

See page 20.

POLICE SBPD reschedules **DUI Checkpoint**

See page 12.

The Seal Beach Police Department has rescheduled its planned driving under the influence (DUI) checkpoint.

The checkpoint will be held Friday, Dec. 22, at an undisclosed location within the city limits.

Checkpoint locations are chosen based on data showing incidents of impaired driving-related crashes. Drivers charged with a first-time DUI face an average of \$13,500 in fines and penalties, as well as a suspended license.

Gate Closures

Crews will conduct repairs at the St. Andrews Gate inbound lane on Dec. 18 from 5-9 p.m. Detour signage will be posted before work begins.

Repair work will also take place at the Main Gate inbound lane, otherwise known as the pass lane, on Dec. 19 from 5-9 p.m.

The North Gate will close all day Dec. 20 for gate access training. People should plan alternate routes during these periods.

Proptia Registration

Proptia is the access-management solution that residents will use to manage their visitor lists when the new gate access system goes active in January. At that time, residents will receive an emailed invitation with instructions on how to register and create accounts with Proptia. Do not attempt to directly register with Proptia; registration needs to occur through GRF.





Paul Kryczko People gathered at the GRF's annual tree lighting ceremony at Veterans Plaza on Dec. 6.



TIS THE SEASON



See page 3.

The Jolly Holiday Carolers singing group wowed the audience at the tree lighting, inviting people to sing along with classic holiday songs.

he Golden Rain Foundation kicked off the holiday season with a week full of Christmas and Hannukah cheer, featuring its annual tree lighting, menorah lighting, Christmas tree decorating contest and toy drive dance. With live music and cookies aplenty, the constellation of events primed residents for the upcoming holidays and gave them an opportunity to flex their generous spirits with toy donations that will support OC families. See more pictures on page 14.



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Community

Legal Aid SoCal http://communitylegakocal.org

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

Paul Kryczko

Elves, courtesy of the Theater Club, pose with GRF's resident Santa, Andrew Delaney, at the tree lighting.



Rabbi Aron David Berkowitz plays guitar at the GRF's annual menorah lighting event at Veterans Plaza on Dec. 7.



Emma DiMaggio

LW residents brought mounds of toys to the GRF's annual Toy Drive Dance on Dec. 9. The Legends of Rock Dance Band brought music and spurred on an enthusiastic crowd of dancers.

Santa took gift requests from children and LWers alike.

THE OFFICIAL PUBLICATION OF THE GOLDEN RAIN FOUNDATION, LEISURE WORLD, SEAL BEACH, CA I WWW.LWSB.COM I WWW.LWWEEKLY.COM



A silver sedan was damaged in the collision, causing visible damage to the vehicle's front bumper. Police, firefighters and paramedics responded at the scene. **TRAFFIC**

Collision caused delays at major LW intersection

A vehicle collision on Dec. 5 caused traffic delays at the intersection of Northwood Road and St. Andrews Drive. The North Gate remained closed for several hours while police investigated the incident.

At approximately 11 a.m., a silver Honda Pilot traveling southbound at the intersection turned left. While turning, the vehicle collided with an ambulance headed eastbound across the intersection on Northwood, according to a Security report. The ambulance was damaged the left side of the vehicle and left rear wheel well.

GRF Security, Seal Beach police, firefighters and paramedics responded to the scene.

The ambulance involved in the collision was actively transporting a LW resident, who was transferred to a second, undamaged ambulance after the collision.

The Honda driver was transported in a third ambulance to West Anaheim Hospital.



The back left wheel well of an ambulance was damaged in the collision.

PARTICIPATE IN AN



> Procedures:

Eligible participants will take part in an interview that includes answering questions about their life and sharing opinions about enrolling in Alzheimer's disease prevention trials.

INTERVIEW STUDY: RECRUITING **DIVERSE** populations to preclinical Alzheimer's disease trials

Alzheimer's disease trials

> Purpose of study:

This study aims to better understand how people make decisions about enrolling in preclinical Alzheimer's disease (AD) trials.

> Eligibility:

You are eligible if you are between 55-85 years of age, willing to participate in a 90-minute interview, and can speak English, Spanish,

RECREATION

Hui O Hula Club wins first place in Christmas tree decorating contest

The Recreation Department selected five clubs to decorate Christmas trees in the clubhouses for GRF's annual decorating contest. The clubs were: the Women's Golf Club, Clubhouse 1; the Garden Club, Clubhouse 2; the American Legion

Auxiliary, Clubhouse 3; the Claytime Ceramics Club, Clubhouse 4; and the Hui O Hula Club, Clubhouse 6.

The winners are:

• First Place: Hui O Hula Club

• Second Place: LW Women's Golf Club

• Runners up: Claytime Ceramics, LW Garden Club, and American Legion Auxiliary

This year's theme was "Peace On Earth." Clubs chosen to compete decked out their trees to reflect what their club does to set them apart. They could interpret this any way they like, so long as the overall theme was represented in their creation. The clubs that have adopted a tree



The Hui O Hula Club Christmas tree located in Clubhouse 6.

have an opportunity to promote the uniqueness of what the club does and to remind residents that clubs are back in action and

XMAS TREES, page 14

Prepare for 2024 with a new calendar

With 2024 just a few weeks away, a good way to get a head start on the new year is by purchasing a new calendar. Though the GRF is not printing a 2024 calendar, there are plenty of local options to choose from.

• The Seal Beach Police League K9 Calendar (\$25): The Seal Beach Police League 2024 K9 calendar features department's favorite four-footed friends: Saurus and Yosa. The calendars are \$25 and proceeds help support the Seal Beach Police Department canine program. The calendar measures 8.5 by 11 inches. To purchase a calendar, visit *https://sealbeachpoliceleague.com/*or visit the Seal Beach Police Department, 911 Seal Beach Blvd., Seal Beach.

• Seal Beach Village: Affordable calendars are available at the Dollar Tree in the Seal Beach Village Shopping Center, located outside St. Andrews Gate.

• The Shops at Rossmoor: People can purchase calendars at the nearby Shops at Rossmoor from Target, Ralph's, CVS and Staples, among others. People can get to the Shops at Rossmoor using the Seal Beach Senior Transportation Shuttle, which runs from 9 a.m.-4 p.m. and stops at Ralph's, Target and Sprouts. People must be registered with the City of Seal Beach to use the program. For more information, contact Robann Arshat at 562-431-6586, ext. 317, or email *robertaa@lwsb.com*.



> Anticipated Benefits:

This study will help researchers improve the way that AD clinical trials are designed and performed.

> Compensation:

\$100 Amazon or Target gift card

To schedule, please call or email Edwin Duran:

> (949) 824-8231

> durane2@uci.edu

Mandarin, or Korean.

> Location:

Interviews can be completed in-person at UC Irvine, in-person in your home, or virtually using video conferencing.

> Institution:

University of California Irvine, Institute for Memory Impairments and Neurological Disorders

Lead Researcher: Joshua Grill, PhD Other Researchers: Christian Salazar, PhD, MPH; Hye-Won Shin, PhD; Ruobing Li, MA; Marina Ritchie, MA; Megan Witbracht, PhD; Daniel Gillen, PhD

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LWWEEKLY



A 2022 display by Dorothy Schwartz on Interlachen Road.

MINIBUS

Holiday lights tours begin Dec. 18

The GRF Minibus service will conduct the 12th annual Leisure World Holiday Lights Tours from Dec. 18-22. The evening bus tours allow residents to view holiday light displays within Leisure World from the comfort of a Minibus. The tours begin at the Health Care Center and start at 5 p.m. Late evening tours from Dec. 18-21 begin at 6:45 p.m.

Seating on the bus tours is first come, first served. GRF Minibuses seat approximately 20 passengers. Holiday dress up is welcome. At the conclusion of each tour, all passengers who need a ride will be taken home or to any other location inside Leisure World. For more information, contact Grant Winford at 562-431-6586, ext. 372.

GRF Car Sale

Each fourth Saturday, authorized residents have the opportunity to sell any used motorized vehicle in the Administration Parking Lot from 8 a.m.-4 p.m. The next sale will be Saturday, Dec. 23.

Vehicles must have current DMV registrations, GRF decals and be insured. In addition to cars, motorhomes, motorcycles, golf carts, bikes, trikes and scooters may be sold. The owner or representative does not need to be present but is allowed to display a single "for sale" sign no larger than 18 by 24 inches on the vehicle, to include a phone number. The sale is open to Leisure World residents only and the guests they call in. The public will not be able to sell at the events.

Using FasTrak for Express Lanes

To use the newly opened 405 Express Lanes, people will need: (1) a FasTrak responder and (2) a valid FasTrak account.

FasTrak responders are available for free from any toll agency in California, as well as directly through the 405 Express Lanes website at *www.405ExpressLanes. com.*Switchable transponders, which allow drivers to tell the system if there are two or more occupants in the vehicle, cost \$15.

Transponders are also available through OCTA at www.91ExpressLanes. com and through www. thetollroads.com.

Carpools with two or more occupants can drive for free during non-peak hours for the first 3.5 years after the Express Lanes open. A switchable FasTrak transponder is required.

Vehicles with three or more occupants, as well as motorcycles, can drive for free at all hours.

Disabled veterans and disabled people with permanently mounted disabled license plates can travel for free.

Valid DMV registration for the vehicle must be presented when the FasTrak account is opened.



The Aquatic Center is located a the intersection of St. Andrews Drive and Golden Rain Road.

Aquatic Center Closure

The GRF Aquatic Center is scheduled to be closed from Monday, Dec. 18 through Friday, Dec. 29, for its annual maintenance. Watch LW Live for updates as an early reopening is possible if the work is completed. For more information, contact the Recreation Department at 562-431-6586, ext. 326.

Temporary Library Service Location

The last day to visit the main library building and the Friends of Library before renovations begin is Saturday, Dec. 23. The closure is expected to last through all of January.

On Thursday, Dec. 28, the library will re-open in a temporary location to continue serving residents. This temporary location will be Clubhouse 3, Room 8. A selection of new and popular books, audio, and visual materials will be available for checkout at this location. Many of the library's magazines and all of its newspapers will be available for reading on site at the temporary location.

Library materials checked out prior to the closure of the main library will continue to be due at their regular due dates. Residents can either return the items in the same book drops they have always used or visit inside the temporary location in Clubhouse 3.

This temporary library location will operate Monday-Friday from 9:30 a.m.-3:30 p.m. Some of the library's regular services such as faxing, copying and patron computers, will be unavailable at the temporary location.

—LW Library Staff



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PERSPECTIVES

Letters to the Editor

Editor:

On the cusp of another election year, I believe it is time for us to prevail upon the Leisure World Weekly to maintain a policy of not publishing political ads. During 2020, some negative political ads caused hard feelings and possible damage to the reputation of our community.

While these ads resulted in the addition of a few hundred dollars to the profits of our newspaper, it is impossible to

MEMBER COLUMN Choosing Delight in LW

by Marla Hamblin

Mutual 15 director

I was grateful to attend the Leisure World Community Orchestra's winter concert directed by the virtuoso, Dr. Samuel Kim, on Dec. 2 in Clubhouse 4.

It was a brilliant performance and perfect way to begin this holiday season. I was reminded of a time in my life when I made the rounds of TV shows, magazines and speaking engagements.

On one Mother's Day, I was invited to be the guest speaker by Dr. Robert Schuller at the Crystal Cathedral. The visit included a personal meeting with him in his towering office for tea and conversation. I was more anxious about what I would talk with him about in privacy than I was for my speech, which I was well prepared to deliver.

But I needn't have worried because immediately I was comfortably seated. When he asked me a specific question, he asked for my thoughts on how the Jewish survivors of the WWII concentration camps went on to lead lives of positivity and elevated achievements despite the grotesque horrors they endured. How could they have witnessed all that and emerged as productive leaders and contributors to society and the arts? It was easily an hour-long discussion.

I was confident in my understanding of the recognizable yet curious phenomenon he referred to: In exchange for the gift of life, survival, we repay in gratitude for the beauty, education, opportunity life offers, to see plants growing, experience the elegance of music and all the arts, the replenishment of gardening and nature. These give inspiration that overflows to others.

All the joys of life inform our ability to emerge as the best we can be, so much so that the result of this overflowing gratitude benefits others.

So, at the concert Dec. 2 and regarding Leisure World in general, rather than belaboring and emphasizing the harms, there is so much here from which to derive delight and encouragement.

Finally, in the words of Theodore Roosevelt, "Let those in the arena: working, trying, willing-the volunteers-silence the critics who complain from the sidelines." If you avoid the concerts and all the other amenities here, you not only lose the artistic pleasure provided but also the opportunity to appreciate those providing it. I encourage everyone to participate and even consider running for the boards or volunteering to assist us in making Leisure World the best of all places to live our lives.

know the extent of the damage they may have caused.

To avoid a repetition of this unfortunate and divisive chapter in the history of Leisure World, we need to ask our newspaper to make this commitment now, in the tradition of this current season of goodwill.

Rachael Lehmberg *Mutual 2*

Editor's Note:

Between 2020-2023, the paper collected approximately

\$20,709 in political advertising revenues. A free society is dependent on the freedom of expression of all ideas, even those that some people find repugnant. In keeping with its desire to foster a diversity of viewpoints, the LW Weekly will continue to print paid political advertising and the letters to the editor such advertising inevitably triggers. All political advertising must meet state election rules and GRF policy, and be clearly marked as such.

Political speech is one of the most protected forms of speech in our society, and there is a reason for that. It is at the core of the First Amendment and includes speech concerning "politics, nationalism, religion or other matters of opinion," according to the Supreme Court, which has stated that the ability to criticize the government and government officials is central to the meaning of the First Amendment. Editor:

I've been a LW resident for about a year. I believe sidewalks are intended for pedestrian traffic. Of course, bicycles, motorized wheelchairs and golf carts need to utilize them as well; however, the vast majority of bike riders and golf cart owners (seem to) feel that a pedestrian in front of them is an imposition.

I'm able-bodied but even when I'm carrying heavy packages, bicyclists and golf carters will insist or demand that I move out of their way whether it's onto the grass or over a small rise.

Many residents here are not that mobile. Common courtesy would seem that a walkway is for walkers and that those with other means of transport need to wait their turn. Are there any rules stipulating usage?

> Sharla Sanders Mutual 5

Editor's Note: According to GRF policy, drivers of motor vehicles, including scooters, and cyclists, must yield the right of way to pedestrians. For more information on GRF traffic rules, visit lwsb.com and see GRF Policy 80-1930-1, under Security in the *GRF directory.*

Editor: I read good news about re $prising the Mini \, Farms \, (Dec. \, 7).$ Seemingly, conflicting opinions exist on how shareholders can use a farm effectively.

GRF President Marsha Gerber agreed: "I am 100% for the Mini Farm. It is a positive thing, a good thing...."

I agree absolutely. Opponents cited "the expenses and its exclusivity in that only 220 of nearly 10,000 residents will get a plot." That is also a valid opinion.

Common ownership should be equally distributed and mutually beneficial. May God bless us for running an organic vegetable farm and a mini market so residents can buy healthy food at a lower price.

By the way, who is running it? GRF. How about each clubhouse be used as a weekend market place because of a shortage of parking space?

> Robert Chung Mutual 4

Editor:

Many thanks to all friends and family who attended and brought delicious food for the Celebration of Life for Janice Laine. Representatives of the Golden Age Foundation, Humanist Club, Peace Club, Democratic Club, Theater Arts, Laughing for the Health of It, and her book and poker clubs all spoke fondly of Janice's con-

tributions to their groups as well as LW as a whole. Her broad list of activities illustrate well the richness of her life and her zest in participating in LW life.

Friends shared their memories of mostly fun times but also more serious involvement in causes dear to her and her excellent heart and mind.

Even after a serious stroke a few years ago, she remained active and edited the Peace Club newsletter for two years without the use of her right hand!

We were all enriched by the great food people brought and also by the memories shared by friends and family, many of which were new and fun to hear about our friend, Janice. We also contributed generously to her selected charity, Planned Parenthood.

Janice, you are missed!

Pat Kruger, Peace Club Beverley Bender, Laughing for the Health of It

Setting It Straight

The proposal to rebuild the Mini Farms includes 223 inground plots and 25 raised beds for a total of 248 plot opportunities. The number of plots in the story was in error.

LWWEEKLY

CGRF Leisure World Seal Beach LW Weekly is delivered on Thursday to every Leisure World residence. Opinions and information expressed in articles, columns or letters have not been vetted nor do they necessarily reflect the opinions or policies of the Golden Rain Foundation or GRF Board of Directors, members and staff of this publication. The publishing of advertisements in any GRF publication does not indicate any recommendation or endorsement, nor any opinion of capability or quality of any advertiser's work. GRF will not knowingly publish any advertisement it deems to be untruthful or misleading. GRF reserves the right to refuse any submission for any reason. General Inquiry: LWWeekly@lwsb.com

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OV ER N M

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.

Pursuant to Civil Code 4930 of the Davis-Stirling Act, the GRF Board is prohibited from answering questions from residents speaking during public comment time at board meetings.

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

New LW gate access system comes into effect Jan. 17

Beginning Jan. 17, Leisure World's new gate access system will be fully operational. At that time, people will need a valid RFID tag or GRF ID to enter the community.

It is important to note that residents will always be able to call Security, 24/7, with the names of their visitors.

New residents or residents with additional vehicles can get RFID tags at the Decal Office in Building 5, open from 8 a.m.-4:30 p.m., Tuesday-Saturday (closed for lunch at noon).

Every resident should have received a copy of the GRF budget packet in the mail. In the budget packet, there is a form where people can write in their permanent guests.

- People can return the form by:
- Handing it to any Security guard while entering the community.
- Dropping the form off at the Finance Office.
- Mailing the form to GRF.



Mutual Meetings Schedule

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

Thurs., Dec. 14	Mutual 12
	Conference Room B/Zoom9 a.m.
Mon., Dec. 18	Mutual 15
	Conference Room B/Zoom1 p.m.
Tues., Dec. 19	Mutual 10
	Conference Room B9 a.m.
Tues., Dec. 19	Mutual 14
	Conference Room B/Zoom1 p.m.

December GRF meetings have been cancelled through the end of the year.

Monthly Bus Tours for New Residents

The GRF Transportation Department will conduct monthly 1.5-hour bus tours of Leisure World amenities and clubhouses on Tuesdays for new and recently moved-in residents.

Stock Transfer can book tours when new buyers check in, or people can schedule one at https://outlook.office365.com/ owa/calendar/NewMemberBus-Tours@lwsb.com/bookings/.

For more information, contact Melissa Gomez at melissag@ lwsb.com or 562-431-6586, ext. 326, or Kathy Thayer at kathyt@ lwsb.com or 562-431-6586, ext. 398.

A. 2 meal	SIMPLY DELICIOUS SENIOR MEAL DELIVERY SERVICE 12/18/2023 to 12/22/2023 Find more menu details at our website A. 2 meals a day 3 days a week (Delivery: Mon, Wed, & Fri) \$99 per week B. 2 meals a day 5 days a week (Delivery: Mon, Wed, & Fri) \$165 per week													
Monday	Tuesday	Wednesday	Thursday	, Friday										
		LUNCH												
Mushroom & Spinach Omelet w/ Avocados Sweet Potatoes Seasonal Fruit	Fish Tacos Coleslaw Rice Mixed Berries	Turkey Sandwich Potato Salad Seasonal Fruit	Spinach & Feta Cheese Quiche Mixed Berries	Tater Tot Breakfast Casserole Turkey Sausage & Eggs Seasonal Fruit										
Pesto Chicken Penne Casserole	Steak Fajitas Red & Yellow Peppers	Salmon Nicoise Salad Green Beans New Potatoes	Shrimp Scampi Roasted Vegetables	Filet Mignon (one Per Client) Bearnaise Sauce										
Cake	Seasonal Fruit	Cookies	Seasonal Fruit	Chocolate Tureen Cake										
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LW 한인 커뮤니티 교회 특별집회

Leisure World Korean Community Church (LWKCC) Special Meeting

지극히 높은 곳에서는 하나님께 영광이요

땅에서는 하나님이 기뻐하신 사람들 중에 평화로다(눅 2:14)

Glory to God in the highest Peace on earth, among those with whom God is pleased (Luke 2:14)

탄주일예배

Christmas Sunday Service December 24, 11:50am 본당(Sanctuary) 년 특별 새벽집회

Year-end special dawn meeting

December 26th (Tuesday) - December 30th (Saturday), 6am, 본당(Sanctuary

"올해도 하나님의 은혜가 넘쳤습니다" God's grace overflowed this year as well.

23/24 송구영신예바

"하나님께 영광, 사람들 중에 평화

"Glory to God and peace among men"

성탄절 축하 찬양예배

Christmas celebration praise service

December 25th (Monday) 10:30am, 본당(Sanctuary)

말씀: 김광진 목사(LA 연합감리교회 원로목사)

Sermon: Pastor Gwang Jin Kim "하나님의 사랑, 예수님의 사랑"

LWKCC 찬양대(지휘: 김 규삼 음악목사, 반주: 김민정집사)

LWKCC Praise Choir (Conductor: Pastor Gyu-sam Kim, Piano: Min-jeong Kim)

헨델의 오라토리오 메시아 중에서

"From Handel's Oratorio Messiah"

LW 오케스트라 단원들과 협연 Collaborating with LW Orchestra members

솔로: 테너 오영위목사, (Solo: Tenor Pastor Youngmi Oh) : O Holy Night

New Years' Service at the end of the year Service December 31 (Sunday), 11pm, 본당(Sanctuary)

지난 해에 대한 간청, 새해에 첫 고백

"Plea for the past year, first confession for the new year"

2024 년 새해 특별 새벽집회

2024 New Year Special Dawn Meeting 2024 January 2 (Tue.)-6 (Sat.) 6am, 본당(Sanctuary) 주의 뜻이 이루어 지이다. "Thy will be done."



담임목사 용 장영

(Rev. Dr. Jang Young Yong, Senior Pastor) 14000 Church Pl., Seal Beach, CA 90740 Next to South gate (714)323-0897



Sudoku 1

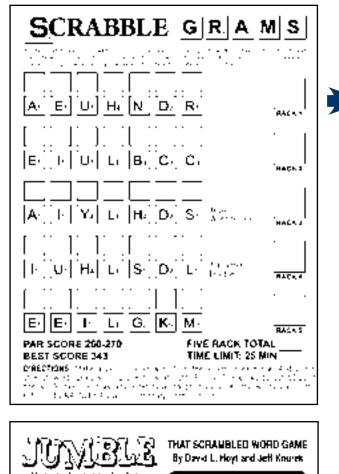
Puzzles	s & Co	mics		Answers on	page 26
Gasoline A	lley			By Jim Scal	ncarelli
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Middletons	5	By Ralp	h Dunagin (& Dana Su	ummers
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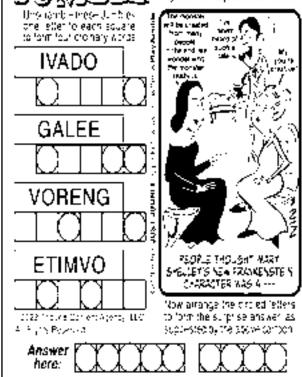
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9 To 5 By Harley Schwadron









I am a singer born in England on January 12, 1993. I planned to become an English teacher, but tried out for "The X Factor" as a solo artist. I was ultimately paired with other singers to form a very successful boy band before moving on to a solo career.

Sudoku #2

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Puzzles & Comics Answers on page 26

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FILES HARD DRIVE INPUT INTELLIGENCE **KEYBOARD** LAPT0P MEMORY **MOTHERBOARD** OFFICE **OUTPUT** PERSONAL PREFERENCES **REBOOT** SLUGGISH SOFTWARE SPAM STARTUP TRASH

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



RELIGION



SB Union Evangelical Church members went on a cruise to Mexico.

Seal Beach Union Evangelical Church

Seal Beach Union Evangelical Church (SBUEC), led by Pastor Myung Hoon Joo, is a church established for Koreans living in Leisure World.

SBUEC focuses on two pastoral ministries. The first is grace ministry, where all believers enjoy and experience God's grace. To this end, Pastor Myung Hoon serves the congregation through thorough, Bible-centered sermons and leading worship each service.

Sunday worship is a wellbalanced service of powerful ministry, praise and prayer. The second ministry is the

care and service ministry for seniors.

For the past year, SBUEC has

planned monthly day trips and short term trips every quarter to give joy to lonely seniors. Recently, some church members went on a cruise to Mexico.

SBUEC holds a Korean senior health class every Thursday at 1 p.m. The class is beneficial to mental and physical health, and is a fun time. It is led by Pastor Myung Hoon.

One important aspect of SBUEC's senior ministry is having the senior pastor personally visit and provide assistance to SBUEC members who live alone.

December holds times filled with grace and joy for SBUEC, such as a Christmas decoration village visit on Dec. 4 and Christmas Eve's Sunday service on Dec. 24.

SBUEC will also hold a blessing service on New Year's Eve, Dec. 31, where traditional food will be served, followed by a fun Yut game. There will also be a special surprise event on Dec. 21.

The church meets Sundays at 1 p.m. in Clubhouse 3, Room 2. Members also meet every Thursday at 1 p.m. in Clubhouse 3, Room 4, for the Korean senior health class.

All Koreans are welcome to attend Sunday services or the weekly health class.

For more information, call 714-520-1877 or email *drchoo2014@gmail.com*.

Purchasing Department Price List

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

WHITE COOK TOP \$577.79
BLACK COOK TOP \$577.79
WHITE OVEN \$1368.51
Black Oven \$1368.51
STAINLESS OVEN \$1625.70
WHITE TOP FREEZER
REFRIGERATOR
BLACK TOP FREEZER
REFRIGERATOR \$836.54
STAINLESS STEEL TOP FREEZER
Refrigerator \$859.51
28 GALLON WATER HEATER 10YR.
\$790.72
38 GALLON WATER HEATER 10YR.

REVISED 12/04/2023

KITCHEN SINK–WHITE\$501.71 KITCHEN SINK-BISCUIT......\$652.22 KITCHEN FAUCET-MOEN......\$100.25 KITCHEN FAUCET SPRAYER-DELTA \$134.33 BATHROOM FAUCET– MOEN \$141.09 BATHROOM WIDESPREAD FAUCET– DELTA\$207.93

(TOILETS INCLUDE TANK, BOWL &	& TOILET SEAT)
TOILET-ROUND-WHITE	\$257.87
TOILET-ROUND-BONE	\$307.66
TOILET- HI BOY-WHITE	\$294.37
TOILET-HI BOY-BONE	.\$376.60

First Christian Church

In this season, as Christians celebrate the birth of the savior, the pastors at First Christian Church extend an invitation to those seeking to honor the birth of the babe born in a manger. Throughout December, Christmas songs are sung with enthusiasm and joyfulness.

Pastor's Message

Starting this weekend, Associate Pastor Gary Whitlatch will embark on a journey into the writings of the Apostle Paul to his beloved son in the faith Timothy. Timothy traveled with Paul and helped establish churches. The church in Ephesus was where Timothy served. First Timothy is written to a pastor. It is what the Holy Spirit through Paul is admonishing Timothy to do for the church. Christ's followers can accomplish much by following Paul's example and be found faithful in actions in and out of the church. First Timothy 1:5 sets the tone for the words to come, "But the goal of our instruction is love from a pure heart and a good conscience and a sincere faith." Paul goes on to remind Timothy how important the witness of people of faith is to believers and unbelievers. The reminders from Paul to Timothy are just as relevant to churches today as they were at the time of the writing of 1Timothy in 62 A.D.

Weekend Services

Sunday services, from 9:30-10:45 a.m., are traditional with hymnal music led by Janet Ray with Pat Kogak at the piano. Kogak also sing a solo for this week's special music.

Saturday services, from 9:30-10:45 a.m., include contemporary songs of worship, led by Gregory Black with guitar and vocal accompaniment.

Midweek Studies

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

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

Pastor Bruce Humes leads the Thursday Bible study from 10:30-11:30 a.m.

Humes also leads the prayer Bible study on Fridays from 6-7 p.m. All are welcome to join any of the Bible studies.

Scripture of the Week

"In the region there were shepherds staying out in the fields and keeping watch over their flock by night. And an angel said to them, 'Do not be afraid; for behold, I bring you good news of great joy which will be for all the people; for today in the city of David there has been born for you a Savior, who is Christ the Lord," Luke 2:8-11.

Contact

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

Faith Christian Assembly

Faith Christian Assembly is thankful to celebrate the birth of the savior. A great way to keep focus on the true meaning of the season is to make time for church attendance with family and friends. Faith Christian Assembly invites LWers to attend any of its upcoming Christmas services.

On Sunday, Dec. 17, at the 10:30 a.m. service, Faith Christian Assembly will have special speaker, Pastor Paul Vaughn, who is here for his annual visit from his church in Tahiti. He is a crowd favorite and will bless members with worship including Christmas music and a seasonal biblical message.

Join Sunday, Dec. 24, at 10:30 a.m. for the Christmas service with Christmas music and an inspirational message from Pastor Sheri Leming. Note that there is no evening service on either Dec. 17 or 24.

\$872.07

GARBAGE DISPOSAL......... \$243.02 BATHROOM FAN/HEATER.... \$158.98 BATHROOM FAN–NO HEAT \$94.46

BATHROOM SINK WHITE-ROUND
BATHROOM SINK-BONE-ROUND
BATHROOM SINK–WHITE– OVAL
MUT-15-Gerber \$44.39
BATHROOM SINK-ALMOND-OVAL
MUT-15\$51.13
BATHROOM SINK – WHITE
CHINAMUT-17\$53.47

Round toilet seat: white \$19.27 Round toilet seat: bone \$19.27 Elongated toilet seat: white \$23.50 Elongated Toilet seat: bone \$28.84

PURCHASING DEPARTMENT

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

The above pricing is subject to change without notice. Please call Purchasing Department for current pricing.

SERVICE MAINTENANCE CAN BE REACHED AT (562) 431-3548 DURING THE HOURS 8:00 AM TO 4:30 PM,

Make this Christmas a celebration of its true meaning, and also make a difference in someone's life and invite them to church.

Faith Christian Assembly's Sunday service times are 10:30 a.m. and 5:30 p.m. The pre-service prayer begins at 5. Residents are welcome to join the Bible study groups on Wednesday mornings at 11 a.m. The church is located at 13820 Seal Beach Blvd., Seal Beach.

To receive a copy of the free monthly newsletter or more information on the church, contact the office during business hours Tuesday-Friday by calling at 562-598-9010 or emailing *contact@fcachurch.net*.

People can also visit the website at *www.FCAchurch.net* to learn more.

Buddha Circle

Buddha Circle will meet on Saturday, Jan. 6, in Clubhouse 3, Room 1, from 9:30-11 a.m. with Venerable Kusala.

Ven. Kusala is well known in the Buddhist community and presents Buddhism in simple ways. His teachings include ways to suffer less and become happier.

For more information, call 714-468-6887.





Members of Leisure World Korean Community Church went on a five day cruise in Mexico.

Leisure World Korean Community Church

Leisure World Korean Com- ers. There was an encouraging munity Church's (LWKCC), senior pastor, Dr. Jang Young Yong, and 71 members went on the fifth LWKCC family cruise trip to Catalina, Ensenada, Baja California and Mexico from Dec. 4-8.

The LWKCC choir member's end of year event was held on Dec. 3, at East Buffet, with 63 people in attendance. Rev. Young Yong gave a speech, and there was a greeting from the church's founding choir leader and an introduction from Seongnam Elder Lee, the 2024-25 choir leader. In the 13 years since LWKCC was founded, there have been four choir leadspeech from conductor and music pastor Kim Gyu-sam. Gifts were also presented to the praise band members. In 2024, the captain will be Elder Lee Seongnam, and the vice commander will be Elder Yoo Jun.

There are currently 55 members of the LWKCC praise choir, led by Dr. Kwy Sam Kim, and deacon Min Jung Kim as accompaniment. The group practices in the choir room on Friday evenings and Sunday afternoons for the weekly Sunday service. On Dec. 2, the choir performed at the LW Orchestra's Winter Concert.

The choir will perform on

Assembly of God

Jesus' coming brought radical change. His paradoxical teaching and example confounded religious authorities and conventional thought. He was born in humble surroundings, to ordinary people, yet claimed to be the Son of God. He taught with authority and challenged the Pharisees, performed miracles and then washed his disciples' feet. These paradoxes were hard to reconcile. But selfsacrificing, untarnished love doesn't always make sense. Pastor Chuck Franco will preach a message titled "The Servant Love of Jesus," from Luke 2:1-7 and Philippians 2:5-11, on Sunday, Dec. 17. A Christmas-themed Hymn Sing will be held that day at 6 p.m. in the Clubhouse 3 Lobby. All residents are invited to sing carols, enjoy a special musical guest, and have great fellowship.

Session two of the new Bible study series, "The Rock, the Road, and the Rabbi," takes students to "Galilee: The Early Years" on Wednesday, Dec. 20 at 10 a.m. Host Kathy Lee Gifford and teacher Rabbi Jason Sobel will lead the group through the sites where Jesus spent his formative years. For those who have never been to the Holy Land, this is the next best thing. Hearts will be touched and minds awakened.

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. More information can be found at *www.lwassemblyofgod*. com, or Facebook at the Leisure World Assembly of God Church page. Contact the church at 562-357-4360, or pastorchuck@lwassemblyofgod.com.

Congregation Sholom

meeting.

Monday, Dec. 25, for a special

Christmas celebration service.

The choir and LW Orchestra will

perform "In Handel's Oratorio

Messiah," during the Christmas

service. Pastor Kwang Jin Kim

and tenor soloist Pastor Oh

Wiyong will also sing "O Holy

of Community Church in Lei-

sure World. Sunday services are

held at 11:50 a.m. in the sanctu-

ings are held Tuesday-Saturday

at 6 a.m. Breakfast is served

in the fellowship room after

each Saturday morning prayer

ary at 14000 Church Place.

LWKCC is a nesting church

Early morning prayer meet-

Night" during the event.

Congregation Sholom will hold services via Zoom with Rabbi Eric Dangott on Friday, Dec. 15, at 6:30 p.m. Services continue with Rabbi Mike Mymon on Saturday, Dec. 16, in Clubhouse 3, Room 9, and on Zoom at 10 a.m. Saturday's Torah reading will be Miketz from the book of Genesis. Miketz (After) follows Joseph as he interprets Pharaoh's dreams and rises to become secondin-command to Pharaoh. When Joseph's brothers come to Egypt seeking food during a famine, Joseph accuses them of spying. He insists that they return with their youngest brother, Benjamin, and later plants a goblet in Benjamin's bag. To receive a Zoom invita tion contact Jeff Sacks at 714-642-0122. Those who want to become a member of Congregation Sholom can call Howard Brass at 714-396-0121 for a membership packet.

Community Church

The prophet Isaiah describes the coming of a year of Jubilee. It's not certain that the year of Jubilee was ever actually celebrated. Every seventh year was to be a year in which the land was allowed to lie fallow and recover and every 70th year was to be a year of Jubilee, a time when land was restored and debts forgiven. When John the Baptist appears from the wilderness, he declares the year of Jubilee and works to bring it about.

As Christmas approaches, believers are reminded that Jesus taught his first followers how to live in Jubilee and do so even today. Community Church will look at the implications of this Sunday.

Those who need a little joy, love, or celebration are invited to Community Church's Sunday service on Dec. 17 and the Christmas Eve service on Dec. 24 at 9:50 a.m. that will include a living nativity. Leisure World Korean Community Church has extended a invitation to all to come and enjoy the concert that will be presented in the Community Church Sanctuary on Saturday, Dec. 16, at 3 p.m.

Community Church's Sunday services are at 9:50 a.m., followed by fellowship and light refreshments. Come early for a cup of coffee in the narthex. The church is located inside Leisure World at 14000 Church Place. People may watch services live on Facebook, @CommunityChurchLeisureWorld, and on Zoom. Contact the church office for the Zoom link. Those who are in need without another way to address it can call the church office to leave a message at 562-431-2503.

Church of Jesus Christ of Latter-day Saints

Meetings for the Atherton Ward are held at 6500 E. Atherton St., Long Beach. Sacrament service is held every Sunday at 10:30 a.m., followed in the second hour by Sunday School on the first and third Sundays, Relief Society and Elders Quorum on the second and fourth Sundays. Primary classes for children are held every Sunday during the second hour.

The reading source for this year is the New Testament. The reading assignment for the week of Dec. 11-17 is Revelation 6-14.

The "Come Follow Me" lesson manual says "Imagine a woman 'travailing in birth and pained to be delivered.' Now imagine 'a great red dragon, having seven heads and ten horns' hovering over the woman, poised to 'devour her child' as soon as it was born. To understand these verses of John's revelation, remember that these images represent the church and kingdom of God and the peril they would face."

Holy Family Catholic Church

Holy Family Catholic Church will hold the Fourth Sunday of Advent Mass on Saturday, Dec. 23, at 4 p.m. Vigil Mass is on Sunday, Dec. 24, at 8 a.m. 10 a.m. and noon.

The church will hold Christmas Eve Mass and concert on Sunday, Dec. 24, at 4 p.m. Christmas day Mass will be held on Monday, Dec. 25, at 9 a.m.

LW Baptist Church

"She gave birth to a male child who will rule all nations," the Bible says. What child is this? Mary's child, Jesus Christ, the woman's seed who will crush the serpent's head, the prophet who will speak God's words, the son of God, the babe who has grown to be our sovereign Lord. His redeeming love is the theme of LW Baptist worship on Sunday, Dec. 17 in Clubhouse 4 at 10 a.m.

For more information, call 562-430-8598.



Redeemer Lutheran and St. Theodore

The congregations of Redeemer Lutheran Church and St. Theodore of Canterbury Episcopal Church will begin a six-part series on the First Sunday of Advent, focusing on the earliest days of Jesus, beginning with his miraculous conception and following the biblical witness of his infancy and childhood until he was 12 years old. The 10:30 a.m. worship services gather at 13564 St. Andrews Drive. All are welcome.

The sermon messages for this six-part series, delivered by the Rev. Murray D. Finck, bishop emeritus of the Pacifica Synod, will look at Jesus' first 12 years through the eyes and life of Joseph, the carpenter from Nazareth and the faithful husband of Mary, the mother of Jesus. He was the earthly father of the child born to be the savior and Messiah of the world. Bishop Finck will take the congregation through the biblical passages which tell about Joseph, a vital and essential figure in the early days and years of Jesus' life. Beginning with the angelic announcement of Jesus' conception, the story of Joseph will help the congregation comprehend the miracles, prophecies, hopes and dreams, the humble birth, and the fulfillment of God's promises as the long-awaited Son of God joined humanity for the sake of the world God so deeply loves. The series will end on the Day of Epiphany, Jan. 6.

SB Cornerstone **Church Concert**

Seal Beach Cornerstone Church will hold a Christmas concert with the Cornerstone Choir featuring special guest the Diletta Trio on Sunday, Dec. 24, at 9:30 a.m.

Seal Beach Cornerstone Church Sunday services are held in Clubhouse 2 at 9:30 a.m.

JIU

Featuring

Holiday decorations, wreaths, costume jewelry, ornaments, children's gifts, framed textile art, wall hangings, floor mats, table runners, artisan dolls, handmade holiday and all occasion greeting cards, baskets, and much more!

Business Hours

Mon, Tue, Wed and Fri	9:00 – 3:00
Thursday	Closed
Saturday	9:00 – 3:00
Sunday	9:00 – Noon

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Conveniently located! Less than a 10-minute drive from Leisure World.

<u>COMMUNITY</u>

AMERICAN LEGION AUXILIARY



The American Legion Auxiliary continues to donate to Strong Families, Strong Children (SFSC). SFSC is a program that serves military and veterans families in many ways. In Orange County, it is a collaboration of five nonprofit partners that provide behavioral health, legal, housing and basic needs services to improve the well-being of veterans, military families and children. Last week SFSC came to LW and was presented 40 gas cards and pajamas purchased and donated by members Hong (center) and Jack Raubolt. President Carolyn Van Aalst (I) helped deliver the donations to SFSC representative Mitzi Huff.

GAF donates to Meals on Wheels Long Beach

The Golden Age Foundation (GAF) donated \$2,000 to Meals on Wheels, Long Beach (MOWLB) on behalf of Sunshine Club.

Meals On Wheels Long Beach helps Leisure World residents remain safe, socially connected and nourished at home for as long as possible. The program is available to all Leisure World residents who are having difficulty preparing or shopping for meals due to the aging process, an illness, recent surgery, or a chronic health condition.

Donations from the Golden Age Foundation (GAF) are directed to residents in Leisure World, covering the daily fee for qualified, low-income residents. MOWLB began delivering to the Leisure World Seal Beach community in 2013. Over the past 10 years the program's staff and volunteers have been honored to serve the amazing residents of LW. Each weekday, two freshly prepared meals-a hot dinner, complete lunch, dessert and a beverage-are delivered to program members with a friendly



Anna Derby (I-r), president of the GAF; Caron Adler and GAF Treasurer Heeja Alameida presented a check to MOWLB.

visit and wellness check.

Deliveries are made by caring and trained community volunteers. Volunteers provide a valuable social connection for those homebound residents who are isolated and alone.

The Golden Age Foundation is proud for its partnership with Meals On Wheels Long Beach in

providing this valuable service to LW neighbors.

Those who want more information about the Meals on Wheels program can visit www. mowlb.org or call Caron Adler at 562-439-5000, ext. 1.

For more information about the Golden Age Foundation, go to www.goldenagefdn.org.

GOLDEN AGE FOUNDATION



LWers are encouraged to sign up for the Ralphs Community Rewards program online at www.ralphs.com/community rewards. People will need to use the phone number related to their Ralphs Reward Card and Golden Age Foundation's (GAF) nonprofit organization (NPO) number, FS 519, to register. Shirley Tam (I) in Mutual 14 signed up for this program many years ago. The GAF will take a break from signing people up in person Dec. 20-Jan.17.



Sunshine Club holiday party is Friday at 10 a.m.

The Sunshine Club will hold its second party of the year Friday, Dec. 15, in Clubhouse 3, Room 2, from 10 a.m.-1 p.m. The party will also be the last meeting of the year.

This fully-booked event is for those who have previously signed-up only. There will be a catered Korean buffet lunch from the Water Mills and Rice Cake Caterer in Buena Park. Desserts will be provided by club members.

The holiday party will start with a brief overview of community affairs and an opportunity to answer any questions. Sunshine Club members will enjoy a social hour over marinated teriyaki beef, shrimp tempura, japchae glass noodles, chop suey vegetables, brown rice, and kimchi.



The Sunshine Club holiday party in 2022.

before the party is over.

During the year, the Sunshine Club invited many community leaders and administra-

the first speaker of the year on Jan 12.

The Sunshine Club began on Jan. 12, 2012, with a mis-

1-Year CD 5.50% 6-Month CD 5.45% 3-Month CD 5.40% APY \$50,000 Minimum

Rates Change Daily! Rates Effective: 12/01/2

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CDs are FDIC insured to specific limits and offer a fixed rate of return if held to maturity, where resting in securities is subject to market risk including loss of principal. CDs are intended to b eld to maturity. If not held to maturity, early withdrawal penalties may apply.

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To enhance the spirit of the festivities, the club invited the Songbirdz to perform holiday songs.

It is a Sunshine Club tradition to take a holiday party group photo with members tive supervisors. Guest speakers share information that helps residents become familiar with the surrounding community.

The club will take a holiday break until Jan. 5. GRF Security Director Victor Rocha will be

sion to "build bridges for a brighter Leisure World," and to help neighbors to have better communication and get best out of living in Leisure World. For more information, contact Anna Derby at 562-301-5339.

OSHER LIFELONG LEARNING INSTITUTE

Attend a free lecture on ageism Dec. 19

The Osher Lifelong Learning Institute (OLLI) at California State University, Long Beach, will hold a free lecture on Dec. 19 at 2 p.m. on ageism. The program will be held at the Alpert Jewish Community Center located at 3801 E. Willow St. in Long Beach.

The lecture will be presented

by Dr. Daniel Else, a professor of educational psychology and lecturer at Chapman University. He will discuss ageism in society and how the elderly are treated depending on their respective cultures, including the emotional, moral and ethical implications.

Attendees will receive free

parking and refreshments. Those interested in attending should RSVP by Dec. 15 to barbaraonthehill@verizon.net.

For 27 years, OLLI at CSULB has been dedicated to enriching the lives of older adults in the greater Long Beach area through educational programming and social engagement.

IWWEEKLY November Security Report

FIRE: 4

• *Nov. 5, 2:11 p.m., Mutual 9* A battery charger began smoking, but did not cause a fire or damage to unit.

• *Nov. 5, 6:45 p.m., Mutual 2* A resident left a pot on the stove; no damage to unit.

• *Nov. 13, 1:54 p.m., Mutual 17* A fire alarm was activated due to a malfunction.

• Nov. 19, 11:10 a.m., Mutual 1 Laundry Room

A lint fire was started in the laundry room. No injuries were reported.

COYOTE SIGHTINGS: 47

• 47 sightings reported.

THEFT: 6

 Nov. 8, 1:15 a.m., Mutual 3 An unknown person removed a resident's golf cart via the Los Alamitos Channel gate.
 Nov. 10, 7:28 p.m., Mutual 9

A resident stated someone entered her unit and stole her perfume and some clothing.

• *Nov. 11, 12:20 p.m., Mutual 1* A resident stated that an unknown person removed items from his unit while he was in the hospital for over a week.

• Nov. 13, 11:55 a.m., Aquatic Center

An unknown person removed a resident's prescription glasses from a table.

• Nov. 24, 8:15 a.m., Mutual 4 An unknown person removed paddleboards from the carport area. Seal Beach Police were advised.

• Nov. 25, 2:07 p.m., Mutual 4 An unknown person removed a sticker on a vehicle's license plate.

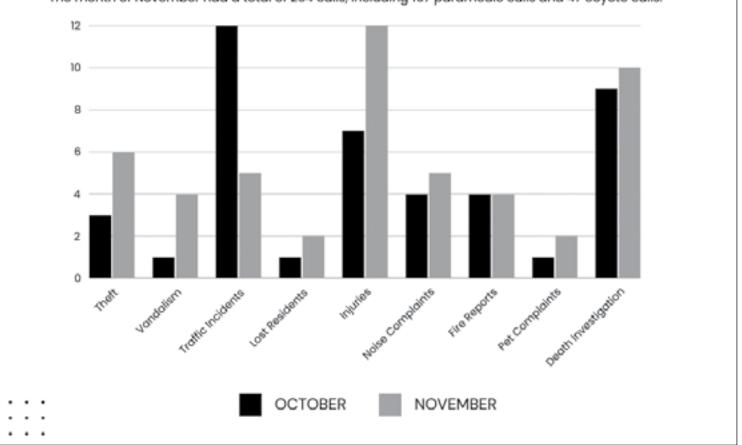
VANDALISM: 4

• *Nov. 2, 10:05 a.m., Mutual 14* A resident stated that an unknown person left scratches on her vehicle.

Nov. 8, 8:30 a.m., Contractor's Row An unknown person damaged a vehicle's steering wheel.
Nov. 17, 11:30 a.m., Clubhouse 4 An unknown person dam-

aged a video cabinet. • Nov. 27, 3:24 p.m., Clubhouse 2 An unknown person tampered with a Christmas tree. **OCTOBER AND NOVEMBER AT A GLANCE**

Below is a comparison of the total Security reports for the months of October (31 days) and November (30 days). The month of October had a total of 241 calls, including 155 paramedic calls and 44 coyote calls. The month of November had a total of 264 calls, including 167 paramedic calls and 47 coyote calls.



hicle struck a parked vehicle. • Nov. 15, 3:57 p.m., Thunderbird Drive

A vehicle struck a parked vehicle while attempting to park. • Nov. 17, 11:59 a.m., Mutual 11

An unknown person struck a parked vehicle and fled the scene.

NOISE COMPLAINTS: 5

• *Nov. 1, 12:01 a.m., Mutual 2* Ongoing issue with a loud TV. Security asked person to lower volume.

• Nov. 4, 10:23 a.m., Mutual 11 A resident reported excessive construction noise. Security advised workers, who ceased operations.

•*Nov.* 8, 8:30 a.m., Mutual 1 A resident complained of loud voices coming from neighboring unit. Security advised resident, who started speaking at a lower volume.

Nov. 24, 3:21 a.m., Mutual 2 Ongoing issue with loud TV.
Nov. 26, 3:01 p.m., Mutual 15 A resident complained of a but did not require transportation to the hospital.

• *Nov.* 8, 2:10 p.m., *Mutual* 5 A resident fell on grass and was taken to the hospital.

• Nov. 10, 3:07 p.m., Mutual 12

A resident fell but did not require transportation to the hospital.

Nov. 12, 10:06 a.m., Mutual 10 A resident felt dizzy and fell and was taken to the hospital.
Nov. 15, 11:28 a.m., Health

Care Center

A non-resident fell but did not require transportation to the hospital.

• *Nov. 18, 8:30 p.m., Mutual 1* A resident fell and was transported to the hospital.

• Nov. 26, 8:36 p.m., Clubhouse 2 A resident fell while dancing and was taken to the hospital.

• *Nov. 27, 4:21 p.m., Gym* A resident fell while getting

A resident fell while getting on a rowing machine but did not require transportation to the hospital.

LOST RESIDENT: 2

regarding a variety of issues.

• Nov. 10, 12:53 p.m., Mutual 4 A resident stated someone was looking at the mailboxes near her unit and disappeared.

 Nov. 13, 5:52 p.m., Mutual 1 Ongoing resident dispute. Police were called to keep peace. Nov. 14, 5:02 p.m., Aquatic Center

A resident complained of music in the pool area.

• Nov. 21, 3:03 p.m., Mutual 11

A person was observed going through dumpsters and was advised of rules.

• *Nov. 26, 6:30 a.m., Mutual 5* A resident told a neighbor to scare away coyotes with a BB gun. Security advised neighbor of rules.

> • Nov. 27, 11:57 p.m., Mutual 2 A resident stated an un

wanted person was in their unit. No person was found.

• *Nov. 29, 8:01 p.m., Mutual 2* SBPD responded to a domestic violence incident. A resident was arrested at scene, and the victim was taken to the hospital.

TOTALS:

Paramedic calls: 167 Theft: 6 Vandalism: 4 Traffic Incidents: 5 Death Investigations: 10 Lost Residents: 2 Injury: 12 Noise Complaints: 5 Fire Reports: 4 Pet Complaints: 2 Coyote Sightings: 47 Grand Total: 264

Appliances For Sale Various appliances for sale

PET COMPLAINTS: 2

• *Nov. 11, 11:20 a.m., Mutual 8* A resident complained of a barking dog. No noise detected at the scene.

• *Nov. 12, 11:55 a.m., Mutual 7* Dogs were barking; Security issued a pet citation.

TRAFFIC INCIDENTS

• Nov. 3, 10:15 p.m., Golden Rain Road and St. Andrews Drive A resident swerved to avoid an oncoming vehicle and landed on the bolder near the channel fence.

• Nov. 9, 3:30 p.m., Golden Rain Road and St. Andrews Drive A moving vehicle struck another moving vehicle while making a left turn.

• *Nov.* 11, 12:16 p.m., *Mutual* 2 A resident in a moving veneighbor's grandchildren making too much noise. The neighbor was advised, and promised to keep the noise down.

INJURIES: 12

•Nov. 1, 9:01 a.m., Mutual 1 Two residents walked into each other. One resident was transported to the hospital.

•Nov. 2, 2:36 p.m., Mutual 2 A resident was found lying on a grass area and was taken to the hospital.

•*Nov. 3, 1:37 p.m., Gym* A resident tripped on equipment but did not require transportation to the hospital.

• Nov. 6, 12:43 p.m., Mutual 3 A resident was found on the ground near her vehicle and was transported to the hospital.

• *Nov. 7, 11:10 a.m., Mutual 5* A resident fell while walking Nov. 10, 11:33 p.m., Mutual 3 Ongoing issue with a resident getting lost in the community. Found and returned home.
Nov. 18, 2:50 p.m., Mutual 12 A resident became lost while

walking and was taken home.

OTHER INCIDENTS

•*Nov. 1, 9:30 p.m., Mutual 4* An unauthorized person was using the laundry facilities. The person was advised and left the scene.

• *Nov. 1, 10:12 a.m., Mutual 4* Security advised a resident who was in violation of a Mutual rule.

•*Nov. 8, 2:39 p.m., Main Gate* A person attempted to enter the community with a duplicate LW ID.

•Nov. 9, 10:50 p.m., Mutual 4 Ongoing resident dispute

ovens, microwaves and dishwashers



Please contact the Purchasing Department 562-472-1309

Democratic Club

by Mary Larson LW Weekly

There will not be a LW Democratic Club meeting or voter education session in December. Members are encouraged to reach out to other Democrats in their neighborhood to share information about the importance of voting in the March primary election. Those interested in learning how to participate in the Get Out the Vote 2024 outreach should email *kmoran97@yahoo.com*.

During the Nov. 17-19 convention, the California Democratic Party finalized the Party's endorsement of five candidates running for Congress in the March primary, nine running for the California Assembly, and one running for the California Senate.

These 15 candidates were on the convention delegates' consent calendar, having previously received at least 70% of the vote in pre-endorsing conferences held in various places in California. Two candidates on the endorsed list will appear on Leisure World ballots. They are California State Sen. Dave Min for Congress and community activist Dom Jones for the California Assembly.

Jones will run against incumbent Diane Dixon, a Republican from Newport Beach. Min will be running against 12 other candidates for election to Congress in LW's District 47. This long list includes Democratic candidate Joanna Weiss and the Republican Party endorsed candidate Scott Baugh.

During the convention, delegates also approved support for California Prop. 1 that will be on the March Leisure World ballot.

Only four of the Democratic candidates who filed to run for election to the U.S. Senate sought endorsement during the party's state-wide convention. None of them received the 60% of the delegates' votes necessary for endorsement.

Barbara Lee emerged with just under 41.5% of the delegate's votes. Adam Schiff received 40.18%. Katie Porter finished third with just over 16%. A little more than 2% of the delegates did not endorse a candidate. Lexi Reese received only three votes and has now dropped out of running for the seat. This lack of consensus on the part of the Convention delegates means that local Democratic Clubs are free to endorse a candidate for the U.S. Senate.

•

The LW Democratic Club believes health care is a right, diversity is a strength, the economy should work for everyone, and that facts and truth matter. Everything appearing in the press releases and semi-monthly newsletters has been fact checked to the fullest extent possible.

Leisure World Democrats and supporters are invited to subscribe to the club's electronic newsletter by emailing *mlarson*. *telfords@gmail.com*. It is important to include complete contact information, including party registration, in the request.

America First LW Republican Club

by Brian Harmon *LW contributor*

The Leisure World America First Republican Club supports legal immigration and secure borders, peace through strength, lower taxes, cutting government spending, free enterprise capitalism, family values, parental control of education, public safety through

well-funded law-enforcement, and an America first foreign policy. Family Today/Family Tomorrow, a day-long informational event covering issues of concern to many parents and grandparents, will be held in Leisure World on Jan. 13. The event, sponsored by the American legion, is non-political and open to residents and non-residents alike.

There will be no Republican Club meeting this month, however the booth will be open in front of Clubhouse 6 from 11 a.m.-1 p.m. on Monday, Dec. 18. Merchandise will be available for purchase at the booth, including American and Israeli flags, while supplies last. The flags will be given free to those turning in old flags of the same size that are no longer usable. Otherwise, the price is \$10.

Ricardo "Tarzan" V. Dizon 1938-2023

R i c a r d o "Tarzan" V. Dizon was a captivating blend of love, laughter, and lively passions.

Ricardo V. Dizon, who em-

braced the moniker "Tarzan the Fearless" in his youth and was lovingly referred to as "Kuya" by his family, took his final, joyous steps on life's dance floor, leaving behind a legacy as lively as his spirit.

Born on Jan. 23, 1938, in San Antonio, Cuyapo, Nueva Ecija, Philippines, to the late Numeriano and Natividad, Ricardo was the cherished second eldest of nine siblings. His 86-year journey was an exhilarating blend of love, bravery, and a zest for life that touched everyone he met.

Ricardo's 59-year marriage to his beloved, Irene, was not just a journey together but an epic tale of love, laughter and enduring companionship. Their shared life, intertwined with love and mutual support, laid the foundation of a family legacy that continues to inspire.

Serving proudly as a U.S. Navy Vietnam veteran, Ricardo's dedication extended beyond his country; it was a steadfast commitment to ensuring a brighter future for his family. This mission ,carried out with the honor and determination of a true sailor, set the course for a life filled with opportunities and achievements.

Ricardo's passions were as diverse as they were engaging. Not only was he an avid wedding photographer with his cousin Adel, capturing life's most joyous moments, but he also had an insatiable love for cars. His weekends were often spent either under the hood of a Mustang or behind the camera lens, showcasing his multifaceted talents.

His 25-year-plus tenure with Irene at Hughes Aircraft Company was more than just a shared workplace; it was a daily adventure filled with humor, routine, and his iconic coffee and two-glazed doughnut ritual, a delight so regular it became legendary at his local doughnut shop. In retirement, Ricardo's vibrant spirit found new expressions in Las Vegas and later in Seal Beach. As an active member of the Doo Wop Club, Dancing Feet Club and Karaoke Club in Leisure World, his love for music and dance continued to shine. His role as an occasional bingo caller added to his charm, as did his signature greeting, "Hey my man," accompanied by a warm, inviting smile. He is fondly remembered by his wife, Irene; children, Ricky and wife, Pamela; Connie and husband, Fernando Castro; Kathy Shelton, six grandchildren; and 10 great-grandchildren. Each of them carries a part of Ricardo's boundless energy and loving spirit.

He is preceded in death by Kathy Shelton's late husband, Herb, Gary Moore and his wife Phyllis.

B

ITUARIES

A celebration of Ricardo V. Dizon's extraordinary life will take place on Jan. 23, 2024, at 11 a.m. at the Riverside National Cemetery, 22495 Van Buren Blvd., Riverside, CA 92518. Instead of flowers, donations to the Fisher House Foundation are encouraged, in honor of his commitment to fellow servicemen and women.

Ricardo's life was a canvas filled with kindness, laughter, love, and an enduring passion for his family, photography, cars, and community. His final dance is a perfect encore to a life beautifully lived, forever captured in the hearts of those he touched.

••• Darlene Milek 1953-2023

There are times in our lives that we meet that person and instantly "click." That would describe the friendship

that I had with my dear friend, Darlene Milek. She moved into Leisure World in the spring of 2018. By summertime, we were in the pool and planning monthly get-togethers for our "Glenview Friends." In the fall of 2018 and throughout 2019 we all learned about preparedness in the event of any emergency. Little did we know that in the spring of 2020, we would be put to the test of how well she had prepared us.

Darlene was born in the spring of 1953, raised in the Lakewood area, attended college, married, and raised two children in Cypress, California. She eventually moved to Reno, Nevada, to become a school principal. Darlene worked hard and was always learning about something new. Nevertheless, she always had time for her family, neighbors and her community at large.

During her time here she became a director and, at the time ofher passing, she was secretary for Mutual 12. She spent countless hours in the service of her family, our neighborhood and community. I have a huge hole in my heart. We were supposed to be old ladies together. I am sad for me; but, happy for her. She died peacefully in her sleep on Nov. 7, 2023. No horrible illness, no more pain for the loss of her daughter.

Darlene leaves behind her son John and his family, including three grandchildren and one great-grandchild, former husband and friend, Steve, and her son-in-law Jeff and her four grandchildren.

I have asked our neighbors to share their thoughts:

Mary said, "Darlene was always available to help if I had a problem. She was always friendly no matter what I asked her."

Linda and Jerry said, "Darlene was the first to welcome us to Glenview. Her warmth was real and made a difference. She always listened and always cared. She made a difference; and, we can only hope she knows how much we loved her. Farewell my friend."

Jeanette and Fred said, "Darlene was such a special gift to our neighborhood and broader community of Leisure World. Each and every day she did something to contribute to the good of others. Darlene set an example for us all to follow. She will be greatly missed."

Richard and Suzannah said, "We're good with what each of you have written. So many thoughts and so hard to find the right words."

Kathie said, "Darlene was my next door neighbor and my anchor to LW since I moved in two years ago. She seemed always available to answer questions about LW, Mutual 12 and our block. It turns out that Darlene was everybody's anchor and resource—because she cared deeply about the welfare of her neighbors, family, and friends. Regular sightings of Darlene, Cinnamon (her dog), and the golf cart are sorely missed."

Cyndi said, "Her door was always open and I was always welcomed. I will miss our girls' lunches."

Rich said, "Darlene was the neighbor that was always available for anything and everyone. Darlene had her ways of making people feel at ease and included. Darlene was smart, witty and always creative. Darlene was able to pull the neighbors together to create our neighborhood." Evelyn said, "Darlene was a real gem. She was never too busy to lend an ear or a helping hand. I will forever miss her and her kind ways." Caren said, "Darlene was a force of light and positivity in our neighborhood. Through her selfless support, many people were able to continue to live independent lives. Her comforting presence in our community will be sorely missed." Julia said that Darlene helped her to remain in her home. Rest in Peace, our dear friend.



American Latino Club

The American Latino Club's Christmas-themed event will be held on Tuesday, Dec. 19, in Clubhouse 2 from 11:30 a.m.-3 p.m. The Mariachi Real San Jose will perform. Lunch will be catered by Tacos Factory for \$15 per member and \$17 for guests. Those with food sensitivities may bring their own food but must let Carmen Edwards know. Those who only want to see the mariachi entertainment should arrive by 1:30 p.m. Tickets are \$5. Make checks payable to American Latino Club. For more information, call Edwards at 562-431-4257.

Filipino Association of Leisure World

The Filipino Association of Leisure World (FALW) will celebrate its annual Simbang Gabi Mass on Thursday, Dec. 21, at 5:30 p.m. in Clubhouse 3. The mass will be officiated by Fr. Juan Caboboy, Spiritual Adviser of FALW. All are welcome to join the Christmas celebration. A short program and light dinner will be presented after the mass.

In 2020, she lost her beautiful daughter, Robin. Even with that loss she pushed on and started an Etsy store, The Brown Hen Farm. Her sewing and embroidery projects were beyond amazing. She also assisted those who needed alterations and other sewing services. She never said "No." I would frequently remind her that "No" was a complete sentence. She was my sidekick whenever I wanted to go on an adventure. We went to the pool in the summer and tried to keep busy in the winter rather than fall asleep at 7 p.m. and be up at 4 a.m. We cooked for each other one night a week. On Fridays, we had a regular date to Fantastic Café.

— Paid obituary written by Valerie McRoberts

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MAGING





Veterans plaza was packed during both the tree lighting and menorah lighting ceremonies.



Recreation Director Jesse Cripps manned the door, and guarded the toys, at GRF's annual toy drive dance Dec. 9. The toys will be distributed to Orange County families and children through the OC-based Brown Descents Car Club.

May Crozier of Mutual 8, who brought

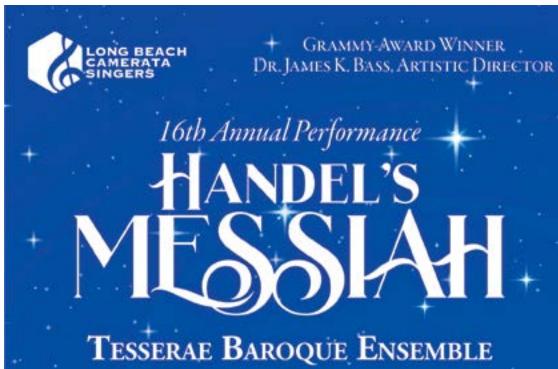
May Crozier of Mutual 8, who brought a children's bike to the toy drive dance, poses with Optum Patient Relations Liason Sarah White.



GRF Treasurer Carole Levine (I) of Mutual 10 and GRF Director Donna Gambol of Mutual 1 at the menorah lighting.



People got into the holiday spirit with Christmas hats, candy cane-colored clothes and reindeer horns.



XMAS TREES from page 2





LW Women's Golf in CH 1, Garden Club in CH 2 second place winner







TICKETS \$65 / \$55 / \$40

FREE bus transportation for the first 50 ticket buyers. Bus will leave at 6:30pm from California Pizza Kitchen in the Marketplace. Place your order and reserve your seat on the bus by calling **562-900-2863**



American Legion Auxiliary Claytime Ceramics Club in CH 3 in CH 4

welcoming new members.

Every club that participated this year poured their hearts into their creations. People are encouraged to take a few moments to admire their handiwork while visiting the clubhouses this holiday season.

The first place winner, chosen by members of the Member Services Committee, received a \$100 gift card; second, a \$50 gift card. The trees are up, and decorating is now completed. The judging took place on Dec. 7.

The criteria for judging included: whether the tree has a decorating theme that reflects "Peace on Earth;" whether there was a color scheme; whether ornaments were sizes appropriately for the top, middle and bottom of the tree; whether there was a tree skirt and treetop ornament; and what kind of outstanding features the tree had.

Comments from the community are always welcome and can be sent to *kathyt@lwsb.com*.

ARTS & LEISURE



Ellen Brannigan

Community **Karaoke**

With her little bell in hand, Ellen Brannigan sang "Silver Bells" for the audience at the Wednesday night karaoke party on Dec. 6.

Karen Morris sang an energetic "Jingle Bell Rock." Showman Ray Geierman had fun singing "Marshmallow World." A spirited rendition of "I Want a Hippopotamus for Christmas" was Shannon Harrison's selection. Dorothy Ferrington sang the happy tune "Frosty the Snowman."

For a change of pace, the audience counted on Wayne Urban to entertain with "Scotch & Soda" by the Kingston Trio. "Maggy May" has a catchy beat well sung by Richard Yokomi. Barbie May chose "My Angel is Here," a soft tune with meaningful lyrics.

Karaoke practices are every Monday in Clubhouse 6 from 1-3 p.m. There will be no practice sessions on Christmas and New Year's Day.

Karaoke parties are held each Wednesday night in Clubhouse 1 beginning at 5:30 p.m. There's always coffee and tea and a social atmosphere to enjoy a variety of music performed by friends and neighbors. Everyone is welcome.

-Margie Thompson

South Coast Orchid Society

The South Coast Orchid Society will present "Orchids After the Pandemic" on Dec. 18 at 7 p.m. at the Whaley Park Community Center, 5620 E. Atherton St. in Long Beach. The program will feature a slideshow of some of the spectacular orchids that have been exhibited in Southern California since the pandemic. While most public events were shut down, including the society's meetings, orchid growers kept busy tending their plants. The results have been heartening. The group will look at the latest trends in orchid breeding and the very best from local growers. In this darkest month of the year, orchids grown by members will be on display to brighten up the meeting. The event is free and open to the public. For more information, email southcoastorchidsociety@gmail.com.

KOREAN WOMEN'S SING ALONG CLUB



The Korean Women's Sing Along Club, 65 members strong, enjoyed an early Christmas party on Nov. 29. The club meets every first, second, third and fifth Wednesday from 1-4 p.m. in Clubhouse 3.

Video Producers Club

Christina Vegas, a member of the Video Producers Club, will take a break from volunteer technical help beginning Dec. 6. She will restart in January. Those who wanted to make an appointment with her are encouraged to wait until January.

Promote your club in the LW Weekly

Club leaders can email emmad@lwsb.com to publicize their arts or leisure clubs. Senders should remember to include: the name of the club, the club meeting time and location, the cost of dues, contact information and any upcoming events.



HUI O HULA



Hui O Hula kicked off this holiday season with a performance at the Los Alamitos Good Shepherd Presbyterian Church. Dancers are also celebrating December birthday girls Sara Park (seated at center white lei) and Kaye Huff (to her right). Also seating on the left of Sara is Keiko Kawamoto whose birthday is Jan. 1.

SEAL BEACH GUITAR ENSEMBLE

Guitar ensemble will perform second annual concert

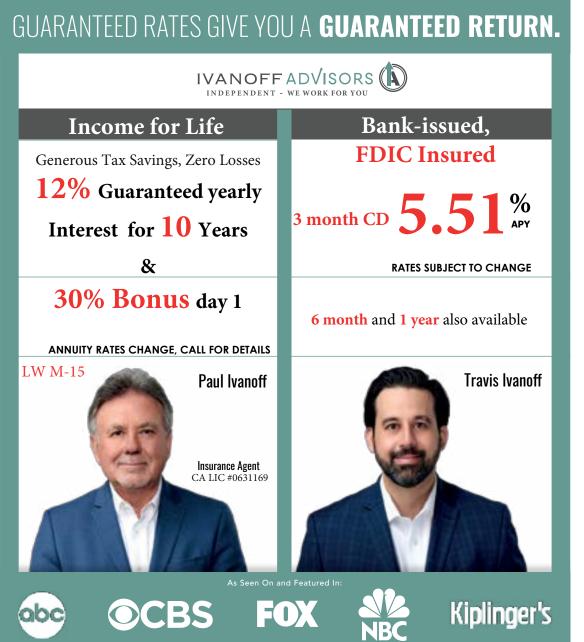
The Seal Beach Guitar Ensemble will host its second annual concert on Saturday, Dec. 16, at 3 p.m. at Community Church. All are welcome to attend.

The group will perform a ninepiece ensemble, three solos and duet. Light refreshments will be served after the concert.

The Seal Beach Guitar Ensemble always welcomes new members. For more information, contact via President Mimi Lee, 914-843-1696, or Director Kevin Kim, 714-820-3189.



Members of the Seal Beach Guitar Ensemble pose with their instruments.



PHOTOGRAPHY



lvy Kung

Resident Ivy Kung took this picture, describing the flood channel as "very quiet and boring, but against the background of the sunset, it also becomes vivid and beautiful, like a rouged beauty."

OPERA CLUB Watch Mozart's 'Magic Flute' Dec. 19

The Opera Club invites everyone to a screening of the highly imaginative musical "The Magic Flute" on Tuesday, Dec. 19, at 1:30 p.m. in the Learning Center of Clubhouse 3.

The 1791 opera by Wolfgang Amadeus Mozart opera is based on the allegorical libretto of Emanuel Schikaneder, of which musicologists have been trying to decipher its meaning for over 200 years.

President Margaret Gillon will introduce this sing-spiel and tender an explanation for viewers to consider when listening to humanities' greatestcomposer's work with its mystical and spiritual undertones.

to humanities' greatestcomposer's work with its mystical and spiritual undertones. Act 1 introduces the heroic protagonist Tamino, who is being attacked by a monstrous snake but is rescued by three ladies-in-

LUE DAYN

waiting to the Queen of the Night. He is befriended by the Queen's bird-catcher, Papageno, who initially takes credit for dispatching the snake, but who is swiftly brought to correct his false assertions.

'Magic Flute' Dec. 19

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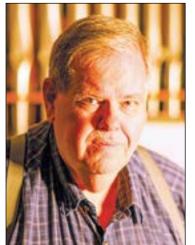
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Tamino is asked to rescue the Queen's beautiful daughter, Pamina, who was snatched by a powerful man, Sarastro, intending to marry her. Tamino and Papageno get armed, strangely, with a magic flute and silver bells and set out to find and bring back the beautiful Pamina. No sooner than arriving in Sarastro's compound, they find themselves in a religious cult where they are to be tested—in silence—under demanding conditions of fire and water, along with the threatening presence of Sarastro's bodyguard, Monostatos.

Act 2 finds Tamino is to be judged by a panel of priests for his worthiness to marry the beautiful Pamina. However, Pamina is herself near despair because of Tamino's vow of silence throughout his testing ordeal. She is sent a dangerous knife by her mother, the Queen of the Night, and told to kill Sarastro. Amid this tension, there is comic relief as the bird-catcher Papageno is confronted by a figure alleged to be his future wife. In any case, Tamino succeeds in aceing all his tests earning the right to claim Pamina as his bride, and his sidekick Papageno is rewarded with an adorable and attractive wife.

The production is in German with English subtitles. People are encouraged to wear masks indoors if desired.

No dues or fees are collected. For more information, contact President Margaret Gillon at *MargaretGi@yahoo.com* or 562-370-3844.



Peter Bates

M7 resident will perform at church organ recital

Concert organist Peter Bates, a resident of Mutual 7, will present a Christmas organ recital at Covenant Presbyterian Church, 607 E. 3rd St. (at Atlantic Avenue) in Long Beach, on Sunday, Dec. 17, at 2 p.m.

The performance will include the use of the church's magnificent Aeolian-Skinner pipe organ.

Included will be music of J. S. Bach, George Baker, Marcel Dupre, Gerald Near, Max Reger and others. Audience members are also invited to participate in singing carols during the concert.

Bates has been the minister of music and resident organist at Covenant Church since 1997. This annual event is a perennial favorite of members of the congregation and the community at large.

He will be joined by staff soloist Desiree Flores, mezzosoprano, who will help lead the carol singing. There is no admission charge, however, offering plates will be available should audience members want to leave a donation of any amount to the Minister of Music's Discretionary Fund.

The Covenant sanctuary organ is noted by many of the guests who have played it as one of the finest in the area.

Built in Boston in 1966, its 3,350 pipes include many that were built for the former church structure by the Los Angeles builder Murray Harris in 1910, still in service 113 years later.

Dance to big band swing on Dec. 17

he Velvetones will return

WEEKEND DANCES

to Clubhouse 4 this Sunday, Dec. 17, at 6 p.m. People are invited to celebrate the holidays at this fun and free dance where no partners are required.

The Velvetones Ballroom Dance Orchestra is Leisure World's own professional big band, playing big band swing and jazz standards—music for dreaming and dancing—under the direction of Jeff Plum.

The big band sound—that uniquely American combination of reeds, brass and rhythm which defined the nation's popular music for more than three decades and which still pervades our public consciousness—is the Velvetones signature.

They vividly bring this classic music to life for a new generation of audiences, authentically recreating the style, musicality and essence of Swing-era band music.

They pepper their repertoire



The Velvetones dress in seasonal attire for a winter dance.

with contemporary pop hits to broaden their audience.

This month, the group will also be swinging on New Year's Eve: same time, same place.

The Velvetones regularly play at Clubhouse 4 on the first

and third Sunday evenings at 6 p.m. People are encouraged to bring their dancing shoes.

For more information, contact Kathy Thayer at *kathyt@ lwsb.com* or call 562-431-6586, ext. 398.

Saturday Morning Dance Class

There are two dance classes every Saturday morning in Clubhouse 6 (second floor).

In December, classes are: Salsa at 9 a.m., followed by American Tango at 10 a.m. Each class is \$7 per person. Class participants vote on new dance topics every month.

Prior dance experience is not necessary, and partners are not required. For more information, contact Howard Small at 516-659-3314.

Traveling Tigers

The Traveling Tigers will hold its annual Christmas potluck on Wednesday, Dec. 20, at noon in Clubhouse 3, Room 9. People should bring a dish to share. There will be a short business meeting prior to the potluck.



\$5,000 maximum deposit

Bates has presided at the console of this instrument for over 26 years, placing his indelible mark on Covenant's organ and music ministry. The congregation keeps the organ in meticulous condition with regular maintenance; and earlier this year the keyboards (known as "manuals" on an organ) were sent out to be completely refurbished.

All are welcome to attend, however, those who are unable to attend in-person are welcome to join online as the concert will be live-streamed through the church's website: *www.CovenantLB.org*.

Parking is free and located behind the church.

For more information, call the church at 562-437-0958, ext. 130.

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GOOD NEWS SINGERS



The Good News Singers will begin new music soon, making it a great time for new members to join. The group meets on Thursdays from 9-10:30 a.m. in Clubhouse 3, Room 1. The group is directed by Janet Ray. For more information, call Ray at 562-506-5894.

Photo Arts Club

The Photo Arts Club will host a holiday get-together today, Dec. 14 at 1:30 p.m. in Clubhouse 3, Room 9. There will be a slideshow of photos taken at the club's field trip to Sherman Gardens. People can also bring photos of their choice to be displayed and commented on.

A Facebook page has been created for all LW residents interested in photography: look for "Photographic Arts Club of Leisure World." Hit the "Join" button, and LW residents will be approved. In the "comments" section, people can ask questions about cameras, iPhones or photography in general. For more information, call Regine Schumacher at 562-430-7978.

ART HISTORY CLUB

Annual classical music appreciation event is Dec. 14



Music by Georg Friedrich Handel (I) and Ludwig von Beethoven will be presented at the meeting.

The Art History Club will hold its "Christmas Music Video 2023" seasonal music appreciation event in Clubhouse 4 today, Dec. 14, from 1-3:30 p.m. The annual meeting celebrates year-end holidays. Everyone is welcome.

During the first part of the meeting, participants will hear famous liturgical and secular works composed by Bach, Handel, Mozart, Beethoven and Adam.

After a brief intermission with refreshments, attendees will watch videos of music by Bach, Beethoven, Gounod, Gomez, Tchaikovsky and Leontovych. The presentation will be given in Korean, but the video captions are in English.

For more information, contact Yun Han Choi at 847-708-4790 or Susan Yai at 213-321-6135.



Friends of the Library Friday morning volunteers Heather McKinney (I) and Phyllis Kale.

Friends of the Library Sale

Colossal savings await today, Dec. 14, and Friday, Dec. 15, when all books, magazines and puzzles will be on sale for half-price, with no limits on quantity, at the Friends of the Library Bookstore.

This is an opportunity to buy books and puzzles for adults and children at incredible prices. Many of the books are in near perfect condition, especially hardbacks.

Find enchanting books for children, and fiction and nonfiction for adults. Read the latest hot political books or buy books for yourself or others to soothe your spirit in these tumultuous times. The bookstore has an abundant supply of religious books, cookbooks and many books for hobbies and sports.

All kinds of holiday cards are available for 10 cents; other occasion cards are 25 cents.

The Bookstore and Boutique will close on Dec. 23 for major remodels. Packing will begin on Dec. 26. Though people may see activity at the store, it will not be open for business. People should hold all donations until the bookstore reopens, likely in early February. Local thrift stores will welcome donated goods. Do not leave parcels at the bookstore bin or door. No one will be available to protect them from the weather. The Friends of the Library is grateful for everyone's cooperation.









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Leisure Time Dancers

The Leisure Time Dancers hold classes on Monday afternoons in the dance studio, upstairs in Clubhouse 6. Rumba is at 2 p.m., followed by West Coast swing 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 Nancy Lyons at *nhlyons@icloud.com*.

LW Weekly 562-430-0534

SPORTS & GAMES

TOURNAMENT POKER CLUB

CRIBBAGE CLUB

Casino Tournament is Saturday in Clubhouse 6

The semiannual Casino Tournament will be held this Saturday, Dec. 16. Any resident in Leisure World can play in this tournament. Registration for non-members is \$25. Those who want to play and are not yet registered should arrive no later than 10 a.m. to get a seat and enjoy a continental breakfast The tournament starts at 10:30. There is no late seating.

On Dec. 2 the new month brought a good turnout and players were ready for action. The two highest hands of the day were both quads. Katherine Powell had 6-6-6-6-A and Tom Pappas had 5-5-5-5-K. By playing and winning with the promo hand of 9-3, Jeff Rolnick won the prize.

The final table is made up of the winners from each of the starting tables. Those players were: Brent Covington, first place; Wendy Wu, second; Tom Pappas, third; Jeff Rolnick, fourth; Guta Basner, fifth. With all of the table winners seated, play continued until Wu and Covington were head's up. Cov-

Duplicate Bridge Club

The Leisure World 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.

Nov. 27 winners (seven tables): Larry Topper and Thad Mikols, and Howard Smith and Fred Reker, north/south; Judith Jones and Al Appel, and Joyce Basch and Bud Parish, east/west.

Nov. 30 winners (five tables): Howard Smith and Fred Reker, and Sibyl Smith and Al Appel, north/south; Lynn Danielson and Jane Reid, and Bud Parish and Sue Fardette, east/west. Dec. 1 (eight and a half tables): Larry Topper and Marilyn McClintock, and Sibyl Smith and Diane Schmitz, north/south; Judith Jones and Al Appel, and Kar-yee Nelson and Sue Fardette, east/west. The club congratulates the winners and thanks all the players who participate and support the club. For complete results, including a list of all players and scores, go to the Long Beach Bridge Center results page at *www.acblunit557.org* and click on Leisure World Results. For more information, contact Howard Small at 516-659-3314 or howard.small@outlook. com.



The Casino Tournament is this Saturday, Dec. 16.

ington, holding Q-Q, went all in before the flop and was called by Wu, holding A-7. The first three cards (flop) came K-3-8, leaving Covington in the lead. The turn was an ace, giving Wu the lead. But, as often happens in poker, the river card was a queen, giving Covington the winning hand of triple queens.

Covington has lived in Leisure World for six years and has been a member of the club since August. Besides poker, he plays golf and lifts weights. He is also interested in computer programming.

The club congratulates all the winners. Those who would like to play a fun and friendly game of Texas Hold 'Em for a \$5 buy-in should make plans to play at the next regular Saturday tournament on Jan. 6. Residents can join the club for \$10 per year or play as a guest for \$3 per game. Regular tournaments are on the first three Saturdays of every month in the Clubhouse 6 Lobby.

For more information, contact Debbie Barner 325-721-0687.

—Debbie Barner

Patti Smith earns perfect score

The Cribbage Club meets every Tuesday at noon in Clubhouse 1. Refreshments are served from noon-12:15 p.m. and anyone arriving by 12:15 is assured a place to play. Announcements are shared at 12:25 and play begins at 12:30. Seven games are played each week.

Julie Milburn provided cake and ice cream for a "Happy Cribbage Day," and also in remembrance of Pearl Harbor Day, Dec. 7, 1941. Carrie Kistner and Candy Meyers served the refreshments. Melinda Cowan provided nuts and an assortment of candies.

Dec. 5 winners: Patti Smith, with a perfect score of 847 and earning another star, first place; Don Kramer, 842, second; Joanne Lester and Jesus Sosa, 837; third; Dolores Cook, 836, fourth.

Irene Perkins, Irvine Bernstein and Suzanne Parks all finished with six 121s. Diane Holdaway was welcomed as a new member.

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

—Mary Holder

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Winter league enrollment sign-ups end Dec. 27

he winter leagues will begin Friday mornings, Jan. 5, and Tuesday evenings, Jan. 9. Due to people traveling throughout the holiday season, it is imperative to be on the official list to be included in the team assignments. The final date for sign-up is Wednesday, Dec. 27. For more information, email Kay Mount at *kaymount@ hotmail.com*.

Open play will continue on Monday and Wednesday mornings, Dec. 11-20, from 9-11 a.m. The courts building will be closed Dec. 25 and Jan. 1.

Dec. 5 winners: Team Sally and Team Rod split the 12 games on Tuesday night, six and six. For the final game of the season, Team Sally had two players as all-game winners: Helene Neun and Randi Allen. Mark Scott was the all-game winner for Team Rod.

Team Chandra edged past Team Jack winning seven of the 12 games. Team Chandra had three all-game winners: veteran players Carrie Kistner and Patty Peterson, plus new member Lori Probert. Team Jack had two allgame winners: new member Sue Rotter and veteran player Jack O'Brien.

Team Carol had its scheduled bye Dec. 5.

The fall season Tuesday



New Shuffleboard Club members have finished their first season of shuffleboard league play.

evening league winning team is Team Karen, with 54 wins out of a possible 96 games during the season. Second place went to Team Sally, with 53 wins.

Dec. 8 winners: Team Milly surpassed Team Rod, winning eight games out of 12. Veteran player Steve Edrich earned allgame winner status for Team Milly. New member Barbara Gardner was an all-game winner for Team Rod.

Team Sally powered past Team Carol winning eight of 12 games. All-game winners for Team Sally were veteran player Bob Ponegalek and new member Hoan Lekhac, who substituted for Team Sally.

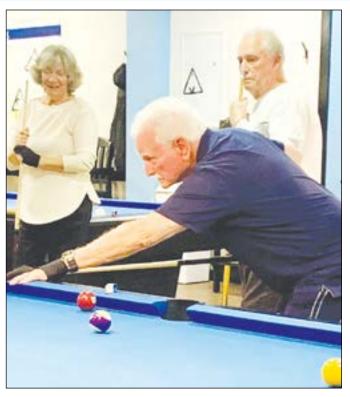
Team Shel had its second scheduled bye Dec. 8.

The fall season Friday morning league winning team is Team Milly, with 57 wins out of a possible 96 games during the season. Second place went to Team Sally with 53 wins. Third place was close, with 50 games won.

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

—Kay Mount





Kurt Bourhenne shoots while Guta Basner and Ron Kennedy look on during pool league sweepstakes play.

LW POOL CLUB

Sweepstakes victory goes to Renegades after playoff

On Dec. 4, the two pool leagues met to end the fall league season with an evening sweepstakes event. The American League that plays on Mondays played each team in the National League, which plays on Wednesdays. Each team played every other team one game and all three players rotated turns in a game of 8 ball.

Before the sweepstakes started, there was pizza, salad and desserts, which has become a traditional celebration to end the league.

After five rounds, The Favorites, from the National League, had four wins and only one loss. Five teams were in contention, with three wins and two losses. That meant The Favorites could clinch first place by winning its sixth game. However, they lost. Four of the five teams that had three wins won to end the sweepstakes in a five-way tie. To determine which teams received first, second and third place money

in the sweepstakes, there was a playoff. The Renegades, with Ron Kennedy, Ken Harpham and Guta Basner, beat the Sharp Shooters, with Kurt Bourhenne, Dennis Bedford and Susan Dotson, in the final game.

The Cue Commandos with Roy Mittlestead, Gary Monahan and Wildfire! Christensen took third place by winning over The Hot Sticks with Barry Brideau, George Gordon and Connie Adkins.

The sweepstakes formula of having the six teams from Monday playing each of the six teams from Wednesday seemed to work well, since it allowed time for playoffs of teams that were tied at the end of six rounds.

The spring league will start on Monday, Jan. 29, and will be 10 weeks long, with playoffs and sweepstakes at the end of the season.

For more information, contact Steve Edrich at 714-980-3665.

—Dave Silva

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GOLF

Dec. 6 scramble tournament hosted 47 players

Cramble director Steve Moody put on a tournament attended by 47 golfers of different handicaps and skills. Seven teams of eight, and one team of five, teed off at 7:30 a.m. and played a best ball scramble for 18 holes. Included in the play were six circle hole challenges and two closest-tothe-pin contests.

Each player on the teams was required to use three of his or her drives as the best shot and then everyone played best ball until the ball went in the hole. This rule required properly choosing the correct initial drive to play allowing for different abilities of the team, difficulty of the future holes, and number of holes left.

After three and a half hours under a beautiful sunny sky, Team 8 (Rolando Ramirez, Ryan Hong, Eullia Kim, Darry Holten and Steve Kang) took first place with a 10 under round. Tied for second place was Team 4 (Alan Sewell, Janice Turner, Young Lee, Nina DeRosa, Kevin Lind-



The winning Team 8 included Steve Kang (I-r), Ryan Hong, Eullia Kim and Rolando Ramirez. Not shown: Darry Holten.

stedt and Kay Hong) and Team 6 (Ron Steele, Dale Williamson, Jane Song, Bill Zurn, Jack Haskins and Ben Benjamins) at 9 under. Tied for third place was Team 5 (Mark Rice, Won Song, Tom Owens, Bruce Bowles, Scott Tuchfarber and Joyce Basch) and Team 1 (Linda Herman, Byron Schweitzer, Ann Tran, Marv Jones and Liz Meripol) at 8 under. Team 7 took fourth place at 6 under, and Teams 2 and 3 tied for fifth at 5 under.

Closest to the pin on the second hole was Dennis Jensen,

and Byron Schweitzer was closest on the 11th. Additionally, there were 12 circle holes.

This type of tournament has been held numerous times in the past and all players have had great fun, especially since they sometimes played with individuals they had not met before. Camaraderie and friendships between the players grew as the round progressed with great encouragement for drives and putts. The players look forward to the next time with anticipation.

—Dave LaCascia



The LW Women's Golf Club offers thanks to President Pam Krug and Elizabeth Butterfield for organizing the holiday luncheon and installation of new officers. Pictured above are new board and committee members.

LW Women's Golf Club

The LW Women's Golf Club tournament on the first Tuesday of each month features a circle hole challenge in addition to low gross and low net. The gardeners place a chalk circle approximately 6 feet around the hole and if the player makes their first shot into the circle,

32 players competing, but no player was able to land in the circle.

A flight winners: Low gross: Veronica Chang, 28; low net: Janice Turner, 25.

B flight winners: Low gross: Jane Song and Nancy Reid, 31; low net: Ann Tran, 26.

D flight winners: Low gross: Kay Hong and Liz Meripol, 40; low net: Michelle McMongle, 27.

Those interested in joining the women's golf club can obtain an application from the golf course starter or contact club Treasurer Margie Thompson 562-493-0484 for more information.

Men's Golf League

On Dec. 1, 12 hardy golfers from the Leisure World Men's Golf League visited the Willowick Course in Santa Ana. The 6,000 yard par-70 course has two 510 plus yard par-5s and several long par-3s that challenge everyone. The course maintenance has improved over the past few months, making it more fun to play, even though it is very long.

The sun was out at the 7 a.m. tee time, but it was quite cool for most of the round, and a bit damp due to overnight watering. Even with fair course conditions the course permitted only four of the 12 rounds to be net at or under par but allowed four birdies—three by Jim Goltra and one by Chris Lankford. Goltra had fewest putts in the "A" flight, and Bill McKusky in the "B." Goltra was also closest to the pin on the 140-yard 12th hole. The always troublesome par-3 fourth hole again defied the golfers and saw no balls stay on the green.

A flight winners (handicaps 0-19): Jim Goltra, 2 under 68, first place; Chris Lankford, 1 under 69, second; Dave LaCascia, even par 70, third; Sam Choi, fourth; Gary Stivers, fifth.

B flight (handicaps 20 and over): Bob Munn, 3 under 67, first place; tie between Bill McKusky and Lowell Goltra, 1 over 71, second; John Meyer, third; Gene Vesely, fourth; Daniel Mahoney, fifth; Digna Vesely, sixth.

On Dec. 4, 16 golfers tackled the Riverview Golf Course in Santa Ana. The 5,600-yard par-70 course was in very good condition although the riverbed had a considerable amount of water in it—usually in all the wrong places for golfers.

The morning started out sunny but very cool and damp. It remained cool for several rounds, but as the sun rose, layers of clothes were shed. With good conditions the course permitted six of the 16 rounds to be net at or under par, and five birdies—two each by Steve Miller and Chris Lankford and one by Sam Choi. Choi had fewest putts in the "A" flight, and Lowell Goltra in the "B." Larry Hillhouse was closest to the pin on the 140-yard second hole and Dave LaCascia was closest on the 100-yard ninth.

The golfers participated in a special greenie challenge on the 14th hole, which is a 140-yard par-3. Golfers had to drive entirely over the Santa Ana River flood plain and stay on a narrow but wide green. LaCascia, Miller, Lankford, and Daniel Mahoney achieved this daunting goal.

A flight winners (handicaps 0-19): tie between Choi and Gary Stivers, 4 under 66, first place; tie between LaCascia, Miller and Lankford, 1 under 69, second; Hillhouse, third; tie between Jim Goltra, Fujio Norihiro and Clay Fischer, fourth.

B flight winners (handicaps 20 and over): Lowell Goltra, even par 70, first place; Mahoney, second; tie between Tom Ross and Gene Vesely, third; tie between Bill McKusky, Bob Munn, and Bill Zurn, fourth.

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

There is a prize pool for each round that players are not obligated to enter. Rewards are given for low net in each flight, birdies, closest to the pin on two par threes, and for the lowest number of putts in each flight. Holes-in-one and eagles (2 under par), although infrequent, are generously rewarded. Those interested in playing can contact Gary Stivers at 714-313-3697 or Dave LaCascia at 801-674-5975.

-Dave LaCascia

Mexican Train Dominoes Club

The Mexican Train Dominoes Club meets every Thursday at 5:30 p.m. in



they win a prize.

This month's circle was Eullia Kim, 31; low net: Sandy around hole No. 6. There were

Cflight winners: Low gross: Kim, 23.

—Liz Meripol

Clubhouse 3, Room 4.

The object of the game is for a player to play all the tiles from his or her hand onto one or more trains emanating from a central station.

Mexican train dominoes

Pickleball Club

It's that time of the year again-parties, good food and great friends. That can also be had anytime at the pickleball courts at Clubhouse 2, where there are free thrills every Wednesday at 10 a.m. Jim Thomson also conducts new player lessons every fourth Tuesday of the month at 10:30 a.m.

The Pickleball Club would like a wonderful healthy holiday for every-



one.

For more information, contact lwsbpickleballclub@ gmail.com.

—Jesus Sosa

Yahtzee Club

The Yahtzee Club will meet on Friday, Dec. 15, in Clubhouse 3, Room 6, at 1 p.m. There will be a halftime social to interact with friends and neighbors. The club meets the first, third and fifth Fridays of each month.

Yahtzee Club winners for Dec. 1 include Lillian Munoz, most Yahtzees; Lois True, high score; Michie Kimura, low score; Gerri Wright, door prize. For more information, contact Diane Seeger at 562-533-5997.

—Diane Seeger

Pinochle Club

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

Nov. 25 winners: Howard Bleakly, 10,900, first place; Peggy Kaspar, 10,516, second; Curt Rogers, 10,390, third; Antonia Zupancich, 9,860, fourth.

Nov. 27 winners: Donna Gorman, 11,380, first place; Deana Lambert, 11,209, second; Howard Bleakley, 10,790, third; Nancy Wheeler, 10,720, fourth.

Nov. 30 winners: Antonia Zupancich, 11,900, first place; Kathie Ho, 11,860, second; Ruth Bonnema, 11,650, third; Jean Sudbeck, 10,590, fourth.

For more information, contact Antonia Zupancich at 760-427-2731.

LW Bicycle Group

The LW Bicycle Group meets on Sundays (with breakfast) to El Dorado Park, Mondays, Wednesdays and Fridays at the North Gate at 9 a.m. Everyone must wear a bicycle helmet and safe shoes.

Studies show that cycling may reduce high blood pressure, lower the number on a scale, and improve the overall quality of life in older adults. For more information, call Mary Romero at 562-509-8475 or Lucy Czra at 818-209-5075.



A degree holder in weight loss Denise Stabile (I-r), December's top loser Henrietta Peevy and gueen of December Ellen Larsen.

Water Aerobics

The Water Aerobics Class meets daily from 8:30-9 a.m. at the LW swimming pool. Classes are fun, free and offer fundamental water calisthenics. People can wear bathing suits, or t-shirts and shorts. Men and women are welcome.

Water exercises are low impact, easy on the joints, and a great way to develop muscle strength in older adults to stay healthy and fit.

Water aerobics can also be beneficial in maintaining balance in older adults.

Wa-Rite reflects on yearly goals and sets new resolutions

emale LW residents in losing weight as part of their New Year's resolution are invited to Wa-Rite meetings on Friday mornings from 9-10 beginning Dec. 29 in Clubhouse 3, Room 1. Weighins are from 8:15-8:45 a.m. and are optional for visitors, who should arrive no later than 8:45.

Wa-Rite offers friendships, fun contests with prizes and crowns, weekly swap meet tables, parties with singing, information-

al presentations and occasional funny money auctions.

The club stands together in



Wa-Rite's new member Jan Friedman (I-r) and weight loss degree holder Linda Rich.

supporting its members health and celebrating every little victory that gets them closer

to achieving their weight loss goals.

On Dec. 1, the club acknowledged Ellen Lars, the queen of December, who managed to get through November, including Thanksgiving, with a 2-pound weight loss. Henrietta Peevy started off strong by losing 4 pounds over the two-week period. She was awarded a top loser title for the month of December. Other members mentioned for their achievements were degree holders Linda Rich and De-

nise Stabile, and new member Jan Friedman.

-Denise Stabile

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PAIN RELIEF, page 27

See more Health and Fitness stories on pages 26 and 27

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LWWEEKLY

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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 the application or cancel a meal for the following day, before 9 a.m. the prior business day.

Thursday, Dec. 14

Beef stroganoff, brown rice, zucchini medley, seasoned carrots, cantaloupe, turkey and cheese sandwich with lettuce, tomato and pickle, and Asian coleslaw.

Friday, Dec. 15

Roast beef with mushroom gravy, au gratin potatoes, Mexican corn, gingerbread cake, chicken Caesar salad with lettuce, cheese, croutons, Caesar dressing and crackers.

MEALS LB, page 27



Joyful Line Dance members celebrated end of the year with dancing, mingling and eating.

Joyful Line Dance members come together in hosting and dancing

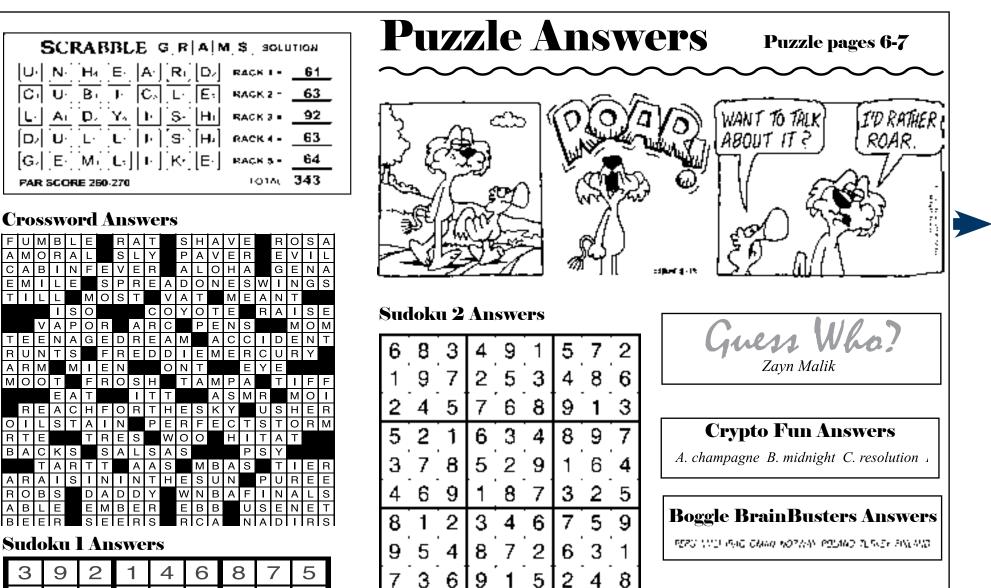
oyful Line Dance Club meets on Thursdays in Clubhouse 2 from 10:30 a.m.-12:30 p.m. with a special class for newbies from 10-10:30. All attendees are asked to sign in with their name, Mutual and unit number before the class. Everyone is welcome to join with the minimal membership fee. Exercise or dancing shoes are required.

On Dec. 7, the club held a holiday line dance party and celebrated the approaching 10th year anniversary of the club's formation. Over 50 people dressed up and shared their love for dancing to over 20 dances led by Karen Kei and other leaders, and enjoyed the Korean lunch box dosirak. The club thanks Chong Hee Kim and Sophia Chun for help with sign-ups, Gina Baik for handling the lunch catering, and everyone else who helped with planning this fun event.

The Joyful Line Dance Club strives to improve the emotional and physical health of its members, and encourages men to come out and put on their dancing shoes. The club has several leaders who take turns teaching. They are Albert and Gladys Comia, Chung Cha Lewis, George Pinada, Carmel Atkinson, Sunny Kim, Ginna Paik, Elizabeth Kim and Nak Soo Kim, and Anna Derby.

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

—Anna Derby



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7	6	5	8	9	2	З	1	4
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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 SI boxes contain numbers and the other Sudoku rules have been followed. • When you start a game of Sudoku, some blocks will be pre-filled for you. You cannot change these num-bers in the course of the game. • Each column must contain all of the numbers I through 9 and no two numbers in the same column of a Sudoku puzzle can be the same. • Each row must contain all of the numbers I through 9 and no two numbers in the same row of a Sudoku myzzle can be the same.

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

AVOID. LAGUL GOVERN MOTIVE People thought Mary Shelley's new Frankenstein character was a - NOVEL IDEA.

													W	ord	-Fi	nd	An	SWG	ers
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OPTUM HCC

BALLET FITNESS



The Ballet Fitness class, taught by Mel Lockett, practices the "arabesque" move. Classes are on Saturdays from

1:30-2:30 p.m. in Clubhouse 6 Mirror Room. Everyone is welcome.

Meals on Wheels Orange County

Meals on Wheels Orange County in partnership with the city of Seal Beach is hosting The Lunch Cafe at the North Seal Beach Center, 3333 St. Cloud Dr., Seal Beach, Monday-Friday, from 11 a.m.-noon. It is open to anyone 60 or older. Suggested contribution is \$3. Guests under 60 can enjoy lunch for \$5.

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, Dec. 14**

Diced chicken with sweet and sour sauce, egg noodles, oriental vegetables blend, whole wheat dinner roll with Smart balance, and sugar-free fruited gelatin.

Friday, Dec. 15

Chicken cordon bleu, scalloped potatoes, chef's cut vegetables blend, Parkerhouse roll with Smart Balance, assorted cake or a fresh fruit (diet).

Monday, Dec. 18

Chicken torta sandwich (shredded chicken, pinto beans, shredded lettuce, diced tomatoes), mayonnaise (one pack), telera roll, and a tropical fruit mix.

Tuesday, Dec. 19

Barbacoa beef, cilantro lime rice, Oregon bean medley, tortilla, sugar-free custard, and orange juice.

Wednesday, Dec. 20

Moroccan lentil vegetable soup with sugar-free crackers, veggie egg salad, barley mushroom salad, whole wheat miniblueberry muffin with Smart Balance, and a diet pear crisp.

MEALS LB from page 26

Monday, Dec. 18

Rosemary chicken with creamy garlic sauce, rice pilaf, seasoned brussels sprouts, apples, oatmeal cookies, tuna salad sandwich with spinach and tomato, and homemade potato salad.

Tuesday, Dec. 19

Homemade meatloaf with mushroom gravy, garlic and chive mashed potatoes, mixed vegetables, pudding, Chinese chicken salad with mandarin oranges, cabbage, carrots, onion, Asian dressing, and crackers.

Wednesday, Dec. 20

Oven-roasted chicken breast with barbecue sauce, mashed sweet potatoes, seasoned broccoli, fresh pear, roast beef and cheese sand-wich with lettuce, tomato and pickle, and carrot and pineapple salad.

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.

Holiday volunteers for LW residents

Through December, Lucent Care volunteers will be available to share the joy of the holiday season with LW residents. These volunteer companions are nurses from Pacific College, pastors and parishioners from local churches.

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



Stacie Groat

Meet HCC staff

Optum HCC physical therapist Stacie Groat prioritizes a patient-centered approach by exploring the root causes of symptoms. She aims to seek alternative solutions for patients beyond surgery.

A South Bay native and University of California Berkeley graduate, Groat was motivated to specialize in pelvic health due to her sister's post-incontinence issues while running. Witnessing her sister's limited treatment options, mostly surgical, prompted Groat to pursue this specialty.

In her free time Groat enjoys running, CrossFit, hiking, reading, cooking and walking her dog. Her dedication to empathetic care defines her commitment to tailored treatment.

To schedule an appointment with Groat, call 562-795-6217, TTY 711.

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PAIN RELIEF from page 22

surgeries.

Dorothy Ulit is a registered physical therapist who said that the majority of her patients come to her due to a fall. Part of her role as a physical therapist is to reduce chances of falling. After examining the patient, she creates a recovery plan with the goal to improve and strengthen the body. Ulit works with people with injuries, disabilities and other health conditions, and educates her patients by providing them with guidelines on healthy living.

Physical therapists often focus on treatments and solutions that reduce the need for surgery and prescription drugs. They use a combination of exercise, stretching, hands-on techniques, and utilize various equipment to restore the body function or to relieve pain. The patient's progress is then evaluated and recorded, and a modified care plan and new treatments are applied as needed.

On Thursday, Jan. 25, Ulit will hold a discussion on the importance of physical therapy in fall prevention in Optum HCC Conference Room, at 1 p.m. The event is free. To RSVP, call 562-795-6255. —Janice Friedland

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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 6-1351 Mutual 10-258B Mutual 1-31E Mutual 5- 117L Mutual 12-61C Mutual 2-63H Mutual 3-4F Mutual 4-88G Mutual 2-3B Mutual 2-8C Mutual 10 -250J Mutual11-286B Mutual12-61A Mutual 11-2861

New Listing! Mutual 14-5B \$239,000

Available one bedroom one bathroom cottage located on the street for drive-up convenience. This Lovely one bedroom has a spacious living room with added heat pump and air conditioning and is light and bright. The kitchen has built in Leisure World appliances including a stove top, oven, refrigerator, a ceiling fan and skylight. The bedroom has wardrobe closet and sliding door to patio. The bath down shower for walk-in convenience and an act is a long to be closed and a solution of the second state from the second state from the second state from the second state from the second state patio has a walk-in storage came and the analystic mooring. The central location allows the phole 3 par g to a company of the company of the located in the lovely resort-like community of Leisure World Seal Beach featuring over 200 clubs, organizations and activities including 6 club houses and features table tennis, woodworking shops, billiards rooms, bocce ball court, shuffleboard, library, card and exercise groups, sewing, craft and art rooms, picnic area with BBQ, and so much more. Enjoy the quaint downtown area of Seal Beach, the morning sun, and the wonderful ocean breezes.

Mutual 15-37R \$315,000

This lovely corner two bedroom one-and three-quarter bathroom home is light, bright, and ready to move in. The spacious living room overlooks an enclosed patio sunroom and a lovely Greenbelt view. The kitchen has built-in appliances including a stove top, oven, refrigerator, microwave, and dishwasher. It provides a tremendous amount of cupboard space and has a solar tube for brightness. The main corner bedroom has a separate closet dressing area, and the windows overlook a beautiful Greenbelt with an abundance of trees. The main bath has tile flooring, a bathtub with shower, and a solar tube. The second bedroom features a large wardrobe closet, lots of extra storage space, and a view of the beautiful greenbelt. The second bathroom has a stall shower and solar tube for brightness. This terrific floor plan has central heating and air conditioning, laminate flooring in the living room, bedrooms, and hallway, and has recently been painted throughout.

Be sure to stop by and see this terrific home that is located in the Resort-Like Community of Seal Beach.



\$229,000



for drive-up convenience. This terrific one bedroom has a spacious living room with added heat pump & air conditioning and laminate plank

flooring. The kitchen has white cabinets, built in Leisure World appliances including a stove, oven, refrigerator, laminate plank flooring and a ceiling fan. The bedroom has laminate plank flooring and a wardrobe closet. The bathroom has a cut down nvenience. The central locatio ure World, as well as the 9-ho amphitheater, post the and nealth care center. Located in the lovely resort-like community of Leisure World Seal Beach featuring over 200 clubs, organizations and activities including 6 club houses and features table tennis, wood working shops, billiards rooms, bocce ball court, shuffleboard, library, card and exercise groups, sewing, craft and art rooms, picnic area with BBQ, and so much more.

Enjoy the quaint downtown area of Seal Beach, the morning sun, and the wonderful ocean breezes.

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

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For 2023, We have a total of <u>88</u> pending and closed sales. Buyers are anxiously awaiting the perfect floor plan for their needs! It may be yours!



1200 Canoe Brook Dr #19D | M3 | \$359,000 Pristine 2bed/1bath with wrap around custom tiled patio! AC heat pumps in bedroom and living room, newer wood floors throughout. Kitchen equipped with dishwasher and microwave. Dual pane windows with shutters throughout!



13199 El Dorado Dr #208D | 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!



13110 Seaview Ln #245F | M10 | \$419,000 Corner partially expanded 2bed/1bath drive-up and greenbelt location with dual pane windows, skylights, central AC, outdoor storage closet, tiled patio, walk-in closet!



13346 El Dorado Rd #193D | M8 | \$339,000 2Bed/1Bath patio home on greenbelt. Granite counters, dual pane windows, shutters, new carpet/fresh paint. Skylights in kitchen and bath w/cutdown shower. AC heat pump with outdoor storage closet!.



1541 Northwood Rd #273C | M11 | \$435,000 Fully expanded 2bed/2bath with dual pane bay windows. Laminate and tile flooring throughout, Outdoor and interior storage with central HVAC. Skylights galore and stackable washer/dryer!



13783 Alderwood Lane #23D | M3 | \$239,000 1bed/1bath unit w/patio and flooring throughout. Kitchen is also equipped with updated appliances and skylight. Bathroom has solar tube and cutdown shower AC heat pump.

On December 11th, 2023 a total of 47 units show as active listings on the CRMLS (this is where Realtors list property for sale)

> 4 - 1 bedroom/1 bath units from \$225,000 to \$308,000

23 - 2 bedrooms/1 bath units from \$299,000 to \$549,000

20 - 2 bedrooms/2 baths units





from \$264,900 to \$629,000

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

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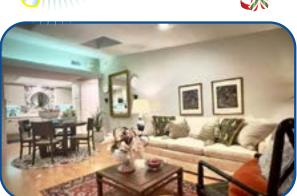




M15 - 21E \$420,000 Beautiful expanded 2 Bedroom 2 bath downstairs unit"



M15 - 24M \$264,900 Upstairs 2 Bedroom 2 bath unit



M2 - 28H \$479.000 2 Bedroom 1.5 bath with Central AC on a beautiful Greenbelt"



M3 - 27C \$327,000 Immaculate 2 bedroom courtyard view



M12 - 34D \$435,000 Fully Expanded Beautiful 2 Bedroom 1 Bath



M6 - 64H \$342,000 Charming 2 bedroom directly across from laundry with small GreenBelt



M2 - 45E \$350,000 Beautiful 2 bedroom with remodeled kitchen and bath



M14 - 32H - \$429.000 Two Bedrooms.1 Bath. Fully Expanded



M11 - 273K \$329,000 Beautiful and Bright 2 bedroom 1 bath in a private location



M12 - 63G \$485,000 **Spacious Fully Expanded** 2 Bedroom 2 Bath Corner with Washer/Dryer!









M2 - 30F \$629,000 Breathtaking 2 Bedroom 2 Bath **Remodeled Corner!!**

M15 - 21L \$319,000 Large Expanded Upstairs unit overlooking a Greenbelt

M1 - 46A \$299,000 Corner Unit with a beautiful greenbelt view!

M15 - 14Q \$329,000 Fully Expanded 2 Bed 2 Bath Upstairs Unit with Vaulted Ceiling















Verna Chumlev







Mike Varipapa Kim Jbeili Realtor®

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