 Seal Beach Blvd., Seal Beach, CA 90740



Beacon Hillcrest
Home is where your light lives.

Recently Listed: Mutual 9 2B/1B




*A house is made of walls and beams
but this home was made with
love and dreams*

- Great location overlooking greenbelt
- Fully Expanded unit
- Four skylights throughout
- Kitchen has been wonderfully kept and has builtins
- Laminate flooring
- New glass stove top + more

Move-in ready @ only \$369,990



Erick Hernandez, Broker
DRE #01418133

Becky Hernandez, Realtor
DRE #01709361

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CLOSED FULL PRICE



Mutual 1 – 47h Thunderbird
1B/1Ba on large greenbelt,
Dual Pane Windows, Laminated
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

CLOSED FULL PRICE



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

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



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

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

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562-810-1614



Michael Shieh
714-866-9268



Alice Sioson
626-216-3038



Kristin Duncan
562-480-1465
Office Manager



Robin Gray
562-209-5605



Barbara Diette-Dobias
562-754-5628



Jasmine Elisha
949-522-1618



Kathy Gupton
562-618-9940



Gloria Hadley
562-884-3594



Edwina DiMario
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Vickie Van Ert
310-220-1407



Rosie Wang Davis
626-623-9929



Estee Edwards
562-208-2540

(562) 594-0515
1900 St. Andrews Dr. , Suite C
Seal Beach, CA 90740
BRE 00338699



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HomeServices
California Properties

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



Claudette "CC" Cooley
310-484-9600

One-Bedroom

Coming Soon! M1-25I \$229,000
Great location with a beautiful view.



Leah Perrotti
310-889-6583

Mutual 8-196B \$339,000
Newly enclosed patio w/Acrylic UV windows

Mutual 11-273D \$354,900
South facing unit on a pretty green with trees

Mutual 4-80A \$649,000
Custom corner with wrap around patio.



Bill Berman
714-606-5258

Two-Bedrooms



Hanna Rubinstein
562-900-4243



Jay Cho
714-944-4998



Philip Bak
213-550-9991



Fay Wescott
949-212-8748



Kawain Payne
714-293-1151



Adrian Villarreal
714-694-3291



Conrad Rodriguez
562-746-1960



Chris Kim
424-247-4542

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Associate Broker
DRE # 00744676



Sean Wood
Realtor®

DRE# 02186926

562 514-6613



Gloria Hadley
Realtor®
DRE # 01057681

New Listing! **Mutual 2-26C \$343,000**

This unique and elegant home. This home has many desirable upgrades. It is a 2 Bedroom, 1 bathroom that is light and bright and ready to move in. The spacious Living Room opens into a designer Kitchen that features a stainless steel refrigerator, dish washer, induction stove top with a stainless steel vent and hood, quartz counter top, tile back splash, extra large sink with stainless steel shelves above, a reverse osmosis system and a large skylight that is double pane and solar operated with a remote control and is complemented with a stylish light fixture. The main bedroom, second bedroom and living room all overlook a private screened in patio that features tile floor, a walk-in storage cabinet, skylight and a beautiful view of the Greenbelt and adds an additional 400 sq. feet of living space. The home also features Deluxe vinyl flooring through-out and an added camera system. Enjoy the lovely beach town of Seal Beach and the wonderful ocean breeze it has to offer.



New Listing! **Mutual 1-25L \$229,000**

Great Location! Pretty View! Lots of Trees! Enhance the desirability of this one Bedroom one bathroom cottage with a terrific Greenbelt view. Move in and make this property your own. The spacious Living Room has a heat pump and air conditioning. The Kitchen has built-in Leisure World appliances including a stove, oven, refrigerator and a skylight that opens. Bedroom is carpeted and has a wardrobe closet. The Bathroom has a cut-down shower for walk-in convenience and a skylight with dome that opens. Located in Leisure World Seal Beach a resort like community with over 200 clubs, organizations and activities, including a gym, 9 hole 3 par golf course, swimming pool, jacuzzi, amphitheater, Bocce ball, Shuffle board, Wood working, sewing, arts and crafts, Library, Healthcare and so much more. This property is located in the unique beach town of Seal Beach. Move-in and enjoy the delightful ocean breezes.



Mutual 11-273L \$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.



Mutual 8-188C \$428,000

This beautifully remodeled, fully expanded, two-bedroom, one-bathroom, formal dining room home is located in a quaint neighborhood location. This lovely home has a brick porch and a leaded glass entry door that leads into a formal dining room and spacious living room that features a Bay window with plantation shutters. The kitchen has a built-in refrigerator, stove, oven, microwave, new granite counters, China cabinet above the sink, added pantry tile floor and a large skylight with tracked lighting. The main bedroom is a master bedroom with a walk-in closet, Bay windows with plantation shutters. A special feature is a cabinet attached to the wall with a mirrored door that houses a ironing board and electrical outlet. The bathroom has a washer dryer, cut down shower, updated cabinets with cultured marble counters, custom shower, tile floors, and an extra-large skylight. The second bedroom has mirrored wardrobe doors and a ceiling fan. The living room and both bedrooms have hardwood floors. This classic home also has central heating and air conditioning. Don't miss out! Stop by and view this lovely home and all it has to offer including soft ocean breezes.



PENDING

Mutual 1-26B

SOLD 2023

Mutual 1-30K
Mutual 5-91J
Mutual 11-267C
Mutual 1-26L
Mutual 11-268F
Mutual 4-50F
Mutual 9-212C
Mutual 6-143A
Mutual 9-225C
Mutual 9-230D
Mutual 11-283D
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
Mutual 11-286B
Mutual 12-61A
Mutual 11-286I
Mutual 5-117G
Mutual 2-46H
Mutual 1-67E
Mutual 4-49G
Mutual 8-183G
Mutual 11-285D
Mutual 9-216H
Mutual 7-164L
Mutual 2-6G
Mutual 11-285A
Mutual 11-263A
Mutual 4-49B
Mutual 8-201L
Mutual 2-6L
Mutual 7-165E

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REALTY GROUP



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

For 2023, We have a total of 67 pending and closed sales.
Buyers are anxiously awaiting the perfect floor plan for their needs! It may be yours!



In Escrow

13751 St Andrews Dr #36D | M1 | \$235,000
Adorable 1bed/1bath on a large greenbelt close to parking. AC heatpump, newer laminate floors throughout. Kitchen with custom tile backsplash and updated appliances.

Coming Soon

13199 El Dorado Dr | M9 | \$359,000
2Bed/1bath interior location with full expansion. Tile floors throughout and skylights in the kitchen and bathroom. Large bay window in living room. Walk-in closet in main bedroom with a formal dining room area!



NEW Listing!

13310 N Fairfield Ln #176A | M7 | \$539,000
Corner fully expanded 2bed/2bath drive-up location with bay windows, updated kitchen and bathrooms, skylights, central AC, washer/dryer, walk-in closet!



Back on Market!

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.



In Escrow

13983 Thunderbird Dr #3E | M2 | \$349,000
Fully expanded 2bed/1bath with dual pane windows across the front which allow immense light! Sprawling new laminate flooring, fresh paint throughout, large storage closet. Skylights in kitchen and bathroom.



Back on Market!

13751 St Andrews Dr #33B | M5 | \$229,000
Redone 1bed/1bath interior unit with nice patio complete with engineered flooring and newer tile in kitchen and bathroom. Kitchen is also equipped with updated appliances.

09/18/2023 - 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	42	60	25
Aug	45	52	38
Sept	45	55	15
Oct			
Nov			
Dec			

On September 18th, 2023 a total of 44 units show as active listings on the CRMLS (this is where Realtors list property for sale)

6 - 1 bedroom/1 bath units from \$215,000 to \$329,000

23 - 2 bedrooms/1 bath units from \$230,000 to \$500,000

15 - 2 bedrooms/2 baths units from \$339,000 to \$749,000

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

TEACHERS SHOULD BE APPRECIATED ALL YEAR ROUND...



For September we are sponsoring 3 local teachers who need your support! Our office is donating \$200 each week to a sponsored teacher and **YOU** can help too!

Meet: Mrs Discenna
Teacher of 5th Grade at Weaver Elementary

THE NEEDS IN HER CLASSROOM ARE:

- Felt tip colored pens
- Disposable coffee cups
- Squishy pencil grips for kids

- Sharp/Dull pencil holders
- Financial donations are also welcome in the form of cash or check

If you would like to donate any items, please bring them to 1900 St Andrews Dr #B near the South Gate of Leisure World or we can come and collect from you directly, just give us a call!



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It's not too late to list your home before the holidays! Let this be a September to Remember! On-Site Home Sales agents will help you with your transaction from start to finish! We also have an amazing On-Site escrow team! Your transaction begins and ENDS with On-Site Home Sales!!



M6 136I \$399,000

Cute Expanded 2 Bedroom 1 Bath



M16 53L \$320,000

Nice 2 Bedroom corner unit with a beautiful greenbelt



M1 46A \$329,000

Corner Unit with a beautiful greenbelt view!



M15 - 21P \$390,000

2 Bedroom 2 Bath Expanded Upstairs Unit



M12 - 43E \$310,000

Adorable Basic 2 Bedroom 1 Bath



M15 - 14Q \$345,000

Fully Expanded 2 Bed 2 Bath Upstairs Unit with Vaulted Ceiling



M15 - 28A \$459,000

Beautiful and Spacious Atrium with Greenbelt Views



M2 - 1A \$417,000

Private 2 Bedroom Corner Unit



M14-32H - \$445,000

Two Bedrooms, 1 Bath, Fully Expanded



Dawn Januszka
Broker
DRE #02110501



Ginni Houck
Escrow Officer



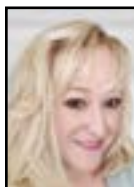
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