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60 CLUBS JOIN THE GREAT LW DISCOVERY TOUR
See page 15.



SCAN IMPORTANT DOCUMENTS FOR FREE ON FEB. 22
See page 16.



TEXAS HOLD 'EM HELD ON FIRST THREE SATURDAYS
See page 23.



President's Day Closures

In observance of President's Day, all GRF offices except Security will be closed Monday, Feb. 19. The classified ad deadline for the LW Weekly will be Friday at noon.

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

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

The Health Care Center will be open.

FROM THE GRF

Full 2024 budget included in mailer

The Golden Rain Foundation has been receiving requests for copies of the full budget from shareholders, which is a document that shareholders are entitled to receive. However, for the 2024 fiscal year budget, the full budget document was included with the full budget mailer that was sent to all shareholders in November 2023.

BUDGET, page 3



Paul Kryczko

The San Gabriel Mountains were on full display after early February's winter storm, as seen from Leisure World.

by Emma DiMaggio
Communications Manager

After the February deluge that downed trees and flooded streets, Southland residents were rewarded with a scenic view: the glistening San Gabriel Mountains, painted in white after nearly 10 inches of snowfall in some areas.

Near the coast, Long Beach got a whopping 10.05 inches of rain in just a few days. In an average year, the city gets 12.02 inches of rain, according to a 30-year average based on National Weather Service data.

Colossal amounts of rain fell across Los Angeles County, with 14.25 inches in downtown and over a foot in Bel Air, Topanga Canyon and Woodland Hills. By Feb. 7, crews had responded to 520

mudslides across Los Angeles, according to the mayor's office, prompting evacuation orders in some places.

The atmospheric river that pummeled coastal regions also left powdery snow at elevations as low as 3,000 feet.

As LW residents surveyed their soggy lawns, mountain communities geared up to shovel snow—a welcome sight for state water officials, who recorded snowpack at 52% of average levels at the end of January.

Under the right conditions, the snowpack is a crucial water source for the state's reservoirs, which are currently at 118% of their average levels, according to California Water Watch. Just two years ago, nearly 95% of the state was classified as under severe drought conditions.

Mountain snowpack can provide as much as a third of California's water

supply by accumulating snow during wet winters and releasing it slowly during dry springs and summers.

This snowpack can be beneficial in staving off drought conditions for longer periods of time.

During El Niño years, California's coast often faces severe winter storms with high levels of precipitation. Though these wet months also come with snow, rising temperatures threaten the longevity of that snowpack.

Experts say it's too early in the season to determine whether California will be able to stave off drought. During the storm, nearly 7 billion gallons of storm water from Los Angeles County was captured for groundwater and local supplies, according to the mayor's office, and weather models hint at wet conditions on the way.

GATE ACCESS

New signage clarifies entry lanes at Main Gate



Paul Kryczko

In addition to eye-level signage, new signs have been added to the top of the Main Gate entry lanes.

New signs have been installed at the Main Gate to better distinguish lanes for RFID entry and guest entry. GRF continues to review the gate access system and look for opportunities to streamline the entry process.

In its first 20 days of operation, the new gates have facilitated 119,137 vehicle entries into the community—an average of 6,000 vehicles per day. Nearly 30,000 visitor passes have been issued in that time, an average of 1,300 per day. Under the new system, GRF Security has more oversight of who enters and exits Leisure World, offering greater security to the entire community.

For example, during those first 20 days, the barrier arm was struck 11 times. The barrier arms are equipped with a break-away system, and after each impact the arm was reattached at no cost. Before the new system was implemented, Security averaged three to five gate runners per day. In 20 days, this would have meant 60-100 vehicles running the gate.

The new system is not without faults. Ongoing issues include the amount of time it takes to enter the commu-

GATE ACCESS, page 2

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Golf cart ignites near Knollwood Road

On Feb. 5 at around 9 p.m., a golf cart parked near Knollwood Road in front of Unit 40-L caught on fire. The Seal Beach Fire Department and Seal Beach police responded to the scene. The cause of the fire is under investigation. It is suspected that it was an electrical fire, according to a Security report.

The fire did not cause any damage to adjacent structures, vehicles or property. There were no injuries. GRF Service Maintenance employees subdued the fire before fire personnel arrived. Later, Security responded to the scene and coned off the area.

A resident called the fire department the next morning to ensure that the golf cart would not ignite again. Fire personnel returned to the scene the next day at around 11 a.m. and confirmed that there was no danger of the damaged golf cart reigniting.



Service Maintenance personnel subdued the fire before the fire department arrived.

GATE ACCESS

from page 1

nity and the lane switch at the Main Gate. These concerns are currently being reviewed by an interdepartmental team that meets regularly. Security officers are also receiving enhanced training to facilitate more rapid entries into LW.

People experiencing issues with their RFID tags should contact the 24-hour security line at 562-594-4754. If Security personnel cannot solve the problem, they will create a ticket on your behalf. Be ready to provide your name, contact information and a brief description of your problem. The ticket will be forwarded to the gate access team, who will work to find a solution.

For general questions about Proptia and guest passes, contact the Customer Care Team at 562-431-6586, ext. 2313 or ext. 2335.

Residents and their guests can enter through any gate, and first-time guests can have their visitor passes printed at any gate.

A reminder on the basics of entry for residents and guests:

Resident Entry

- A valid RFID tag or valid Leisure World Identification Card is required. (Decals are not valid for entry—they are for Mutual use for carport parking.)

- Vehicles with an RFID tag entering the main gate will enter in the “RFID TAG ONLY” lane.

- Vehicles without an RFID tag will enter the “ALL OTH-

ERS” lane.

Permanent Visitors

- Four permanent visitors are allowed per unit on your account.

- Each guest will receive a pass at the front when entering—permanent visitors will keep that pass for 90 days.

- After 90 days, the next time the permanent visitor arrives, the security officer will check to ensure the permanent visitor is still on the list, and a pass will be issued for another 90 days.

- You may delete a permanent visitor at any time by calling Security or using the Proptia portal.

- To obtain a caregiver pass, the caregiver must go to the Stock Transfer Office and fill out an application for a six-month pass.

Temporary Visitors

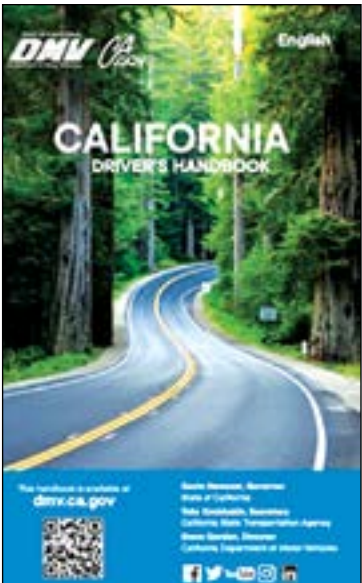
- Temporary visitors may receive passes from 1-7 days.

- You may add a temporary visitor by calling Security or using the Proptia portal.

- People can always call in their visitors 24/7, just as they did before, by contacting Security at 562-594-4754.

Getting an RFID tag

RFID tags for residents and residents’ additional vehicles are available at the Decal Office in Building 5. People must bring a valid state-issued driver’s license, valid vehicle registration, valid vehicle insurance, and a GRF identification card.



DMV Handbooks available at library

Is your driver’s license renewal test coming up? People can save themselves a trip to the DMV by visiting the LW Library to pick up an updated 2024 Driver’s Handbook to study before the test. The handbook does not need to be returned to the library.

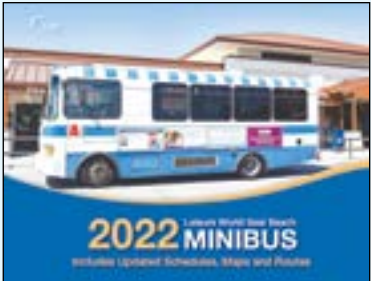
Stop by the library Monday through Friday, from 9:30 a.m.-5:30 p.m. and on Saturdays from 9:30 a.m.-3:30 p.m. and ask any library personnel for a copy. Limited Korean language copies of the handbook are also available.

The LW Library is located between Clubhouses 3 and 4 near the North Gate entrance to Leisure World. For more information, call the library at 562-598-2431.

LW and Seal Beach Bus Schedules

Copies of the LW Bus schedule and Seal Beach Transportation Shuttle to Ralph’s and other locations are available online at www.lwsb.com/publications. People may print their own copies or refer to the digital version for up-to-date information on transportation options near Leisure World.

Note that the MemorialCare Long Beach Medical Center Shuttle service has been discontinued. Physical copies of the 2024 Bus Schedule will be available this summer.



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GRF Phone Update

On Feb. 1, the GRF replaced its 15-year-old phone system for a new one that will facilitate the efficiency of the courtesy call center recently implemented to provide one-stop information to frequently asked questions related to GRF departments, services and facilities.

The main GRF number has not changed. It is 1-562-431-6586. Callers should listen to menu options as they have changed and make their selections accordingly. Residents can access all departments via this main line.

Due to cybersecurity concerns, the full list of GRF staff extensions will not be posted at lwsb.com, which is a public website. Instead, there will be a list of extensions to the main GRF departments. See below for the GRF departments and their new extensions.

- Security, ext. 2377
- LW Weekly, ext. 2383
- IT, ext. 2701
- Mutual Administration, ext. 2703
- Finance, ext. 2705
- Service Maintenance, ext. 2706
- Recreation, ext. 2707
- Physical Property, ext. 2708

Seal Beach City Manager Newsletter

Seal Beach City Manager Jill Ingram sends out a twice-weekly newsletter with information pertaining to the City of Seal Beach, including city classes, services, upcoming government meetings and more.

The newsletter is now available via email. Sign up online at <https://shorturl.at/csCI8>.

BUDGET

from page 1

Page 3 of the mailer was the Pro Forma budget, which is what is required to be in the mailer. The full budget, which is pages 5-13, was also included. The line indicating that the full budget is available upon request should have been removed from the budget mailer.

The inclusion of the full budget with the mailer coupled with the oversight in not removing the offer to supply a copy of the full budget has created some confusion in the community, and staff regrets the error that caused that confusion. The budget mailer for 2025 will be corrected to accurately reflect what is included, and what (if anything) can be requested from GRF.

NEW LEGISLATION

Drivers must leave parking buffer around crosswalks

California drivers will need to double-check where they park this year as a new law on the books has created a no-parking buffer around marked and unmarked pedestrian crosswalks.

Drivers are typically not allowed to park their vehicles in the middle of an intersection, on a crosswalk, in front of marked curbs, in a way that blocks access to fire hydrants or too close to a fire station entrance, among other prohibited parking spots.

Now drivers will need to consider the areas around crosswalks as no-park zones, because of the law that went into effect at the start of the year.

Assembly Bill 413 prohibits the stopping, standing or parking of a vehicle within 20 feet of the vehicle approach side of any unmarked or marked crosswalk or 15 feet of any crosswalk where a curb extension is present.

Drivers will need to get into the habit of leaving a 20-foot gap between their vehicle



Ruth Osborn

Under the new law, vehicles can't park within 20 feet of the vehicle approach side of this crosswalk on St. Andrews Drive.

and any marked or unmarked crosswalks.

Assembly Bill 413 does not specify what constitutes an unmarked crosswalk and whether that applies to a sidewalk curb or ramp.

In Leisure World, sidewalk curbing at marked crosswalks is painted red. A study could be

needed to see if LW's red zones at crosswalks comply with this new bill, according to GRF Senior Director of Facilities Mark Weaver.

California's pedestrian fatality rate is nearly 25% higher than the national average, according to the California Office of Traffic Safety.

Nonpartisan Offices 2024

In Orange County, all voters can vote for candidates for three Superior Court Judge offices. People may be eligible to vote for one of two County Board of Supervisors offices and one of three County Board of Education offices, depending on where they live.

Voters in Orange Unified School District will also be asked whether two members of their Board of Education should be recalled.

The County Board of Education contests and the Orange Unified recall will be decided in the Primary.

People can find more information about each of these types of contests in the Orange County Voter Information Guide mailed to Orange County residents last month or by visiting ocvote.gov/VIG.



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PERSPECTIVES

Council Comments

Seal Beach water, sewer rates on rise as city copes with aging pipes, infrastructure

by Nathan Steele
Seal Beach Council Member

There's a lot going on in Seal Beach these days that's having an impact on all of us. As the Seal Beach City Councilman from District 5 representing much of Leisure World, I am acutely aware of the financial pressures many of our neighbors are feeling these days.

I know that a significant number of my neighbors live on fixed incomes. Since 2021, the cost of living in the country and in Leisure World has skyrocketed. I see my neighbors in Ralph's trying to figure out how to pay for their groceries. The United States enjoyed 12 years of low inflation and low interest rates. But, in 2021, prices began shooting up and making life more difficult for many of us.

Prices for the Mutuels, Golden Rain Foundation and the City of Seal Beach have also exploded. We all know that our dues have seen dramatic increases the last few months. Literally, the costs of running Seal Beach, Leisure World and the Mutuels have exploded.

As one example, Seal Beach has a five-year projected budget

shortfall of over \$15 million. On top of that, along comes Seal Beach with a proposed water and sewer rate increase.

Here's what's going on:

The water and sewer infrastructure in Seal Beach is aging. Some of the pipes are over 100 years old. In the last few months alone, the city has had three water main breaks, emergencies that were unanticipated.

The city has recently completed a video inspection of all the pipes to determine the condition of the pipes and the most vulnerable areas.

The city hired Raftelis, a consulting company that specializes in water/sewer rates and infrastructure, to give us a forecast of what our system needs and how much we need to charge to keep ours in good shape.

They recommended rates that will more than double our current rates by the year 2028. The first increase, as early as April of this year, will be about \$6 a month for each unit in Leisure World. You can find the proposed rate increases by going to the city's website at www.sealbeachca.gov.

Of course, none of us in Leisure World pay for our water and

sewer directly to the city. The city sends the bill for all of Leisure World to GRF, which divides the bill among the Mutuels. Each Mutual pays its portion back to GRF. All of Leisure World represents one single customer to Seal Beach utilities.

As much as I wish the increases weren't necessary, the experts tell us that they are. As your city councilman, I have a fiduciary responsibility to ensure the continued viability of the sewer and water systems in Seal Beach. The experts are telling us that we need to do several major capital improvement projects costing millions to improve the water and sewer systems. To support those projects, as well as cover the increasing operating expenses of the utilities, we must raise rates. If we defer those capital projects, the cost of those projects will increase, becoming more and more expensive. At the same time, the city would be living at increased risk of a potential catastrophic system failure.

In my experience, big problems should be confronted the minute you become aware. Problems like our aging water and sewer system never get

better with age, never improve when left alone and only get worse over time.

Responsible leadership requires me to support the water/sewer rate increase. It may be painful, but it will be a lot worse

if we don't address the problem now. I know good, well-meaning people will disagree with me. I also know that many agree with me: it is simply the right thing to do. I appreciate your understanding and support.

Letter to the Editor

Editor:

There are knuckleheads in my Mutual. What's wrong with people? Why can't folks just do the right thing? Why is it so blasted difficult to "break down" shipping and package boxes before putting them into the dumpster?

So once again this morning, upon opening the dumpster lid, I discovered it was almost full—but not really, some knucklehead put about six shipping boxes into the dumpster without breaking them down. I'm being nice calling this knucklehead a knucklehead. I have other more appropriate names, but LW Weekly will not publish them.

How did this individual qualify for this soubriquet—by taking the time to use a marker to obliterate the shipping address and name on each box label! So knucklehead had enough time to mark out all evidence of his/her/whatever pronoun, but not enough time to break down the box. Why?

A neighbor suggested that perhaps they didn't have the agility to breakdown the boxes...well to that I say "Bunk!"

The individual had enough energy to open the one end to take out his/her/whatever items; how much more is required to open the other end? Shallow excuse at best. NO! This individual is a knucklehead, and a selfish knucklehead at that. I would posit that this knucklehead is just a selfish, annoying, knucklehead who probably thinks he/she/whatever is being really noble by putting the boxes in the "recycling" bin...bravo!

Donna Gambol
Mutual 1

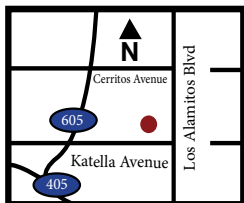


CARPET/RUGS HARDWOOD TILE VINYL/WATERPROOF

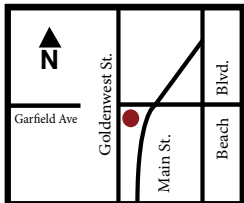
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VOL 48, NO 7

GOVERNMENT

The 2024 GRF and Mutual Election and Annual Meeting Shedule

	Mu.	No. of Units	Quorum	No. of Directors Being Elected	Candidate Application Begins* (110-105 days)	Candidate Application Deadline** (80-70 days)	Ballots Mailed (30 days before election) ***	Meeting Day	Meeting Date	Meeting Time	Notes
MAY	14	328	165	7	1/26	2/26	4/16	3 rd Thu	5/16	10 a.m.	Cumulative Voting.
	7	384	193	5	1/26	2/27	4/17	3 rd Fri	5/17	10 a.m.	Cumulative Voting.
	10	276	139	5	2/1	3/4	4/18	3 rd Tue	5/21	10 a.m.	Cumulative Voting.
	4	396	132	5	2/7	3/13	4/22	4 th Wed	5/22	10 a.m.	Cumulative Voting. Staggered terms. Bylaws Amendments.
	16	60	20	5	2/7	3/8	4/22	4 th Wed	5/22	2 p.m.	Cumulative Voting. Election & Annual Meeting held in Conf. Room B.
	11	312	104	5 or 7	2/8	3/4	4/23	4 th Thu	5/23	10 a.m.	Cumulative Voting. Per Article 5, of Bylaws will either elect 5 or 7 directors. Bylaws Amendments.
	9	384	199	7	2/2	3/5	4/24	4 th Fri	5/24	10 a.m.	Voting is per parcel to elect one delegate. Parcels in effect.
	8	348	175	5	2/7	3/8	4/25	4 th Mon	5/28	10 a.m.	Cumulative Voting.
JUNE	Golden Rain Foundation				Candidate Application Begins*	Candidate Application Deadline**	Ballots Mailed (30 days before election) ***	Ballot Counting Meeting Day	Ballot Counting Meeting Date	Ballot Counting Meeting Time	Notes
	Mutuals 2, 4, 6, 8, 10, 12, 14, & 16				2/20	3/29	5/3	1 st Tue	6/4	10 a.m.	No Cumulative voting. New directors will be installed at GRF Annual Meeting on 6/11 at 2:00 pm.
	Mu.	No. of Units	Quorum	No. of Directors Being Elected	Candidate Application Begins*	Candidate Application Deadline**	Ballots Mailed (30 days before election) ***	Meeting Day	Meeting Date	Meeting Time	Notes
JUNE	6	408	205	7	2/16	3/19	5/8	1 st Fri	6/7	10 a.m.	Cumulative Voting.
	1	844	282	5	2/26	3/27	5/10	2 nd Mon	6/10	10 a.m.	Cumulative Voting. Staggered Terms.
	5	492	164	4	2/12	4/2	5/10	2 nd Tue	6/11	10 a.m.	No Cumulative Voting. Staggered Terms.
	3	432	217	7	2/23	3/18	5/13	2 nd Wed	6/12	10 a.m.	Cumulative Voting.
	12	452	151	7	2/29	4/1	5/14	2 nd Thu	6/13	10 a.m.	Cumulative Voting.
	2	864	433	9	2/23	3/26	5/15	2 nd Fri	6/14	10 a.m.	Cumulative Voting.
	15	502	252	7	3/1	4/2	5/22	3 rd Fri	6/21	10 a.m.	Cumulative Voting.
	17	126	64	3	3/12	4/11	5/24	4 th Tue	6/25	10 a.m.	No Cumulative Voting. Staggered Terms.

NOTE:

* = If the date to apply as a candidate falls on a Saturday or Sunday, applications may be picked up the previous Friday.

** = On deadlines that fall on a Saturday or Sunday, applications will be accepted the following Monday. Candidate applications must be received in Stock Transfer Office by no later than 4:30 p.m. on the deadline day.

*** = If the date to mail ballots (30 days before the election) falls on a Friday, Saturday or Sunday, the ballots will be mailed the previous Thursday.

**** = The quorum for Bylaws is pursuant to Sections 211 and 152 of the Corporations Code, the proposed Amended and Restated Bylaws must be approved by quorum as stated above. If approved by the shareholders, the Amended and Restated Bylaws will become effective immediately.

Presidents' Council Meeting Recap

THE PRESIDENTS' COUNCIL
Clubhouse 4 and Zoom Tele-Video Conference
The regular monthly meeting of the Presidents' Council of Leisure World Seal Beach was convened at 1:30 p.m. by President Jeri Dolch on Feb. 7 in Clubhouse 4 and Zoom tele-video conference.

- The following is a recap:
- Presidents' Council meeting minutes of Jan. 3, 2024, were approved as written.
 - GAF President Anna Derby discussed the fourth centennarian event hosted by GAF.
 - Emergency Information Council (EIC) President Jackie Dunagan provided an update on the Emergency Information Council. The EIC is now a 501c3 charity and will be accepting credit card donations and unwanted vehicle donations.
 - Security Services Director Victor Rocha provided an update on the gate access system.
 - Senior Director of Facilities Mark Weaver provided updates on community projects and the possibility of having new black standard ovens.
 - Senior Director of Mutual Administration Jodi Hopkins provided updates on the Stock Transfer and Mutual Administration Departments.
 - Senior Portfolio Specialist Ripa Barua provided an update on the Mutual elections.
 - Executive Director Jessica Sedgwick provided an update on general projects in the community.
 - Executive Manager Dave Potter provided an update on the Seal Beach water rates increase.
 - The next meeting is on Wednesday, March 6, at 1:30 p.m. in Clubhouse 4. It will be streamed via Zoom tele-video conference and YouTube Live.

Mutual election cycle begins; Directors are needed to serve

The community unity of Leisure World Seal Beach is a direct result of volunteer work by Mutual and GRF Board members duly elected to serve their Mutuals and residents. This community was founded on the premise that the Mutual Boards and the elected Board of Directors work alongside on day-to-day operations of

each Mutual Corporation. Directors address the issues of most importance to their electorate—the shareholders, whereas the Board of Directors finds solutions to existing problems.

Leisure World Seal Beach has many residents with experience in various fields who could make a difference by becoming a candidate for a director's position on their Mutual's Board of Directors. The schedule above indicates each Mutual's annual meeting and election date, and the deadlines to apply for candidacy. Those who are interested or have any questions about becoming a candidate for election to their Mutual's Board of Directors can call 562-431-6586, ext. 2329.

For questions about GRF elections, call 562-431-6586, ext. 2393.

Public Comments at GRF Meetings

California law requires the Board to establish reasonable time limits for members to speak at meetings. (Civ. Code Sec. 4925(b).), and how the Board responds to questions or concerns; most often the Board is unable to respond (Civ. Code Sec. 4930.). 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 for more than 26 speakers. To address the Board, submit a comment card at the meeting before it is called to order. Members may email correspondence to the executive coordinator at grfboardaction@lwsb.com.

Mutual Meetings Schedule

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

Thurs., Feb. 15	Mutual 2 Conference Room B/Zoom.....9 a.m.
Thurs., Feb. 15	Mutual 11 Conference Room B/Zoom.....1:30 p.m.
Tues., Feb. 20	Mutual 14 Conference Room B/Zoom.....1 p.m.
Wed., Feb. 21	Mutual 5 Conference Room B/Zoom.....9 a.m.
Wed., Feb. 21	Mutual 7 Conference Room B/Zoom.....1 p.m.
Thurs., Feb. 22	Mutual 1 Conference Room B/Zoom.....9 a.m.
Fri., Feb. 23	Mutual 15 Conference Room B/Zoom.....1 p.m.
Fri., Feb. 23	Mutual 6 Conference Room B/Zoom.....10 a.m.
Mon., Feb. 26	Mutual 8 (open forum 9:15 a.m.) Clubhouse 4/Zoom.....9:30 a.m.
Wed., Feb. 28	Mutual 10 Conference Room B/Zoom.....9 a.m.
Tues., Mar. 5	Mutual 17 Conference Room B/Zoom...1:30 p.m.

GRF Meetings Schedule

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

Thurs., Feb. 15	Administration Committee Meeting Conference Room A/Zoom.....10 a.m.
Thurs., Feb. 22	GRF Board Executive Session Conference Room A.....1 p.m.
Tues., Feb. 27	GRF Board Meeting Clubhouse 4/Zoom.....10 a.m.
Tues., Mar. 5	Facilities Committee Meeting Conference Room A/Zoom.....10 a.m.

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

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

For those who do not have dental insurance, we offer new patients a \$35⁰⁰ exam, x-ray & cleaning special (Reg. \$292) In the absence of gum disease

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



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



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



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

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- Cosmetic Bonding & Veneers
- Periodontics (Gum Disease)



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Puzzles & Comics

Gasoline Alley

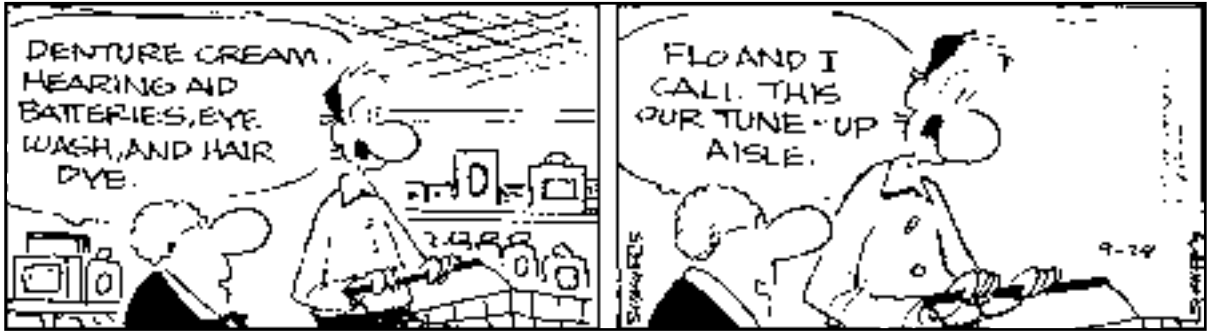


Broom-Hilda



Middletons

By Ralph Dunagin & Dana Summers



Los Angeles Times Crossword Puzzle

Edited by Patti Varol

“ACADEMIC CLUBS” AMY JOHNSON & KATIE HALE

ACROSS

- 1 Sorrowful sigh
- 5 Crude cartel since 1960
- 9 Blue, in Barcelona
- 13 Shady plot
- 18 Actress Sorvino
- 19 City in Victor Hugo novels
- 21 “Catch ya later!”
- 22 Jazz singer Cleo
- 23 Club for music majors?
- 26 Agent concerned with spots
- 27 Heredity units
- 28 Causing shudders, maybe
- 29 Key holder, often
- 31 Was successful in
- 32 YouTube alternative
- 34 Stage name intro
- 35 “How tragic”
- 36 Club for geology majors?
- 40 Still in the sack
- 42 Monogram on some high-end handbags
- 43 Many corny jokes
- 44 Go on the lam
- 46 Biblical name of ancient Syria
- 48 “___ Christ Superstar”
- 49 Makes a connection
- 51 Howled loudly
- 53 Wasatch Mountains ski town
- 56 Club for astronomy majors?
- 59 Standard
- 60 Standards
- 62 ___ jockey
- 63 Rough guess
- 64 Vague quantity
- 65 Like extreme measures
- 68 Reebok rival
- 71 New citizen, perhaps
- 73 NFL flag thrower
- 74 Dull pain
- 76 Treat
- 74-Acrosses, maybe
- 78 Wee
- 79 Christmas helper
- 80 Club for paleontology majors?
- 85 Storage unit
- 86 ___ station

- 88 Music industry drama series starring Taraji P. Henson
- 89 NAACP ___ Awards
- 91 Cold, slushy treat
- 92 Nemo’s home
- 93 Mystery writer Paretsky
- 94 Victoria’s Secret purchase
- 97 Haggler’s concern
- 99 Club for philosophy majors?
- 104 Middle Eastern title
- 106 Short greetings
- 108 How tempura is fried
- 109 Scrooge visitor
- 110 Come really close to
- 112 African language family
- 114 Square
- 115 Spanish folk hero
- 116 Club for botany majors?

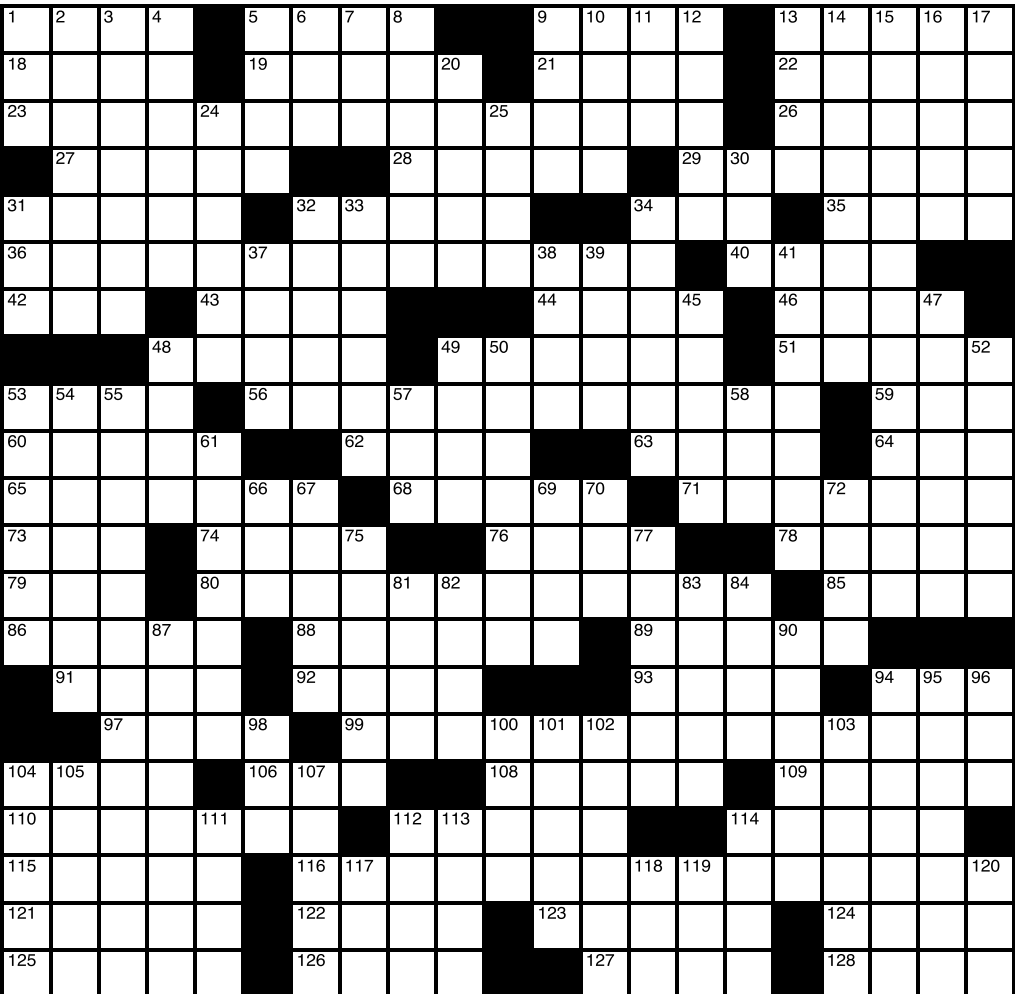
DOWN

- 1 “Who ___ to judge?”
- 2 Legalese and computerese
- 3 Longtime Tottenham football rival
- 4 GPS tech
- 5 Bloom County penguin
- 6 “I Said a Prayer” singer Tillis
- 7 Browning’s before
- 8 Show place
- 9 Smoothie berry
- 10 Online pub

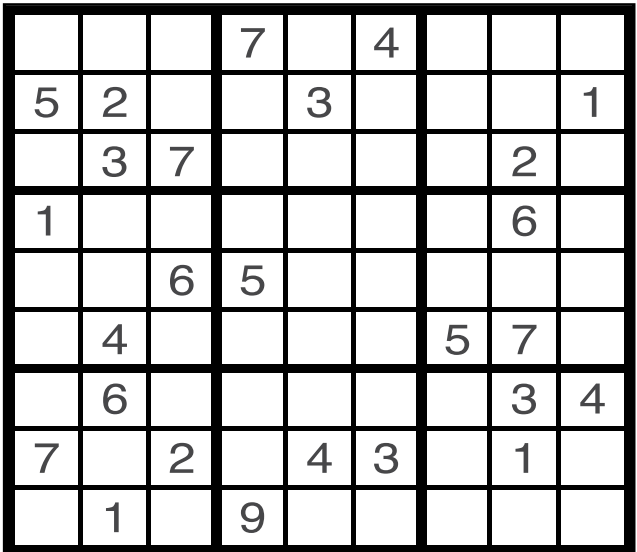
- 11 Abu Dhabi’s fed.
- 12 Texter’s “I didn’t mean that.”
- 13 Rickman of “Die Hard”
- 14 Time of Roosevelt’s fireside chats
- 15 Club for genealogy majors?
- 16 Walk result, maybe
- 17 Brief copy
- 20 Kind of drum or guitar
- 24 Enter again
- 25 “Not my ___”
- 30 Moody’s top bond rating
- 31 Question of motive
- 32 Wedding planner’s concern
- 33 “How tragic”
- 34 Freestyle raps
- 37 “Go faster, huskies!”
- 38 Genesis figure
- 39 Like some neighbors
- 41 Highchair wear

- 45 Safe IRA option
- 47 Most lowdown
- 48 Some spreads
- 49 Hardy title character
- 50 Sharp front tooth
- 52 Systane target
- 53 “Bizarre Foods” host Zimmern
- 54 Singing nymph of the Rhine
- 55 Club for urban planning majors?
- 57 Passing through
- 58 Three Gorges structure
- 61 Stockpiles
- 66 “I’m not eating that!”
- 67 Merriment
- 69 Baskin-Robbins treat
- 70 Word with ink or egg
- 72 Barb
- 75 Sticky brand
- 77 Governor Noem of South Dakota
- 81 Olympic sword
- 82 Petty squabble
- 83 Inbox buildup
- 84 Alert

- 87 Architectural style between 1714 and 1830
- 90 Bunch of honkers
- 94 Stronger, as mixed drinks
- 95 Cash of country
- 96 Ctrl-___-Del
- 98 Albeit, briefly
- 100 Dash or slash
- 101 Diary passage
- 102 Mountain lion
- 103 Big ___ drug industry, colloquially
- 104 Tennis great Chris
- 105 Fracas
- 107 Conclude
- 111 “Grand” ice cream
- 112 Cause of some nodding
- 113 Shoemaker’s tools
- 114 Many profs
- 117 Install, as brick
- 118 Bedazzle
- 119 Sam player on “Cheers”
- 120 “Breaking Bad” villain Fring



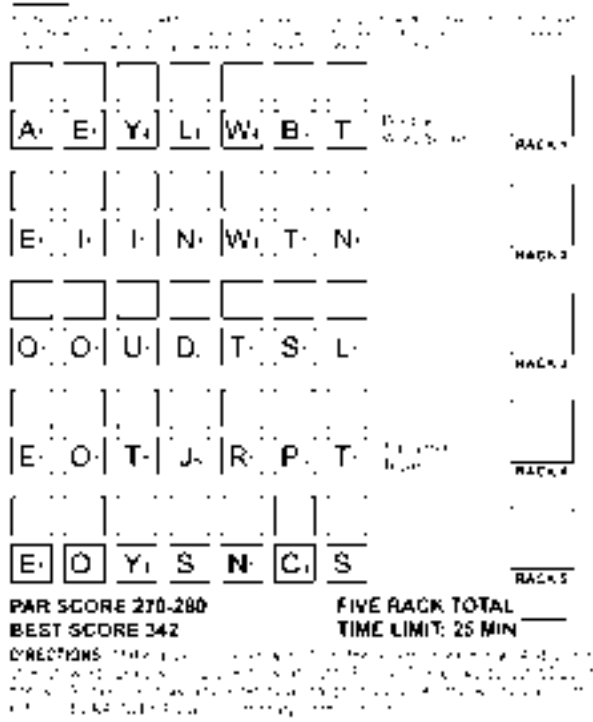
Sudoku 1



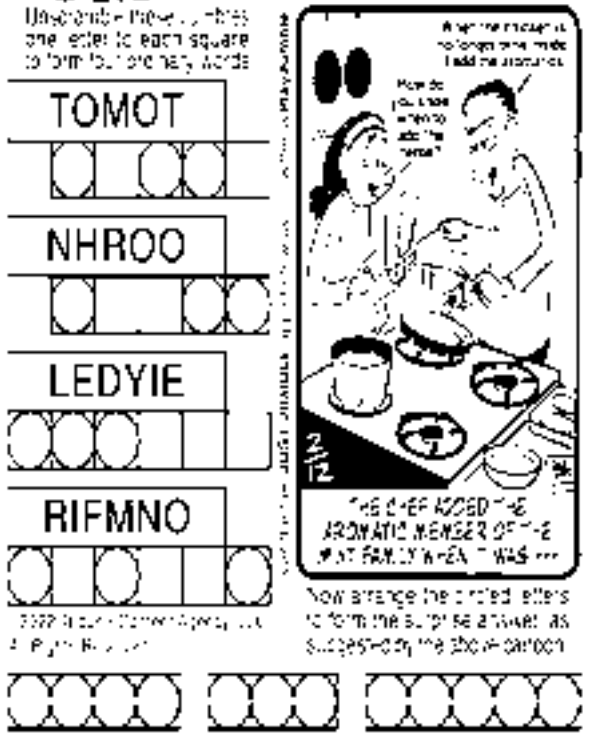
9 To 5 By Harley Schwadron



SCRABBLE G R A M S



JUMBLE THAT SCRAMBLED WORD GAME By David L. Hoyt and Jeff Kinkead



Guess Who?

I am an entertainer born in New Jersey on March 18, 1970. I beat-boxed for a hip-hop group in the mid-80s before going on to a successful music and movie career. I was nominated for a Golden Globe for my work in the film, "Chicago."

Sudoku #2


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

Puzzles & Comics


Answers on page 22

CRYPTOFUN

Determine the code to reveal the answer!



By David I. Hoyt and Jeff Knurek



NOTE: If the letter in a square is the same as the letter in the square above it, or the letter in the square to the left, or the letter in the square to the right, or the letter in the square directly above, below, to the left, or to the right, it cannot be used.

BOGGLE POINT SCALE

- (3 letters = 1 point)
- (4 letters = 2 points)
- (5 letters = 3 points)
- (6 letters = 4 points)
- (7 letters = 6 points)
- (8 letters = 10 points)
- (9 letters = 15 points)

YOUR BOGGLE RATING

1514 = Champ

101-150 = Expert


61-100 = Pro

31-60 = Gamer

21-30 = Rookie

11-20 = Amateur

0-10 = fry again



Boggle BrainBusters Bonus

Write down the first 10 words that you find in the puzzle below. Can you find them?

Find **AT EIGHT LEAST MUSICAL INSTRUMENTS** in the grid of letters.

FLOWER POWER WORD SEARCH

[illegible]

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

WORDS

ALYSSUM
 ASTER
 AZALEA
 BEGONIA
 CARNATION
 DAFFODIL
 DAHLIA
 DAISY
 DANDELION
 FLOWER
 IRIS
 LEAVES
 LILY
 MARIGOLD
 ORCHID
 PEONY
 PETALS
 POLLINATE
 ROSE
 SNAPDRAGON
 STEM
 TULIP
 ZINNIA



RELIGION

Redeemer Lutheran and St. Theodore

On Sunday, Feb. 18, the congregations of Redeemer Lutheran Church and St. Theodore of Canterbury Episcopal Church will celebrate the first Sunday of Lent. Bishop Murray Finck will preside as the new interim pastor. The Sunday worship service begins at 10:30 a.m. at 13564 St. Andrews Drive. All are welcome. Kay Pushman is this week's reader and prayer leader.

The churches continue to collect canned and boxed food donations for the hungry. Redeemer Lutheran and St. Theodore's Episcopal Churches will hold a Wednesday Lenten reflection and soup suppers at 4 p.m. from Feb. 21-March 20.

The first Sunday of Lent is a condensed version of Jesus's baptism, 40 days in the desert being tempted, and the beginning of his ministry. The first part of the Gospel is a reminder that Jesus is claimed by the Father. The second part is a statement of Jesus's temptation by Satan. Jesus faced the same temptations believers do: the temptation to have more; to challenge God; and worship things other than God for worldly power. In the final part of the lesson, Jesus begins with the statement: the kingdom of God has come near and then calls people to repentance and belief.

The call to repentance is simply deep sorrow or regret for a past sin or action and changing ways. Lent is a time for believers to re-examine their lives, strengthen their faith and believe in the good news.

The good news is that all people were created by a loving God who wants his creation to love him and others. It is that Jesus loved the world enough to come and show people the way God through his living example. Jesus died for all to open heaven through his resurrection.

Congregation Sholom

Congregation Sholom will hold services via Zoom with Rabbi Karen Isenberg on Friday, Feb. 16, at 6:30 p.m. Rabbi Mike Mymon will lead the hybrid services on Saturday, Feb. 17, in Clubhouse 3, Room 9 and Zoom at 10 a.m. Saturday's Torah reading will be Terumah from the book of Exodus. Terumah (Donation) opens as God tells Moses to collect donated materials in order to build a dwelling place for God called the Mishkan (Tabernacle). God describes how to build the vessels that will fill the Mishkan, including the ark, table, menorah and sacrificial altar, as well as the Mishkan's walls and curtains. To receive a Zoom invitation contact Jeff Sacks at 714-642-0122

Friday, March 1 marks Shabbat across America. Congregation Sholom joins with hundreds of synagogues to take part in a renowned Jewish event to celebrate what unifies all Jews—Shabbat. The congregation will hold a potluck honoring Shabbat and Israel beginning at 5 p.m. in Clubhouse 3, Room 2. All are welcome to attend to show support for Israel. Services will follow right after the potluck. Nonmembers should email murrjet@yahoo.com to RSVP.

Congregation Sholom has served Leisure World since 1962. It offers a traditional Jewish service in person and online. Those who want to become a member of Congregation Sholom should call Howard Brass at 714-396-0121 for a membership packet.

Security: 562-594-4754

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and Pickleball Center)



Carol Burge (l-r), Sandy Walker, Phyllis Spencer, Patty Jo Schmitz, Virginia Olejnik and Taylor White will host Community Church's Cancer Survivors Luncheon on Feb. 21.

COMMUNITY CHURCH

RSVP to cancer survivor luncheon by Feb. 16

LWers are welcome to attend Community Church's annual Valentine's Cancer Luncheon on Feb. 21 in the fellowship hall at noon. The free event will be held for anyone who has been touched by a cancer diagnosis. A light will be served with entertainment. Caregivers or a significant others who were a support during the time of illness are welcome. Attendance is by reservation only, due Friday,

Feb. 16. RSVP to Taylor White anytime in person, or call Sally Glausser at 562-431-3851

Kelly Frankiewicz, M.Div. returns to share the message at LW Community Church on Sunday, Feb. 18. Passages from Mark and Luke challenge believers to expect opposition when they commit to serving God, but to do it anyway. Jesus faced the same truths.

Community Church meets

for worship every Sunday at 9:50 a.m. followed by a time fellowship and light refreshment. People are welcome to arrive early for a cup of coffee in the narthex. The church is located inside Leisure World at 14000 Church Place. All are welcome to attend.

Those who are in need without another way to address it may call the church office at 562-431-2503.

Assembly of God

February is the month people celebrate Valentine's Day and the theme of love. Jesus talked a lot about love in its purest and most perfect form. The passage for Pastor Chuck Franco's sermon this week, 1 John 4:18-20, speaks to the power of God's love to dispel fear. God's overwhelming love for his people overcomes that fear and allows believers to have confidence in facing any challenge, assured of God's perfect, powerful love.

The Wednesday Bible study will look at session four of

"The Book of Mark," a study by Francis Chan, covering Mark 3:7-4:34. As Jesus's reputation for healing and deliverance from demons grows, multitudes begin to follow him, to the point where Jesus instructs his disciples to keep a boat ready for him to ensure he is not crushed by the crowd. Jesus appoints the 12 apostles to assist him in ministry, and several parables are recorded. The video is followed by interactive discussion, led by Pastor Chuck.

LW Assembly of God meets

Sundays at 10:30 a.m. in Clubhouse 3, Room 2. The Wednesday Bible study is at 10 a.m. in Clubhouse 3, Room 2. The Hymn Sing is held on the fourth Sunday night of each month at 6 p.m. in the Clubhouse 3 Lobby.

More information about the church can be found at www.lwassemblyofgod.com, and on Facebook at the LW Assembly of God Church page, where people can catch up on past sermons. Contact the church office at 562-357-4360, or pastorchuck@lwassemblyofgod.com.

Beit HaLev

Beit HaLev's community prays for Israel, the Israel Defense Forces, the safe return of all hostages and a swift end to the Israel-Hamas War.

The second Triennial Cycle Torah reading is from "Terumah" (Gifts) from Exodus 26:1-30. HaShem speaks to Moshe: "You shall accept gifts for Me from every person whose heart is so moved." The building of the Mishkan (Tabernacle) was to be a place where the

Sh'chinah was going to dwell "in us," not "with us." Devotion to HaShem was so overwhelming that Moshe and Aharon had to ask the Israelite men and women to stop bringing them.

To join the Beit HaLev Zoomagogue on Fridays at 5 p.m., go to <https://shorturl.at/rIQZ0> or join on Facebook: www.facebook.com/galityomtov or YouTube: <https://www.youtube.com/@beithalevlive8816/streams>. All Beit HaLev services

share the brand new special prayer books onscreen, "Lev L'Lev," which include excerpts from the Reform Siddur, "Mishkan HaT'filah." To join the Beit HaLev Zoomagogue mailing list, call Rabbi Galit-Shirah at 562-715-0888 or email duets@icloud.com. Beit HaLev does not require a fee for membership, however contributions to Beit HaLev are welcome and may be sent to: Beit HaLev, PO Box 2279, Seal Beach, CA 90740.

LW Baptist

God is the loving giver of life and of all good things, and he requires mankind's thanksgiving and testimony to his goodness. LW Baptist's service on Sunday, Feb. 18, follows this theme in Clubhouse 4 at 10 a.m.

God gave Adam and Eve a

garden home to tend to. He then gave Abraham, Isaac, Jacob and their children the promised land as an everlasting possession. But Adam and Eve lost Eden, and Israel soon after Sinai forfeited Canaan, dying off in the wilderness, because they forgot

God's blessings. Only Israel's younger generation, the people of faith under Joshua, took possession of God's promises. This is all chronicled in the book of Numbers.

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



Holy Family Catholic Church

Holy Family Catholic Church celebrated Lunar New Year's Eve on Feb. 9 with a Mass led by Father Joseph Son Nguyent. Some Holy Family parishioners came dressed in their ao-dai in celebration.

The church's Lenten Fish Fridays will begin after the 11 a.m. stations of the cross devo-

tion on Feb. 16.

With a minimum donation of \$10 per person, people can get the following fish plates:

- Feb. 16: Fish, fries, coleslaw plus fruit or a cookie.
- Feb. 23: Fish burgers, chips plus fruit or a cookie.
- March 1: Clam chowder with crackers and fruit.
- March 8: Fish tacos with fruit or a cookie.
- March 15: Fish, fries, coleslaw plus fruit or a cookie.
- March 22: Clam chowder with crackers and fruit.

Those who want to join must sign up in the front of the church or parish office during office hours or 562-430-8170.

First Christian Church

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

Pastor's Message

This week's reading from Pastor Gary Whitlatch will be from 1 Timothy 2, where the apostle Paul, after describing himself as an appointed preacher of the Gentile, in faith and truth, urges that "prayers and thanksgivings be made on behalf of all men, including all who are in authority and in doing so a tranquil and quiet life will be obtained." Jesus prayed

persistently while he walked the earth and taught his disciples to do the same. His last prayer on the cross was to ask forgiveness for his persecutors.

Weekend Services

Sunday services, held from 9:30-10:45 a.m., are traditional with hymnal music led by Janet Ray with Pat Kogak at the piano. The choir will sing "Jesus Cares Medley."

Saturday services are held from 9:30-10:45 a.m. and feature 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 morning Bible study from 10:30-11:30.

Pastor Humes also leads prayer and Bible study every Friday from 4-5 p.m.

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

Scripture of the Week

"How precious also are Your thoughts to me, O God! How vast is the sum of them! If I should count them, they would outnumber the sand," Psalm 139:17.

Contact

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

For more information, call 562-431-8810.

Faith Christian Assembly

Winter can feel grim, and leave one with a sense of fruitlessness. It's a time when people may be tempted to rush into the next season. God's word makes it clear that his purpose prevails in each season and that there is a time for all things.

Ecclesiastes 3:1 says, "To everything there is a season, A time for every purpose under heaven."

Join Faith Christian Assembly on Sundays at 10:30 a.m. and midweek Bible study on Wednesdays at 11 a.m. Weekly Grief Share meetings will resume March 14 at 3 p.m.

Call the church office for more information on these services or meetings, or to receive a free copy of the monthly newsletter at 562-598-9010 or email contact@fcachurch.net.

People can also visit the website at www.fcachurch.net to read past newsletters.

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 9 a.m., followed in the second hour by Sunday School on the first and third Sundays, and Relief Society and Elders Quorum on the second and fourth Sundays. Primary classes for children are held every Sunday during the second hour. Members who are unable to attend Sacrament services in person can request a link from Bishop Mike Gravley at 562-212-8641.

The reading source for this year is The Book of Mormon. Personal reading should be those chapters in 2 Nephi not covered in this study. The study for the week of Feb. 19-25 covers 2 Nephi 6-10.

The “Come Follow Me” lesson manual says, “It had been at least 40 years since Lehi’s family left Jerusalem. They were in a strange new land a world away from Jerusalem. Lehi had died, and his family had already started what would become a centuries-long contention between the Nephites, ‘who believed in the warnings and the revelations of God’ and the Lamanites, who did not.”

Buddha Circle

Buddha Circle will meet with Ven. Kusala on Saturday, March 2, in Clubhouse 3, Room 1, from 9:30-11 a.m. Kusala is well known in the Buddhist community. He presents Buddhism in simple ways. His teachings focus on how to help people suffer less and become happier. For more information, call 714-468-6887.

[illegible][illegible]

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B. 2 meals a day 5 days a week (Delivery: Mon, Wed, & Fri) \$165 per week				
Monday	Tuesday	Wednesday	Thursday	Friday
LUNCH				
Pasta Fagioli w/Turkey Sausage & Cannellini Beans	Chicken Quesadilla Sour Cream Pico De Gallo	Butternut Squash Frittata, Asparagus, Cauliflower, Peppers	Ham & Cheese Omelet Dill Potatoes	Chinese Chicken Salad, Mandarin Oranges Wonton Strips
Seasonal Fruit	Mixed Berries	Seasonal Fruit	Mixed Berries	Seasonal Fruit
DINNER				
Chicken Sorrento Garlic, Tomatoes, Fresh Basil & Mozzarella	Basa w/Fresh Thyme & Diced Tomatoes Sauce	Swedish Meatballs Roasted Vegetables Boiled Potatoes	Five-Cheese Tortellini Pesto Sauce Mixed Vegetables	Shrimp Scampi Asparagus Parmesan Pasta
Italian Panna Cotta	Seasonal Fruit	Cookies	Seasonal Fruit	Fruit Trifle



Salim Khoury

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To ensure high quality, some items may be substituted.



HEALTH & FITNESS

Impaired Vision and Hearing Club

Senior Transportation Services Abrazar Inc. will be a guest speaker at the Impaired Vision and Hearing Club's meeting on Tuesday, Feb. 27, in Clubhouse 3, Room 1, at 1:30 p.m. Abrazar is affiliated with the Orange County Office on Aging, and offers other senior services. All LW residents are welcome to attend. As a reminder, \$3 club membership is due for members.

For more information, call Sharon Kohn at 562-596-0969.

—Sandy Esslinger

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 for anyone 60 or older. Suggested contribution is \$3 or \$5 for guests under 60.

LW Minibus service is available for a pick up at 10:25 a.m. at the Amphitheater bus stop on St. Andrews Drive, and a drop off at 11:40 a.m.

Thursday, Feb. 15

Cubed beef with stew gravy, vegetables, whole baby potatoes, whole wheat bread with Smart Balance, and mandarin orange.

Friday, Feb. 16

Vietnamese diced chicken with lemongrass sauce, brown rice, Japanese vegetable blend, and sugar-free pudding.

Monday, Feb. 19

No service. Closed in observance of President's Day.

MEALS OC, page 12

JOYFUL LINE DANCE



Joyful Line Dance members practiced a new dance, Glee Gloria, under the guidance of Karen Kei.

Learn the basics of line dancing and more in CH 2

The Joyful Line Dance Club meets on Thursdays from 10 a.m.-12:30 p.m. in Clubhouse 2. The first half hour is for beginners and intermediate dancers. After a brief break, the students practice more advanced dances.

The club has many leaders

who take turns teaching. They are Albert and Gladys Comia, Carmel Atkinson, Chung Cha Lewis, George Pinada, Gina Baik, Karen Kei, Nak Soo Kim, Elizabeth Kim, Sunny Kim and Anna Derby.

All attendees are asked to sign in with their name, Mutual,

and unit numbers, and check in at the front desk before entering the class. Everyone is welcome with a minimal membership fee. Exercise shoes are recommended.

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

Call to register for educational memory loss support group

LW Memory Support Team will have a three-week educational support group for people living independently with early memory loss due to mild cognitive impairment (MCI), Alzheimer's or a related dementia.

The participants will meet others in similar situations dealing with the same challenges. Professional facilitators with experience in memory loss will talk about medications, coping techniques, social relationships, building a support network, and planning for the future.

Pre-screening and registration are required. For more information or to register for a group, call 1-844-373-4400.

Optum HCC Events, March 4-29

Vandervoort Insurance Formal Medicare Sales Meeting

Sherry Vandervoort will talk about Medicare benefits and updates. RSVP by calling 949-702-9488.

When: Monday, March 4

Where: Large Conference Room

Time: noon-1 p.m.

Long-Term Care and Annuity Choices in Korean with Sussy Kim

Sussy Kim from United Health Group will talk about long-term care and annuity plans designed to keep people secure. This event will be held in Korean.

When: Wednesday, March 6

Where: Large Conference Room

Time: 11 a.m.-12:30 p.m.

SCAN Medicare 101

Diane Scott from SCAN will provide the latest updates on Medicare and answer questions. No RSVP required. **When: Thursday, March 7** **Where: Outside of Large Conference Room** **Time: 10:30 a.m.-noon**

Fall Recovery and Balance Health Seminar

Christel Mitrovich from Reneu Health will talk about the ways to achieve balance and prevent falls—the most demanding topic among the LWers. RSVP by calling 562-493-9581.

When: Friday, March 8

Where: Large Conference Room

Time: 11 a.m.-12:30 p.m.

SCAN Medicare 101

A licensed specialist from SCAN will talk about latest Medicare updates, answer questions, and share money-saving tips. No RSVP required.

When: Tuesday, March 12

Where: Boardwalk Conference Room

Time: 10-11 a.m.

Music and Movement with Alignment Health

Join Alignment Health for a music and movement session to improve balance and prevent falls. RSVP by calling 562-493-9581 or just come by.

When: Wednesday, March 13

Where: Large Conference Room

Time: 10:30 a.m.-noon

Paint and Sip with Ibarra Medicare Options

Join Carla Ibarra and professional art teacher in painting a picture and learning about Medicare. Supplies will be provided. RSVP by calling 833-442-2772.

When: Thursday, March 14

Where: Large Conference Room

Time: 10-11:30 a.m.

Vandervoort Insurance Formal Medicare Sales Meeting

Sherry Vandervoort will provide the latest Medicare updates and benefits, and answer the questions. RSVP by calling 949-702-9488.

When: Thursday, March 14

Where: Large Conference Room

Time: 2-3 p.m.

Healthy Eating and Healthy Living Seminar

Registered dietician Jacqueline Atwood will talk about healthy eating and its contribution to a healthy life. RSVP by calling 562-431-6586, ext. 2317.

When: Friday, March 15

Where: Large Conference Room

Time: 2-3:30 p.m.

Brightstar Care Parkinsons Disease Support Group

To enroll in this support group and for more information, call Becky Kohl at 714-861-4101.

When: Tuesday, March 19

Where: Large Conference Room

Time: 2-3 p.m.

OPTUM, page 12

Parkinson's Support Group

Everyone is invited to join the Abbott specialists for a discussion about advanced treatment options for moderate to advanced Parkinson's Disease on Tuesday, Feb. 20, at 2 p.m., in Optum HCC Conference Room.

People will learn about the latest technologies of deep brain stimulation to help manage symptoms including tremor, dyskinesia, rigidity, and bradykinesia.

Other educational resources will include videos, pamphlets, and in-person discussions with patients who have tried that procedure. No reservations needed, walk-ins are welcome.

For more information, contact GRF Member Resources Robann Arshat at 562-431-6586, ext. 2317.

Meals on Wheels Long Beach

Meals on Wheels of Long Beach, Inc., delivers freshly cooked meals for \$10.50 per day Monday-Friday, between 10:30 a.m.-12:30 p.m. Deliveries include an 8-ounce carton of 1 percent milk.

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

Thursday, Feb. 15

Salisbury steak with mushroom gravy, garlic and chive mashed potatoes, seasoned broccoli, fresh pear, roast beef and cheese sandwich with lettuce, tomato, pickle, cucumber, red onion and tomato salad.

Friday, Feb. 16

Teriyaki chicken, white rice, peas, onions, seasoned corn, cookies, chicken salad with kale, shredded brussels sprouts, dried cranberries, pepitas, poppy seed dressing, and crackers.

Monday, Feb. 19

No service. Closed in observance of President's Day.

Tuesday, Feb. 20

Roast beef with mushroom gravy, au-gratin potatoes, Mexican corn, Chinese chicken salad with apple, mandarin oranges, cabbage, carrots, onion, Asian dressing, and crackers.

Wednesday, Feb. 21

Chicken breast with wine sauce, biscuit, green beans with pimentos, red velvet cake, mandarin oranges, roast beef and cheese sandwich with lettuce, tomato and pickle, and tricolor pasta salad.

See more Health & Fitness on page 12

GOOD YEAR

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Empowering Our Female Community

In honor of **Women’s History Month**, we are offering a Women’s Series within our Connect to Healthy Living Seminars this March.

Join us at one or all of our women-centric seminars while our expert speakers provide educational lectures on women’s health topics. It is our hope to empower our female community members to be more proactive in their health and well-being, and offer appropriate support.

Women’s Heart Health

Wednesday, March 6 | 5:30 – 7 p.m.

Heart disease is the leading cause of death for women in the United States and can affect women at any age, which is why it’s so important to learn about the signs, symptoms and risk factors of women’s heart conditions and seek care when needed.

Menopause & Your Pelvic Health

Tuesday, March 12 | 5:30 – 7 p.m.

Learn about menopause and how it affects your entire body, including your pelvic floor.

Connection Between Weight Management & Increased Health Risks

Wednesday, March 20 | 5:30 – 7 p.m.

Learn how genetics, metabolic, environmental, and social factors play a part in weight management, and the role of new weight-loss medications.



All seminars held at:
Old Ranch Country Club
3901 Lampson Ave.
Seal Beach, CA 90740

RSVP at memorialcare.org/WomensEvent or by scanning the QR code.
Virtual and in-person options available.

Nutrition tips for the golden years

The following nutrition tips could improve quality of life and lead to better health in older adults, according to Healthline.

- Consuming fewer calories. With age, people need fewer calories every decade due to muscle loss, decreased physical performance and slower metabolism.
- Including more nutrient-dense foods. It is important to pack as much nutrition into consumed calories including whole grains, fruits, nuts, beans, vegetables and fish.
- Consuming more lean protein. Strength and muscle loss can develop with age. Eating more protein could help aging bodies maintain muscle.
- Eating fortified cereals and grains. The ability to absorb vitamin B12 can decrease with age and use of certain medications. In addition to food, people may supplement their diets with over-the-counter vitamins.
- Drinking more fluids. Drinking water and other fluids should be a priority to stay hydrated and support digestion.
- Prioritizing bone health. Older adults, especially women, may experience osteoporosis. It occurs when bones become brittle and may be avoided with vitamin D and calcium supplements.

—MetroCreativeConnection

BICYCLE GROUP



Chen To (l-r), Prudence Huang, James Perez and Jack Yelen stopped for a selfie at the Port of Long Beach. Until further notice, the LW Bicycle Group will meet at the South Gate, instead of North Gate, on Sundays with breakfast, Mondays, Wednesdays and Fridays at 9 a.m. Helmets and safe shoes are required. For more information, call Mary Romero at 562-509-8475 or Lucy Cyza at 818-209-5075.

Balance and Stability Club

The Balance and Stability Club meets on Tuesdays at 10 a.m. in Clubhouse 3 Lobby. Classes are taught by a certified instructor and consist of exercises to improve balance and can be self-paced. Bring a water and a smile. \$5 donation is requested. For more information, contact Adrianne Rosenfeld at 562-397-1519.

MEALS OC from page 10

Tuesday, Feb. 20

Roast beef with mushroom gravy, red chunk potatoes, capri vegetable blend, whole wheat dinner roll with Smart Balance, cherry pie or fresh fruit (diet).

Wednesday, Feb. 21

Chinese orange chicken with orange sauce, brown rice, spinach, orange juice, and sugar-free pudding.



Denise Stabile (l-r), Marshia Larson and Shirlene Bradrick.

Wa-Rite celebrated top losers at its first meeting of the month

The Wa-Rite Club supports and encourages its members as they pursue their weight loss goals and gain friendships through contests with cash prizes, weekly swap meets, parties with crowns, informative presentations and occasional funny money contests.

The club meets every Friday from 9-10 a.m. in Clubhouse 3, Room 1. Weigh-ins are from 8:15-8:45 a.m., and optional for guests. Female LW residents are welcome to visit any of the club's meetings, and should arrive by 8:45.

At the club's first meeting of the month, Kathleen Hessley was named a top loser for the week ending Feb. 2. The Wa-Rite also celebrated its January queen Marshia Larson, and degreed members Shirlene Bradrick, Denise Stabile and Ellen Larson.

After the acknowledgements, announcements and awards, the club held its annual officers election, and welcomed a new board member Bev Bender. She will be replacing the retiring first Vice President



Kathleen Hessley

Rosie Calhoun.

Other officers welcomed to serve another year in their current positions are Judy Chambers as President, Marina Tesla as second Vice President, Marshia Larson as Secretary and Shirley LeBrecque as Treasurer. Darleen Gardner and her assistants Annette Canale and the newly elected Henrietta Peavy will continue leading the weight recorder crew.

—Denise Stabile

TAKE A LOOK INSIDE

April 6 • 11 am - 2 pm

Clubhouse 1

- Featuring community karaoke, card clubs, the Historical Society, billiards room, shuffleboard and woodshop demos and more!



Around the World in 180 MINUTES

THE GREAT LEISURE WORLD DISCOVERY TOUR

OPTUM from page 10

Acupuncture Seminar Presented by Optum and ELIM Acupuncture Group

Doctor of integrative acupuncture and herbal medicine Yeung H. Kwon will talk about health benefits of cupping and holistic medicine. RSVP by calling 800-385-1130 or just come by.

When: Thursday, March 21

Where: Large Conference Room Time: 10 a.m.-noon

Fall Recovery and Balance Health Seminar

Christel Mitrovich from Reneu Health will talk about the ways to achieve balance and prevent falls. RSVP by calling 562-493-9581.

When: Friday, March 22

Where: Large Conference Room Time: 11 a.m.-12:30 p.m.

Alzheimer's Disease Support Group in Spanish

Join Norma Castellones as she provides education and support to those affected by dementia or Alzheimer's disease. Bring a friend, a family member, or come alone. RSVP by calling 562-493-9581.

When: Monday, March 25

Where: Large Conference Room Time: 3-4 p.m.

SCAN Medicare 101

Licensed specialist from SCAN will provide the latest Medicare updates and share money-saving tips. No RSVP required.

When: Tuesday, March 26

Where: Boardwalk Conference Room Time: 2-3 p.m.

Music and Movement with Alignment Health

Join Alignment Health for a music and movement session to improve balance and prevent falls. Moving and exercising may decrease cardiovascular mortality, increase flexibility, boost immunity and prevent bone loss. RSVP by calling 562-493-9581 or just come by.

When: Wednesday, March 27

Where: Large Conference Room Time: 10:30 a.m.-noon

Vandervoort Insurance Formal Medicare Sales Meeting

Sherry Vandervoort will provide the latest Medicare updates and benefits, and answer the questions. RSVP by calling 949-702-9488.

When: Friday, March 29

Where: Large Conference Room Time: noon-1 p.m.

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

ARTS & LEISURE



The LW Library is equipped with new computers, which can now be used for up to three hours per day.

RENOVATIONS

LW Library reopening deemed success

After closing for six weeks for building updates, the LW Library reopened Feb. 5 during the recent rainstorm that drenched southern California. The rain didn't stop the library's loyal patrons from visiting on opening day to pick up their celebratory tote bag gift and fill it with books, movies, audio materials and more.

In addition to the new carpet and paint, the library now has brand new computers, which residents can use for three hours a day, up from two. The library is also open later on weekdays, until 5:30 p.m.

Library staff returned reinvigorated with two new faces, both of whom are excited to join the team and begin assisting the residents of Leisure World.

"We saw so many new faces at the temporary location, and we hope that you all will frequent us in our updated original location," Library Manager Taylor Greene said, adding that he was grateful for residents' patience during the closure.

The library renewal project met all its internal deadlines and there were no delays in reopening it as scheduled.

"This is in no small part thanks to the teamwork between the Physical Property, Service Maintenance, IT and Library teams who worked diligently and tirelessly to ensure that the library would be ready on Feb. 6," Greene said. "Welcome back!"

Residents can use the library's new computers for up to three hours per day.



Vinyl Rock

Live Music in Clubhouse 2

Vinyl Rock will play this Saturday, Feb. 17, at 6 p.m. in Clubhouse 2 instead of its usual location. All are welcome, but guests must be accompanied by the resident who invites them.

Vinyl Rock is an Orange County-based band with eight members who passionately perform classic rock, pop and Motown tunes primarily from the '60s, '70s and '80s. The band keeps the audience engaged by inviting them to participate in sing-alongs and by mingling with them on the dance floor.

The band will have everyone smiling, singing, swinging and swaying to the songs they grew up listening to and easily recognize. Vinyl Rock is sponsored by Cabaret Entertainers and is free to GRF members and their guests (over 18). Leisure suits, Fu Manchu 'staches, mullets and big hair are welcome, but not required.

People are encouraged to sign in upon arrival; it's the only way that GRF can track the band's popularity.

All concerts are free, but tips are accepted and appreciated. For more information, contact kathytl@lwsb.com.

LW Poetry

This feature showcases original poems by members of the Creative Writers Club of Leisure World and other GRF members.

by Dave Crandall

Wood Shop

She gave it to me in nineteen eighty-five.
 It was a beautiful mahogany horse.
 Careless and clumsy, I dropped it on the floor.
 In a blow, its leg was broken by the force.

I tried and failed to fix it so many times,
 But where it broke at first, it would break again,
 And so my precious horse could no longer stand.
 It laid sideways on my shelf to my chagrin.

Then one happy day in twenty twenty-four,
 I took it to where I met three helpful men
 In the Leisure World wood shop by Clubhouse One.
 Now my gallant horse stands whole and proud again.



Dennis Punches and his wife spent two weeks in Nepal.

THE TRAVELING TIGERS

Presentation will focus on Nepal

The Traveling Tigers will meet Wednesday, Feb. 21, at noon in Clubhouse 3, Room 9. The meeting will begin with a potluck. People should bring a dish to share. At 1, there will be a short business meeting followed by a presentation on Nepal.

In August 2022, Dennis Punches and his wife, Karen, flew to Katmandu, Nepal, to join their daughter, who was spending the summer with a friend.

Over two weeks they spent time in Katmandu, the ancient royal city of Bhaktapur, the lakeside town of Pokhara and the Himalayan Tibetan villages of Marpha and Muktinath. Dennis will give a photo presentation of their trip. Dennis and Karen worked in Cameroon, West Africa for seven years. They also spent a year in Honduras, studied French in Quebec and have made numerous journeys to Myanmar.

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Hui O Hula showed the sea scouts of Neptune District how to hula at its recognition dinner luau party at the Long Beach Sea Base. The group learned how to depict the shining sun up above in “Pearly Shells.”

Hui O Hula

On Feb. 3, Jojo Weingart and Kaye Huff taught “The Hukilau Song” and “Pearly” Shells to the enthusiastic Neptune District Sea Scouts and their family members at the base on Alamitos Bay in Long Beach. Sea Scouts aged 14-20 enjoy weekly activities. Most units are co-ed and have a venturing theme.

The club thanks Albert Guerra for his invitation to hula. The club also welcomes his parents—Raul and Gina Guerra—who have recently become LW residents in Mutual 12.

In LW, Hawaiian dance lessons are held on Tuesdays and Thursdays. Both classes meet at 1 p.m. Tuesday’s class is given upstairs in Clubhouse 6, and Thursday’s class is held at the Veterans Plaza, inside if the weather is unfavorable. Everyone is welcome. Dancers should wear comfortable clothes and bring soft booties or socks in case the floor gets cold in the winter.

The current class subject is “He Aloha No O Honolulu,” a song and dance about the composer’s journey, from Honolulu to Oahu to Kona on the Big Island, on board the ship Mauna Loa.

The club wishes happy birthday to dancers Genie Tran, Hyung Lee, Leona Hasegawa and Kathy Insook Kim. Leona will become a centenarian on Feb. 19. Dancing—including the Hawaiian hula—must be good for longevity.

—Jojo Weingart

GARDEN CLUB

Resident arborist will discuss trees

The Garden Club will meet Monday, Feb. 19, at 1:30 p.m. in Clubhouse 2. Leisure World resident Victoria Bowles will cover the topic of trees and discuss various types of trees, including those found in Leisure World. She will also touch on other tree topics such as proper selection, myths, mistakes to watch for and urban forests.

Bowles’ mother instilled her with the love of gardening. She always enjoyed gardening as a hobby, but it wasn’t until she was downsized, after 30 years with the Gas Company Customer Service Department, that she began to view gardening and landscaping as a career.

First, she became certified as a UC Cooperative Extension Master Gardener with a focus on integrated pest management. Concurrently, she attended Saddleback College’s two-year Landscape Design Certification Program.

Her husband attended classes with her, and they began working together on small projects. They soon realized they’d need a State Contractors Landscape License, so she tested and became licensed. The pair started their own landscape design and installation business, which continued for the next 20 years.

Tree selection for design projects, pruning, transplanting, and tree removal all became part of their daily work. She then studied and became certified through the International Society of Arboriculture (ISA), and was later certified as a Tree Risk Assessor, also through ISA.

Tickets for the Garden Club’s Feb. 29 tour of the Bowers Museum will be on sale in the lobby before and after the meeting. Tickets are \$40 per person, which includes bus transportation, entry to the museum and a docent-led tour. The museum’s exhibits include “Gemstone Carving,” “The Masterworks of Harold van Pelt,” “Miao: Masters of Silver,” “Ancient Arts of China,” “Ceramics of Western Mexico” and many others. Lunch is not included in the ticket price but the tour will stop at the Olive Garden, where participants can order from the lunch menu. For more information, call 714-365-9367 or 562-446-0056.

The We Care table will be set up in the lobby for donations of non-perishable food items, gift cards and cash. All are welcome to attend. Coffee, tea and cookies will be served after the meeting.



Victoria Bowles



Berlin Truck’s “Weiner Dog,” an all beef sausage topped with grilled onion, sauerkraut and deli mustard on a bun.

Grab ‘n’ Go Food Schedule: Feb. 15-21

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

Monday: Berlin Truck at Clubhouse 6—Enjoy gourmet sausages, hot dogs, grilled cheese and loaded fries from 4-6 p.m. The full menu is available at <http://www.theberlintruck.com/menu/>. Only cards are accepted.

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

Wednesday: Kiki’s Cuban Food at Clubhouse 6—Try a variety of Cuban specialties, from slow roasted pork to sweet plantains and vegan dishes. The full menu is available online at <https://shorturl.at/npG UW>.

On-call bus service is available from 4:30 p.m. on. Regular bus service is available before 4:30; and weekends on-call any time. Call a ride at 562-431-6586, ext. 2379. Vendors are subject to change.

For updates, sign up for LW Live email notifications by visiting www.lwsb.com/lw-live-sign-up/. To ask questions or give feedback, email kathyt@lwsb.com.

CD Music for Seniors Club

The CD Music for Seniors Club is giving away music CDs. People can receive a free CD by attending the club’s meeting today, Feb. 15, at 1 p.m. in Clubhouse 3, Room 3.

Meetings are a great place to meet people and talk about music.

The club meets on the third Thursdays of even months. All are welcome to join.

Community Karaoke

Despite a rainy night, 39 karaoke singers arrived in the club’s temporary home in Clubhouse 4 on Feb. 7.

The audience listened carefully to the haunting melody “Suzanne” sung by Eileen Merritt. The song “Flowers” sung by Mariza Joaquin has a surprisingly strong beat that encouraged the dancers to move.

The audience loved hearing songs about rain performed by Nina Todorov, William Young, Karen Morris and Ray Geierman.

A new edition to the club’s song book, “Whitehouse Road,” was well done by Bob Barnum. Essie Hicks put nice emotion in her choice “Dust in the Wind.”

Erika Greenwood gave the audience a popular Paul Anka tune. There was lots of dancing in the aisles during this lively evening.

The club meets each Monday in Clubhouse 6 from 1-3 p.m. for practice sessions where people can try out a new song or hone a favorite.

Anyone can join the club’s karaoke evenings full of music, laughter and fun each Wednesday night from 5:30-9:30 in Clubhouse 4.

—Margie Thompson



Eileen Merritt

OPERA CLUB

French opera to be screened

Everyone is invited to watch Jules Massenet’s emotionally-driven opera “Werther” on Tuesday, Feb. 20, at 2:30 p.m. in the Learning Center of Clubhouse 3. This is a new time based on the room’s availability during the first few months of 2024. President Margaret Gillon will introduce this tale of unrequited love based on the struggles and complexities of human life portrayed in Goethe’s novel “The Sorrows of Young Werther.”

Act 1 opens in the garden of the Mayor who is discussing with friends the evening’s gala ball, to be attended by his beautiful eldest daughter Charlotte, 20, escorted by a sensitive young poet Werther, 23, in the absence of her fiancé, Albert, who has been detained returning from a six-month journey.

Charlotte has cared for her six younger brothers and sisters following the premature death of her mother, to whom she had pledged to marry Albert.

In Act 2, the audience learns that Charlotte and Albert are three months happily married while the poet Werther is dealing with jealousy.

While Albert acknowledges Werther’s pain, stemming from having met Charlotte while she was single, her younger sister, Sophie, 15, attempts to attract Werther without success. Charlotte tells Werther it may be best to cool things by separating until Christmas.

In Act 3, Charlotte is re-reading some letters from Werther and recognizes some long-felt love for him. On his arrival back for Christmas, she momentarily falls into his arms, but she recovers and leaves the room. When her husband, Albert, enters, Werther asks to borrow his pistols for an upcoming journey, to which Albert agrees.

In Act 4, Charlotte arrives to find Werther mortally wounded but he prevents her from summoning help. She confirms to have always loved him. Werther dies as children sing carols on Christmas Eve.

The production is in French with English subtitles. People are invited to wear masks indoors, if desired. No dues or fees are collected.

For more information, contact Margaret Gillon at Margaretgi@yahoo.com or 562-370-3844.

Saturday Morning Dance Class

There are two dance classes every Saturday morning in Clubhouse 6 (second floor). In February the classes are cha-cha at 9 a.m., followed by foxtrot at 10. Each class is \$7 per person.

The 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.

AROUND THE WORLD IN 180 MINUTES

LW Discovery Tour will feature 60 clubs, raffles and prizes

by Kathy Thayer
Recreation Manager

A total 60 clubs have confirmed plans to join The Great LW Discovery Tour, which will be held Saturday, April 6, from 11 a.m.-2 p.m. No more clubs will be accepted. The primary Club Expo will take place in Clubhouse 3 with 45 of those clubs welcoming residents. Active seniors will show off a variety of interests, from cards and games to ethnic groups, health and education, hobbies and politics, emergency services, and social clubs.

The Genealogy Library will hold tours and the Quilting Bees will show off the state-of-the-art Needle Arts Studio. Curious about the Learning Center? It's not just for computer clubs as the LW Opera Club will demonstrate. Many clubs plan to have drawings for prizes. In the lobby, the Impaired Vision and Hearing Club will have professionals offering free resources and the Korean American Association will do the same for that community. While top vendors will wow the community with their services and raffle prizes in Clubhouse 4, the Velvetones will take the stage. At the rear of the facility, the Art League, two ce-



ramics clubs, and the Lapidary and Jewelry Club will show off their remodeled studios and offer their wares for sale. People are invited to put their name in for drawings for some exquisite, handcrafted treasures. Between Clubhouses 3 and 4, the Library and the Friends of the Library bookstore will greet attendees. The bookstore will be giving away tons of free books to celebrate the day. A variety of food trucks will be available before people move on to the next location. People can take the minibus to Clubhouse 1 and join the karaoke party in the main hall.

Learn more about GRF's wide array of amenities with a whirlwind tour on April 6.

In the pool room, the Ladies Q Club will welcome people. People can pop into the Historical Society library to see what LWSB has done for 60 years.

Paws, Claws and Beaks are planning a pet contest that won't be for pooches-only in the picnic grounds. People can also tour the state-of-the-art Woodshop hosted by the shop's handy supervisors in GRF's newest facility. The last stop will be the renovated Shuffleboard Court before moving on to the next venue. Clubhouse 2 will feature a home improvement and non-profit organization exposition while Abilene rocks the stage. Three of LW's most active clubs will show off the Corner Pocket Poolroom along with

the pickleball and bocce courts in Mission Park. The tour continues with minibuses transporting people to the amenity hub, where the two golf clubs will show off the nine-hole Turtle Lake Golf Course. Next to them will be the Aquatic Center pool and spa. From there people are invited to travel across the street to Clubhouse 6, where they can take a free table tennis lesson, check out the Fitness Center, or catch a Zumba or line dance demonstration in the second floor dance space. All clubhouses will have tour ambassadors to guide people and stamp each person's passport. The minibuses will have tour guides, courtesy of the Theater Club, that will clue people in on all they will see each stop. At 2 p.m., people can hop a bus back from any venue to Veterans Plaza where the grand finale raffle drawings will take place along with the Ugly Tourist Contest. A fully stamped passport is your ticket to the grand prize drawing, which is under wraps for now. The Recreation Department is in the planning stages so keep an eye on the LW Weekly for updates. For more information, email kathyt@lwsb.com.



Celtic band Sportive Tricks

ST. PATRICK'S DAY DINNER DANCE

Celtic band will perform on St. Patrick's

GRF's fourth annual St. Patrick's Day Dinner Dance will be held Sunday, March 17. Clubhouse 4 will fill with the aroma of corned beef and cabbage, baby carrots and roasted red potatoes, a Sonoma salad dressed with a raspberry vinaigrette and brownies, all catered by Country Gardens. Strains of Irish music will be provided by an authentic Celtic band. This year, GRF is bringing back Sportive Tricks, a Celtic band with a kick. From time-honored sing-alongs and sea chanteys, to covers with a twist and original songs, the seven members of Sportive Tricks each bring their own voices, instrumental talents, experience and energy for a toe-tapping good time. The band received rave reviews after their 2023 performance. Tickets are available now at the Recreation Office, located in Building 5. Tickets are \$45 or \$250 for a table of eight. Doors open at 5:30 p.m. The band performs from 6-8 and it's sure to be a blast. For more information, contact Mayoka Bassell at 562-431-6586, ext. 2476, or email mayokab@lwsb.com.

To purchase tickets for the St. Patrick's Day Dinner Dance, visit the Recreation Office in Building 5.

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COMMUNITY



Through fundraising, the GAF was able to purchase a new access bus in 2014.



Residents make new connections every weekday at the Hospitality Room.

Become a Golden Age Foundation member

The Golden Age Foundation (GAF) invites LWers to become members. As a non-voting associate member, membership dues/fees help the GAF continue supporting the Leisure World community.

Who we are:

The Golden Age Foundation is a nonprofit 501(c)(3) organization that has been serving the Leisure World community for 50 years.

Through the support of volunteers, individuals and organizations the GAF has organized and implemented

many programs that have benefitted the LW community.

Core Programs:

- The Hospitality Center, located in Clubhouse 6, serves morning coffee and provides a place for people to socialize on Monday-Friday from 9-11 a.m.
- The Mobility Aids Program provides free mobility aids rental, including walkers and wheelchairs.
- The document shredding program helps support recycling efforts and most importantly helps protect

against identity theft.

•Environmental efforts include the battery and fluorescent bulbs recycling programs.

Associate Member Dues:

GAF annual dues are \$10. To become a member, make payment by check to the Golden Age Foundation and mail to: Golden Age Foundation, P.O. Box 2369, Seal Beach, California 90740 or drop it off in the Hospitality Room's donation box in Clubhouse 6.

Cash is also accepted.

—Anna Derby



Volunteers for the free income taxes service from the Golden Age Foundation have been trained and certified by the IRS through the AARP.

Make an appointment to file taxes with GAF today

IRS-certified volunteers are preparing and e-filing tax returns for full-year California residents. This free AARP program is sponsored by the Golden Age Foundation (GAF) and is available every Monday, Tuesday and Wednesday morning

in The Knowledge and Learning Center in Clubhouse 3.

Appointments are required. Call 562-596-1987 and leave your name and telephone number. A volunteer will call back to schedule your appointment. The intake/interview sheet required

for every appointment can be picked up at the Leisure World Library and completed prior to the appointment.

Note that individuals with rental property or a net loss from self-employment are out of scope for this program.

EMERGENCY INFORMATION COUNCIL

Digitize documents on Feb. 22

The Emergency Information Council will hold its first free vital document scanning event on Feb. 22 from 1-3 p.m. in Clubhouse 3, Room 3.

An emergency or disaster can erase the vital documents and records of a person's life instantly if unprepared. Planning ahead means saving the basic information needed to endure a crisis and get lives back on track afterwards. One way to do that is to have vital documents and information scanned onto a memory stick, sometimes called a thumb drive, and keeping that drive in an emergency Go Bag in case of sudden evacuation.

The Emergency Information Council's first scanning event will scan documents for the first 60 residents on to a thumb drive. The scanning and the thumb drive are free. A copier will be available to scan important cards and odd sized materials onto sheets for scanning. For this first event, documents should not exceed 20 pages. More documents can be added to the drive at future events if needed.

Important documents and information worth scanning and having copies of include those verifying personal identification, wills, Leisure World Stock and member certificates, medical, financial, and insurance identification and contact information. Having a computer or knowing how to use one is unnecessary.

For more information, contact President Jackie Dunagan at jackie919@gmail.com or 562-431-7479.

—Nick Massetti



Multiple companies have donated goods to the American Legion Auxiliary's fundraiser.

Raffle will have something for everyone

American Legion Auxiliary Raffle Committee members Phyllis Pierce and Doris Dack have received many generous donations from local businesses for the American Legion Auxiliary Fashion Show. Some of the items that will be in the raffle are Gorjana jewelry and a \$150 gift card, champagne brunch for four at Schooner or Later, Naples Rib Co. dinner, a boat tour of Huntington Harbor for 4-6 people, Omaha steak basket, Prep Kitchen cooking class basket, coffee baskets, and gift cards from Wholefoods, Sprouts, Vons, Roger Dunn Golf, PetSmart and more. Fashions from Carol's in Seal Beach will be featured at the show.

The fashion show and raffle will be held on March 9 in Clubhouse 2. Doors open at 11 a.m. Tickets may be purchased for \$40 each or a table of eight for \$300; call Rose Marie Sprague at 714-742-8362. The last day to purchase tickets is Feb. 23.

Vietnamese American Club

The Vietnamese American Club (VAC) will celebrate Tet, the Vietnamese New Year, year of the dragon, on Sunday, Feb. 25, in Clubhouse 4 at 4:30 p.m.

The program will feature the Dance of the Dragon, Vietnamese dancing and music, plus typical Vietnamese food. All are welcome to join. RSVP by the end of the day today, Feb. 15.

For more information, call An Truong at 714-932-1244.



CANCER SURVIVOR LUNCHEON



Jeanette Williams (r) served Joanna Matos at the annual Cancer Luncheon last year. Community Church will hold the luncheon again on Wednesday, Feb. 21, at noon. People must RSVP to Sally Glausser at 562-431-3851 by Feb. 18. For more information, see page 8.



Officer Mitchell Smith
Sunshine Club

California Highway Patrol Officer Mitchell Smith will give a presentation to the Sunshine Club titled “Age Well, Drive Smart” on Friday, Feb. 16, in Clubhouse 3, Room 2, at 10 a.m. Research by the Insurance Institute for Highway Safety shows that senior citizens involved in traffic collisions tend to be more vulnerable than younger people, meaning that seniors suffer more severe injuries. Crash prevention and in-vehicle occupant protection have **SUNSHINE, page 18**

GAF AND RALPHS COMMUNITY REWARDS



Hyun Soon Lee (l) from Mutual 4 signed up for the Ralphs Community Reward program with help from Beth Greeley. The program helps the Golden Age Foundation raise funds for its services program. The next opportunity to sign up in person will be Feb. 21 from 9-11 a.m. in the Hospitality Room in Clubhouse 6.

Golden Age Foundation Board Meeting

The Golden Age Foundation will have its monthly board meeting on Wednesday, Feb. 28, at 2 p.m. in the GRF Conference Room B. All GAF members are welcome to observe the meeting. This is a great opportunity to catch up on the latest news and get a preview of coming projects. The GAF Board meets on the fourth Wednesday of the month. For more information, contact Anna Derby at 562-301-5339.

LW BIRTHDAY



Leisure World residents Lana Nguyen (third from left) and Debbi Fudge (fourth from left) celebrated their birthdays jointly on Jan. 4 at the Luxe Buffet in Westminster. Lana’s 88th birthday was Jan. 13 and Debbi’s 79th birthday was Dec. 28. The birthday party was hosted by Fudge. This birthday party marks the fifth year the two friends have celebrated their birthdays together.



Tax preparers will be available to help on Thursdays in Clubhouse 3.

KOREAN AMERICAN ASSOCIATION

Taxes preparation for Korean speakers available

The Korean American Association will provide free tax preparation every Thursday in February from 1-4 p.m. in Clubhouse 3, Room 6. Those who made less than \$80,000 in 2023 can receive help

from IRS tax experts to file for free and potentially receive a tax refund. The Good Hands Foundation volunteers will prepare tax reports for LW residents. Most of the volunteers are Korean

bankers who have passed the IRS exam and are familiar with tax law. To make a reservation for the service, call the Korean American Association at 714-713-0167.

Joshua 1:7-9

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Democratic Club

by Mary Larson
LW contributor

In previous elections, Leisure World has consistently had one of the highest percentages of voter participation in Orange County. By all indication, this will also happen again in the current primary election.

A majority of voters in the community may have already cast their ballot. New residents are reminded that they can drop their ballot in the Voter Drop Box located in the Amphitheater parking lot at 13531 St. Andrews Drive. Anyone who needs assistance voting or more information about candidates can contact a member of the Democratic Club board by calling 562-296-8521 or 1-805-588-5141. All voters are invited to visit the club's Hospitality and Information tent, currently being staffed every Tuesday and Thursday outside Clubhouse 6 from 10:30 a.m.-12:30 p.m.

In the meantime, many races such as for Orange County Superior Court judges and

members of the Orange County Board of Supervisors could be decided in the current Primary Election.

As of Jan. 29, Democrats outnumbered Republicans in county-wide voter registration by roughly 74,000 voters. There are reportedly 686,390 registered Democrats in the county compared to 612,535 registered Republicans. Independent voters continue to be a big block in Orange County with more than 416,000 No Party Preference registered voters.

The election to replace termed-out Andrew Do as LW's District 1 representative on the Orange County Board of Supervisor appears to be receiving the most attention throughout the county. There are five candidates seeking to replace Do. At least one of these candidates is attempting to win this seat by receiving over 50% of the vote in the primary.

The LW Democratic Club is supporting Dr. Frances Marquez for the District 1 seat on the OC Board of Supervisors, as is



Frances Marquez

the Democratic Party of Orange County. Marquez is currently a member of the Cypress City Council. She is also an associate professor of government at Gallaudet University, where she teaches deaf and hard-of-hearing students and helps them pursue careers in public service.

Democrats and supporters are invited to subscribe to the club's newsletter by emailing mlarson.telfords@gmail.com. If the request has not been answered, call editor Mary Larson at 562-296-8521.



Mutual 2 shareholder Delrie Hobbs (l) appreciated GAF volunteer Brenda Thomason at the 2022 centenarian event. Delrie lost her centenarian mom in February a month before the event.

Celebrate a centenarian April 23

The Golden Age Foundation (GAF) will honor LW centenarians on April 23. Shareholders who will be 99.5 years old in 2024 are welcome to sign up. For more information, call GAF volunteers Carl Kennedy at 661 810-9410; Beth Greeley, 714-329-3621; Cheryl Falconer, 714-904-1984; Fara McCartney, 714-625-5141 or Anna Derby, 562-301-5339. The LW Weekly will intermittently feature stories about LW's longest lived residents in the weeks leading up to the celebration.

Learn how to prepare for an emergency on Feb. 23

The LW Community Emergency Response Team (LW CERT) will meet Friday, Feb. 23, at 9 a.m. in Clubhouse 3, Room 9, for a safety class on earthquake preparation. LW CERT's free monthly safety classes are 45 minutes long and all residents are welcome to join. Coffee and muffins are provided.

At the January LW CERT safety class, President Catherine O'Brien distributed a FEMA "Family Emergency Communication Plan" handout and gave a presentation on the importance of having a good communication plan. O'Brien covered three ways to organize key contact information for people's families and other important people (including medical facilities, doctors, insurance companies and service providers).

OBITUARY



Kathleen Croghan
1926 - 2024

Kathleen Croghan was born on a farm in Iowa on July 7, 1926.

After she graduated from nurses training, she went into a convent from 1953 to 1962. Its mission was to serve the poor on the streets in France. After she left the convent, she earned degrees in English and nursing.

Kathleen later moved to Leisure World and lived there for 11 years. She then moved to Rossmoor, California where she passed away on Jan. 5, 2024.

Japanese American Club

The Japanese American Club will meet on Saturday, Feb. 17, from 10 a.m.-noon in Clubhouse 3, Room 1. Sandwiches, snacks and cake will be served for \$5.

Pam Krug and Patty Littrell, memory support team members of the Leisure World Seal Beach Care Team, will speak about how the care team can help residents.

Membership forms for this year will be available for those who haven't joined.

For more information, call Sherie Vanek at 714-916-6313.



CERT training starts March 12

The LW Community Emergency Response Team's (LW CERT) will hold a training on March 12. Classes are held from 6-8 p.m. on Tuesdays and Thursdays for six weeks.

The LW CERT Team is a club of residents who are trained to help themselves and others in an emergency. During the training, residents are taught to:

- Plan for emergencies, power outages, and earthquakes.
- Protect themselves and others by learning skills such as basic first aid, using a fire extinguisher, and reacting in an emergency.
- Recover and get back on their feet after a disaster.

For more information, contact Eloy Gomez at 562-431-6586, ext. 2356, or email eloyg@lwsb.com.

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

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

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

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

For more information, call 562-430-0534, ext. 2801, or email laurieb@lwsb.com.

LW America First Republican Club

by Brian Harmon
LW contributor

The LW America First Republican Club is focusing on the March 5 primary race for Congress, since the incumbent Democratic congresswoman is running for United States Senate.

Scott Baugh is the endorsed Republican candidate. One argument used against him is that he has run for the office three times previously and lost. In each case he was running against an incumbent member of Congress. In this case, there is now no incumbent because the would-be incumbent is running for the seat left vacant by the late Sen. Diane Feinstein.

Baugh graduated summa cum laude from Liberty University, one of the two top conservative colleges in the nation, in 1984. In 1987, he earned his juris doctor degree from the McGeorge School of Law, another prestigious school.

His major Republican opponent, Max Ukropina, has considerable appeal as a non-politician. He spoke to the LW Republican Club a few months ago and was clear and articulate on the issues. As it is, he has virtually no name ID in the district and little prospect of gaining any significant amount before the election.

The LW Republican Club believes in 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.

Monthly meetings are held in Clubhouse 3, Room 2, on the third Wednesday of each month at 5 p.m. for socializing and 5:30 for the speaker.

The club booth, located near Clubhouse 6, will be open each Monday, Wednesday and Friday in February from 11 a.m.-2 p.m. At the booth, residents can sign the Protect Kids of CA petition, register to vote, change their party affiliation or just enjoy pleasant conversation.

SUNSHINE from page 17

become urgent needs for seniors. The impact of aging on driving ability varies widely, but senior drivers need to know that gradual effects on vision, flexibility, and response times may compromise safety and eventually require them to stop driving.

To educate mature drivers, California Highway Patrol offers the Age Well, Drive Smart program statewide. It covers:

- How to improve driving skills.
- Knowledge of rules of the road.
- Normal, age-related physical changes and how to adjust to them.
- When it may be time to limit or stop driving.
- Understanding the alternatives to driving.

This approximately two hour class is offered free of charge.

The CHP Westminster area is starting a Senior Volunteer Program that Smith will speak to residents about.

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

Call the LW Weekly: 562-430-0534

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SHUFFLEBOARD CLUB

Planning meeting set for Feb. 22

During the lapse in league play while the court building is being painted, President Kay Mount, the board and members of the Shuffleboard Club thought it would be the perfect opportunity to do some organizational planning for the future of the club. This important meeting will be held next Thursday, Feb. 22, in Clubhouse 3, Room 9, from 2-4 p.m.

As evidenced in January when loyal members arrived at the courts to remove furniture, bulletin boards, sporting equipment, fans and assorted other items, members care deeply about the club and will turn out to weigh in on the discussion and decisions of this important organizational meeting.



Longtime club member Harshad Patel recently earned a statistic the club seldom sees. He had an average of 1,000 or 100%. The club congratulates Harshad.

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

—Barbara Gardner

Yahtzee Club

The Yahtzee Club will meet Feb. 16 in Clubhouse, 3 Room 6, at 1 p.m. There will be a halftime social. The club meets the first, third and fifth Fridays of each month. The objective of Yahtzee is to score points by rolling five dice to make certain combinations.

Feb. 2 winners: Pat Wilson, most Yahtzees; Diane Seeger, high score; Doris Dack, low score; Louise Hinkle, door prize.

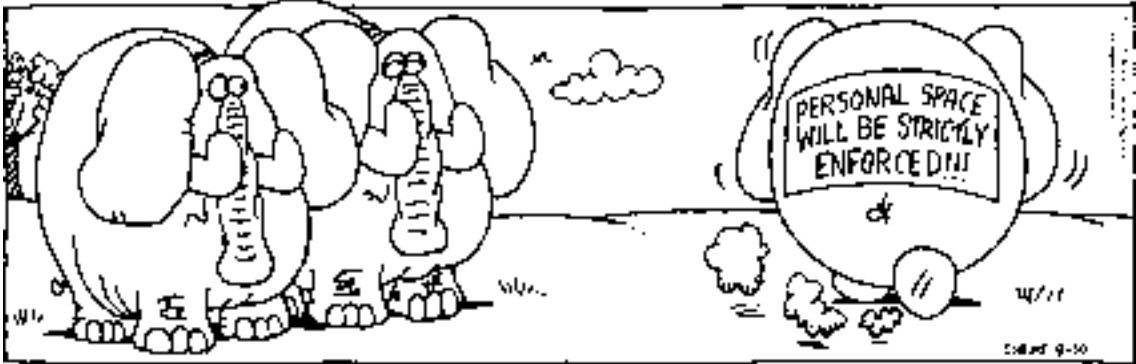
For more information, contact Diane Seeger at 562-533-5997.

—Joyce Ingram

The LW Weekly
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Puzzle Answers

Puzzle pages 6-7



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PAR SCORE 270-280										TOTAL 342				

Crossword Answers

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

Sudoku 1 Answers

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

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

Jumble Answers

MOTTO HONOR EYLLID INFORM
The chef added the aromatic member of the mint family when it was — TIME FOR THYME

Sudoku 2 Answers

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

Guess Who?
Queen Latifah

Crypto Fun Answers

A. blooming B. petal C. soil D. bees

Boggle BrainBusters Answers

JOKE RISK COKE HAPPY CLITE BAKED SUTER LAMPYET

Word-Find Answers

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

LW Table Tennis Club may improve love life

February has been wintery with chilly temperatures and many days of rain. To chase the blues away and stay in shape, people may consider playing table tennis in Clubhouse 6. Table tennis offers great mind-body stimulation, aerobic exercise, and social interaction.

In Leisure World there are high quality customized net dividers to prevent balls escaping from the playing area, and a robot practice machine, though one needs to be a Table Tennis Club member to use it.

Hankin Le, new president of the LW Table Tennis Club, shares a condensed table tennis-related romantic excerpt from the May 4, 2016 San Diego Union-Tribune: "After 94 years as a bachelor, table tennis legend Si Wasserman, an Oceanside resident, tied the



Paul Kryczko

Customized net dividers prevent balls from escaping the play area in the table tennis zone of Clubhouse 6.

knot with 64-year-old Patty Martinez of Seal Beach, who was widowed. Martinez met Wasserman six years ago at a table tennis tournament. Their love gradually blossomed during weekly practices at the

Senior Center in Oceanside. They both are lifelong avid table tennis players. He was the leader of the 1959 U.S. team and she won the U.S. Open at the young age of 13. Wasserman never intended to be a lifelong bachelor, but he was so busy working while playing and training table tennis that he didn't have time to get married. He gave up on ever finding love after the age of 40. On Wednesday morning, the couple exchanged vows at the senior center with paddles in hands and wearing matching t-shirts. The wedding cake was decorated to look like a ping-pong table."

Le hopes this timely Valentine story will provide enough inspiration for paddles to be dusted off and table tennis to be played. The club provides loaner paddles if needed.

—Hankin Le

LW Pool League

At the Jan. 31 meeting of the Wednesday division of the LW Spring Pool League, there were three matches.

No Miscueses beat the Rack Runners 8-5. Dave Mackinder and Elizabeth Butterfield each won four games for No Miscueses. No Miscueses made it a point to chalk up before each shot.

Scam beat the Favorites 9-4. Millie Larsen led Scam with six points, winning both of her singles games. Teammate Cornel Sneekes won five games, including three doubles and the final eight ball game.

The Anglers beat the Sharks

8-5. The Anglers "C" player, Denise Scott, had a big night, winning six of her seven games. Scott's only loss was to Shery Wells in her nine ball singles match.

On Feb. 5, The Renegades edged the Rail Runners 7-6 by winning the final eight ball game, where all three players alternate turns shooting. Brian Tivnan of the Renegades scored five points and won his two singles games.

The Side Shooters beat the Cue Crew 8-5. Gary Monahan and Guta Basner each won five games for the Side Shooters. Every player in this match

split their singles. Splitting the eight ball and nine ball singles matches has been the early trend in the league so far.

The Snipers won a close match against the Rustlers, 7-6, when the Rustlers made the eight ball in the final game, but scratched. John Burns won five games for the Snipers, including both of his singles matches. Rusty Aquino, of the Rustlers, won five games and all four of his doubles matches.

After two weeks the Snipers lead the Monday league with a record of 10 wins and six losses.

—Dave Silva

LW Women's Golf Club longs for sunny Tuesdays

Another rainy Tuesday cancelled the weekly LW Women's Golf Club tournament on Feb. 6.

The women play a nine hole tournament every Tuesday morning at 7:30 when it's not raining. Any Leisure World woman is welcome to be a club member. Annual dues are \$25. Each tournament gives players a chance to win \$1 for low gross, low net or play for the day in each flight. Every

player acquires a handicap. Handicaps are figured over a number of rounds. Par for nine holes is 27.

Meetings are held quarterly. There are two luncheons throughout the year. Players do not have to be expert golfers. The Turtle Lake course is short but challenging. An example is hole No. 7. It is about 70 yards. There is a sand trap on both sides of the green. This leaves a narrow alley to

get on the green. Also on the right is the lake. The water definitely comes into play. Sometimes the hole is behind the right bunker. It's a risky reward to aim for the flag.

The club hopes Tuesday brings sunshine so the weekly tournament can happen.

For more information, email President Pam Krug at pskrug62@hotmail.com or call 562-431-1257.

—Linda Herman

Tournament Poker Club tournament is Saturday

Those who would like to play a fun and friendly game of Texas Hold 'Em with the Tournament Poker Club for a \$5 buy-in are welcome to attend the next tournament this Saturday, Feb. 17. Regular tournaments are on the first three Saturdays of every month in the lobby of Clubhouse 6. Registration begins at 10 a.m., along with treats and coffee. Cards are in the air at 10:30. There is no late seating.

The club welcomed back its members for the first tournament of the month on Feb. 3. As the winners of their original tables, the final table players were: Jack Lee Pfeifer, first place; Roger Montero, second; Lem Hall, third; Wendy Wu, fourth;



Jack Lee Pfeifer

Joyce Smith, fifth; Shelly Yu, sixth. Fifty players started the game and at the final table, play continued until Pfeifer and Montero were head's up. The

flop came 7-3-K and holding 3-6, Montero went all in and was called by Pfeifer holding A-A. The turn was a queen, which was no help to either player, but the river card was a 4; giving Pfeifer the winning hand with a pair of aces.

Pfeifer has lived in Leisure World for 11 years and been a member of the poker club for 10 years. This was her 12th final table win at regular tournament. In addition to tournament poker, Pfeifer enjoys cribbage and bocce ball here in Leisure World and is also a competitive runner.

For more information, call Debbie Barner at 325-721-0687.

—Debbie Barner

Duplicate Bridge Club

The Leisure World Duplicate Bridge Club will meet on Mondays and Fridays during February in Clubhouse 4 at 12:30 p.m. Reservations can be made at any game using the sign-up sheets. Players can 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.

Jan. 27 winners (eight tables): Ellen Kice and La Vonne McQuilkin, Howard Small and Chie Wickham, north/south; Jeanette Estill and Priscilla Caillouette, Shmuel Fisher and Thad Mikols, east/west.

Feb. 2 winners (seven tables): Shmuel Fisher and Joan Tschirki, and Judith Jones and Fred Reker, north/south; Donald Valens and Sue Boswell, and Marcia Lane and John Berg, east/west.

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.

—Sue Fardette

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Listed 15-10f	Listed 7-158b	Buyers Agt. 14-25e	Buyers Agt. 4-47j
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2023 Escrows

2-46C	\$379,000	2-18L	\$465,000
17-93A	\$482,000	7-146i	\$250,000
1-38E	\$215,000	9-210A	\$510,000
7-161i	\$330,000	1-8E	\$255,000
6-141K	\$288,000	4-79A	\$610,000

Leisure Living Resales



ERIKA SHAPIRO
BRE # 01448494
Resales Specialist Mut. 17 Resident
562-208-5223

Mut 9 - 218H
\$325,000

2 Bdr, 1 bath, enclosed patio, Washer & dryer, dishwasher, microwave. East facing, private location.



New Listing

Mutual 17- 30C
\$450,000

Condo 3rd Floor, facing South/East Fully equipped kitchen, central A/C Heat, Large floorplan, breakfast counter, formal dining. Financing Available.



Pending Sale

Mutual 7 - 162H
\$435,000

Move-in ready, 2 BDR/ 1 bath, beautifully staged, drive-up convenience, fully expanded, central A/C heat, new white cabinetry, new appliances, formal dining, built in breakfast island and dining room hutch, washer & dryer and more!



Price Reduction


Mutual 14 - 49L
\$450,000

Desirable Mutual 14 location, 2 BDR, 1 Bath, fully expanded corner with a large side patio, washer & dryer, Central A/C Heat, large skylights. Laminate Flooring.




Pending Sale


Leisure Living Resales



Tim Lloyd
714-794-7824
Office Manager




Robin Gray
562-209-5605




Barbara Diette-Dobias
562-754-5628




Kathy Gupton
562-618-9940




Gloria Hadley
562-884-3594




Edwina DiMario
562-706-7999




Vickie Van Ert
310-220-1407




Rosie Wang Davis
626-623-9929




Kristin Duncan
562-480-1465



Estee Edwards
562-208-2540



Leah Perrotti
310-889-6583



Hanna Rubinstein
562-900-4243

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

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HomeServices
California Properties

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

One-Bedroom

Mutual 8 - 185K **\$299,000**
Charming, ready to move in, with cozy garden patio

Mutual 2-7G **\$299,000**
Basic unit ready to be made a home.

Mutual 3-24F **\$349,000**
2 Bedrooms, 1 bath
Corner unit

Mutual 11-273L **\$359,000**
2 Bedrooms, 1 Bathroom

Two-Bedrooms

Mutual 2-68G **\$399,000**
Expanded corner close to carport


Mutual 4-46F **\$409,000**
West facing unit w/ green view

Mutual 5-104F **\$549,000**
2 Bed 1 Bath- Recent Remodel
Corner with Large Patio


Mutual 1-6F **\$585,000**
Rare Find! 2 Bedroom, 2 Bath with an extra room that can be used as an office or guest bedroom

Pending


M14-5B M15-37R M 8-185K M14-I M 5-90-B M2-7-G M12-72-C




Claudette "CC" Cooley
310-484-9600




Bill Berman
714-606-5258




Jay Cho
714-944-4998




Philip Bak
213-550-9991




Fay Wescott
949-212-8748



Kawain Payne
714-293-1151



Adrian Villarreal
714-694-3291



Chris Kim
424-247-4542

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Kathy Guppton
Associate Broker
DRE # 00744676



Sean Wood
Realtor®
DRE# 02186926



Gloria Hadley
Realtor®
DRE # 01057681

562 514-6613

New Listings!

M11-273L

\$338,000

Quaint and beautiful tree-lined private location. Spacious corner 2 bedroom 1 bathroom home with a large wrap-around enclosed patio room. The living room has a large skylight, newer heat pump/air conditioning unit and vertical blinds. Kitchen has a Leisure World refrigerator, stove, oven, and an added dish washer, ceiling fan and skylight. Living room, bedrooms and kitchen have laminate flooring throughout. Bathroom has skylight and cut down shower for walk-in convenience. Large versatile L-shaped patio room is fully enclosed and has a walk-in storage closet, skylight and indoor/outdoor carpeting. Located in Leisure World a Resort-like 55+ community in charming Seal Beach. Leisure World offers over 200 clubs organizations and activities including a 9-hole 3 par golf course, swimming pool, jacuzzi, gym, lawn bowling, bocci ball, shuffleboard, billiards room, woodworking shops, arts, crafts, sewing room, amphitheater, library, healthcare center, a variety of cards and exercise groups, and so much more. This home is light, bright and a must see.



M14-28A

\$450,000

This elegant fully expanded corner two-bedroom one bathroom home features a spacious living room and formal dining room. The living room has Bay windows, recessed lighting and is adjacent to a formal dining room with a beveled-mirrored wall. The custom kitchen has newer cabinets and built-in appliances including a refrigerator, stove, oven, microwave, and dishwasher. The kitchen also has an extra-large skylight and an added pantry. The main bedroom has a large walk-in closet and Bay window. The bathroom has a skylight and walk-in shower. The second bedroom has a built-in wall unit with desk and sliding doors to a private side patio addition. This charming home has been painted throughout and has newly installed deluxe vinyl plank flooring with tile flooring in the bathroom. Additional features include double pane windows, central heating and air conditioning, entry closet, leaded glass entry door, an outside storage closet, and convenient drive-up parking. Don't miss out on this beautiful home located in the resort-like community of Leisure World Seal Beach. This senior community offers over 200 clubs, activities, and organizations including a nine-hole three-par golf course, gym, swimming pool, jacuzzi, arts, crafts, amphitheatre, library, health care center and so much more. Enjoy the ocean breezes that the city of Seal Beach has to offer.



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.



SOLD 2023

Mutual 2-29E
Mutual 4-51L
Mutual 4-76L
Mutual 4-77E
Mutual 10-254H
Mutual 14-17B
Mutual 5-91C
Mutual 3-29K
Mutual 14-5B
Mutual 8-185K
Mutual 11-273L
Mutual 1-25I
Mutual 2-26C
Mutual 1-26B
Mutual 8-188C
Mutual 1-30K
Mutual 5-91J
Mutual 11-267C
Mutual 1-26L
Mutual 11-268F
Mutual 4-50F
Mutual 9-212C
Mutual 6-143A
Mutual 9-225C
Mutual 9-230D
Mutual 11-283D
Mutual 4-51D
Mutual 8-189D

SOLD 2022

Mutual 14-17B
Mutual 8-188H
Mutual 8-189B
Mutual 2-40J
Mutual 2-49B
Mutual 2-17G
Mutual 9-59G
Mutual 6-117L
Mutual 15-39A
Mutual 10-258H
Mutual 6-135I
Mutual 10-258B
Mutual 1-31E
Mutual 5-117L
Mutual 12-61C
Mutual 2-63H
Mutual 3-4F
Mutual 4-88G
Mutual 2-3B
Mutual 2-8C
Mutual 10-250J
Mutual 11-286B
Mutual 12-61A
Mutual 11-286I
Mutual 5-117G
Mutual 2-46H
Mutual 1-67E
Mutual 4-49G
Mutual 8-183G
Mutual 11-285D
Mutual 9-216H
Mutual 7-164L
Mutual 2-6G
Mutual 11-285A
Mutual 11-263A
Mutual 4-49B
Mutual 8-201L
Mutual 2-6L
Mutual 7-165E

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& NICK MONTEER, Broker

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REALTY GROUP



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

For 2024, We have a total of 21 pending and closed sales.
Buyers are anxiously awaiting the perfect floor plan for their needs! It may be yours!



1642 Merion Way #40G | M2 | \$419,000
Corner drive-up location 2bed/1bath partially expanded with sunroom/patio. Washer/dryer. Skylights in kitchen and bathroom. Added dishwasher with newer refrigerator. Dual pane windows with shutters throughout and lots of storage space!



13520 Medinac Ln #104K | M5 | \$239,000
1Bed/1bath interior location with patio. Laminate floors throughout. scraped ceilings with crown molding. Skylights in kitchen and bathroom. Custom front door and added kitchen peninsula.



1080 Brookline Rd #213A | M9 | \$599,000
Corner 2bed/1.5bath on greenbelt with added patio and custom stone work! Skylights throughout, hardwood floors, double pane windows and slider. Walk-in closet with formal yet open spaces!



13261 Del Monte Dr #36A | M12 | \$435,000
Corner 2bed/1bath fully expanded home on drive-up/greenbelt location. Washer/dryer w/remodeled kitchen and bath, dual pane windows, tile floors with new laminate in bedrooms. Skylights in kitchen and bath. Walk-in closet with custom entry!



13860 St Andrews Dr #61E | M1 | \$235,000
Charming greenbelt location with mature trees 1 bedroom 1 bathroom with full patio! Wood and laminate floors, dual pane windows, granite countertops throughout, patio skylight and cut down shower.



13160 Nassau Dr #211G | M9 | \$420,000
Expanded drive-up 2bed/1.5 bath unit w/patio. Bay windows, double pane windows. Large skylights in bathroom and kitchen. Dishwasher, microwave and recessed lighting. AC heat pump in living room.



On February 12th, 2024 a total of 38 units show as active listings on the CRMLS
(this is where Realtors list property for sale)

7 - 1 bedroom/1 bath units
from \$219,000 to \$269,000

19 - 2 bedrooms/1 bath units
from \$299,000 to \$465,000

12 - 2 bedrooms/2 baths units
from \$339,000 to \$599,000

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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1900 St Andrews Drive #B,
Seal Breach, CA 90740

NAME: _____

PHONE: _____

EMAIL: _____

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



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M12 - 40G \$380,000
2 Bedroom 1.5 Bath with Drive up Parking



M17 - 109B \$470,000
2 Bedroom 2 Bath Condo with Great Views!



M2 - 50D \$229,000
Adorable 1 Bedroom with Laminate Flooring



M3 - 15G \$525,000
Gorgeous 2 Bedroom 2 Bath
Remodel on a green



M3 - 27C \$327,000
Fresh Paint, Shows like New"



M1 - 44K \$240,000
Expanded 1 Bedroom on a Green walk-
ing distance to Downtown



M15 - 44B \$399,999
Spacious 2 Bedroom 1
Bath Atrium Unit



M15 - 42G \$375,000
Fabulous Downstairs 2 Bedroom
2 Bath unit!



M14 - 27C \$459,000
Beautiful 2 bedroom 1 bath
Fully Expanded Unit



M2 55J \$308,000
Basic 2 Bedroom 1 Bath
with Heatpump



M3 - 14D \$269,000
Beautifully Updated and Staged
Expanded 1 Bedroom



M15 - 10H \$509,000
Gorgeous Downstairs
2 bedroom 2 bath



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



M14 - 32H - \$429,000
Two Bedrooms, 1 Bath,
Fully Expanded



M15 - 14Q \$345,000
Fully Expanded 2 Bed 2 Bath Upstairs
Unit with Vaulted Ceiling



Dawn Januszka
Broker
DRE #02110501



Ginni Houck
Escrow Officer



Verna Chumley
Realtor®



John Webster
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Mike Varipapa
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