

Leisure World News

OF MARYLAND

January 17, 2020 • Published Twice a Month • residents.lwmc.com • leisureworldmaryland.com

Board Elects 2020 Officers and At-Large Members

by Leisure World News

The Leisure World Community Corporation (LWCC) board of directors selected its officers and at-large executive committee members at its organizational meeting Jan. 3.

The board officers for 2020 are, top row from left: chairperson Paul Eisenhour; vice chairperson David Polinsky; and executive secretary treasurer Henry Jordan.

The at-large members of the executive committee are, bottom row from left: Linda Wacha, Herman Cohen, Patricia Hemp-

stead and Phil Marks.

The board also confirmed the appointment of the Leisure World of Maryland Corporation officers for 2020: Kevin B. Flannery, president; Thomas Snyder, vice president; Melissa Pelaez, vice president; Dawn Gaynor, treasurer; and Crystal Castillo, secretary.

The next meeting of the LWCC board of directors is scheduled for Tuesday, Jan. 28, at 9:30 a.m. in Clubhouse I.

For Leisure World governance information, **see page 4.**



Let's Get Physical



Certified personal fitness trainer Pat McConnell works with a client at the Fitness Center in Clubhouse II on Dec. 16. For the story, **see page 2.**

Photo by Stacy Smith, Leisure World News

Committee Organizes Next Phase of Strategic Planning

by Stacy Smith, Leisure World News

With the resident survey and its attending focus groups completed, the Special Strategic Planning Committee (SSPC) and consultants from George Mason University (GMU) are planning to hold community meetings in March to further engage residents in Leisure World's strategic planning process.

The meetings will focus on helping the SSPC and GMU's consultants define the community issues most important to residents and use this information to develop a long-term strategic plan for the community, which is expected to be provided to the Leisure World Community Corporation board of directors later this year.

Attendance at the community meetings will be on a first-come, first served volunteer basis and will be limited to one person per household, according to the SSPC. More information about the meetings is forthcoming.



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For Martin Luther King Jr. Day hours and closings, **see page 4.**

Clients Keep Fitness Trainer 'on Her Toes'

by Stacy Smith,
Leisure World News

While hopefuls pack the gym this winter determined to lose those stubborn holiday pounds, others, like lifelong fitness enthusiast Pat McConnell, will remain there long after the new year's resolution crowd has fallen away.

That is because as a certified personal trainer, McConnell is committed to helping her clients at the Fitness Center stay motivated toward reaching their goals. Keeping her clients moving, McConnell says, helps her keep her own fitness goals on track, too.

"[My clients] are a challenge to me," she says. "They keep me on my toes."

During a late afternoon in December she heads to the Fitness Center's doors to give a warm welcome to Greta, an 88 year old client she works with once a week. Greta seems to know the drill as she settles into one of the Center's stationary bikes.

"You know I'm bad about slouching in a chair," she cracks, and the two ride out this warm-up together as McConnell feeds her a healthy dose of smiles and encouragement.

McConnell is the only trainer at the Fitness Center who is also a Leisure World resident; many

may recognize her blonde pixie cut and high energy from the stage where she acts and sings as a member of the Fun and Fancy Theatre Group. She also recently founded a new Club at Leisure World for others who are interested in physical fitness and exercise.

As both a trainer and a resident, McConnell says she uniquely understands the challenges residents face when starting a fitness program and the importance of continuing healthy habits throughout life. She tailors her clients' programs to meet their individual needs, paying particular attention to safety, balance issues and overall body strength for performing daily tasks.

McConnell and Greta continue their session in the Fitness Center's studio room. Standing front to back for support, the two women stretch their arms from side to side in unison as McConnell checks on Greta's form in the studio's mirrored walls.

"Tall spine, taller confidence," McConnell reminds her. The pair tackles exercises that

improve balance, stability and range of motion.

"There's so much benefit to exercise, and it doesn't mean you have to have a trainer," McConnell says. "Just getting [to the Fitness Center] and getting some kind of physical activity is just so important for personal health."

And the evidence bears this out. Physical activity helps people maintain the ability to live independently and reduces the risk of falling and fracturing bones, as well as lessens the risk of dying from several types of diseases, according to the Centers for Disease Control and Prevention.

The session ends with Greta lying prone on a table as McConnell helps stretch her muscles. Greta reminds McConnell

to steer clear of the Life Alert hanging from her neck.

"You set that off and then three ambulance drivers will be here," Greta jokes, and thinking better of it, she adds, "They better be tall, dark and handsome."

Residents who want to start a fitness program they can maintain well into the new year may stop by the Fitness Center in Clubhouse II to speak with a trainer Monday through Friday from 7:30 a.m.-3:30 p.m. or Saturdays from 7:30-11:30 a.m.

The Fitness Center is open daily from 4 a.m.-9 p.m. For more information, visit (residents.lwmc.com) and click on "Fitness Center" under Amenities & Services.



At left, McConnell gives instruction to her client, Greta, as they pass a weighted ball back and forth. At right, McConnell demonstrates how to use the studio room's resistance bands as Greta watches. Photos by Stacy Smith, Leisure World News

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Leisure World News OF MARYLAND

An official publication of the Leisure World Community Corporation, Leisure World News is published twice monthly by Leisure World Staff in collaboration with the Communications Advisory Committee.

Leisure World News is published for the benefit of Leisure World residents. Its mission is to provide news and information about community governance and other relevant issues, events, and activities, and to provide residents a forum for their opinions and an opportunity to contribute articles of general interest. All matters concerning the Leisure World News will be decided with this mission in mind.

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Residents' Artwork Spruces up Computer Learning Center's Walls

by Betty Smith

The Computer Learning Center is celebrating 2020 by welcoming all residents to stop by its room in Clubhouse II and view the new art installation, with works by its room in resident members of the Rossmoor Art Guild.

The theme for the current art display is "landscapes." Digital artwork and photography by the Rossmoor Camera Club are planned for

the future. Thanks to donations from Arts In Motion, Elizabeth Brooks-Evans and Computer Learning Center patrons, the Center was able to install the equipment for the art display.

While at the Center, sign in to use any one of the Apple or Windows computers. A volunteer monitor is available to provide assistance with logging into the computers. Call the Center at (301-598-1320) for its hours



of operation. Also check the announcements on the door of the Computer Learning Center for future classes and trainings.

About the Center

The Leisure World Computer Center is a 501 (c)(3) non-profit organization that operates the Computer Learning Center in Clubhouse II. Keep in mind that the volunteer monitors are residents and not everyone is a "techie."

The Center encourages residents to contact their vendors when having technical problems with personal devices. Except for trainings

and classes provided by instructors, the volunteer monitors are there to keep the Center open and assist residents with logging into the computers.

Visit (www.computerctr.org) for more information or to make a tax-deductible donation to the Center.



Rossmoor Art Guild members Alexandria Michaels and Ann Bolt hang artwork in the Computer Learning Center. Photo by Betty Smith

Swimmers Must Show Pool Pass

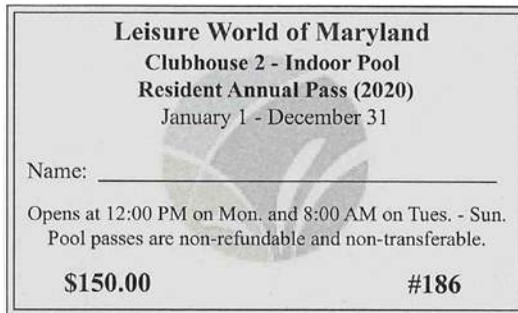
by Leisure World News

Residents are reminded that they must present their pool pass and Leisure World ID, sign in and shower before using the indoor pools in Clubhouse II.

Guests must be accompanied by a resident and must also show their pool pass.

Pool passes may be purchased for annual (\$150), monthly (\$40) or daily (\$3) pool usage. Daily guest passes are \$6 for adults and \$3 for children. Stop by the Clubhouse II E&R office to purchase passes.

Showering before entering the pools is required by Montgomery County regulations. Showers are available in the locker rooms located next to the indoor pools.



A resident annual pool pass. Graphic by Leisure World News

Pepco Upgrading Electrical Grid

by Leisure World News

Electric power company Pepco has begun upgrading Leisure World's electrical grid to modernize its equipment and improve its reliability.

Pepco is replacing underground cable and dozens of electrical transformers – some of which are nearly 60 years old – at locations along Leisure World Boulevard, a significant upgrade that will likely decrease the frequency and duration of any future power outages.

The project, which is expected to extend through the year, may affect traffic times and patterns in some areas of the community. More information will be provided as it becomes available. Check (residents.lwmc.com) and channel 972.

Veterans Asked to Tell Their Stories



A military veteran, right, discusses his service as residents Debbie Shankman, left, and Dr. Naomi Platt, center, listen and film the interview for the Library of Congress. Photo by Leisure World News

by Dr. Naomi Dornfeld Platt

The U.S. Congress created the Veterans History Project in 2000 as part of the Library of Congress' American Folklife Center. The Center collects, preserves and makes accessible the personal, never-forgotten military experiences of American veterans of all ranks.

Initially sponsored by the Foundation of Leisure World, Leisure World's veterans are interviewed and videotaped as a legacy for family members and for future generations. Interviews are private, take about an hour and are videotaped in Clubhouse I. Participants receive their own personal CD of the interview and the Library of Congress receives a copy.

To schedule an interview, contact Dr. Naomi Dornfeld Platt, volunteer interviewer, at (301-598-7859) or (ndplatt1@gmail.com).

GOVERNANCE & Information

HOLIDAY SCHEDULE

Monday, Jan. 20, Martin Luther King Jr. Day

Administration Closed

CLUBHOUSE I

Comast Xfinity Office..... Closed
Education & Recreation 9 a.m.-7 p.m.
Eyre Travel..... Closed
Rossmoor Library..... Closed
Clubhouse Grille..... Closed
Stein Room 9 a.m.-8 p.m.
Terrace Room 9 a.m.-8 p.m.

CLUBHOUSE II

Education & Recreation 8 a.m.-8 p.m.
FISH Desk..... Closed
Fitness Center..... 4 a.m.-9 p.m.
Swimming Pool (Indoor)..... noon-8 p.m.

OTHER SERVICES

Golf Course & Pro Shop 9 a.m.-4 p.m.*
MedStar Health Open
MedStar Pharmacy Open
Physical Properties Department (PPD) Closed
Post Office..... Closed
Security Gates Open
Signal Financial Federal Credit Union..... Closed

Shuttle Buses: No shuttle service. Call Main Gate for supplemental transportation.

Trash Collection: No trash or recycling collection. Trash collection will be on the next regular day for your location.

*weather permitting

**Dial 301-598-1313
for recorded Daily Events**

2020 Broadcast Schedule Channel 974

Due to technical issues, the Leisure World Community Corporation (LWCC) board of directors and executive committee meetings will not be broadcast until further notice. Management is in the process of selecting a new platform on which to broadcast LWCC governance meetings.

Group Email Addresses

Residents wishing to contact Leisure World Management or a specific department, the LWCC Board of Directors, or the Executive Committee may send an email to the appropriate email address listed below. It will automatically be forwarded to all members of that group who have an email address on record.

Messages to any of the email groups should pertain only to the management and operation of Leisure World trust properties, services, or activities. Please do not send emails to multiple addresses, as there will be a duplication of recipients and will not result in a faster response to your question or comment. Messages pertaining to mutuals or anything else which Management, the Board of Directors, or Executive Committee does not control should also not be sent to these groups.

The group email addresses are:

- LWMC Management - management@lwmc.com
- LWCC Board of Directors - board@lwmc.com
- LWCC Executive Committee - excomm@lwmc.com
- Administration - administration@lwmc.com
- Communications - communications@lwmc.com
- Education and Recreation - recreation@lwmc.com
- Physical Properties - physicalproperties@lwmc.com
- Security - security@lwmc.com

GOOD TO KNOW: KEEPING UP WITH THE BOARD OF DIRECTORS

by Leisure World News

Leisure World is a self-governed community, so several discussions and decisions occur at its monthly Leisure World Community Corporation (LWCC) board of directors meetings that residents may find informative.

Comprising residents who represent each of the 29 mutuals, the LWCC board of directors is a voting body that controls the community's annual budget, makes decisions regarding major contracts and projects and determines Trust policies, programs and services.

Each mutual sends at least one representative from its own board to sit on the LWCC board of directors. Board members volunteer their time and leadership to sustain the community.

Attend a Board Meeting

Every resident can stay abreast of the community's governance activities.

The LWCC board of directors meetings are open to all residents. The next meeting is scheduled for Tuesday, Jan. 28, at 9:30 a.m. in Clubhouse I.

Residents may attend to listen to the proceedings and have the opportunity to comment on agenda items upon which no action was taken, community policies, or the operations of the LWCC facilities, during the meeting's open forum section.

Residents may also comment on an agenda item before the board votes on it. Residents who can't attend may have their say by sending an email to (board@lwmc.com).

Correspondence between residents and the board is included in the agenda packet of

the following board of directors meeting.

Upcoming board of directors meeting dates, times and locations are listed on:

- the Governance Meeting Schedules section on the Calendar of Events page of the Leisure World News
- the resident website's (residents.lwmc.com) community calendar

Agendas and Minutes

Meeting agendas and minutes are available at (residents.lwmc.com). After signing in to the website, click on the Documents dropdown arrow and select Resource Center.

The Board of Directors folder therein contains the meeting agendas and minutes, which may be downloaded, printed or viewed online. An upcoming meeting's agenda is typically posted on the website a few days

before the meeting is held.

Residents who have not signed up on (residents.lwmc.com) can still receive a hard copy of an agenda, minutes or other documents by contacting their mutual's manager or assistant, or by inquiring at the Administration Building's front desk.

Get to Know Your Board Representative

Residents can contact their board representative by email, letter, phone, or in person. Residents can find the name and contact information for their mutual's LWCC board representative by contacting their mutual manager or assistant, or by calling (301-598-1000).

Elected board members volunteer to represent their mutual's constituents and address their concerns and questions.

Are Your Smoke and Carbon Monoxide Alarms Up-to-Date?

by Emily Geller and Robert Hortin

Both the state of Maryland and Montgomery County have recently updated the laws and requirements for residential smoke alarms. In addition, Montgomery County has a new law that became effective in July 2019, which requires carbon monoxide (CO) alarms in homes that have a fuel-burning appliance — fireplace or attached garage.

Since some Leisure World apartments have gas-burning furnaces, and many single-family homes have attached garages — and may have fireplaces — this law affects many residents.

CO is produced any time a fuel is burned; it is an odorless, tasteless gas that is especially dangerous because often people don't know it's present until it's too late. CO poisoning is a leading cause of accidental poisoning deaths in America, killing more than 400 people in the U.S. every year, according to the Centers for Disease Control and Prevention.

CO and Smoke Alarms

People need both smoke alarms and CO alarms to

protect their safety. For years, smoke alarms and CO alarms were separate units; but recently alarms have been manufactured with the technology to detect both smoke and CO.

These combination alarms must be installed near the ceiling to detect smoke which rises (although CO mixes with air and can be detected at any level). Also, a CO alarm has different beep patterns to communicate whether there is an emergency or simply a maintenance issue, so it is important to know the difference between the different beep patterns.

In addition to the combination alarms, there are a wide variety of separate CO alarms on the market, including battery-powered, plug-in and hard-wired units that meet the requirements of Montgomery County's new law.

Regulations and Installation

No smoke alarm — either battery or AC powered/hard-wired — may be older than 10 years from the date of manufacture. For properties built from July 1990 until the present, smoke alarms must be AC powered with battery

backup and interconnected to alarm simultaneously. One alarm must be located outside each sleeping area. For homes built or renovated after July 1997, one smoke alarm must also be installed inside each sleeping room.

Since AC powered/hard-wired smoke alarms and combination CO/smoke alarms must be installed by electricians, residents may call the Physical Properties Department (PPD) at (301-598-1500) for installation. Approximate costs for PPD

installation of interconnected smoke alarms are \$35 per alarm, plus \$47 for labor. Installation of combination CO/smoke alarms is \$54 for each alarm, plus labor.

Montgomery County Fire and Rescue Services recommends that residents check their smoke alarms and CO alarms once a month to be sure the batteries are still active.

For more information, visit (www.mcfrcs.org/mcsafe), or call Maryland's non-emergency line at (311).

Feb. 5 and 6: MVA Mobile Office Returns

by Leisure World News

Need to do business with Maryland's Motor Vehicle Administration? The MVA on Wheels returns to Leisure World on Wednesday, Feb. 5, and Thursday, Feb. 6.

The van will be located in the Clubhouse II parking lot, where the hours of operation are 10 a.m.-2 p.m. Residents are encouraged to arrive early as wait times may be long.

Services offered include renewal of non-commercial driver's licenses, Maryland photo identification cards and vehicle registration. You also can obtain a duplicate driver's license, a certified copy of a driving record, disability placards, substitute stickers, return tags and duplicate registrations, as well as apply for a change of address.

If you need to register to vote and/or want to register as an organ donor, you can do that at the mobile office, too.

Commission Seeks to Fill Vacancies

by Leisure World News

The Commission on Common Ownership Communities, better known as the CCOC, is seeking to fill seven vacancies, four of which are for residents or unit owners of common ownership communities (COC) such as Leisure World.

The CCOC advises the County Executive and County Council on public policy issues that impact COCs, provides education and resource information, and promotes

public awareness of the rights and obligations necessary to maintain property values and quality of life in COCs.

Residents interested in applying can visit (www.montgomerycountymd.gov/boards/index.html) and click on "Vacancy Announcements and New Online Procedures," and then click on the vacancy announcement released on Jan. 13 to read more about the position before clicking the "Apply for Position" button at the bottom.

The application deadline is Monday, Feb. 3.

Feb. 17: AARP Safe Driving Course

by Leisure World News

The E&R Department sponsors an AARP Safe Driving Course on Monday, Feb. 17, from 9:45 a.m.-3 p.m. in Clubhouse I, with a one-hour break for lunch.

You must pre-register for the course, which is for residents only. Please bring your Leisure World ID. A check payable to AARP, \$15 for AARP members and \$20 for non-members, is required at the time of registration. (Please note: AARP members must show a current membership card to receive the AARP discount.) Register beginning on Tuesday, Jan. 21, at 8:30 a.m. in the Clubhouse I E&R office. The number of participants is limited to 25, so plan to register early.

Participants should bring their driver's license and a pen or pencil to the course. If you have any questions, contact the E&R office in Clubhouse I at (301-598-1300).

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In 2019 We Did Over 50 Transactions!

Dear Reader,
Last year was a busy and productive one. Because of our vast experience, we also list, sell, & consult on properties in the surrounding Metro area for neighbors, past clients, & those moving to the community. Our current listings are detailed in this paper's classifieds under "Real Estate for Sale." Here are some of our outside 2019 listings and consults. There were ten properties in Silver Spring, Rockville, Burtonsville and Laurel.

SILVER SPRING

- 11815 Gordon Road
- 408 Scott Drive
- 1190 Rainbow Drive
- 16005 Wallingford
- 12037 Dalewood

ROCKVILLE

- 16509 George Washington
- 15307 Manor Village

BURTONSVILLE

- 15128 Red Cedar Drive
- 3912 Halton Hall

LAUREL

- 7324 Breckenridge



THE REGENCY

3720 Glen Eagles
Listed and Sold



PATIO HOMES

3221 Ludham #191-A
3423 Island Creek #132-A
14512 Kelmscot #174-A



THE OVERLOOK

3100 N Leisure World Blvd #116
3100 N Leisure World Blvd #116



VILLA CORTESE

14809 Pennfield #403
15000 Pennfield #404
15000 Pennfield #201



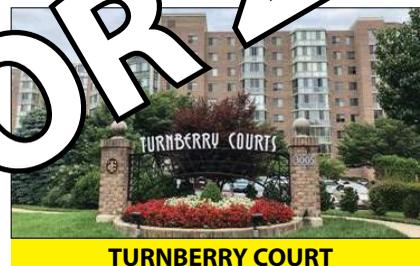
VANTAGE POINT WEST

3210 N. Leisure World Blvd #115



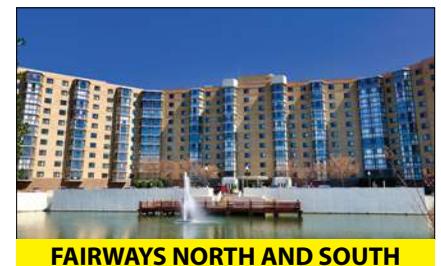
GREENS

2900 Leisure World #234



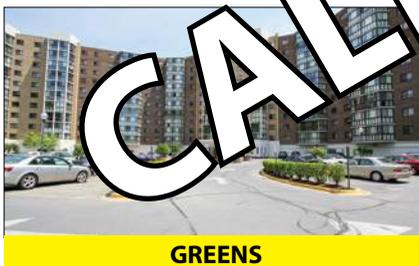
TURNBERRY COURT

3005 S. Leisure World Blvd #702



FAIRWAYS NORTH AND SOUTH

3330 N. Leisure World #208
3310 N Leisure World
#328, #901, #912, #821



GREENS

15115 Interlachen #704 & #908
15100 Interlachen #602
15101 Interlachen #909



CONDO GARDEN APARTMENTS

3627 Gleneagles #2-2C
15310 Beaverbrook #3F



CO-OP APARTMENTS

3470 Chiswick #43-1F
3322 Chiswick #61-2H
3431 Leisure World #88-2D
3311 Leisure world #99-3B
3408 Chiswick #47-3E



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THOUGHTS & OPINIONS: *From Our Residents*

A Few Things to Remember

- Relevance:** Make sure that your submission is relevant to the LW community as a whole and not to just one person, mutual, or organization.
- Respect:** Remember that your opinion is about ideas, not individuals, and please avoid personal attacks.
- Brevity:** Being concise will ensure that your opinion will have maximum impact.
- Accuracy:** Document all factual assertions. Opinions that are backed up with facts are more powerful, but only if the facts are accurate.
- Ownership:** All submissions are subject to editing but you will have the opportunity to approve the edits before publication.

Opinions are strictly those of the writers. Thoughts and Opinions is maintained by the Communications Advisory Committee.

SUBMITTING AN ITEM TO THOUGHTS & OPINIONS

1. Submissions must be emailed to (aclwn@lwmc.com) or delivered to the LW News Office.
2. Receipt of submissions will be confirmed by email or telephone.
3. Submissions must state the writer's name, address, telephone number, and email address, if any, but if the material is published, it will include only the writer's name.
4. LW News cannot guarantee when or if a submission will be published.
5. To view the full Leisure World News Guidelines, sign in to (residents.lwmc.com) and click on Documents, then select the Advisory and Special Committees folder, and click the Communications folder.



Kitchen & Bath Remodeling

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BROKEN WINDOW

Who bears responsibility for Leisure World golf course mishaps and Leisure World resident golfers who break windows?

Out of sheer frustration, I am respectfully writing Leisure World News in the hope that I will be heard, and not alone, in being told I am the one responsible for the broken window that was the fault of the owner of a golf ball with initials printed on it.

On Oct. 24, 2019, I pulled up the blinds in my guest room to find a window broken, a hole and multiple cracks. Outside, under the window, was a Titleist golf ball with initials.

I called the Golf Pro Shop. The person who answered said it was not their problem. The person would not give me his or her name, saying, "It's no big deal!" and hung up.

I then asked advice of my neighbor who advised me to contact our mutual assistant. I walked over to my assistant who drove to my home and took pictures of the window and golf ball. The mutual assistant left, saying [he or she] would report it and get back to me.

After two weeks, I called the Main Office to get the

mutual assistant's email address. But, very soon, I was told to contact someone in the general manager's office. This person eventually got back to me, politely saying there was nothing Leisure World was willing to do and I could call my homeowner's insurance.

I went further and asked Golf Course senior staff to please get the name of the owner of the Titleist golf ball with initials. This effort, too, was futile.

Cost of the window repair is \$175. My homeowner's policy has a \$500 deductible and I am told that not one responsible entity in Leisure World is willing to even consider reimbursing my outlay of \$175 for the broken window.

Why is this?

I accept that we Leisure World shareholders pay for the pleasure of Golf Course amenities, whether we play golf or not.

I do not accept complete lack of accountability and how entirely disappointed I am with the Leisure World of Maryland Corporation's and Golf Course's completely dismissing fiduciary responsibility (indeed sportsmanship) in their handling of this incident.

– Diane Grimes

Wills, Wealth Planning & Trusts



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Address	Subdivision	Type	Beds	Baths	Asked	Got	Subsidy
15101 INTERLACHEN DR #1-506	The Greens	Unit/Flat/Apartment	2	2	\$139,900	\$139,900	\$0
2900 N LEISURE WORLD BLVD #509	Turnberry Courts	Unit/Flat/Apartment	2	2	\$225,000	\$222,500	\$0
3200 N LEISURE WORLD BLVD #612	Vantage Point East	Unit/Flat/Apartment	2	2	\$327,000	\$315,000	\$0
15100 INTERLACHEN DR #4-916	The Greens	Unit/Flat/Apartment	1	1	\$122,000	\$125,000	\$0
15101 INTERLACHEN DR #1-909	The Greens	Unit/Flat/Apartment	2	2	\$199,000	\$199,000	\$0
3443 S LEISURE WORLD BLVD #87-2F	Montgomery Mutual Coop	Unit/Flat/Apartment	2	1	\$116,000	\$113,000	\$0
3210 N LEISURE WORLD BLVD #605	Vantage Point West	Unit/Flat/Apartment	3	2	\$388,000	\$380,000	\$0
2901 S LEISURE WORLD BLVD #411	Creekside	Unit/Flat/Apartment	2	2	\$434,900	\$430,000	\$8,600
15101 INTERLACHEN DR #1-720	The Greens	Unit/Flat/Apartment	2	2	\$155,000	\$155,000	\$0
15101 INTERLACHEN DR #1-625	The Greens	Unit/Flat/Apartment	1	1	\$139,900	\$142,000	\$0
3394 CHISWICK CT #49-D	Montgomery Mutual Coop	Row/Townhouse	2	3	\$189,000	\$182,500	\$0
15101 INTERLACHEN DR #519	The Greens	Unit/Flat/Apartment	1	1.5	\$139,900	\$139,900	\$0
15100 INTERLACHEN DR #4-1017	The Greens	Unit/Flat/Apartment	2	2	\$299,999	\$295,000	\$0
3005 S LEISURE WORLD BLVD E #604	Turnberry Courts	Unit/Flat/Apartment	2	2	\$375,000	\$375,000	\$0
3100 N LEISURE WORLD BLVD #724	Overlook	Unit/Flat/Apartment	2	2	\$334,900	\$327,500	\$0
15121 GLADE DR #13-3A	Rossmoor Mutual #14	Unit/Flat/Apartment	3	2	\$239,000	\$239,000	\$1,200
15316 PINE ORCHARD DR #82-2H	Rossmoor Mutual #19	Unit/Flat/Apartment	2	2	\$154,900	\$154,900	\$0
3330 N LEISURE WORLD BLVD #5-522	Fairways South	Unit/Flat/Apartment	1	1.5	\$133,950	\$129,000	\$0
3100 N LEISURE WORLD BLVD #621	Overlook	Unit/Flat/Apartment	3	2.5	\$539,000	\$530,000	\$0
15211 ELKRIDGE WAY #94-3K	Rossmoor Mutual #19B	Unit/Flat/Apartment	3	2	\$199,900	\$205,000	\$0
3310 N LEISURE WORLD BLVD #1008-6	Fairways North	Unit/Flat/Apartment	2	2	\$209,000	\$215,000	\$0
14801 PENNFIELD CIR #103	Villa Cortese	Unit/Flat/Apartment	3	2.5	\$399,999	\$394,000	\$0
15107 INTERLACHEN DR #621	The Greens	Unit/Flat/Apartment	2	2	\$179,900	\$173,000	\$5,190
15100 INTERLACHEN DR #4-617	The Greens	Unit/Flat/Apartment	2	2	\$199,900	\$200,000	\$0



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EVENTS & Entertainment

■ Sock Hop Group

Jan. 18: First Sock Hop of 2020

by Abigail B. Murton

Take 2 Entertainment are the DJs for the first sock hop of the new year on Saturday, Jan. 18, from 7-10 p.m. in Clubhouse II.

Admission is \$5, with sodas, water and ice provided. Bring your own snacks and beverages of choice. Dancers always have a good time at the sock hop so come and join in the fun.

Sock Hop Live is on Saturday, Feb. 1, in the Clubhouse I Crystal Ballroom. Enjoy the live band Groove Quest from 7-10 p.m. Dance lessons will be given from 6:30-7 p.m. The price is \$10 with sodas and water provided. Alcoholic beverages can be purchased at the bar. Dancers are welcome to bring snacks. See you there!

For questions about the Sock Hop Group, contact Doug Brasse at (301-448-8708).



■ Ballroom Dance Club

Jan. 25: Club Holds First Dance of the New Year

by Joyce Hendrix

Dance to the music of a Leisure World favorite, Mike Surratt and The Eclectic Coalition Band, on Saturday, Jan. 25, from 7:30-10:30 p.m. in the Clubhouse I Crystal Ballroom. Doors open at 7:15 p.m.

The cost is \$10 for members, \$15 for non-mem-

bers and guests. Make reservations no later than Thursday, Jan. 23 with Hal Freeman either by emailing him at (bobbinhal@aol.com) or calling him at (301-438-7513).

The Club has asked dance teacher Carol Bartels to bring some of her students to perform in a showcase during the dance's second intermission.



■ Education and Recreation Department

Jan. 26: Winning Songs from the Mid-20th Century

The 2020 Academy Awards show is coming up. Can this year's Best Original Song nominees compare to the jewels of yesteryear?

On Sunday, Jan. 26, at 4:30 p.m., the Karen Gray Quartet will highlight the awards season with selections from 1936 to 1965.

The concert in the Clubhouse II auditorium features compositions by Jimmy Van Heusen, Johnny Mercer, Henry Mancini, Frank Loesser, Rodgers and Hammerstein and others. These are timeless favorites!

Sponsored by the E&R Department, tickets for this exceptional performance are \$8 per person and on sale in both clubhouse E&R offices. Please bring your Leisure World ID.

About the Performers

For vocalist Karen Gray, every performance is an act of love: she loves the songs, she loves the collaboration with fine musicians, and she loves her audience. Washingtonian Magazine described her as a "tip top vocalist" and Just Jazz Guitar



From left, vocalist Karen Gray and pianist and song stylist Wayne Wilentz. Courtesy photos

magazine praised her "lovely vocal stylings."

Gray has performed at area hot spots and events including The Kennedy Center Millennium Stage, The Smithsonian Jazz Cafe, the Bethesda Fine Arts Festival, the Silver Spring Jazz Festival and numerous restaurant dates and private events.

Pianist and song stylist Wayne Wilentz is one of the Washington, D.C., area's most in-demand musicians with a deep repertoire of gorgeous, fun and evocative tunes. He and Gray have collaborated extensively for almost 20 years. They are joined at Leisure World by favorite bandmates, bassist David Jernigan and drummer Dominic Smith.

■ The Inter-Faith Chapel

■ LW Association for African American Culture (LWAAAC)

Jan. 20: Chapel Holds Martin Luther King Jr. Worship Service

by Bonnie Bonner

The annual community worship service observing the Martin Luther King Jr. holiday is held on Monday, Jan. 20, at 10 a.m. at The Inter-Faith Chapel. This year's theme is "Remember. Celebrate. Act."

The speaker for this celebratory service is Rev. Dr. Ianther Mills, senior pastor of the historic Asbury United Methodist Church in Washington, D.C. Mills is the first female

senior pastor of this historic 182-year-old African-American congregation, responsible for the pastoral leadership of 1,000 members and more than 60 active ministries.

She reminds congregants that even as they remember

the guiding principles of the Civil Rights Movement and celebrate the great legacy of Dr. King, they also must continue to act on those principles until there is liberty and justice for all.



Rev. Dr. Martin Luther King Jr., photo courtesy (commons.wikimedia.org)

Mills received her doctor of ministry and master of divinity degrees from Wesley Theological Seminary in Washington, D.C.

The service is co-sponsored by The Inter-Faith Chapel and The Leisure World Association for African American Culture.

Music will be provided by guest organist Everett P. Williams and the Leisure World Chorale.

All residents and their guests are welcome to join the Chapel on Jan. 20 for Leisure World's Martin Luther King Jr. celebration.

Jan. 24: Chinese Club Holds New Year's Celebration

by Stella Shaw

To welcome a brand new year, the Chinese Club holds a celebration on Friday, Jan. 24, from 10-11 a.m. in Clubhouse II.

The celebration includes Chinese cultural dances, international dances, Chinese opera, tai chi, singing and many more performances. All residents are welcome; no ticket is required. Come and join the Chinese Club as it celebrates the Year of the Golden Rat.

Year of the Golden Rat

The Chinese zodiac has 12 signs, represented by 12 animals. The rat is the first of all the zodiac animals.

According to one legend,

the Jade Emperor said the order of animals in the zodiac would be decided by the order in which each animal arrived to his party. The rat tricked the ox into giving him a ride. Then just as they arrived at the finish line, the rat jumped down and landed ahead of the ox, becoming the first.



In Chinese culture, the golden rats are seen as a sign of wealth and surplus. The ancient Chinese character for "rat" rhymes with the word that means "lots of offspring." Rats do have excellent reproduction rates, so many married couples pray to them for children.

People who are born in the year of the golden rat are said to be clever, quick thinkers and successful, but content

with living a quiet and peaceful life.

Greetings and Customs

During the new year, friends and relatives exchange greetings and blessings when they run into each other. One common greeting is "新年快乐" (Happy New Year). It is pronounced as "xin nian Kuai le" in Mandarin, and pronounced as "san nin fai lok" in Cantonese.

A common blessing is "恭喜发财" (wishing you wealth and prosperity), pronounced as "gung hei fat choi" in Cantonese and "gong xi fa cai" in Mandarin. When someone says this blessing, he or she usually wraps one hand over the other in a fist and holds it up to show sincerity and respect. No matter what Chinese dialect a person uses, the Chinese understand and appreciate these well wishes.



Members of the Chinese Club perform a traditional Chinese opera at the Club's 2019 New Year celebration. Photo by Stacy Smith, Leisure World News

New year is a joyous time, especially for children. It is similar to Christmas in the Western culture. Children wear new clothes and receive presents and "lucky money" wrapped in a red envelope. They also receive time off from school; what else can you ask for? Happy New Year!

■ Fireside Forum

Feb. 2: The Arctic – Why It Matters

by Jonas Weiss

On Sunday, Feb. 2, Alice Rogoff, publisher of ArcticToday, will describe why polar issues have become her – and should be our – urgent priority.

Global warming is happening twice as fast in Alaska as in the lower 48 states. Glaciers are melting at record speeds, the sea level is rising and coastlines are retreating, causing villages perched on the ocean's edges to become flooded and uninhabitable.

In addition, expanded shipping channels are opening and China is announcing plans to build a Polar Silk Road.

The program is at 2:30 p.m. in the Clubhouse II audio-

rium. Rosalind Kipping is the host for the speaker.

About the Speaker



Alice Rogoff, courtesy photo



Rogoff served as chief financial officer of U.S. News & World Report and worked at The Washington Post, creating its online edition. She was a special assistant to the director of the Office of Management and Budget in the Carter administration.

Rogoff went to Alaska, learned to fly and traveled around the state, meeting its people. She helped found the Alaska Native Arts Foundation.

In 2015, she hosted President Barack Obama in her Anchorage home for a private dinner party during the first day of a three-day trip Obama made to address climate change.

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Feb. 9: 'A Tribute to Mahalia Jackson'

by Patricia Means

LWAAAC presents "A Tribute to Mahalia Jackson" featuring the Lavenia Nesmith Ensemble on Sunday, Feb. 9, at 4:30 p.m. in the Clubhouse II auditorium.

Tickets for the concert are \$20 per person (checks only, payable to LWAAAC), and are sold on Tuesday, Jan. 21, through Friday, Feb. 7, in the Clubhouse I E&R office. All residents are welcome to attend.

About the Performance

Nesmith has been portraying Mahalia Jackson,

the queen of gospel, for many years to rave reviews. When Nesmith takes the stage, she tells the audience that she doesn't look or sing like Jackson, but she promises that Jackson's story will be conveyed. Each line uttered and every song carries a deep reverence for Jackson as Nesmith takes the audience deep into Jackson's world, including her connection to Rev. Dr. Martin Luther King Jr.

Dramatist and vocalist Nesmith is accompanied by Sarah Hearn, mistress of ceremonies; Steve Washington, narrator; Stephen F. Key, pianist; Harry Jackson,

bass guitarist; and Terron Whitehead, percussionist. The narrative of Jackson's life is intoned by Washington, and he gives a haunting soliloquy about King's assassination.

Jackson is made vividly alive and well portrayed as Nesmith sings many of her songs, such as "Move on Up a Little Higher," "In the Upper Room," "Just a Closer Walk with Thee," "Precious Lord" and many more.

The concert is part of the black history program sponsored by LWAAAC and a LWAAAC fundraiser. Proceeds from the concert will be directed to the LWAAAC Educational Assistance Project to support the scholarship program for students of the James Hubert Blake High School in Silver Spring, Maryland.

About the Performers

Nesmith has performed locally and nationally, including at the White House, the U.S. Capitol, Department of State and the Kennedy Center Concert Hall. She is the creator, executive producer, actor and vocalist in "Sista's Can Sang," "A Tribute to Nancy Wilson" and "A Tribute to Mahalia Jackson." Her debut CD, "Introducing



Lavenia Nesmith, courtesy photo

"Lavenia Nesmith" was released in 2014, and her second CD will be released soon.

Hearn is the founder and editor-in-chief of (Postively Gospel.com), a music news magazine for gospel music, positive news, and reviews and interviews with top ranking Christian and gospel artists.

Washington is a freelance vocalist who has performed in theatrical productions throughout the world. His vocal performances include roles as the engineer in "Miss Saigon," Valjean in "Les Misérables" and the phantom in "The Phantom of the Opera."

Key's acclaimed compositions have been heard in major concert halls and he has arranged and performed music for many nationally renowned Christian and gospel artists. He currently serves on the musical staffs of the Third Street Church of God and Asbury United Methodist Church in Washington, D.C.

Jackson has shared the stage with Dorothy Norwood, The O'Jays and many other artists. He has played drums for the Washington Redskins Marching Band for more than 13 years.

Whitehead, known as "Stickman" for his drum playing talent, has performed with many choirs and world-renowned artists including Nina Simone, Dionne Warwick, Rev. James Cleveland, Shirley Caesar and others. He has made more than 35 recordings and has had several Billboard hits.

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■ Arts in Motion (AIM)

Feb. 14: Popular Jazz Songstress Returns

by Grace C. Cooper

Come in from the cold to the Clubhouse I Crystal Ballroom for AIM's Friday, Feb. 14, jazz concert by the popular songstress Jeri Frye.

When Frye came to Leisure World some time ago, many attendees urged AIM to invite her

back soon. She was one of our most popular acts among our many great performers. Frye loved performing here and has been eager to return.

Tickets are \$25 (check only, payable to AIM) and available at the Clubhouse I E&R office. Snacks are included.

Remember, only AIM members may reserve tables of eight or more, but a few

open tables are available for other attendees.

Doors to the Crystal Ballroom open at 4:45 p.m. Snacks are available at 5 p.m., and the show starts at 6 p.m.

AIM concerts are held the second Friday of each month, and 2020 will bring both new and returning favorite performers to

Leisure World.

About AIM

AIM supports the arts in the Washington, D.C., area through scholarships to aspiring artists and by providing a platform for performers.

Check our calendar on (aimarts.net) to see all of AIM's activities.



■ Education and Recreation Department

Feb. 15: Pam Parker Trio: A Tribute to Jazz

The E&R Department brings the Washington, D.C., jazz scene to Leisure World when jazz vocalist Pam Parker returns to take the stage on Saturday, Feb. 15, at 7 p.m. in the Clubhouse II auditorium.

Parker is a frequent performer at Blues Alley and Twins Jazz. The Washington Post's Express Night Out has described her singing as a blend of "Billie's precision with Aretha's brand of soul" and her voice as a "combination of sweet tone" and "spot-on vibrato."

Parker also co-hosts a women's radio collective called Sophie's Parlor on D.C.'s WPFW 89.3 FM and, to date, has recorded four CDs, including "The Lemonade Project," which was inspired by her mom and the adage, "When life gives you lemons, make lemonade."

Tickets for this performance are \$9 per person and on sale in both clubhouse E&R offices. Please bring your Leisure World ID.



Pam Parker, courtesy photo

PLEASE, NO CASH

The E&R offices in Clubhouse I and II do not accept cash payment for programs or activities it sponsors. Payment can be made by check payable to LWMC. Or, if \$10 or more, payment can also be made with a credit card (MasterCard, Visa or Discover). When paying for programs or events sponsored by Leisure World clubs and organizations, payment can only be made by check, payable to that club or organization.



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From left: Kathryn Balestino-Estes, AuD., Dr. Heather Schwartzbauer, M.D., Allyson Bull, AuD., Dr. Nicholas Mehta, M.D., Dr. Cynthia Chrosniak, M.D.

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Feb. 16: Slideshow Presents the Soulful Side of 'Music City'

by Fred Shapiro

The Rossmoor Camera Club's monthly matinee slideshow is on Sunday, Feb. 16, at 3:30 p.m. in the Clubhouse II auditorium and will feature Fred Shapiro's "Nashville – Country Music and Art."

Shapiro took the photographs and videos for the slideshow while on a Road Scholar trip with his wife Madeline this past October. Creativity is the heart and soul of Nashville, which is often fondly referred to as Music City because of the quality of musicians it attracts.

Nestled within homes and business buildings are the recording studios from which favorite popular songs came to be, including everything from Elvis Presley's version

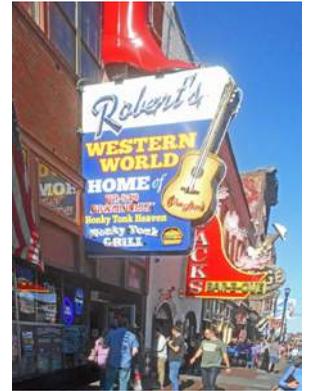
of "How Great Thou Art" recorded at historic RCA Studio B, to Foo Fighters' "Congregation" recorded at Southern Ground Nashville. Add on photos taken at performances on the General Jackson tour ship and the Grand Old Opry and slideshow goes will 'see' much of the soul of the city.

In the museums and theaters that accompanied the music-themed bars and stores on Broadway, the couple learned about Nashville's musical past and present. They visited the many music-themed attractions the city has to offer, including backstage tours of world famous music venues and live performances at world famous country music stages.

All of these sights were captured in photographs and a few videos. The Shapiro's



Photos by Fred Shapiro



could not escape the pulse of Nashville no matter where they went. From music and culture to sports and shopping, the city has much to offer.

About the Photographer

Shapiro is second vice president of the Camera Club and has been an active member of the Club since moving to Leisure World in 2003. He has been a photography bug since his teenage years,

having his own darkroom in his family bathroom.

Digital technology has opened new doors for him to focus on indoor as well as outdoor photography. His printed images have been exhibited regularly in Leisure World.

Plan to attend the show and enjoy some of the sights and sounds of Nashville. The event is free and all residents are welcome.

Barbara Sells Leisure World of Maryland

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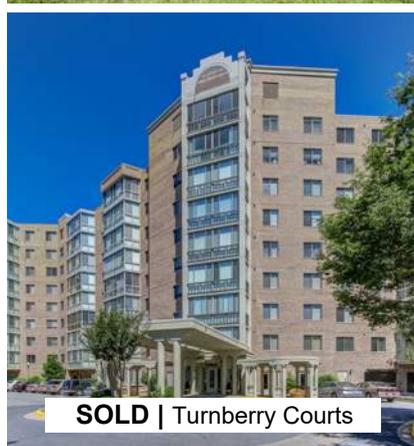
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Feb. 19: Tenor Performs Classical to Jazz Music

On Wednesday, Feb. 19, at 7 p.m., in the Clubhouse II auditorium, tenor Kelvin Page presents a program of vocal music from classical works to spirituals to jazz. He is accompanied by William E. Jones.

This performance is co-sponsored by the Washington Performing Arts (WPA) and the E&R Department and is part of the WPA's Enriching Experiences. The Enriching Experiences program promotes lifelong learning and social engagement for adult audiences through immersive arts experiences. Events include interactive music and dance performances, workshops and intergenerational activities that spark curiosity and self-growth in

the arts.

Tickets for this performance are \$7 per person and go on sale on Tuesday, Jan. 21, at 8:30 a.m. in both clubhouse E&R offices. Please bring your Leisure World ID.



Kelvin Page, courtesy photo

About the Performers

Page is a teaching artist for WPA and performs recitals through its Enriching Experiences program. He also performs with local performing arts organizations like the Washington National Opera and the D.C. Opera Project. As well, he presently serves as president of Ben Holt Memorial Branch of the National Association of Negro Musicians, is on its national board of directors, and serves

as minister of music at Trinity Episcopal Church in Washington, D.C. He holds a bachelor's of arts degree in vocal performance from the University of the District of Columbia.

Jones frequently has appeared as an accompanist with numerous area performing chorales and choirs. He has taught music and musical theater at Philander Smith College, Howard University, the University of the

District of Columbia and the Duke Ellington High School of the Arts; and currently teaches music in Prince George's County Public Schools. He is director of music at Sixth Presbyterian Church in Washington, D.C. and president of the Artist Group of Washington, an arts advocacy organization. Jones has a bachelor's of music degree and master's of music degree in vocal performance from Howard University.

Coming in 2020

The E&R Department is pleased to provide the following programs.

- | | |
|--------------------|---|
| Jan. 26, 4:30 p.m. | Karen Gray Quartet |
| Feb. 15, 7 p.m. | Pam Parker Trio |
| Feb. 19, 7 p.m. | Kelvin Page, tenor, with William Jones, accompanist |
| March 6, 2 p.m. | Stephanie Daily – Back to Broadway |
| March 17, 7 p.m. | Ocean – Celtic music |
| March 23, 2 p.m. | Double Play – flute and tuba |
| April 17, 2 p.m. | Steve Friedman – Revivals: The Broadway Cash Cow |

Watch Leisure World News for more information on these and other upcoming programs throughout the year.

2020 Movie Schedule

Sponsored by the E&R Department

Movies are FREE and shown for your enjoyment in the Clubhouse II auditorium, though you will need a ticket. Please pick up your tickets (limit two per person) on the date indicated below at either Clubhouse I or II. Please bring your Leisure World ID; and remember tickets can go fast.

Show Date & Time	Movie	Tickets Available
Jan. 30, 1 p.m.	The Best of Enemies	LIMITED
Feb. 13, 1 p.m.	Gloria Bell	Jan. 21
Feb. 23, 2 p.m.	Green Book	Feb. 11
March 19, 1 p.m.	Toni Morrison	Feb. 25
March 29, 2 p.m.	Second Acts	March 10

Movies are subject to change.



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Feb. 10: 'A Man Named Pearl'

by Jean DeSchraver

All residents and their guests are invited to join the Garden and Environmental Club for its first meeting of the new year on Monday, Feb. 10, at 10 a.m. in Clubhouse I. The Club will show the award-winning film "A Man Named Pearl" (2006, 1 hour 18 minutes, documentary, rated G). As usual, refreshments will be served before, during and after the meeting.

"A Man Named Pearl" tells the inspiring story of self-taught topiary artist Pearl Fryar whose unlikely journey to national prominence began

with a bigoted remark.

In 1976, Fryar, an African-American man, and his wife moved to Bishopville, South Carolina, where they tried to buy a house in an all-white neighborhood. Their real estate agent notified them that they would not be welcomed because of the collective concern that "black people don't keep up their yards."

Fryar did not become angered or embittered but motivated to prove this

notion wrong. He bought a house in a black neighborhood with three and one half acres and began fashioning a garden

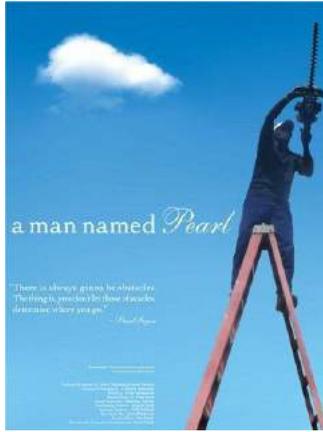
that would attract positive attention. His goal was to become the first African-American to win the Bishopville Yard of the Month award sponsored by the local garden club.

Fryar began cutting every bush and tree in his yard into unusual, abstract shapes. He didn't realize it at the time but he

had started one of the most beautiful topiary gardens in the U.S. that would eventually draw thousands of visitors to Bishopville.

"A Man Named Pearl" is a subtle and intriguing film that opens the heart and mind. It offers an upbeat message that speaks to respect for both self and others, and shows what one person can achieve when he allows himself to share the full expression of his humanity.

For more information about the program or joining the Club, contact membership chair Gwen Raphael at (301-598-7653) or graphael@verizon.net).



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■ LW LGBTQ Alliance

Jan. 25: 'Transamerica'

by Mike LaPoint

On Saturday, Jan. 25, the LW LGBTQ Alliance hosts its monthly movie night at 7 p.m. In addition to enjoying some tasty appetizers and desserts, the Alliance will show the movie "Transamerica" (2005, 1 hour 43 minutes, adventure/comedy/drama, rated R for sexual content, nudity, language and drug use).

The film stars Felicity Huffman, who won the Best Actress (drama) Golden Globe Award for her performance. Huffman plays Bree Osbourne, a conservative transsexual woman who learns she is the parent of a long-lost 17-year-old son (Kevin Zegers). The wheels of fortune take



Osbourne and son on a cross-country adventure, including a memorable visit with her parents that will change both of their lives.

"A funny, touching, completely original look at the modern American family, "Transamerica" will leave you in a state of movie euphoria. It's hilarious and deeply affecting," according to Joe Morgenstern of The Wall Street Journal.

All residents and their guests are welcome to attend the movie and social. RSVP to (lwlgbt@gmail.com). The location of the event will be provided to you at the time of your RSVP.

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Another Happy Customer

■ Jewish Residents of Leisure World

Feb. 12: 'Follow Me: The Yoni Netanyahu Story'

by Jonas Weiss

Jewish Residents of Leisure World (JRLW) and the Bender Jewish Community Center's Coming of Age in Maryland program show the film "Follow Me: The Yoni Netanyahu Story" (2012, 1 hour 27 minutes, documentary, unrated) on Wednesday, Feb. 12, at 1:30 p.m. in the Clubhouse II auditorium.

"Follow Me" is about the older brother of Bibi Netanyahu, Yoni, who led the miraculous raid on Entebbe in 1976.

Although almost all the Entebbe hostages were saved, Yoni was the lone military fatality – leaving behind a grief-stricken family and nation. The film brings a rare portrait of Israel's elite soldiers and their greatest hero to the big screen. A discussion follows the showing.

The cost is \$8 (check only, payable to JRLW) and signup begins Tuesday, Jan. 21, at 8:30 a.m. at the Clubhouse I E&R office. All residents are welcome.



■ Education and Recreation Department

Thursday Afternoon at the Movies

Feb. 13: 'Gloria Bell'

The E&R Department is pleased to present "Thursday Afternoon at the Movies." Films are shown at 1 p.m. in the Clubhouse II auditorium.

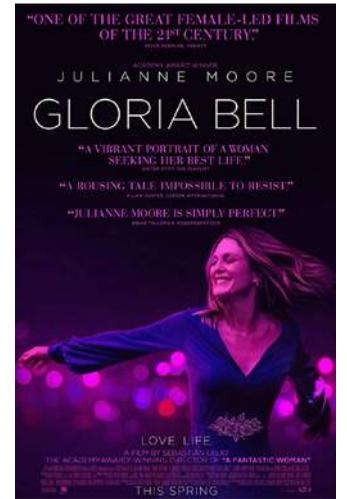
On Thursday, Feb. 13, the presentation is "Gloria Bell" (2019, 1 hour 42 minutes, comedy/drama/romance, rated R for sexuality, nudity, language and some drug use).

Free tickets, limit two per person, are required and can be obtained beginning Tuesday, Jan. 21, at 8:30 a.m. in either clubhouse E&R office. Please bring your Leisure World ID.

Gloria Bell is a free-spirited divorcée who works by day in an insurance office, but spends her nights on the dance floor at clubs around Los Angeles. Then, after meeting Arnold on a night out, she finds herself involved in a new romance, filled with the joys of budding love and the complications of dating, identity and family.

Gloria is played by Julianne Moore and Arnold by John Turturro.

Thursday movie screenings are for your enjoyment; there is no charge. Be sure to pick up your ticket(s) in advance if you plan to attend. Please note: No one will be seated after 1 p.m.





Janice Fife



Stan Moffson
Referral Agent

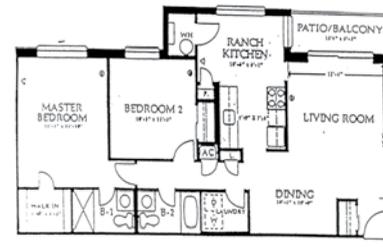
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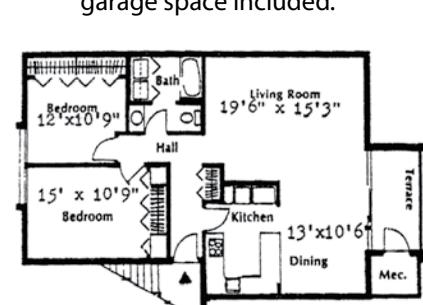
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■ Health Advisory Committee

Getting a Restful Slumber

by Sandra McLeskey

Don't forget to sign up to attend the presentation on sleep problems presented by Dr. Anne O'Donnell, medical director of the Sleep Disorders Center at Georgetown University Medical Center, on Wednesday, Jan. 29, at 2 p.m. in Clubhouse I.

O'Donnell will speak about many sleep problems, including trouble falling asleep, trouble

staying asleep, early waking, and sleep apnea.

Residents can sign up to attend the talk at the Clubhouse I E&R office or by calling (301-598-1300).

Leisure World residents are in the age range when many people develop sleep problems. Residents with sleep problems or who are at risk for developing them are likely to benefit from O'Donnell's talk.

■ FISH (Friends in Sickness and Health)

Lost Something? Check with FISH Soon

by Beth Leanza

The FISH office in Clubhouse II houses lost and found items in its closet, but volunteers will soon empty a lot of the closet's contents.

The closet is very full and contains many hats, water bottles, gloves, a few jackets and sweaters. Stop by the office and look around – even if you don't recall losing an item!

Volunteers will not give away jewelry (mostly orphan earrings), phones, watches or a number of older books.

Residents who've lost something should check with the FISH office by calling (301-598-1345) or stopping by in person. It can take a couple of days for an item to get to Clubhouse II, so if your first inquiry doesn't recover your item, check back in a few days.

If you call and no one is in the office, call the Clubhouse II E&R office at (301-598-1320). An E&R staff member can assist you.

Also, some mutuals may have their own lost and found. Residents may want to check there too, especially if an item was lost near that location.

Consider placing an address sticker on items such as canes and umbrellas. If the item is lost, it will be easier for FISH to find its owner.

More About FISH

FISH volunteers are in the office Monday through Friday from 10 a.m.-4 p.m., except for major holidays. FISH also closes if Montgomery County Public Schools are cancelled. If schools are delayed, the FISH office's 10 a.m.-1 p.m. session is cancelled.

FISH accepts donations of assistive equipment, which are then available to lend to residents and employees of Leisure World. Volunteers do their best to check the equipment for safety. The office has wheelchairs, commodes, walkers and shower chairs, and residents may borrow any item for free – a great way to test out a product before spending money on it!

Giveaway Items

FISH still accepts donations of canes, easy reachers and elevated toilet seats, but simply gives them away. FISH also receives some medical items, blood pressure stuff, diabetic items and incontinence products. All of these are kept in the front of the office. The giveaway items are not limited to Leisure World residents.

Volunteer

Residents who would like to join FISH should contact Beth Leanza at (301-598-4569) to set up a training session.

■ Compassion and Choices

Feb. 11: Organ, Tissue and Whole Body Donation – Fact vs. Myth

by Rosalind Kipping

All residents are welcome at the Compassion and Choices meeting on Tuesday, Feb. 11, at 2 p.m. in Clubhouse I.

Anna-Maria Roache of the Washington Regional Transplant Community will present a PowerPoint program and talks about the great need for individuals to donate their organs and body tissues for the use of others, when they don't need them anymore. Roache will explain the process and answer attendees' questions. Give the gift of life.

Medical schools and research institutions also need whole body donations. Rosalind Kipping will provide information on how to make a whole body donation.

Help educate our future doctors and move research forward.

The meeting is the first of the 2020-2021 season. The Group's new fiscal year began on Oct. 1, 2019. Annual dues are \$5 and members' support makes possible the materials found on the Group's resource tables. Residents are not required to be members to receive the Group's benefits, but the Group hopes they will support the end-of-life education effort provided.

Come early to the meeting to review materials on a variety of end-of-life issues provided on the resource tables and take away whatever is of interest to you.

Rosalind Kipping is available at (rozkiping@comcast.net) or (301-598-4171).

■ Lions' Vision Support Group

Feb. 12: Discover Technology that Supports People with Low Vision

by Larry Cohen

The Lions' Vision Support Group's next meeting is on Wednesday, Feb. 12, at 1 p.m. at the Computer Learning Center in Clubhouse II.

Knowledgeable trainers will discuss technology and software that can help support people with low vision, and members will learn how to work with computers, phones and other devices.

About the Group

The Lions' Vision Support Group helps people learn to live with vision loss.

The Group knows it's not easy or quick to navigate this new world of sight loss, but it can be

done. Members hope to show others how they've adjusted. When we learn skills to survive and live a full life, the learning curve flattens.

Many simple items can make it easy to cook, prep food, sew/knit and participate in other activities with total loss

of sight. With mobility instruction, residents can learn how to travel safely to a clubhouse, shopping center or places of worship. With assistive technology, they can listen to books, magazines and newspapers without leaving their home or while they travel.

For more information about the Group, contact Larry Cohen at (908-770-9111) or (ToPops@aol.com).



Health & Fitness In Brief

Al-Anon Meeting: Al-Anon (for family and friends affected by alcoholism) meets Fridays at 2 p.m. at Our Lady of Grace Church Parish Center, near Leisure World. Enter through the back door (15661 Norbeck Blvd., Silver Spring). For more information, call Bridget at (301-598-3043).

Alcoholics Anonymous (AA): Newcomers welcome. (If outside Leisure World, check in at the main gate.) Meetings are Mondays at noon (Step Meeting) and Thursdays at 6 p.m. (Big Book) in Clubhouse I. For questions, contact Laurie at (240-558-4454).

Alzheimer's Caregivers Support: The Alzheimer's Support Group meets the first and third Wednesday of each month at 3 p.m. in The Inter-Faith Chapel library. For more information, call Sunny at (301-438-2446).

Bereavement Support Group: If your spouse or long-term partner died in the recent past, you may be eligible to participate in a twice-monthly bereavement support group that meets every other Tuesday, 2-3:30 p.m., in the conference room at MedStar Health, 3305 N. Leisure World Blvd. CaringMatters sponsors group meetings. Registration and a phone conversation with Jim Rossi, director of adult bereavement at CaringMatters, is required before attending. If interested, please call Jim at (301-990-0854).

Fitness Center: One of the Fitness Center's personal trainers leads a free orientation tour of the Fitness Center on the second Tuesday of every month at 2 p.m. Learn how to use the equipment

and facilities. Registration is not required.

Memory Café: The Memory Café meets the last Thursday of every month from 2-3:30 p.m. in Clubhouse I. The program provides social engagement for individuals living with early stage memory loss. Registration is required. For more information, call the manager at (240-428-1342) or the National Alzheimer's Association at (1-800-272-3900) or (TTY: 1-866-403-3073) or visit (www.alz.org).

Living Better with Parkinson's: The Living Better with Parkinson's support group was created under the auspices of the Parkinson Foundation of the National Capital Area to provide support to patients suffering from Parkinson's disease (PD) and their families and caregivers. The group meets the second Tuesday of the month at 3 p.m. in Clubhouse II. Usually there is a presentation by a speaker with knowledge about PD, physical therapy or some other related subject, followed by a period of Q&A. There are no memberships or fees to pay, and the meetings are open to anyone who may be interested. Questions? Contact Ray Weil at (301-598-3447) or (raywwjr@hotmail.com).

Stroke Support Group: You are not alone! The Leisure World Stroke Support Group invites stroke survivors and caregivers to its monthly meetings on the third Tuesday of the month from 1-3 p.m. in Clubhouse II. No registration is needed, and all are welcome. For more information, contact Amy Boltz at (248-652-0304).

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Free Blood Pressure Testing:

Come to Clubhouse I for free blood pressure testing, available on the first and third Tuesdays of the month from 9-11 a.m.



CLUBS, GROUPS & Organizations

Pottery on View



Ceramics artist Sun Kim stands beside her works' showcase display, which is on view in Clubhouse II through January. Photo by Dottie Patch

Italian Social and Cultural Club

Club Solicits New Board Members

by Flo Merola

The Club's nominations committee is seeking Club members to fill four board positions in the upcoming May elections.

The current board has been serving for several years and is stepping aside. Having new board members will bring new energy and new program ideas as the Club continues to grow and prosper.

All Club members are invited to attend board meetings to contribute to the direction of the Club. Members interested in running for one of the board positions are particularly encouraged to attend. Currently, board meetings are held on the first Wednesday of the month at 1 p.m. in Clubhouse I. The dates are Feb. 5, March 4, April 1 and May 6.

Just as residents do not need to be Italian to join the

Club, they also do not need to be Italian to join the board.

The four board positions to be filled are president (chairs the board meetings); vice president (assists where needed); secretary (records meeting minutes); and treasurer (manages the money).

In order to assist the new board and to ensure a smooth transition, the current committee chairs for membership and hospitality will continue in their positions the coming Club year. Current board members will also be available to assist the new board.

Residents who would like to learn more and consider running for a board position should let the Club know of their interest by contacting the nominations committee chair Tania Iwanowski at (301-598-2278).

The Italian Social and Cultural Club is dedicated to promoting knowledge and appreciation of Italian culture.

Women's Fun Bunch

Everything is Beautiful at the Ballet

by Elinor Tattar

Women's Fun Bunch members are asked to join the Group on Saturday, Feb. 8, for an exciting ballet program at 3 p.m. in the Clubhouse II auditorium.

The Group will welcome a repertory company of ballet dancers who have appeared throughout Maryland, Washington, D.C., and Virginia. The afternoon includes a deli dinner for paid members only after the performance in Clubhouse II.

Dues of \$15 for 2020 membership in the Women's Fun Bunch are due by Friday, Jan. 31. Membership is open to all widows in Leisure World. The Group is completely social, so join for a fun time and to meet new people; new members are welcome.

Send checks for membership, payable to Elinor Tattar, to her at (15300 Pine Orchard Dr., Apt. 3K, Silver Spring, MD 20906).

For more information, call Marlene Golden at (301-438-7773).

Rossmoor Women's Club

Feb. 12: Club Holds Members-Only Potluck

by Marcia L. Elbrand

The Rossmoor Women's Club (RWC) holds a members-only potluck on Wednesday, Feb. 12, at noon in Clubhouse II.

A guest speaker will describe camp opportunities for children who have physical limitations such as mobility issues and loss of limbs, either from birth or following surgery. Contact Carolyn Thompson at (301-806-5383) by Friday, Feb. 7, to reserve a spot.

To join or re-join the Rossmoor Women's Club, send a \$40 annual dues check to membership chair Aggie Eastham at (3100 N. Leisure World Blvd., #126, Silver Spring, MD 20906).

Trip

On Tuesday, March 24, the Club takes a trip to experience



Gleeful pre-kindergarten students at nearby Harmony Hills Elementary School show off the books each received from the Rossmoor Women's Club. Back row, from left, para-professional educator Shaina Levin, Rossmoor's Education Committee Chairperson Rita Posner, RWC classroom volunteer Linda Mahler and teacher Cathy Plotkin share in their joy. Photo by Cathy Plotkin

the Washington National Cathedral in Washington, D.C. Detailed information is in the Club Trips section of this publication.

To reserve seats, contact the Eyre Leisure World Travel office at (301-598-1599) or (301-854-6600 #4). For questions, contact board member Carol Freibert at (240-669-6554) or (cafreibert@aol.com).

■ **Rossmoor Camera Club**

Club Members' Photography on Display Throughout Community

by Fred Shapiro

While the Camera Club's monthly competitions' winning photos are publicized regularly, residents and visitors to Leisure World also have the opportunity to see members' photos on display at various locations throughout the community.

The main exhibition is in the hallway of Clubhouse I, adjacent to the restaurants. Every Club member can contribute one photo, so viewers can see a broad range of images, many of which have been entered in the competitions but not awarded. Photographs are changed monthly, so there is much to see each month.

The Club hangs photos in a few other locations, alternating either monthly or bi-monthly with the Rossmoor Art Guild's paintings. Locations include the library in Clubhouse I, The Inter-Faith Chapel, Clubhouse II and Signal Financial Federal Credit Union in the Administration Building. A new exhibition site is now in the Computer Learning Center in Clubhouse II.

Club members who would like to display their work are invited to contact Robert Kaplan at (robert.kaplan1@gmail.com) for The Inter-Faith Chapel exhibit, Stu Lillard at (slmeigs1836@yahoo.com) for the hallway in Clubhouse I and Fred Shapiro at (fshapiro@comcast.net) for the exhibitions in the library, credit union and Computer Learning Center.

The Club's objective is to have as much of its members' photography seen and appreciated as possible. Notices are periodically sent to the membership with an exhibition's date and theme (if any).

Take advantage to both participate (members-only) as well as view the collections at each of the aforementioned locations.



From top, New York Church by Brenda Gillum, Amish Horse and Buggy by George Kaye and Landing at the Colony by Larry Mars.

Join the Club

Residents interested in joining the Club to learn how to improve their photographs have two levels of membership to choose from. Members who expect to compete in the monthly competitions pay dues of \$25 for the year. Residents who wish to join the Club to learn more about photography but are not interested in competing pay dues of \$15.

Mail checks for dues to Woody Shields at (Rossmoor Camera Club, c/o 3200 N. Leisure World Blvd., Apt. 817, Silver Spring, MD 20906).

For more information about the Club, visit (www.rossmoorcameraclub.com).

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It's Membership Renewal Time

by Joyce Hendrix

Dance to the music of a Leisure World favorite, Mike Surratt and The Eclectic Coalition Band, on Saturday, Jan. 25, from 7:30-10:30 p.m. in the Clubhouse I Crystal Ballroom.

For details, see the Events and Entertainment section of this publication.

It's membership renewal time for the Ballroom Dance Club, so come early on Jan. 25 and renew for 2020 at the membership table. To renew or join, residents are asked to bring a \$10 check, payable to LWBDC, which entitles them to pay \$10 at each of the monthly dances held January through November.

Non-residents and guests pay \$15 per monthly dance. Members are encouraged to invite their non-resident friends, neighbors and relatives to the monthly dances.

About the Dances

All dances feature live music played in ballroom dance tempo, including slow and Viennese waltzes, fox trot, rumba, samba, tango, cha cha, merengue, hustle, polka, swing and quickstep.

Dance to music from all eras including Broadway, country and '30s through current day pop tunes. Ask the bands for

your favorites, and if they know it, they'll play it.

Suggested attire for the dances held September through May is dressy, with jackets and ties for the gentlemen and dressy outfits for the ladies. Warm weather dances held May through August are more casual, with no ties or jackets required for the men and business casual for the ladies (no jeans allowed).

Bring out your Hawaiian shirts and dresses for the August Hawaiian dance. Costumes are optional at the Halloween dance with prizes awarded for first and second place winners.

All dances are held on Saturdays from 7:30-10:30 p.m. in the Clubhouse I Crystal Ballroom.

Reservations are strongly suggested to ensure your place at a table with friends. Contact reservation secretary Hal Freeman at (bobbihal@aol.com) or (301-438-7513) by the

Thursday before each dance. Put on your dancing shoes and come dance with the Club in 2020!

Dance Schedule

2020 dance schedules will be available at the door at each monthly dance:

- Jan. 25 – Mike Surratt & The ECBs
- Feb. 22 – The Helmut Licht Group
- March 28 – The Tony Luciano Band
- April 25 – Mixed Company
- May 23 – Mike Surratt & The ECBs
- June 27 – The Tony Luciano Band
- July 25 – The Helmut Licht Group
- Aug. 22 – Mike Surratt & The ECBs
- Sept. 26 – Mixed Company
- Oct. 24 – The Helmut Licht Group
- Nov. 28 – The Tony Luciano Band

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The Tried and True and New

by Ann Bolt

The Rossmoor Art Guild (RAG) is here to help with residents' art-related new year's resolutions.

Classes lasting six weeks are underway, but a three-week course in watercolor begins Tuesday, Jan. 21. Open studio is available on Friday and Saturday mornings. It does not include an instructor, but rather offers time to do some independent painting.

A new gallery in the Computer Learning Center in Clubhouse II, under the guidance of Betty Smith, includes paintings reflecting the artists' independence and skills. Artists ranging from the young-at-heart to those in their '90s offer up a range of soothing calmness with subjects including landscapes, flowers, snow, waterfalls and a lighthouse.

Those exhibiting include Jeanette Schuder, Ann Bolt, Alexandra Michaels, Loretta Morgan, Teresa Milne and Paul Ganz. The exhibit will hang through February.

Clubhouse I Exhibit

Clubhouse I shows the works of first time exhibitors John Wieben and Andrea Burgard in watercolor and mixed media respectively. Malcolm Caponiti

exhibits his first oil with an Italian still-life theme.

With all the hustle and bustle of the season, Guild members are happy to relax by gazing at Judy Kirkland's painting, "Cow Pasture River." Pears and Christmas cactus plants join more paintings of people and animals. Houston Hancock's painting features an "Escape from Cuba" and Nettie Geier takes us to outer space.

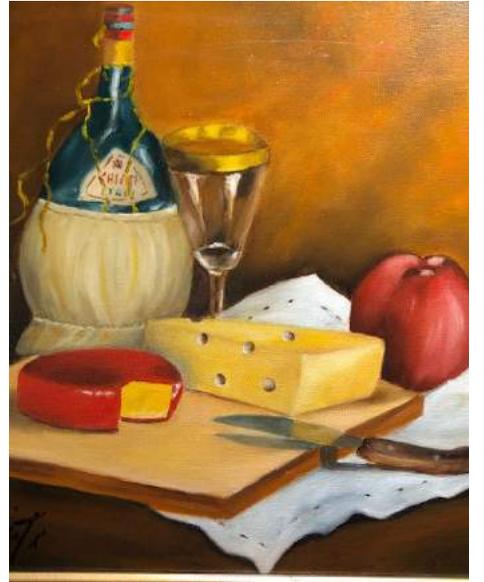
Other exhibitors for this month include Donna Leonard, Nancy Albrecht, Sandy Greer, Jeanette Champain, Alex Michaels, Marvin Sirkis, Patty Marx and Paul Ganz.

Open Studio

The Open Studio themed exhibit "Hands" in Clubhouse I shows works by Maria Clark, Nancy Albrecht, Vicky Batkin, Donna Leonard, Ann Bolt, Paul Ganz and Kathleen Allen. Paintings are in watercolor with ink, pastel, pencil and oils. And also look for a little silver glitter. The next Open Studio theme is "Fences" and will be exhibited in March and April in Clubhouse I.

Art Gallery

Leisure World artists can also submit their artwork to an exhibit entitled "A Lifetime of Perspective by



Clockwise, from top left: Alexandra Michaels, left, and Ann Bolt with Steve Irish's painting at the Computer Learning Center in Clubhouse II. Photo by Betty Smith. Malcolm Caponiti's Italian still-life in oils. Photo by Ann Bolt. Nancy Albrecht's "Opossum Bond" painting for the Hands Exhibit. Photo by Ann Bolt.

Older Adults" located at the Goldman Art Gallery from Sunday, May 24, to Sunday, June 14.

The exhibit is for artists over 65 years of age and works of art can be submitted in about 10 categories ranging from paintings to ceramics. For more

information, contact Kandy Hutman at (301-348-3889) or (Khutman@benderjccgw.org).

The Gallery is located at 6125 Montrose Road in Rockville. Several RAG members have participated in this exhibit through the years.

Resolve to keep painting!

■ Fun and Fancy Theatre Group

Feb. 5: Performers Present Classical Music Program

by Hannette Allen

For the second consecutive year, Vito Sabia will present a program of classical music performed by Fun and Fancy members.

The program is after the monthly meeting on Wednesday, Feb. 5, at 7:30 p.m. in Clubhouse II. The program will consist of musical compositions from grand opera, operetta, ballet and ensembles, with singers,

dancers, piano and string instruments.

Sabia plans to include two Italian choral pieces in the show this year. The first is the famous "Libiamo" from "La Traviata," which consists of a soprano and tenor duet with chorus. The finale will be a complete choral piece, "Va Pensiero" from the opera "Nabucco."

Attendance is free for members and \$5 for guests. Refreshments will follow the performance.



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Library Seeks Volunteers Once Again

by Anthony Magri

The library in Clubhouse I is once again looking for volunteers. Residents who have at least two days a month to spare are asked to consider volunteering. Stop by the library and a current volunteer will gladly help you.

The library is missing a few puzzle games; residents

who've checked out a puzzle are asked to return it when finished. Also, CDs must now be signed out.

New Book Titles

The library has recently purchased or received the following book titles:

“Criss Cross” and “The Inn” by James Patterson; “The Rise of Magicks” by Nora Roberts; “The Testaments” by Margaret Atwood; “The Girl Who Lived Twice” by David Lagercrantz; “Outfox” by Sandra Brown; “Agent Running in the Field” by John Le Carré; “The Bitterroots” by C.J. Box; “The Titanic Secret” by Clive Cussler; “Tom Clancy: Code of Honor” by Marc Cameron; “Kiss the Girls and Make Them Cry” by Mary Higgins Clark; “Noel Street” by Richard Paul Evans.

To check out a book, simply stop by the library and present your Leisure World

ID so that library volunteers can register your information into the computer system if they haven't already.

The library also has reference books, magazines and newspapers throughout the year, and residents can shop for non-seasonal and holiday greeting cards.

Hours of Operation

The library is open Monday from 1-4 p.m., Tuesday through Friday from 10 a.m.-4 p.m. and on Saturday from 10 a.m.-1 p.m.

The library adheres to the

Montgomery County Public Schools' inclement weather policy. If Montgomery County Public Schools open late but roads are not safe for residents, then the library may not open at all. A notice is posted on the library's door and on TV channel 972. Likewise, notices are posted on the door and on TV channel 972 when the library opens late because of staff meetings.

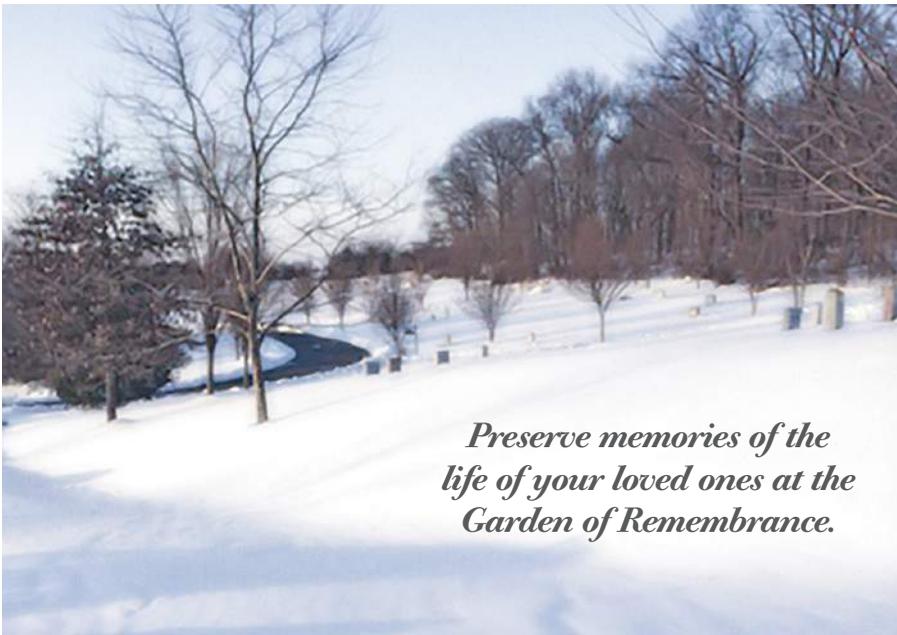
For more information about the Rossmoor Library Guild, contact Tony Magri at (tonyitalian1951@comcast.net).

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■ Vegetarian Society of Leisure World (VSLW)

Feb. 20: 'Eating for the Planet' has Benefits

by Bob Fenichel

The Group's next meeting is on Thursday, Feb. 20, at 7 p.m. in Clubhouse II. Dan and Allison Corbett will present on "Eating for the Planet," or rather, eating less carbon-intensive foods.

Eating less carbon-intensive foods (think fruits, vegetables and legumes instead of animals and animal products) can radically slash our carbon footprint. The Corbetts will show attendees how to address climate change through both systemic change and personal food choices. Their presentation is open to all residents.

The Corbetts are active members of the working group that is supporting legislation in the State of Maryland to encourage a reduction in procurement of carbon-intensive foods by the Maryland State government. Dan has worked in the U.S. Senate Environment and Public Works Committee. Allison has a certificate in plant-based nutrition from Cornell University. They both now live in Baltimore,



Dan and Allison Corbett, courtesy photos

Maryland, but previously lived in Olney, Maryland, for several decades.

Veg Fest

Registration for the five-day vegan summerfest will be opening in a few weeks. This five-day event takes place every year in Johnstown, Pennsylvania, in the beginning of July. Johnstown is only a three-four hour drive from Leisure World. More information can be found at (<https://summerfest.navs-online.org>).

Additional information on VSLW activities is available at (www.vslw.org). Everybody is welcome at VSLW activities; they don't have to be vegetarian to participate.

The mission statement of VSLW is "to support group members in maintaining a healthy lifestyle by eating a plant-based diet."

■ Center for Lifelong Learning (CLL)

■ Computer Learning Center

Jan. 26: Tech Day Featuring AARP Fraud Watch

by Fred Shapiro

The Center for Lifelong Learning (CLL) and the Computer Learning Center sponsor a Tech Day on Sunday, Jan. 26.

Students from the Charles E. Smith Jewish Day School and the Berman Academy will be at Leisure World to help residents learn to better use their laptops, iPhones, tablets and other technology devices. The tech sessions offer residents an opportunity

to expand their knowledge and make use of advancements in technology.

Two one-on-one sessions, each lasting about an hour, will be held in Clubhouse II.



Residents can sign up for either session; the first session is at 11 a.m. and the other is at 1 p.m.

Sign up at the Clubhouse II E&R office and indicate on the sign-up sheet the technology in which you are interested and the session for which you will be available.

AARP Fraud Watch

An additional feature of this Tech Day is a presentation by Ted Meyerson from AARP at noon in Clubhouse II. Meyerson will join Tech Day to speak to seniors about "Fraud, Identify Theft and the AARP Fraud Watch Network."

Hear how thieves steal billions of dollars from millions of people through identity theft and scams, and learn about the ways to protect yourself and what to do if your identity is stolen.

Meyerson speaks on behalf of AARP and occasionally represents AARP to organizations important



Students help residents with their devices at a past Tech Day. Photo by Fred Shapiro

to seniors. He is past president of the Better Aging Foundation of Maryland, past president of United Seniors of Maryland, and former vice chair of the Howard County Commission on Aging.

■ Center for Lifelong Learning (CLL)

Feb. 14: 'Fall in Love' with Financial Planning

by Fred Shapiro

Many seniors have the financial resources to support their lifestyle, but what happens to those resources when the end-of-life approaches?

Robert Penalzoza of Signal Financial Federal Credit Union will discuss how to project those financial assets for heirs during a program sponsored by the Center for Lifelong Learning on Friday, Feb. 14, at 2 p.m. in Clubhouse I.

The program is free, but residents are asked to register beginning on Tuesday, Jan. 21,

at 8:30 a.m. by stopping by the Clubhouse I E&R office or calling (301-598-1300).



Financial counselor Robert Penalzoza, photo by Fred Shapiro

In keeping with the spirit of the day, Signal Financial is providing Valentine's Day goodies to attendees, in the hope that they 'fall in love' with proactive strategies on protecting and organizing their finances before unexpected life events occur.

If your spouse is generally not involved with all things financial-related, then Penalzoza's discussion might make the perfect date. Financial novices who are suddenly forced to take over money decisions due to a

spouse becoming incapacitated are particularly vulnerable to making costly financial mistakes.

As consumers get older, issues such as how to maintain and protect a lifestyle and pay for various expenses on a fixed income become common. Whether you are married or single, organizing and simplifying finances to make money easier to manage at an advanced age may be the key to your peace of mind.

Come prepared to listen and ask questions. After the formal presentation and question and answer period, Penalzoza will be available to discuss attendees' personal concerns.

About the Presenter

Penalzoza is a certified credit

union financial counselor with more than 15 years in the financial industry.

In his early years as a licensed financial consultant, he provided peace of mind to many families through an open-minded, non-judgmental and empathetic approach to understanding their situations and developing an unbiased and personalized plan to achieve their financial objectives.

He has a passion for spreading financial literacy and for providing residents with the resources and tools to help encourage their financial confidence and independency.

For information on all CLL lectures and courses, visit (www.cllmd.com).

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■ Center for Lifelong Learning (CLL)

Feb. 12: Seminar on Reparations Featuring Essay by Ta-Nehisi Coates

by Fred Shapiro

The Center for Lifelong Learning (CLL) has scheduled a one-day seminar lead by Paul Levy to discuss the topic of reparations for African-Americans. The seminar is held on Wednesday, Feb. 12, from 10-11:30 a.m. in Clubhouse I.

The seminar is free, but residents are asked to register with the Clubhouse I E&R office to assure adequate seating.

Registrants must read Ta-Nehisi Coates' 2014 essay, "The Case for Repa-

rations," before coming to the seminar, and bring a copy of it with them to the seminar. The essay is available online at (<https://www.theatlantic.com/magazine/archive/2014/06/the-case-for-reparations/361631/>) as well as a chapter in Coates' book, "We Were Eight Years in Power."

The prerequisite assures a common point from which participants may begin the discussion on reparations. Coates' essay revived interest in the topic and was much debated by advocates and critics.

The question of reparations has been around for a while. In 1989, Rep. John Conyers introduced a bill to establish a commission to study the question and reintroduced that bill, HR40, every year thereafter until he retired in 2017.

Since then, Rep. Sheila Jackson-Lee has introduced that same bill in successive sessions of Congress. In 2019, she was joined by Sen. Cory Booker, who introduced the same bill in the Senate (S. 1083). HR40 was never successful until 2019 when it did get a hearing in Congress. However, no action followed in the House

and action in the Senate is unlikely.

Levy is a popular instructor for CLL. He holds three degrees from the University of Massachusetts at Amherst and has spent 41 years in education as a teacher and school administrator in public and independent schools at the secondary and college levels.

His undergraduate degree is in political science, a topic that has remained his principal focus throughout his teaching career.

For information on all CLL courses and lectures, visit (www.cllmd.com).

■ Center for Lifelong Learning (CLL)

Feb. 20: Senior Living Advisor Discusses Housing and Care Options

by Fred Shapiro

Ageing and the medical conditions associated with it can sometimes require people to make difficult decisions about their housing and care. To provide



Senior living advisor Danny Anderson, courtesy photo

residents with guidance on this topic, the Center for Lifelong Learning welcomes Danny Anderson, a senior living advisor for Custom Senior Living Search, to present a program entitled "Senior Housing and Care Options."

The program is on Thursday, Feb. 20, at 2 p.m. in Clubhouse I. The program is free, but residents are requested to register beginning Tuesday, Jan. 21, at 8:30 a.m. by either stopping by

the Clubhouse I E&R office or calling (301-598-1300).

Anderson will address housing and care needs and the associated costs of home care, independent living, assisted living, memory care assisted living, rehab/nursing homes and hospitals. He has more than 25 years of experience guiding customers in home care.

After the formal program ends, residents may meet with Anderson and his co-workers to address individual concerns.

Custom Senior Living Search, the company Anderson works for, helps families find options based on needs, preferences and budget. Options may include independent senior housing, home care, residential assisted living homes, assisted living communities, continuing care retirement communities and specialized Alzheimer's memory care units. For more information, visit (<https://customseniorlivingsearch.com/>).

For information on all CLL courses and lectures, visit (www.cllmd.com).

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Association Holds 'Tribute to Mahalia Jackson' Concert

by Patricia Means

“A Tribute to Mahalia Jackson” concert featuring the Lavenia Nesmith Ensemble is scheduled for Sunday, Feb. 9, at 4:30 p.m. in the Clubhouse II auditorium.

For additional information, see the Events and Entertainment section of this publication or contact Lois Pope Fuller, event chairperson, at (240-242-3711).

Remembrance

LWAAAC members attended the Sabbath service on Friday, Jan. 3, in The Inter-Faith Chapel. Rabbi Gary Fink and Cantor Wendy Gonzales led the service in remembrance of the contributions of Rev. Dr. Martin Luther King Jr.

Reverence to King, African-American hymns and the Negro National Anthem were integrated within the service. Juanita Sealy-Williams, LWAAAC program committee chair, presented a history of LWAAAC and spoke of slavery and persecution, religious and racial intolerance, and injustice that the Jews and African-Americans encountered throughout the centuries and still experience in today's world.

Appreciation is extended to Judy Frumkin, a member of LWAAAC and the Jewish Residents of Leisure World, for coordinating the LWAAAC attendance at the Sabbath service.

Membership

Beginning in January, dues for new member enrollment are prorated at \$10 (checks only, payable to LWAAAC) to cover the remaining portion of the fiscal year. Individuals renewing membership are not eligible for prorated enrollment. Renewed membership requires that the full amount

for annual dues (\$20) be paid regardless of the time of year.

Payment for membership (checks only, payable to LWAAAC) may be made at meetings, via the LWAAAC mail slot in the Clubhouse I E&R office, or mailed to (LWAAAC, PO Box 12316, Silver Spring, MD 20908). Membership in LWAAAC is open to all residents.

A residential address, telephone number and an email address (if available) must be provided at the time of registration. Membership cards are available from the membership committee at monthly meetings. For more information, contact Alfonso Holston, membership committee chairperson, at (301-438-3537).

Public Relations

New LWAAAC member Carole Thompson has joined the public relations committee to create LWAAAC displays for the showcase in Clubhouse I. Stop by to view the unique display honoring Rev. Dr. Martin Luther King Jr.

The next edition of The Drumbeat will be issued this month. The Drumbeat is emailed to members. Members who have not provided their email addresses to LWAAAC should do it now via (lwaaac2@gmail.com). Printed copies of The Drumbeat may be requested by placing a request in the LWAAAC mail slot located in the Clubhouse I E&R office or by contacting Patricia Means, public relations chairperson, at (301-598-0550).

Amenities

Members are reminded to notify LWAAAC of illness, disability, death or other situations affecting a member or that person's immediate family by contacting Louise Langley, amenities chairperson, at (301-598-3876).

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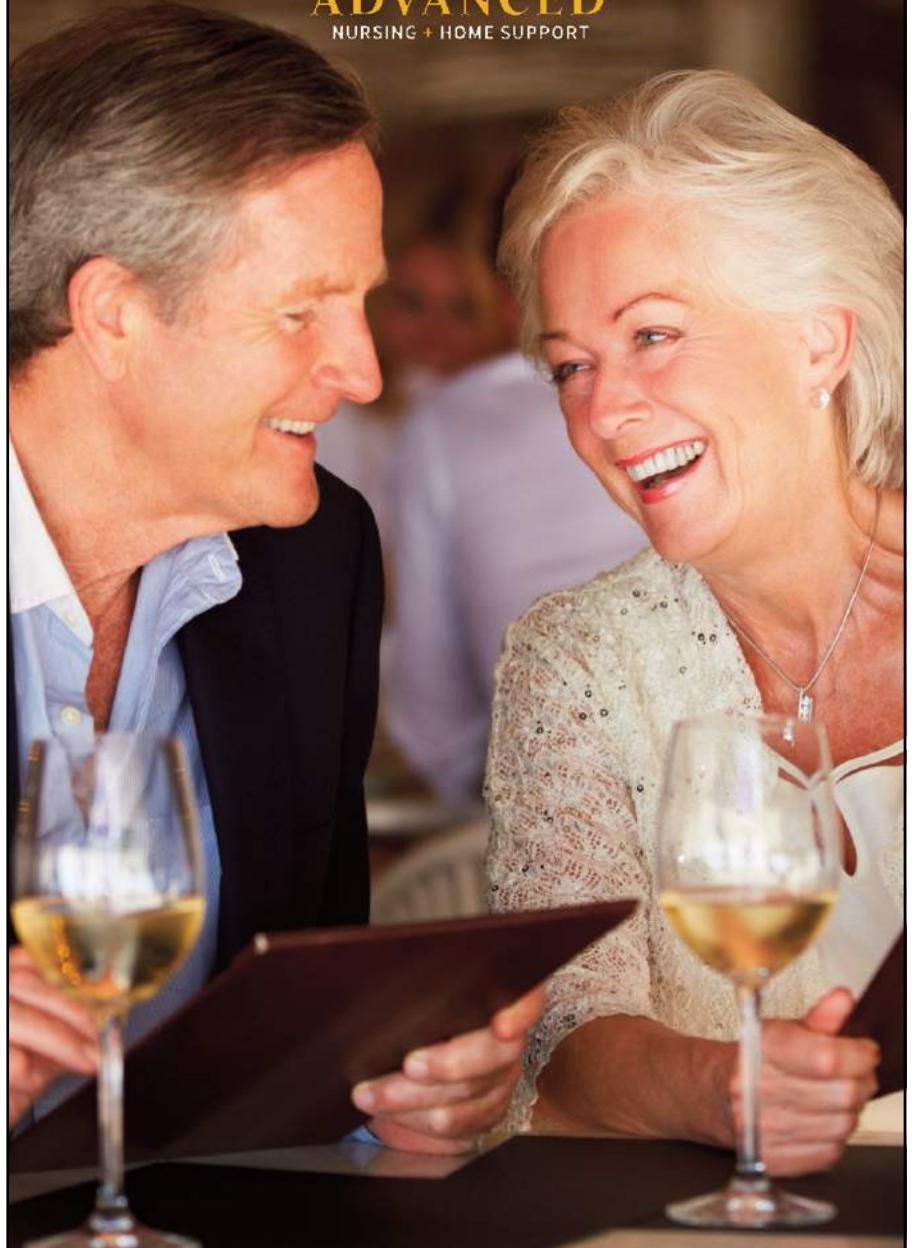
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■ **League of Women Voters**

Jan. 27: 'Central America and Asylum Decisions'

by Maxine Lewack

The League of Women Voters sponsors a Trending Topics presentation, "Central America and Asylum Decisions," on Monday, Jan. 27, from 6:45-8:30 p.m. at the Rockville Library, located at 21 Maryland Avenue in Rockville.

The guest speaker is Dennis Stinchcomb, assistant director for research at American University's Center for Latin American and Latino Studies.

The discussion will explore the issues driving migration from the Northern Triangle (Guatemala, Honduras and El Salvador) – who is leaving and why? Are there changes that could convince people to stay? What role could the U.S. play in helping to reduce the "push" factor forcing people to flee?

Questions are encouraged; one of the missions of the Center is to enrich local communities' understanding of Central America by sharing results of on-site studies and evidence-based reports.

The next meeting of the Rossmoor Group is on Wednesday, Feb. 12, at 10:15 a.m. in Clubhouse I. The Group will examine the League of Women Voters' Montgomery County legislative priorities it will raise in legislative session in Annapolis this month.

And on Friday, Feb. 14, the League celebrates its 100th year since its founding.

■ **Center for Lifelong Learning (CLL)**

Foreign Policy Association's Great Decisions Course Returns

by Fred Shapiro

Continually assaulted with descriptions of world events that take away our sense of security and well being as Americans, the Center for Lifetime Learning (CLL) presents the 2020 version of the Foreign Policy Association's Great Decisions series led by instructor David Frager.

The course's text, prepared by the Foreign Policy Association (FPA), is included in the price of the course and will be the basis for course discussions. Each topic is discussed in depth using FPA materials and additional experiences and materials brought to the seminars by the participants. The FPA has also prepared a DVD featuring foreign policy experts from academia and the public sector that introduces each session.

The participants may discuss additional emergent topics that may be timely and about which they want to explore. Participants will share their experiences and knowledge. They will endeavor to identify significant drivers of world events, such as sovereignty, resources, ethnicity, ideology, national interests, history and personalities, and the impact of these factors on the U.S.' ability to identify and influence the desired course of events.

For more details and registra-



David Frager, photo by Fred Shapiro

tion information, see the Classes and Seminars section of this publication.

About the Instructor

Great Decisions' discussions, which are led by Frager, have been a regular and popular offering from CLL. Frager is a Leisure World resident, was a docent at the Smithsonian National Museum of American History and taught for three years at the National Defense University during a career at the Department of Defense.

Frager facilitated the highly regarded 2010-2019 discussions of Great Decisions and was the instructor for the Building America: Personalities and Perspectives series on American History for CLL. He is a member of Creekside's board of directors and the Leisure World Community Corporation board of directors.

For information on all CLL lectures and courses, visit (www.cllmd.com).

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After a Relaxing Holiday, NARFE Heads 'Back to Work'

by John Moens

Chapter 1143's agenda resumes on Tuesday, Jan. 21, with a PowerPoint presentation by Sudha Haley, first vice president and legislation director for the Maryland Federation of NARFE. The meeting is at 2 p.m. in Clubhouse I.

The Chapter's usual third Monday meeting was moved so it would not conflict with the Martin Luther King Jr. holiday on Monday, Jan. 20.

Growth is one of Chapter 1143's goals, and the Chapter has been growing in the last two months. The official

number is not available from NARFE headquarters yet, but at least five people have asked for membership applications. If you would like to join them and stand up for your rights and benefits, contact John Lass at (301-288-4210).



Discount Tickets

Discount tickets are available for Olney Theatre Center's Wednesday, Feb. 19, matinee performance of "Miss You Like Hell." The performance is at 2 p.m. and tickets are \$45 apiece.

The Pulitzer Prize-winning author Quiara Alegria Hudes co-created "In the Heights," which delighted NARFE

members last year. If you don't want to miss "Miss You," send a check, payable to NARFE Chapter 1143, to treasurer Jewel Lee at (3528 Chiswick Ct., Silver Spring, MD 20906).

Holiday Luncheon

The holidays are a time to relax, and Chapter 1143 celebrated with a holiday luncheon at Bedford Court on Dec. 27. The gathering was friendly, the chocolate cake



NARFE holds its holiday lunch at Bedford Court on Dec 27. Photo by Jewel Lee

treasurer Jewel Lee brought was large, and the speech was short.

■ Republican Club

Feb. 18: 8th Congressional District Candidates Speak at Meeting

by Fred Seelman

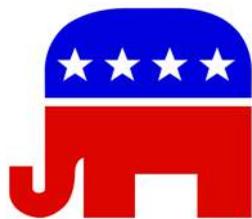
The next meeting of the Republican Club is on Tuesday, Feb. 18, at 1:30 p.m. in Clubhouse I.

It's nearly election time again, so the Club has invited to the meeting the three Republicans who have filed as 2020 candidates for the 8th U.S. Congressional District (where Leisure World is located): Nicholas Gladden, Shelly Skolnick and Michael Yadeta.

All candidates are well experienced. Gladden lives in Joppa, Maryland, and works in the area of job training. Visit his website at (gladdenforcongress.com/meet-nicholas). Skolnick lives in Montgomery County, is an attorney and has spoken to the Club before. Contact him at (shelly.skolnick@starpower.net).

Yadeta is a businessman and lives in Silver Spring, Maryland. See his website at (michaelyadetaformdcongress.com/).

Come to the meeting to hear the views of these three quality candidates.



Remember that the Club will participate in the Maryland primary elections on Tuesday, April 28. Besides voting, help the Club by working at one of the three

Leisure World precincts: Clubhouse I, Clubhouse II or The Inter-Faith Chapel.

Send comments or questions about these or any other Club matters and/or offers to volunteer to Club president Fred Seelman at (fseelman@gmail.com) or call first vice president Robert Kammer at (301-847-9820). Join the Club for another quality event on Feb. 18.

■ Democratic Club

Van Hollen Speaks About Impeachment

by Roger Blacklow

Sen. Chris Van Hollen spoke to a large crowd at Leisure World in December and offered an exhaustive examination of Majority Leader Mitch McConnell's Senate.

During the question and answer period, one Club member offered a unique idea: House Speaker Nancy Pelosi should wait before delivering the articles of impeachment to the Senate, particularly because McConnell declared on Sean Hannity's Fox News show that there is "no chance" Trump will be removed from office, according to a Dec. 13 article in The Washington Post.

Van Hollen said delaying was an interesting idea, but not one with which he was very familiar. Later that month, the Senator said publicly that he could support such a move.

To contact the Democratic Club, visit (leisureworlddemclub@gmail.com).



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Jan. 20: Group Holds Discussion on Philosopher Baruch Spinoza

by Barbara Eisen

The Hadassah Judaic Studies Group meets on Monday, Jan. 20, at 1:30 p.m. in Clubhouse I. Peri Schuyler will lead a discussion on the philosopher Baruch Spinoza.

Bring your questions, comments and opinions. All residents are welcome. For more information, contact Peri Schuyler at (301-869-2968) or (perislaptop@aol.com), Marcia Elbrand at (216-496-6633), Shari

Goldstein at (240-293-6442), or Naomi Kline at (nbk165@comcast.net).

Hadassah is not having a regular program in February in anticipation of bad weather. The next event is a Women's Seder on Wednesday, March 25, at 2 p.m. in Clubhouse II. More details will be forthcoming.

Elaine Schenberg and Jan Bloom sell Hadassah greeting cards. The prices are \$3 each for one to three cards and \$2.50 each for four or more cards. Cards

are displayed and sold at every Hadassah meeting. Call Elaine at (301-598-0079) or Jan at (301-593-7720) to buy cards between meetings.

Larelda Gruber, available at (301-598-5922), is chair of Youth Aliyah/Children at Risk. This project helps disadvantaged children in Israel. The goal is to create a circle of \$1,000, made by individual contributions of \$40. Send donations to Larelda at (3200 N. Leisure World Blvd. #201, Silver Spring, MD 20906).

Hadassah sponsors many activities to further the worthwhile projects it supports in medical, educational and social programs in Israel and the U.S.

If interested in knowing more about Hadassah, contact one of its membership vice presidents: Lois Fields at (301-585-9804) or (loisfields2@earthlink.net), Linda Epstein at (301-847-9650) or (lepstein8@gmail.com) or Natalie Rosen at (301-279-5640) or (bnrosen@comcast.net).

■ Jewish Discussion Group

Jan 26: A Book Review for Turbulent Times

by Jerome "Jerry" Cohen

The Group's next session is on Sunday, Jan. 26, at 10:30 a.m. in Clubhouse I. The featured speaker, Steve Kline, will discuss and review Deborah Lipstadt's

new book, "Antisemitism: Here and Now."

In her book, Lipstadt provides a penetrating and provocative analysis of the hate that will not die, focusing on its current, virulent incarnations on both the

political right and left, from white supremacist demonstrators in Charlottesville, Virginia, to mainstream enablers.

Kline served as an assistant district attorney in Manhattan, a special assistant attorney general for the State of New York investigating Medicaid fraud, and was also an adjunct associate professor of law and police science for 15 years at the John Jay College of Criminal Justice of the City University of New York.

responsibilities of overseeing the nine monthly sessions held annually, or someone who may care to assume the position entirely.

If interested, contact Jerry Cohen at (240-970-5024) or (jeromeacohen67@outlook.com).

Session Format

The current monthly format usually features full-session speakers, and occasional sessions include discussions of contemporary issues facing the global, domestic or local Jewish communities. A vibrant and accomplished group of featured speakers are currently lined up through June 2020.

Group participants are encouraged to offer suggestions for featured speakers, and to consider discussing with the moderator if they may care to do a short or featured subject presentation of interest to the Group.

General Information

JDG invites residents of all faiths to attend its free Sunday morning discussion group sessions, held on the fourth Sunday of the month from 10:30 a.m.-noon at Clubhouse I.

For additional information or to have your email address added to the monthly notification list, call or email group moderator Jerry Cohen at (240-970-5024) or (jeromeacohen67@outlook.com).

December Session

The Group thanks Bernie Zycherman for serving as a guest moderator on Dec. 22; his discussions revolved around the meaning of Chanukah in the context of assimilation and anti-Semitism.

He discussed an article on Theodore Herzl, the father of modern Zionism, and his complete turnaround in thinking on how to eradicate anti-Semitism.

Another provocative discussion centered on the irony of why Chanukah is so popular among Jews that embrace assimilation when the story of Chanukah is about Jews fighting the Hellenists who wanted to eradicate Jewish religious beliefs. Zycherman led other Chanukah-themed discussions as well.

Wanted: Moderator

The Group is seeking an assistant moderator to share in the



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Jan. 28: Learn how Synchronicities Can Help Guide Your Life

by Dave Edfors

On Tuesday, Jan. 28, the Unitarian Universalists of Leisure World present a program by synchronicity researcher Dr. Sharon Hewett Rawlette on the source and significance of coincidences.

The program is at 2:30 p.m. in Clubhouse II and is followed by light refreshments and conversation.

Attendees don't have to be members of the Unitarian Universalists; all residents are welcome.

About the Program

Have you ever randomly come across a product that solves a problem you are having, even though you weren't looking for it, or

received an unexpected phone call from a distant friend you were just thinking about?

These coincidences, like the "déjà vu" moments we occasionally experience in life, are unexplainable and, in some cases, considered miraculous.



Dr. Sharon Hewett Rawlette, courtesy photo

In the scientific community, these coincidences are called synchronicities. The Oxford American College Dictionary describes a synchronicity as the simultaneous occurrence of events which appear significantly related but have no discernible causal connection.

Synchronicities often make for humorous anecdotes, but they also have the power to transform lives. Their messages push, prod, heal and even test us. In many

cases, they completely upend our view of reality and our relation to it.

In this program, synchronicity researcher Rawlette demonstrates the fascinating way synchronicities have been personally transformative both in her life and others' lives and provides guidance on how best to benefit from their life-changing power.

About the Speaker

Rawlette has a doctorate degree in philosophy from New York University but left academia 10 years ago to pursue a writing career and has been experiencing life-altering synchronicities ever since.

She has published original research on the statistics of "coincidences" in the Journal of Scientific Exploration and blogs about the subject in Psychology Today.

In May 2019, she released her book "The Source and Significance of Coincidences: A Hard Look at the Astonishing Evidence."

Join the Unitarian Universalist's on Jan. 28 for this fascinating and informative program.



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Feb. 18: Examining the Search for Happiness Through a Jewish Lens

by Fred Shapiro

The search for happiness is as old as humanity itself. On Tuesday, Feb. 18, Amy Schwartz of Moment magazine will lead an interactive program at Leisure World to not only attempt to discover the secret to happiness, but also to explore Jewish insights into this elusive state-of-mind.

The program is at 2 p.m. in Clubhouse I and is co-sponsored by the Center for Lifelong Learning (CLL) and the Jewish Residents of Leisure World (JRLW).

The program is free, but residents who plan to attend are asked to register beginning on Tuesday, Jan. 21, at

8:30 a.m. by stopping by the Clubhouse I E&R office or calling (301-598-1300).

About the Presentation

In Jewish culture and text, the subject of happiness surfaces repeatedly. Confronted with the absolute devastation and evil of the Holocaust, Jewish thinkers revisited the topic.

Among them was survivor and psychiatrist Viktor Frankl, who gave birth to what is now called positive psychology, the scientific study of how to make people happy.

Feeling joyful has its health perks as well; a growing body of research suggests that happiness can improve a person's physical health. Feel-

ings of positivity and fulfillment seem to benefit cardiovascular health, the immune system, inflammation levels and blood pressure.

Happiness has even been linked to a longer lifespan as well as a higher quality of life, according to a study from Duke Medical School.

Attaining happiness is a global pursuit. Researchers find that people from every corner of the world rate happiness as more important than other desirable personal outcomes, such as obtaining wealth, acquiring material goods and getting into heaven, according

to Psychology Today.

About the Presenter

Schwartz is currently an opinion and book editor for Moment magazine, which she has worked for since 2011.

She worked at Harper's Magazine and The New Republic before joining the Washington Post, where she was an editorial writer and op-ed columnist on cultural issues from 1985 to 2002. She received a degree in literature from Harvard University.

For information on all CLL lectures and courses, visit (www.clld.com).



Amy Schwartz, courtesy photo

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Post Seeks Volunteer Administrative Assistant

by Jerome "Jerry" Cohen

Post 567 is seeking a second volunteer administrative assistant to help or alternate with the current assistant in the planning of its eight annual Sunday brunch events. The duties include helping record the reservations, processing the checks received and preparing the deposits.

Excel spreadsheet skills are required for the position. To apply, contact Post commander Jerry Cohen at (240-970-5024)

or (jeromeacohen67@outlook.com).

Post Information

Members' business meetings are held the first Wednesday of each month from 11 a.m.-12:30 p.m. in Clubhouse I, and the next meeting is on Wednesday, Feb. 5. All regular members and patrons, and those who are considering joining, are invited to attend.

Two new categories of regular membership were recently added by the Jewish War Veterans' national

governing organization. Those who have served in the U.S. Public Health Service Commissioned Corps or in the National Oceanic and Atmospheric Administration Commissioned Officer Corps are legally recognized as veterans and are now eligible and encouraged to join the Post.

For those who would like additional information, have questions about membership, would like to be added to Post 567's email notification and e-newsletter list, or who wish to make donations to the Post

in honor of or in memory of someone should contact Cohen accordingly.

Winter Break

The Post does not hold brunches in January, February, July and August. Bon voyage to members, patrons and other event attendees who are snowbirds!

The Post's upcoming Spring brunches are moving to the first Sunday of the month and are scheduled for March 1, April 5, May 3 and June 7 at 10 a.m.

■ Jewish Residents of Leisure World

Brunch and New Members Energize JRLW

by Jonas Weiss

On Sunday, Feb. 16, Maryland Congressman and U.S. Constitutional scholar Rep. Jamie Raskin talks about "The Unimpeachable Values of the U.S. Constitution." Raskin serves on the House Judiciary Committee and the Oversight and Reform Committee.

The brunch is at 10 a.m. in the Clubhouse I Crystal Ballroom. To attend, mail checks for \$14 (\$18 for non-members), payable to JRLW, to Shirley or Jerry Gordon at (15311 Beaverbrook Ct., Apt. 3A, Silver Spring, MD 20906) at least one week in advance. Note that the event may sell out soon.



Rep. Jamie Raskin, courtesy photo

Community Center and takes trips to Theatre J. For information on the trip to see "Becoming Dr. Ruth" on Wednesday, April 1, see the Club Trips section of this publication.

JRLW also presents educational lectures, Sunday brunches with prominent entertainers or speakers and Sabbath and holiday religious services.

Members receive a monthly newsletter, put together by Bernice Cohen, with a schedule of events and

other important information. Membership chairs are Judy Frumkin (443-858-2894) and Leah Weisman (301-288-4267). The program chair is Phyllis Rand, available at (301-871-1515), and education committee chair is Becky Siman, available at (301-288-4897).

Sabbath Services

Rabbi Gary Fink and Cantor Wendy Gonzalez lead services on Friday, Feb. 7, at 7:30 p.m. in The Inter-Faith Chapel. Cantor Michael Kravitz leads Conservative services on Saturday, Feb. 8, at 9:15 a.m. in Clubhouse II.

Rabbi Moshe Samber and volunteers lead Sabbath services and Torah and Talmud discussions on Saturday, Jan. 18, 25 and Feb. 1 at 9:15 a.m. in Clubhouse II.

Donations

Do you want to honor or memorialize a loved one? You can sponsor a Kiddush or Oneg in their name.

Send checks, payable to JRLW (\$25 minimum), to Susan Weiss at (3739 Glen

Eagles Dr., Silver Spring, MD 20906). Also send any donations for tzedukah or yiskor to Susan.



Meet and Greet

Jewish Residents of Leisure World (JRLW) had another great meet and greet party in January. Many new and prospective members mingled with other members and board members and learned about the many activities and programs of the JRLW.

JRLW frequently shows movies in conjunction with the Bender Jewish Commu-



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Jan. 21: Attend Meeting to Learn Club's Mission

by Carole Mund

Due to the possibility of inclement weather, NA'AMAT does not sponsor any planned activities. However the organization continues to meet to plan future events.

Members of the Leisure World community are encouraged to participate. By attending, they have a valuable opportunity to give input and meet women actively involved and committed to NA'AMAT's mission. The next executive committee meeting is Tuesday, Jan. 21, at 10:30 a.m. in Clubhouse I.

A Celebration of Stories

Long before the written word, people told stories. On Wednesday, March 11, the second Wednesday of the month, all are invited to an open meeting at which renowned speaker and storyteller Noa Baum will share personal and traditional stories, which help us find meaning and connection, whether through our holiday

celebrations or family stories.

Baum is an award-winning storyteller and author who has presented internationally to diverse audiences from the World Bank to inner city schools. Baum's book "A Land Twice Promised: An Israeli Woman's Quest for Peace," is an introspective memoir that reaches into the depths of the chasm between Israeli and Palestinian experiences and how the use of storytelling provides an avenue of therapy and understanding.

The book will be on sale for those who would like to delve further into her approach. The event is free for all residents.

Mission Statement

NA'AMAT is a charitable organization dedicated to helping NA'AMAT Israel provide educational daycare programs, vocational training, legal aid for women, services and assistance for new immigrants as well as centers for the prevention and treatment of domestic violence.

NA'AMAT is proud of its 233 daycare centers that ensure the safety and security of more than 17,000 preschool children that are located throughout the State of Israel and the 40,000 families that depend on NA'AMAT for social, psychological and economic services.

NA'AMAT HaShalom Day Care Center in Jaffe is an inspiring example of co-existence between Israeli and Arabs in Israel. Close to 70 children, half Jews and half Arabs (Muslims and Christians) are educated together. They play and celebrate each other's holidays. Programs such as these sponsored by NA'AMAT Israel give hope that someday these children will become the leaders and have insight into peaceful coexistence.

To join or support NA'AMAT, contact Linda Schoolnick at (301-681-1076).

Tzedakah

"Tzedakah" is a custom of donating loose change each Sabbath to charity. Newly designed pushkie boxes have arrived to encourage members to save and donate. Every penny counts in supporting the many programs NA'AMAT sponsors in servicing women and children.

Carol Milwit, tzedakah chairperson, is coordinating the collection and replacement of the tzedakah boxes. Just drop your change or maybe your mah-jongg winnings in the box and Milwit will gladly collect the box and replace it with a new one. Full donor credit is given. Contact Carol at (301-288-7534) for more information.

Book Club Update

NA'AMAT RBZ has a book club that meets the fourth Wednesday of each month. This active group meets to discuss literature chosen by the group. The book for the next scheduled meeting, Wednesday, Jan. 22, is "The Alice Network" by Kate Quinn. Contact Barbara Tahler at (240-669-6961) for the meeting's time and place.

Upcoming Event

- April 23 – Spiritual Adoption Luncheon featuring special keynote speaker

For more information about NA'AMAT RBZ Club, contact one of its co-presidents: Linda Schoolnick at (301-681-1076) or Gladys Blank at (301-438-9666).

For membership information, contact Harriet Chaikin at (240-560-7487). For tribute cards, call Lenore Kalen at (301-922-4348).

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Jan. 18: Meeting and Potluck Features Discussion on LGBTQ Issues

by Mike LaPoint

The LW LGBTQ Alliance's monthly meeting and potluck is on Saturday, Jan. 18, at noon, in Clubhouse II. After the meal and socializing, the Alliance will review upcoming events, followed by a presentation by guest speaker Tara Davis-Rama.

Davis-Rama is the diversity and inclusion program manager for the Alzheimer's Association, National Capital Area Chapter. She conducts outreach to historically underserved communities and addresses the special needs and

concerns of these communities.

In her work with the LGBTQ community, she breaks down barriers to accessing services, including fear of discrimination and potential abuse, and assures that our wishes for care will be adhered to and that our representatives will be honored.

Annual membership dues of \$10 for 2020 will be accepted at the meeting. Also, the Alliance will begin the process of seeking candidates to run for its board in its upcoming spring elections. The meeting and presentation is open to all residents and their guests.

Movie Night

On Saturday, Jan. 25, the Alliance shows the movie "Transamerica" (2005, 1 hour 43 minutes, adventure/comedy/drama, rated R for sexual content, nudity, language and drug use) at 7 p.m. For details, see the Events and Entertainment section of this publication.

Past Event

The Alliance held its holiday party on Dec. 7. In addition to a delicious holiday feast and a lively Yankee gift exchange, the Alliance sponsored a non-perishable food collection that was donated to the Manna Food Center, a food bank that feeds the hungry in Montgomery County.

General Information

To learn more about the Alliance or to add your name

to its monthly newsletter email list, email (lwlgbt@gmail.com) or, better still, attend the next monthly potluck meeting on Jan. 18.

All residents and their guests are welcome to participate in the Alliance. Also, check out the Alliance's Facebook page for community updates.

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■ New Yorkers and Friends Group

Feb. 13: Catskills Comedy and Deli Dinner

by Linda Mahler

The New Yorkers and Friends Group welcomes the new year with an "Evening of Comedy and Deli" on Thursday, Feb. 13, beginning at 6:30 p.m. in Clubhouse II.

Wally Becker of the Comedy and Humor Club will preface the showing of the video, "Catskills on Broadway," with a sample of humor that all can enjoy.

The Catskills, the cradle of American humor, launched the careers of many of our greatest comics. During two hours of hilarious stand-up, Freddie Roman, Mal Z. Lawrence, Dick Capri and Louie Durant will have everyone howling with laughter.

Along with the movie, the Group will enjoy a delicious, pre-ordered boxed dinner of individual choice – deli sandwich (corn beef, pastrami, turkey, egg salad or chicken salad); beverage choice (regular coke, diet coke or

Sprite) and dessert (brownie or cookie) delivered from Brooklyn Deli.

The cost of the entire evening is \$16.50. The event is open to all, but space is limited and will be reserved on a first-come, first served basis.

Mail checks of \$16.50, payable to the New Yorkers and Friends Group, to Mimi Schultz at (3330 N. Leisure World Blvd. #531 Silver Spring, MD 20906) no later than Thursday, Feb. 6. Be sure to include your food choices along with your payment.

New members are always welcome to join the Group. Dues of \$10 for the year (Sept. 1, 2019 through Monday, Aug. 31, 2020), payable to New Yorkers and Friends Group, can be sent to Dottie Chanil at (3829 Glen Eagles Dr., Silver Spring, MD 20906).

For more information about the Group, contact either co-president Linda Mahler at (301-288-4367) or Carole Mund at (301-598-2768).

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■ Comedy and Humor Club

Tickets for 'Kinky Boots' Still on Sale

by Al Karr

Tickets are still on sale for the Club's Wednesday, March 4, bus trip to Toby's Dinner Theatre to see the award-winning musical "Kinky Boots" and to enjoy a buffet lunch.

For details about the trip and reservation information, see the Club Trips section of this publication, or phone Ruth Becker at (301-288-4276) between 9 a.m.-5 p.m.

The Comedy and Humor Club meets every Tuesday from 1:30-3 p.m. in Clubhouse II. New members keep showing up, and all residents are invited to come by and see what all the laughter is about.

Taking the mic or otherwise spouting off at a recent session included Club members Fred Firnbacher, Herb Hodes, Alan Packer, Rudy Volin, Sunny Levin, Club vice president Skip Schoening, Ruth and Wally Becker, Al Karr and

Club president John Lass.

Here's a limited sample of their witty tales:

- Fred gave a hilarious, long list of singular and plural nouns, verbs and adjectives in the "crazy" English language, such as: the plural of ox is oxen, not oxes; the plural of mouse is not meese; if the plural of man is men, why isn't the plural of pan, 'pen?'; there is no egg in eggplant, ham in hamburgers, nor either apple or pine in pineapple; if you get rid of all but one of your odds and ends, what do you call it?; we have noses that run and feet that smell, and a house can burn up as it burns down.
- Sunny – Math in the 1960s: A logger sells a truckload of lumber for \$100; his costs are 4/5 of the price. What is his profit? Math in the 1980s: A logger sells a truckload of lumber

for \$100. His production costs are \$80 and his profit is \$20. Underline the number 20. Math in the 2000s: If you feel you need help about the logger and his lumber sale because of race, color, religion, sex, sexual orientation, age, childhood memories or criminal background, the answer will be provided. Math in 2020: Ask Google for the answer.

- Wally – Wally orders lobster at a seafood restaurant. The waiter brings one with only one claw. He explains that two lobsters got into a fight and this one lost a claw. "Bring me the winner," Wally says.
- Rudy – Al arrives at the gates of heaven, and St. Peter asks, "What one good thing did you do while alive? Al says he saw some punks bullying an elderly lady and he kicked the leader in the shins. "When?" asks St. Peter. "40 seconds ago," Al replies.

■ Writers of Leisure World

Writers 'Bloc'

by John Moens

Everyone has a story: love and loss, disappointment and success, health and despair, highs and lows, darkness and glow. On the first and third Thursdays of every month at 11 a.m., the Writers of Leisure World gather in Clubhouse I to share their stories and poems.

One such writer is Woody Shields, Group president. Shields describes his presidential duties as a labor of love, delighting

in the stories and poems that are shared. He is an avid deer hunter and, in addition to hunting, writes about and photographs deer.



He has authored thousands of documents in his Naval service, each requiring meticulous precision and careful phrasing. He has been writing as a hobby for 20 years.

His best writing project, completed years ago, was a major reference on submarine communications. He recently completed "Whitetail Widow," a

manuscript for publication now in final editing.

At the Group's Jan. 2 meeting, he read a chapter about involving the family in the hunting experience. Other members shared their writings as well.

Other Writers' Offerings

In "My Mom is My Best Teacher," Joanie Friedlander recounted how her mother raised her family after her father's death. Her mother showed her how to make pottery and encouraged her to major in art.

"Finishing Concrete" by Tom Anessi might seem like an invitation to snooze, but by the time he finished reading this published poem, all Group members admired the craftsmanship of both the laborer and the lifelong poet who described it.

"C not K" by John Moens relates the saga of Simon O'Toole, who beat both death in the mines and a royal flush, and whose life was saved by a spelling error.

Group members shivered along with Danuta Montorfano as she shared her poem, "Evening Walk on a Cold Day."

The last story was a sad one: Jerry Udell recalled the passing of Yankees pitcher Don Larsen. Udell has his ticket stubs to Game Three of the 1956 World Series, a game he did not attend due to school obligations. In Game Three, Larsen pitched the first and only perfect game in World Series history.

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iPhone Tips for Quicker Access

by Ron Masi

LW Apple Club's Tuesday, Jan. 28, program is "Fun with your Mac." Jerry Berman will explain and demonstrate three things already on your Mac that he uses to just have fun:

- music visualizer to create mesmerizing images as you listen to music
- fonts and how to get more for free
- greeting cards

The program is at 10 a.m. in Clubhouse II. Berman plans on providing notes on his presentation.



iPhone (and newer iPad) Tips

For quick access to favorite features such as flash lite, camera, magnifier and more, swiping down top right reveals the Control Center where one tap opens an app. But there may be items there you'll never use, and things you use a lot that are not there.

To customize, go to Settings > Control Center > Customize Controls. The user will see at the top a list of "Include" items (dash in a red circle) showing what's in the Control Center. Farther down are "More Controls" (plus sign in a green circle) indicating those that are not in your control center. To add/remove an item, tap the red/green circle. Checking

out this list reminds the iPhone user of all the things the iPhone can do.

Widgets

An iPhone gathers all types of information (weather, upcoming calendar events, news, etc.) and presents it to the user in "widgets." From the home screen, swipe to the right, and then scroll

to the very bottom and tap the small Edit button to bring up a list of widgets that the user can add and remove just like in the Control Center.

Bored with your screen's look? Try Dark Mode. It's found in

Settings > Display & Brightness, and then click on Light or Dark. Try experimenting with other options on that page. An explanation of each function is given.

Emergencies

Experiencing an emergency? Users who have Hey Siri set up can just say, "Hey Siri, call 911."

Users can also go to Settings > Emergency SOS and follow the directions. (Different iPhone models may have differing procedures.)

What if help arrives and you are unable to provide your health history? Users can set up their iPhones to provide that information by selecting Settings > Health



An iPhone Control Center. Screenshot by Ron Masi

and then completing the health profile and medical ID information, which includes prescriptions, allergies, drug reactions, medical conditions, blood type, etc. This information is available even when the iPhone is locked.

Disturbed by your iPhone at inconvenient or unsafe times? Select Settings > Do Not Disturb, and the user has many options: silence calls and notifications between selected times; allow calls only from certain people, etc. Here the user can also set up auto reply, or a setting for emergencies that allows a second call from the same number within three minutes to get through.

Also, if receiving a message with the word "Urgent" it will be delivered immediately. Perhaps the most important option is "Do Not Disturb While Driving."

Don't want to disturb others with the clicking of your typing keys? Go to Settings > Sounds & Haptics, scroll way down to

Keyboard Clicks and turn it off (not green).

Club News

The Club's board wants members' feedback on how it can help members get the most out of their Apple devices. But it also needs members' feedback as to how best to do that. Or if you feel the Club has outlived its usefulness, let us know. Just email the president at (masiron@mac.com).

Residents who need help or tips on an Apple product can stop by the Club's Apple Clinic held on the first, second, third and fifth Tuesday of the month from 10-11 a.m. in the Computer Learning Center in Clubhouse II.

Visit the Club's website at (mac.Computerctr.org) for past and scheduled programs as well as past Leisure World News articles.

And don't forget to attend the program on Jan. 28.



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or call 888-386-9898.

Club Searching for Trip Coordinator

by Elizabeth Brooks-Evans

The Going It Alone Club (GIAC) meets every Saturday for Saturday Afternoon Live (SAL) in Clubhouse II, beginning with armchair travel at 2 p.m. followed by various games at 2:30 p.m.

As the Club's long-time travel coordinator, Joe Parker, retires from the position, GIAC is searching for a replacement to arrange four or five trips per year.

The volunteer would mainly attend SALs from 1:30-3 p.m. to interact with participants and collect and record trip payments. In turn, the volunteer would receive free travel and accommodations for the Club's trips. For more information, see "Volunteer Opportunities" in the Classifieds section of this publication or contact Elaine Strass, Club president, at (240-477-2166).

Bus Trips

On Wednesday, April 15, GIAC travel to see "Love Letters" at

Washington County Playhouse in Hagerstown, Maryland. The play is a tender tragicomedy about a complicated friendship between a man and woman that will have theatregoers weeping into their hankies at times and cracking their sides at others.

On Wednesday, May 20-21, come see "Queen Esther" at Sight and Sound Millennium Theatre in Lancaster, Pennsylvania, and get ready for a captivating tale of beauty and bravery set in the opulent yet perilous Persian Empire.

From Saturday, July 18, to Saturday, July 25, enjoy an eight-day, seven-night bus trip to Montreal, Quebec City and Ottawa, Canada. The trip includes local guides to tour exciting locations in each city, a narrated cruise of the St. Lawrence River and admission to the Montreal Tower.

More detailed information on all these trips can be found in the Club Trips section of this publication.

Sign-ups for trips takes place during Saturday Afternoon Live (SAL) from 1:30-3 p.m. in Clubhouse II when a representative of the trip committee is available to receive payments and answer questions. The GIAC newsletter, which also has more trip information, is also available at that time. For questions about trips, contact Elaine at (240-447-2166).

Armchair Travel

Armchair travel is every Saturday beginning at 2 p.m. in Clubhouse II. Sami Demiray, armchair travel coordinator, is currently exploring new and repeat adventures for members. He would like to hear from participants regarding their desires for future videos. Members are encouraged to visit the information table during SAL to express their wishes.

Games

Games begin at 2:30 p.m. right after armchair travel;

bridge and Rummikub are played in the Clubhouse II lobby. Mexican train dominoes is played in the Game Room, where an old-fashioned dominoes game is also available. Members are also welcome to bring and/or suggest other favorite games.

Anyone interested in more information about games should contact Elaine at (240-447-2166).

Membership

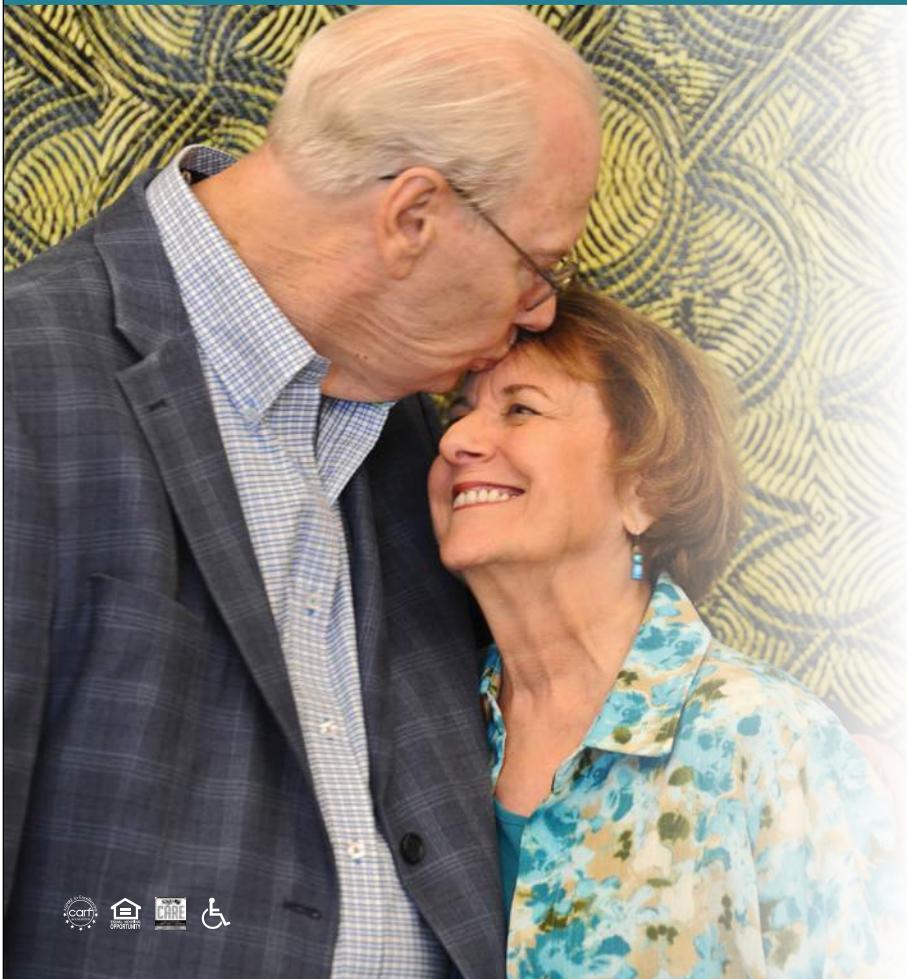
Those wishing to sign up for GIAC membership or renew their membership are invited to do so every SAL from 1:30-3 p.m.

The membership fee is a nominal \$8 per year which can be submitted during SAL, in the GIAC mail slot in the Clubhouse I E&R office, or mailed to the new post office address at (P.O. Box 12024, Silver Spring, MD 20908).

For more information about membership, contact Elaine at (240-447-2166).

MEMORY SUPPORT—COME SEE THE DIFFERENCE

For a short time, *Ingleside at King Farm* is offering the first 30 days on us when you move to *Memory Support Assisted Living* (subject to availability). Call for more details.



Ingleside at King Farm now offers **Assisted Living**, with an innovative, person-directed approach to **Memory Care**. Creating an extraordinary service for family members and their loved ones with neurocognitive impairments, including Alzheimer's and other dementias.

Tour our brand new private residences, and learn about the **Ingleside Well Being Philosophy**—where individuals are empowered and fully engaged.

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www.ikfmd.org/memorysupport
240-398-3846

Ingleside at King Farm is a not-for-profit, CARF-accredited, SAGECare-certified, life plan community.

Clubs, Groups & Organizations In Brief

Amateur Radio Club: Calling all hams! All resident amateur radio operators (hams)—or would-be operators—are invited to join our business meeting/lunch the second Tuesday of each month. We meet in the Stein Room in Clubhouse I at noon. For more information or to learn about amateur radio, call Bryan West at (301-598-0137).

Book Club Network: The network is a collection of book discussion groups of eight to 12 members each, providing a forum for residents to get together with other avid readers to read and discuss their favorite books. Members meet monthly to talk about a specific work chosen by their club. For further information, contact Verna Denny at (301-598-1418) or (verhd@msn.com).

Clipper Workshop: Members assemble clown hand puppets for Holy Cross Hospital. They are used in the pediatric and emergency rooms. No special skills are needed. Some sewing skills are necessary. Bring a bag lunch. (We will eat in the lunchroom.) Members meet every first and third Monday in Clubhouse II from 10 a.m.-2 p.m., or any portion of the time you can devote to making a child smile. Donations of cotton fabrics, stuffing, thread and iron-on facing are appreciated. Contact Joan Mahoney at (240-833-2724) or Jane Brinser at (301-438-2599) for further information.

Groups.io: The Leisure World Yahoo Group has become Groups.io. It is like an online bulletin board with issues pertaining only to the Leisure World community. The Group's platform is secure, with strong anti-virus, spam control and privacy features installed. To become a member, email a request with your name and mutual name to the Group's moderator at (paule@lwm10.com).

Hispanos de Leisure World: All Hispano-Parlantes residents are invited to join the club in enjoying its activities, including card games and conversations, every Friday at 3 p.m. in Clubhouse I. Once a month, Latin-American and Hispanic movies, with English subtitles, are screened. The club organizes a Fiesta de La Amistad on a weekend in the spring and a Christmas dinner in December. The club has also presented musical shows in the Clubhouse II auditorium as well. If interested, contact Maria Blanco, club president, at (301-847-9066) or Carlota "Loty" Goldenberg at (301-598-6869).

Interfaith Committee for the Homeless and Working Poor: The focus of this committee is to provide opportunities for Leisure World residents to work together to solve some of the problems experienced by homeless and working poor individuals and families in Montgomery County. This coalition is comprised of representatives from the Inter-Faith Chapel, Jewish Residents of Leisure World, Our Lady of Grace Catholic Church, the Unitarian Universalists of Leisure World and the community at-large. If you would like information about participation in ongoing projects of this committee, contact Gwen Raphael at (301-348-8814) or (graphael@verizon.net).

Knitting Corner: Join us the second and fourth Fridays of each month at The Inter-Faith Chapel from 10 a.m.-noon. Our next meeting is Jan. 24. Bring your knitting and enjoy the conversations. We have patterns and yarn for the Chapel's mission. Yarn donations gratefully accepted. Call Joan at (240-833-2724) if you have any questions.

The Lapidary Shop: Our well-equipped Lapidary Shop is available to all residents who join the Lapidary Club and take training on use of the shop's equipment. Shop steward Mark Parker oversees training and is usually in the shop on Monday afternoons after 2 p.m. To arrange for training, contact Mark at (240-723-5860), or drop by the shop in Clubhouse II on a Monday afternoon to talk to Mark and see the shop. For those who have received training, the shop is available whenever the Clubhouse II E&R office is open. Get trained and make cabochons. Get involved and make friends.

LW Green: LW Green was formed in 2015 by residents who are enthusiastic about becoming better environmental stewards. Meetings are the fourth Wednesdays of the month at 2 p.m. in Clubhouse I. All those who care about the natural resources in Leisure World and the outside communities are urged to join us. For more information, contact Janice McLean at (janicewmclean@gmail.com).

Model Railroad Club: If you have ever had an interest in model trains, our three layouts in the basement of Clubhouse II offers just about anything you could ask for. Our largest layout, in HO, features scale miles of track, yards and industries, and supports the simulated operation of real railroads delivering passengers and goods from source to final destination. Visit us on Mondays and Wednesdays from 5:30-7

p.m. and Thursdays from 2-4 p.m. in the basement of Clubhouse II, or join us for our monthly business meeting on the second Thursday of the month at 4 p.m. in Clubhouse II. For more information, call Marilyn Chmielewski, president, at (301-438-3259).

Musical Jammers: We gather informally twice a month with other amateur musicians, singers and lovers of music to sing, play music and have fun – no dues, no meetings, no agendas, no committees. We meet on the second and fourth Mondays of every month at 10 a.m. in Clubhouse II. All instruments and voices are welcome. You bring it; we'll sing it. Questions? Call Richard Lederman at (301-598-1132).

Nextdoor.com: A friendly place online to share tips and meet neighbors. We already have a record of success helping make Leisure World even better. Free. Please join our 1,200 plus members. Go to (www.nextdoor.com/join) and enter the code QHMXCF.

The Philadelphians: For further information about the Philadelphians and their events, contact Steve Kane at (301-598-2330) or (kanens@verizon.net).

The Pittsburghers: If you were born, raised or lived in Pittsburgh and/or the Greater Pittsburgh area, you are welcome to join us. For more information, call Tania Iwanowski at (301-598-2278) or email (Tania.Iwanowski@yahoo.com).

Quilting Group: Come and join our fun group as we work on our individual projects. We now include those interested in all needlework and knitting. We meet the second and fourth Thursdays in the Clubhouse II multipurpose room at 9:30 a.m. If you have any questions, call Clydis Kellough at (301-642-2430). Our next meeting is Jan. 23.

Stitchers Group: Needlepoint, cross-stitch and more. If you enjoy stitching or would like to learn, we meet every first and third Thursday from 10 a.m.-noon in the Clubhouse II multipurpose room. Come and share your finished work and enjoy stitching with us while we learn new skills together. Call Audrey at (301-598-4903).

Short Story Group: The Group reads from a collection of short stories and discusses them together. The Group is now reading from the anthology "The Short Story Prize: 15 Years of Great Fiction." On Wednesday, Feb. 5, Laura Rittenberg will lead a discussion of "Something Amazing" by Elizabeth McCracken. On Wednesday, Feb. 19, Sami Demiray will lead a discussion of "Nirvana" by Adam Johnson. The Short Story Group meets on the first and third Wednesdays of the month at 11 a.m. in Clubhouse I. For information, call Beth Leanza at (301-598-4569).

Stamp and Coin Club: Are you a philatelist or a numismatic? Join the Stamp and Coin Club. We meet on the first Thursday of each month at 3 p.m. in Clubhouse I. Members discuss their collections, including first day covers, day of issue programs, yearbooks, coins, medals and more. Stamps are shared for "show-and-tell," and we hold an auction of members' stamps. A gift certificate is awarded as a door prize at each meeting. All residents and non-residents are welcome to attend. Annual dues are \$5. If interested, contact Rita Mastrorocco at (301-814-9196).

Town Meeting Organization: TMO is a movement of residents concerned about governance and management. We meet every month to organize, discuss and conduct resident town hall meetings. Topics such as the proposed administration building, community governance, management and its involvement in mutual elections, and funding a strategic plan will be addressed. TMO meets the third Friday of each month at 2 p.m. in the Clubhouse I. All residents are invited to attend and become active in the movement. For information email (admin@townmeetingorganization.com) or visit (www.townmeetingorganization.com).

Wood Shop: The wood shop is located on the lower level of Clubhouse I; the entrance to the shop is off Gleneagles Drive. It is open Monday through Friday, 9 a.m.-3 p.m. and Saturday 9 a.m.-noon. An experienced monitor is on duty when the shop is open to assist members with their work and provide instructions in the use of shop equipment. Members are often willing to repair and refinish projects for Leisure World residents. For further information, call (301-598-1308).

Women in the Military: Are you a female who has served in the armed forces? Join us as we shine a light on the role that women play in serving our country. We also strive to promote awareness of the Women's Memorial at Arlington National Cemetery. We meet every second Wednesday of the month at 10 a.m. in the Terrace Room. Call Barbara Long at (301-438-3427) for more information.

Leisure World Club Trips

The next deadline for trip submissions is **Monday, Jan. 20**. The trips listed below are sponsored by Leisure World groups and organizations and not by Eyre Leisure World Travel. These trips are **open to all residents**, not only members of the specific club. For information, contact the person listed with each trip. (Do not contact the Eyre Leisure World Travel or E&R office.) Leisure World clubs and organizations that want to be included in this column must provide a submission to the News by 3 p.m. on the Monday deadline. Due to space limitations, the Leisure World News reserves the right to edit or delete submissions. Email your trip information to lwnews@lwmc.com.

Please Note: Member/Non-Member pricing is at the discretion of the individual clubs.

March

4

"Kinky Boots" Toby's Dinner Theatre, Columbia, MD

Join members of the **Comedy and Humor Club** for a matinee performance of this exhilarating, true story that will lift your spirits to high-heeled heights! "Kinky Boots", winner of six Tony awards, including best musical, features a joyous score by Cyndi Lauper.

The bus departs at 9:30 a.m. from Clubhouse II and returns at approximately 3:30 p.m.

This trip guarantees a wonderful experience. The cost, \$80 per person, includes bus transportation, buffet lunch, gratuity and tips at the theatre and a remarkable show. The trip also includes a drawing for a surprise gift on the way home.

Payment (check or money order only, made payable to the Comedy and Humor Club of Leisure World) may be left at the E&R office in Clubhouse I.

There will be no refunds or exchanges. For more information, call Ruth Becker at (301-288-4276) between 9 a.m. and 5 p.m.

March

24

Cherry Blossom Tea Washington National Cathedral

Join the **Rossmoor Women's Club** for an afternoon outing to tour the impressive Washington National Cathedral in Washington, D.C., and enjoy a fabulous tea in the building's exquisite seventh floor setting. The bus departs at noon from Clubhouse II and returns at approximately 6 p.m.

The cost is \$95 per person and includes bus transportation, admission to and guided tour of the Cathedral, and tea.

To reserve seats, call the Eyre Leisure World Travel office at (301-598-1599) or drop by the office Tuesday-Thursday, 8:30 a.m.-2 p.m., or call (301-854-6600, #4).

April

1

"Becoming Dr. Ruth" Theatre J, Washington, D.C.

Jewish Residents of Leisure World (JRLW) is sponsoring a bus trip to this matinee show of "Becoming Dr. Ruth" at Theatre J in Washington, D.C. This is a humorous one-woman show of the journey of an orphaned girl who found her unique place in the world.

The bus will depart at 10:30 a.m. from Clubhouse II and return at approximately 3 p.m.

To make your reservation, send a check for \$54 (payable to JRLW) to Natalie Brodsky at (3310 N. Leisure World Blvd., Apt. 509, Silver Spring, MD 20906).

Deadline for reservations is Feb. 1. For more information, call Becky Siman at (609-304-6098).

April

15

"Love Letters," at the Washington County Playhouse, Hagerstown, PA

Get out your hankies! Join the **Going It Alone Club (GIAC)** for a trip to Hagerstown for a traditional American brunch and to see a performance of "Love Letters" at the Washington County Playhouse. Both funny and heartbreaking, "Love Letters" revolves around a man and a woman, who, while marrying and divorcing others, and pursuing careers successfully or not, correspond faithfully for 50 years.

The bus departs at 11:30 a.m. from Clubhouse II and returns at approximately 7 p.m.

The cost is \$75 for members and \$85 for non-members and includes the brunch buffet, show, transportations and tip.

For more information, call Nancy Alderman at (301-598-5614).

April 27-

May 7

Portugal, Spain and Gibraltar

Encouraged by the success of the trip this year to Costa Rica, the **Center for Lifelong Learning (CLL)** planned a trip to Portugal and Spain through Prometour Educational Tours. It is another opportunity for students of Judy Frumkin's Spanish classes to gain practical experience using the language they have been studying. It is also an opportunity for anyone interested in the cultures of these two neighboring countries.

Participants will arrive in Lisbon, Portugal, on Monday, April 27, and will spend four days visiting Lisbon, Sintra, Sagres and Albufeira. Then it is on to Spain and the cities of Sevilla, Cordoba, Granada and Málaga.

Last stops are Gibraltar and the Spanish city of Ceuta, across the strait in North Africa. The trip includes visits to Jewish, Muslim and Christian sites of interest, and time to enjoy local food, shopping and culture.

The base cost of the trip is \$3,934 per person if 20 or fewer people register. If more than 20 register, the price will decrease.

For additional information including a list of the places to be visited and the schedule for payment of the fees, contact Judy at (443-858-2894) or (judyfrumkin@gmail.com).

To register for the trip, call (1-800-304-9446) and mention Leisure World for registration, or contact Judy for information on how to register online.



Attention, Travelers!

All Leisure World travelers please note that no group on travel can park more than 12 vehicles overnight/long-term in the Clubhouse II parking lot. Also, parking overnight/long-term is at the owner's own risk.

Leisure World Club Trips (cont.)

May
20-21

Lancaster and Pennsylvania
Dutch Country

Join the **Going It Alone Club** on a two-day trip to Lancaster and Pennsylvania Dutch Country. This trip includes attending the show "Queen Esther" at Sight and Sound Theatre, a visit to Kitchen Kettle Village for authentic Pennsylvania Dutch Country shopping, a stop at the Amish Experience to see the multi-media production "Jacob's Choice" and a visit at Park City Center for more shopping. The trip also includes one night's lodging, one breakfast and one dinner.

The bus leaves on Wednesday, May 20, at 8 a.m. from Clubhouse II, and returns on Thursday, May 21, at approximately 6 p.m.

The cost is \$213 for members or \$223 for non-members double occupancy (add \$39 for single occupancy) and includes the driver gratuity. An initial payment of \$75 is due at sign-up with the final payment due on Saturday, March 7. No refunds will be made after March 7 unless a replacement is made.

Sign up at Saturday Afternoon Live (SAL) from 1:30-3 p.m. in Clubhouse II. For more information, call Nancy Alderman at (301-598-5614).

July

18-25

Canada, Oh, Canada

Join the **Going It Alone Club** on a one-week trip to beautiful, verdant Canada, with stopovers in Ottawa, Montreal and Quebec. Local guides will lead the group on tours of locations in each city including the Notre Dame Basilica, the Montreal Underground City, Ottawa's Parliament Hill. Also included is a narrated cruise of the St. Lawrence River and admission to the Montreal Tower.

The bus leaves on Saturday, July 18, at 8:30 a.m. from Clubhouse II, and returns on Saturday, July 25, at approximately 8:30 p.m.

The cost is \$810 double occupancy, or \$1,090 single occupancy, and includes round-trip bus transportation, seven nights' lodging, 12 meals, local guides on tours.

For more information or to sign up, stop by the GIAC information table at any Saturday Afternoon Live (SAL) from 1:30-3 p.m. in Clubhouse II. Or call "Buck" Parr at (301-760-8094).

ALZHEIMER'S DISEASE AND DEMENTIA CARE CONSULTATIONS

One-on-one assistance from Diane Vance, programs and services manager of the Alzheimer's Association National Capital Area Chapter

2ND WEDNESDAY OF EACH MONTH
COMPLIMENTARY 50-MINUTE SESSIONS

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This service is designed to help caregivers — as well as those who are newly diagnosed — cope with the impact of Alzheimer's and other forms of dementia, enabling participants to better understand the disease, manage care and make informed decisions regarding services and treatments. Consultant Diane Vance can assess current needs, help develop a care plan, address behavioral and communication concerns, share coping techniques, discuss care options, provide resources and more. Care consultations may be scheduled at any time during the dementia journey.

To schedule your appointment, contact Toni Davis
at 301-388-7209 or tdavis@bgf.org.




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Travel & Tour Department • (301) 598-1599 • Tuesday, Wednesday & Thursday 8:30 am-2:00 pm
 Reservations can be made Monday through Friday, 8:30 am-5 pm by calling 301-854-6600 #4
 For more detailed itineraries, please see the Eyre Representative at the Eyre Leisure World Travel Office.

DAY TRIPS

International Spy Museum, DC 
 Mon., 1/27, 8:45 am-3:15 pm\$48.00 per person
 Trip includes transportation and admission to museum. Lunch on own.

"Murder on the Orient Express," Fulton Theatre, PA 

Thurs., 1/30, 8:45 am-7:00 pm.....\$120.00 per person
 Trip includes transportation, lunch at Shady Maple Smorgasbord and admission to show.

"Kinky Boots," Toby's Dinner Theatre, Columbia, MD 

Wed., 2/5, 10:00 am-4:00 pm.....\$104.00 per person
 Winner of six Tony Awards. The exhilarating true story that will lift your spirits to high-heeled heights! Trip includes transportation, admission to show and buffet lunch.

"Wicked," Hippodrome Theatre, Baltimore, MD 

Sat., 2/15, 12:00 pm-6:30 pm.....\$185.00 per person
 Trip includes transportation and admission to show.

MGM Casino, National Harbor, MD 

Mon., 2/17, 9:05 am-3:00 pm\$40.00 per person
 Transportation only.

National Portrait Gallery, DC 

Tues., 3/3, 10:45 am-3:45 pm\$35.00 per person
 Transportation only.

Philadelphia Flower Show, PA 

3/5 and 3/6, 7:45 am-7:45 pm.....\$95.00 per person
 "Riviera Holiday" — Mediterranean gardens are this year's theme.
 Transportation and admission to show included.

"Queen Esther," Sight and Sound Theatre, PA 

Fri., 3/20, 9:45 am-9:15 pm\$159.00 per person
 Lunch at Hershey Farm prior to the show included.

9/11 Memorial and Museum, NY 

Sat., 3/21 7:00 am-11:45 pm\$120.00 per person
 Timed entry ticket to Museum and Memorial and a Cracker Barrel gift card for dinner on the way home included.

Cherry Blossom Tea at the National Cathedral, DC 

Tues., 3/24, 12:00 pm-6:00 pm.....\$95.00 per person
 Experience the beauty of the National Cathedral with a guided tour and finish the day out with a cherry blossom-themed tea. Trip includes motorcoach transportation, admission to Cathedral, guided tour and tea.

***NEW* Tropicana Atlantic City, NJ** 

Tues., 3/31 8:45 am-10:15 pm\$60.00 per person
 Trip includes transportation and \$25.00 slot play offer from the Casino.

Odyssey Cruise on the Potomac River 

Wed., 4/1, 9:00 am-3:45 pm\$110.00 per person
 Cruise down the Potomac while eating lunch and listening to music.

Cherry Blossom Tour, DC 

Mon., 4/6, 10:00 am-3:15 pm\$84.00 per person
 Trip includes a step-on guide, lunch at Carmine's and transportation.

Shen Yun at the Kennedy Center, DC 

Wed., 4/8, 11:30 am-5:30 pm.....\$179.00 per person
 Shen Yun's storytelling is all done through classical Chinese dance, which has a unique dance-acting element. Trip includes transportation and admission to the show.

***NEW* Stein Mart and Leesburg Outlets, VA** 

Mon., 4/20, 9:15 am-4:30 pm\$40.00 per person
 Transportation only.

"Guys and Dolls," Ford's Theatre, DC 

Sat., 4/25, 10:15 am-5:45 pm\$110.00 per person
 Lunch at Union Station prior to heading over to Ford's Theatre. Explore the museum prior to the show.

***NEW* "Murder at Mount Hope Mansion," PA** 

Sun., 4/26, 9:15 am-7:15 pm\$117.00 per person
 Accept this invitation to a sumptuous meal and the opportunity to become a detective! Transportation, meal and show included.

***NEW* Mother's Day Out, Peddler's Village, PA** 

Wed., 5/6, 9:00 am-8:15 pm.....\$93.00 per person
 Enjoy lunch at the Kling House Restaurant followed by a wine tasting at Mount Hope Estate Winery.

Brandywine River Museum and Winery, MD 

Mon., 5/4, 8:45 am-7:15 pm\$110.00 per person
 A museum of regional and American art, housed in a 19th-century grist mill, the Brandywine River Museum is well-known for its collection of three generations of Wyeths, American illustration, landscape painting, and still life. A lunch voucher is included at the museum, and then it's off to the Chaddsford Winery for a tasting.

MULTI-DAY TRIPS

Coastal Wilmington, NC

April 19-23

Ocean City Adventure, MD

June 7-10

Niagara Falls, Canada

June 21-24

Charms of the Chesapeake

June 25-26

Cape Cod, MA

July 19-23

Constitution Tour, VA

Aug. 6-8

Yellowstone, Grand Tetons & Mt. Rushmore

Aug. 13-21

Africa and Safari Adventure

Sept. 9-20

Pittsburgh, PA

Sept. 13-14

Adirondacks, NY

Sept. 13-17

Vermont and New Hampshire

Oct. 10-15

Iceland – Land of Fire & Ice

Oct. 21-27

Portugal & The Douro River Cruise

Oct. 28-Nov. 7

Tournament of Roses Parade

Dec. 30-Jan. 3, 2021

CRUISES

Carnival Cruise

July 19-26

Seven-night eastern

Caribbean cruise

MSC Seaside out of Ft.

Lauderdale

Aug. 15-22

Caribbean Cruise

Royal Caribbean

Sept. 17-26

Nine-night Canada/New

England Cruise

Caribbean Princess

Nov. 15-22

Western Caribbean cruise

We can book any cruise line anywhere you want to cruise.

(All Trips depart from Clubhouse II)

Some trips require a certain amount of walking. The shoe symbol  provides an indication of how much walking may be involved.

Key:  Easy Walking   More Walking    A Lot of Walking

Eyre at Leisure World Travel Office, located in Clubhouse I, is a department of Eyre Bus, Tour & Travel. We offer a full service travel agency that specializes in airline reservations, cruises, group tours, vacation packages, hotel accommodations and auto rental. We have been providing "Excellence in Travel for 70 Years."

INCLEMENT WEATHER POLICY: Please call 301-598-1599 after 7 am on the day of a trip to find out if we have cancelled, postponed or are going. If a trip is cancelled, you will also receive a phone call from us once the office is open.

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Chess Without the Panama Canal

by Bernie Ascher

The Panama Canal is drying up. How is that possible? Doesn't the canal connect the Atlantic and Pacific Oceans? Shouldn't the water flow straight across?

When the French started construction in 1881, they planned to build a sea level canal, like the Suez, which they had completed in 1869. Unfortunately, the land in Panama is not flat, but mountainous and hilly. Frustrated, the French ceased production in 1889 after spending \$260 million and experiencing 22,000 worker deaths, mostly due to malaria and yellow fever.

When the Americans took over in 1904, they built an artificial lake (Lake Gatun), that feeds the canal. The lake, 85 feet above sea level, stores water for operation of the canal locks, especially during the dry season. They built locks that operate like a staircase, lifting and lowering vessels as they cross.

Each ship passing through the locks releases 53.4 million gallons of water, which passes into the sea. With 35-40

vessels crossing per day (14,000 per year), the lake is losing large amounts of water that is not being replaced during the rainy season. Thus, the lake is drying up.

The lake also supplies drinking water for Panama City and Colón. The canal authority has imposed limitations on the weight of cargo carried on ships that transit the canal.

During the American period, workers moved millions of tons of earth and rubble (about 200 million cubic yards), "enough to bury Manhattan to a depth of 12 feet," according to the American Society of Civil Engineers.

At peak production, 40,000 lived at the site in drab barracks built by the French, and worked under harsh conditions. About 5,600 died.

Completed in 1914, the canal cost the U.S. \$375 million, including payment of \$10 million to Panama for rights and \$40 million to the French for rights, property and equipment. The U.S. also paid an annual leasing fee of \$250,000 for use of the canal.

Ships can move between the

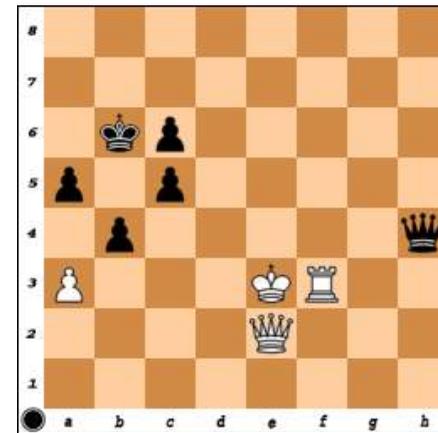
Atlantic and Pacific Oceans in eight-10 hours, rather than in two weeks going around South America, an 8,000-mile voyage. During the Gold Rush in 1848, travelers from the east spent five months crossing the isthmus to board a ship for California on the Pacific coast.

Panama earns \$2 billion annually from tolls based on weight, averaging about \$150,000 per voyage. The largest ships pay more than \$1 million to cross the expanded canal. Users must pay in cash at least 48 hours in advance.

Richard Halliburton, a swimmer, paid the lowest toll in 1928, 36 cents. He weighed 150 pounds. His swim time was 50 hours during a 10-day stay. The Canal Authority no longer allows people to swim the canal. They can swim in Lake Gatun. Fish enter and swim the canal freely, though.

Based on a 1977 treaty, the U.S. turned over operation of the canal to Panama in 1999. Negotiating the implementation process took more than 20 years – longer than it took the Americans to construct the canal (about 10 years).

Chess players at Leisure World are aware of the canal,



but have no need to use it. They play at the clubhouse in pleasant, temperature-controlled surroundings, without any need for long-distance travel.

In the game pictured on this page, it is Black's turn to move. What is Black's best move?

The solution follows this reminder that the Chess Club meets on Mondays, Wednesdays and Fridays from 1-4 p.m. in Clubhouse II. Membership is free. For further information, call Bernie Ascher at (301-598-8577).

SOLUTION: Black moves the Queen to d4. Checkmate!

So, do not wait for the rainy season. Do not wait for permission to swim the canal. Do not wait for lower tolls. Play chess now!

There is a Catholic Church in Leisure World!



Our Lady of Grace Roman Catholic Church was founded in 1978 to serve the people of Leisure World.

It moved from celebrating liturgies at the Interfaith Chapel to its present location in 1991, to the right just as you are leaving LW by the Norbeck Road gate.

Masses are held daily at 9:00 AM, weekends at 4:00 PM Saturday, 9:00 and 11:00 AM Sundays.

We welcome all to come worship with us

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■ Volleyball Club

Indoor Games Continue Through Winter

by Jody Bonn

Volleyball Club games continue during the winter months in the warm water of the indoor pool in Clubhouse II!

Social games are played Wednesday, Friday and Saturday from 3-4 p.m. All residents are welcome and encouraged to come and play or watch. Wednesday games include a workshop in which interested residents can learn the game and enhance their volleyball skills. Social games are played with minimal rules, multiple hits, extra serves and no scorekeeping.

Competitive games are played Monday and Thursday from 6-7:30 p.m. and Sunday from 3-4:30 p.m. These games are more traditional in terms of rules of play and scoring. Experienced players are welcome.

Anyone interested in finding out more about the Club should contact Jody Bonn at (bonnjody@hotmail.com).

■ Tuesday and Friday Duplicate Bridge

Compiled by Jerry Miller

Flight A includes all players. Flight B includes only ACBL member pairs, each less than 1,000 master points. Flight C includes only ACBL member pairs, each less than 500 master points. Games were not played on Dec. 24 or Dec. 31.

Friday, Dec. 27, 2019

North-South

Flight A

1. Aaron Navarro – Barbara Lebwohl
2. Wendy Morrison – Howard Brewer

Flight B

1. Wendy Morrison – Howard Brewer

East-West

Flight A

1. Murat Berk – Saul Penn
2. Susan Weiss – Sue Swift

Flight B

1. Susan Weiss – Sue Swift
2. Marcia Fletcher – James Cowie

Friday, Jan. 3, 2020

North-South

Flight A

1. Allen Shaw – Patti Anschutz
2. Wendy Morrison – Howard Brewer
3. Mark Lavine – Dora Levin
4. Alan Ferraro – Liz Ferraro

Flight B

1. Wendy Morrison – Howard Brewer

East-West

Flight A

1. Murat Berk – Saul Penn
2. Madhav Deshmukh – Beena Deshmukh
3. Sid Lotlikar – Michael Benefiel
4. Leanna Gipson – Judy Tankersley

Flight B

1. Madhav Deshmukh – Beena Deshmukh
2. Sid Lotlikar – Michael Benefiel
3. Leanna Gipson – Judy Tankersley

Flight C

1. Sid Lotlikar – Michael Benefiel
2. Leanna Gipson – Judy Tankersley

Regular duplicate games awarding masterpoints are held Tuesday and Friday at 7 p.m. in Clubhouse I. Results and hand records are available on (thecommongame.com).

Residents who need a partner for either game should call Shirley Light at (301- 598-6611) at least 24 hours in advance.

The game played on Tuesday, Jan. 21, will be a Club championship that awards increased masterpoints to those who do well. The regular card fee will apply.

■ Wednesday Night Chicago Bridge

Compiled by Abigail Murton

Dec. 11, 2019

1. Dick Riseberg and Nate Sternberg, 2,410
2. Abigail Murton and Doug Brasse, 2,400

Dec. 18, 2019

1. Helen Montanaro and Jack Carney, 2,530
2. Joyce and Dick Riseberg, 1,780

Dec. 25, 2019

No game played.

Jan. 1, 2020

No game played.

■ Thursday Afternoon Ladies Bridge

Compiled by JoAnn Gellman

Dec. 19, 2019

1. Helen Montanaro, 4,760 (omitted from Dec. 20 edition)

Dec. 26, 2019

No game played.

Jan. 2, 2020

1. Irene Shaulis, 2,840
2. Anita Rosen, 2,170
3. Marilyn Giles, 2,010

■ Friday Bridge

Compiled by Shirley Rosenhaft

Dec. 20, 2019

1. Shirley Rosenhaft, 3,400
2. John Hashim, 2,980
3. Joyce Fischer, 2,910
4. Sunny Levin, 2,440

Dec. 27, 2019

1. Mort Faber, 3,040
2. Jerry Weiss, 2,440
3. Ruth Kean, 2,390
4. Shirley Rosenhaft, 2,380

■ Pickleball Club

Pickleball Strengthens Social Bonds



From left, Melissa Lieberman, Peter McPhie, Wendy Flannery and Donna Leonard take their turn on the court as other players chat and watch. Photo by Dee Berkholtz

by Dee Berkholtz

Even though there will be fewer Pickleball Club members toughing it out in Maryland over the winter months, there should always be enough players to keep the Activities Room in Clubhouse II busy with indoor play.

Although Club members initially started playing the sport for the exercise, fun and friendships, many have discovered an unanticipated benefit – bonding with their grandchildren. The unusually warm weather over the holidays provided an opportunity for a group of pickleball players to meet on the outdoor courts, and several of the players' young grandchildren joined in to learn the basics and have fun playing with their new friends.

The basics of pickleball are so easy to learn – using a paddle to tap the wiffle-like ball back and forth over the three-foot-high net. The children (as young as seven or eight, maybe younger) enjoy the activity and love running around the court chasing the ball. They also get a thrill out of chasing the ball their grandparents missed and hitting it over the net.

As several members have discovered by introducing pickleball to their teenage grandchil-

dren, they now have something in common with them and even get to know some of their friends who their grandchildren have introduced to the game.

Pickleball has also been an important social link for those who've lost their partner and those who have left friends and family behind to be closer to children and grandchildren living in the area. These friendships have broadened members' horizons as they teach each other how to play other games such as mah-jongg and Canasta.

The Club has welcomed new members as volleyball players and members' neighbors and friends decide to give this activity with such a funny name a try.

As Club president Scott Keenum is fond of saying, "Pickleball is not just a sport; it is a lifestyle."

Residents interested in learning more about pickleball are invited to visit (www.LWPickleball.net) and click on "Links," and then click on "Introduction to Pickleball" to view introductory videos of the sport.

For those interested in learning the game, beginner clinics are held every Tuesday from 4-5:30 p.m. in Clubhouse II. Paddles are provided.

Sports, Games & Scoreboards In Brief

Bid Whist: Do you know what Sport the Kitty, Boston Time and Rise and Fly all mean? If you like to play Bid Whist, then meet us on Mondays at 6 p.m. in the Clubhouse II Multi-purpose Room. Questions: Call Jessie at (314-374-4501).

Bridge:

• **Tuesday and Friday Duplicate Bridge** games are at 7 p.m. in Clubhouse I. New players with partners are welcome. Hand records and results are available after the game on (thecommongame.com). If in need of a partner, call Shirley Light at (301-598-6611) at least 24 hours before the game. Questions? Call Aaron at (301-598-3870).

• The **Wednesday Night Chicago Bridge Group** is looking for new members. The group meets every Wednesday in Clubhouse I. Play begins promptly at 6:45 p.m. Bring a partner and be ready for a few hours of friendly games. Questions? Call Doug at (301-448-8708).

• **Men's Bridge** seeks players. We meet Mondays and Thursdays at 12:30 p.m. in Clubhouse II. No partner needed. Women welcome. Call Alan Levine at (301-288-7349).

• **Thursday Ladies Bridge** welcomes more card players. If interested, call JoAnn Gellman at (301-351-2391).

Chess: Free chess lessons on Mondays for beginners or "rusty" players. Call Steve Harvith at (301-801-4693) or Lark Keller at (301-219-5955) for appointments. The Chess Club meets every Monday, Wednesday and Friday from 1-4 p.m. in Clubhouse II. Membership is free.

Cribbage: We meet for 150 minutes of competitive fellowship on Thursdays at 9:30 a.m. in Clubhouse II. We have cards and cribbage boards, and would be pleased to teach you the game. It is a mixture of rummy and pinochle and is pure fun. (We do not even keep score.) For more information, call George at (301-598-9747) or Bill at (301-598-7270). We look forward to seeing you.

Duckpin Bowling: Join us for the Duckpin Mixed Bowling League Mondays at 12:30 p.m. at White Oak Bowling Lanes (11207 New Hampshire Ave., Silver Spring). We need bowlers of all skill levels and will welcome you into our enthusiastic group. We carpool regularly, so non-drivers need not stay away. Call Lisa Zarou at (301-814-0029) or Flora Wolf at (301-598-5807) to join as a substitute or regular bowler.

Golf Club: The golf course is open all winter long, weather permitting, with an organized "Winter Scramble" every Wednesday. Call the pro shop at (301-598-1570) for times and greens fees.

Jigsaw Puzzle: There is a jigsaw puzzle table in the Clubhouse II lobby. Feel free to work on it at your leisure.

Mah-jongg: Learn how to play mah-jongg. Call (301-598-3438).

Mind-Body Exercise Club: Members meet every Thursday afternoon from 2-3 p.m. in the Clubhouse II Activities Room to study and practice mind-body exercises under a leader. Interested Leisure World residents can join the club by paying a \$5 per person initiation fee. If you have any questions, call Judy Menkes at (301-847-9643).

Ping-Pong Club: Get healthy exercise and camaraderie playing ping-pong. The Club meets Mondays and Wednesdays from 3-5 p.m. and Fridays from 1-3 p.m., in the Clubhouse II Ping-Pong and Meeting Room. Drop in anytime during that period. Some experience preferred. Questions? Call Julie at (301-598-5424) or email her at (julie12401@netscape.net).

Pinochle Players: Experienced Pinochle players wanted. We play Mondays from 4-6:30 p.m. in Clubhouse II. If interested, call (301-775-7238) or (301-598-7064). If you are interested in learning, you are welcome to observe.

Poker:

• **Poker Game** openings are available at the Greens, Thursdays from 7-10 p.m. No prior experience necessary. If interested, call Marcel at (240-486-6205).

• **Men's Poker** is seeking new members. Play is daily, beginning around 9 a.m. in the Game Room in Clubhouse II.

• **Play Poker** Mondays and Thursdays from 1 p.m.-4:30 p.m. in the Clubhouse II Game Room. We play hi/low only (two winners). Call (301-598-4331) or (301-434-6823) or come observe.

Thursday Night Poker meets every Thursday from 6-9 p.m. in Clubhouse II. We play hi/lo, with or without wild cards, dealer's choice. All are welcome. Leisure World residents preferred. Call Dave at (301-598-7064) for information or just come and join us.

Scrabble: Please join us at Clubhouse II on Tuesdays at 12:30 p.m. for a game of Scrabble. Boards are available. Call Arlyne at (301-438-7442) if you are interested in playing.



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CLASSES & Seminars

Sign-up will be taken for newly advertised classes beginning on the Tuesday after the date of the edition of Leisure World News in which it appears. All sign ups begin at 8:30 a.m. in either Clubhouse I or II as noted in the class description. Residents can register for themselves and two other residents. **Please bring your Leisure World ID.**

If required enrollment is not met five days prior to the start date, the class will be cancelled.

*****Please note fees for non-residents: add \$10 for 1-6 session classes and \$20 for classes of 7 or more sessions.**

Payment can be made by check or credit card (MasterCard, VISA or Discover); no cash is accepted. Checks *must* be made payable to Leisure World of Maryland Corp. Please sign up in advance of the starting date of the class since instructors need to know how many will participate. **Note: Registration will not be accepted nor refunds issued after the completion of two sessions!**

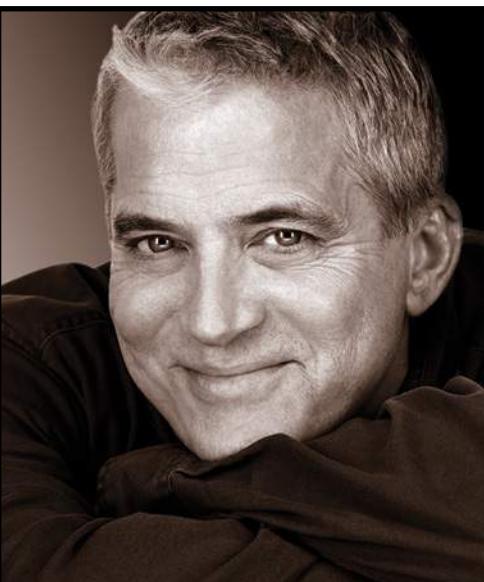
Leisure World does not discriminate on the basis of race, color, national or ethnic origin in admission policies, education policies or programs.

EDUCATION

Great Decisions in Foreign Policy 2020:

Sponsored by the Center for Lifetime Learning (CLL), topics for the 2020 Foreign Policy Association's Great Decisions series include: Climate Change and the

Global Order; India and Pakistan; Red Sea Security; Modern Slavery and Human Trafficking; U.S. relations with the Northern Triangle; China's road into Latin America; The Philippines and the U.S.; and Artificial Intelligence and Data. The text and DVD used are prepared by



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Community Classes Policy for Inclement Weather

If Montgomery County Public Schools are closed, all classes will automatically be cancelled. If school openings are delayed, classes will be held at the discretion of the instructor.



the Foreign Policy Association and will be the basis for course discussions.

The course may discuss additional emergent topics that participants want to explore. Participants may also share their experiences and knowledge.

The course leader is resident David Frager. He facilitated the 2010-2019 Great Decisions discussions and has been an instructor for CLL. Frager was a docent at the Smithsonian National Museum of American History and taught for three years at the National Defense University during a career at the Department of Defense.

Class meets Thursdays, Feb. 27-April 23 (no class March 26), 2-3:30 p.m. **Fee (includes text): \$50 per person or \$75 if a couple is sharing a book. Register at Clubhouse I.**

For more information about the Center for Lifelong Learning (CLL) and its instructors, visit (www.cllmd.com).

EXERCISE

NEW – Beginner and Advanced Tai Chi: A must for seniors! Tai chi builds strength in muscles and bones, promotes a healthy heart and is

fun and easy to do. It improves endurance, flexibility, breathing and circulation.

The class begins with 30 minutes of stretching and muscle strengthening exercises that promote greater agility and better posture and strengthen muscles. This is followed by meditation for 10 minutes and tai chi for 20 minutes. Tai chi is the best way to improve balance and coordination, thereby decreasing the risk of falling and fractures.

Class meets Tuesdays and Thursdays, Jan. 28-April 16, 9:15-10:30 a.m. The instructor is Steve McCleary.

For more information, call Maureen McCleary at (301-598-1145). **Fee: \$45 for one day per week; \$75 for two days per week. Register at Clubhouse II.**

Very Beginner Yoga with Marilyn Dixon:

This class is an introduction to yoga. It includes basic postural awareness, breath awareness, yoga postures, embodied movement and principles of practice designed for those with no yoga experience. It also includes an introduction to steps on the path of yoga that lead to overall well-being and peace of mind and body.

Please bring a yoga mat to class. Participants should be able to get down to and up from the floor. Chairs are provided for additional support.

Dixon has a master's from Maryland University of Integrative Health (Laurel, Maryland), is a licensed massage therapist and has been teaching yoga for more than 30 years.

Class meets Wednesdays, Jan. 22-March 11, 10:30-11:30 a.m. **Fee: \$56. Register at Clubhouse I.**

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CALENDAR *of Events*

**Dial 301-598-1313
for recorded Daily Events**

Friday, January 17

Clubhouse I

10:00 a.m. Open Art Studio
10:00 a.m. Book Club Network: Bookies
12:15 p.m. Kiwanis Club
1:30 p.m. Watercolor II Art Class
2:00 p.m. Town Meeting Organization
3:00 p.m. Hispanos de LW - Bingo
7:00 p.m. Friday Duplicate Bridge

Clubhouse II

1:00 p.m. The Washingtonians' Game Day
1:00 p.m. Zumba Gold Class
1:00 p.m. Chess Club
1:00 p.m. Friday Bridge
1:00 p.m. Ping-Pong Club
3:00 p.m. Indoor Pool Volleyball (Social)
4:00 p.m. Pickleball Club
4:00 p.m. Baby Boomer Club: Movie

Saturday, January 18

Clubhouse I

9:00 a.m. Gentle Yoga Class
10:00 a.m. Open Art Studio

Clubhouse II

9:00 a.m. CLL/FIA Seminar: Integral Living
9:15 a.m. JRLW Service
12:00 p.m. LW LGBTQ Alliance
2:00 p.m. Going It Alone Club: Social
3:00 p.m. Indoor Pool Volleyball (Social)
7:00 p.m. Sock Hop Group

Sunday, January 19

Clubhouse I

10:00 a.m. JRLW Breakfast Forum: Speaker Jonathan Weissman

Clubhouse II

11:30 a.m. Pickleball Club
3:30 p.m. Camera Club Photo Matinee: 'du Pont Country' Features Museum Estates

Monday, January 20

Clubhouse I

10:00 a.m. Multi-Media Sampler Art Class
11:45 a.m. LWAAAC Martin Luther King Jr. Day Brunch
1:00 p.m. Oils Art Class
1:30 p.m. Leisure World Chorale
1:30 p.m. Hadassah Judaic Study Group: "Spinoza"

Clubhouse II

9:00 a.m. Senior Sneakers
10:00 a.m. Clipper Workshop
10:30 a.m. Zumba Gold Class
11:00 a.m. Chair Yoga Class
12:30 p.m. Men's Bridge
1:00 p.m. Chess Club
1:30 p.m. CLC: Android Help Session
2:00 p.m. Line Dance Class
3:00 p.m. Ping-Pong Club
3:00 p.m. Line Dance Class
4:00 p.m. Ba Duan Exercise Class
5:30 p.m. Model Railroad Club Operating Session
6:00 p.m. Lions Club
6:00 p.m. Indoor Pool Volleyball (Competitive)

Tuesday, January 21

Clubhouse I

9:00 a.m. Blood Pressure Testing

10:00 a.m. Any Medium I Art Class
1:30 p.m. Introduction to Watercolor Class
1:30 p.m. NARFE: Dr. Sudha Haley
1:30 p.m. Republican Club: Speaker on County Representation
2:00 p.m. CLL Seminar: Outsmart the Scammers
7:00 p.m. Duplicate Bridge
7:00 p.m. Trivia Club

Clubhouse II

9:30 a.m. Beginner and Advanced Tai Chi Class
10:00 a.m. LW Apple Club Clinic
11:00 a.m. Mild Exercise Class
11:00 a.m. Water Exercise Class
12:30 p.m. Pickleball Club
12:30 p.m. Scrabble Group
1:00 p.m. Stroke Support Group: Occupational Therapy After a Stroke
1:30 p.m. Comedy and Humor Club
4:00 p.m. Pickleball Club

Wednesday, January 22

Clubhouse I

9:00 a.m. Gentle Yoga Class
10:00 a.m. Any Medium II Art Class
1:00 p.m. Oils and Acrylics II Art Class
6:45 p.m. Chicago Bridge

Clubhouse II

8:00 a.m. Pickleball Club
10:00 a.m. Zumba Gold Class
11:00 a.m. Mild Exercise Class
1:00 p.m. Chess Club
1:00 p.m. Aqua Fit Class
2:00 p.m. LW Green Movie: "The Devil We Know"
2:00 p.m. Chair Yoga Class
3:00 p.m. Ping-Pong Club
3:00 p.m. Indoor Pool Volleyball (Social)
5:15 p.m. Pickleball Club
5:30 p.m. Model Railroad Club Operating Session

Thursday, January 23

Clubhouse I

9:15 a.m. Stretch, Tone and Strength Training
10:00 a.m. Watercolor I Art Class
10:30 a.m. Beginner Stretch, Tone and Balance Class
12:30 p.m. Ladies Bridge
1:00 p.m. Drawing - Any Dry Media Art Class

Clubhouse II

9:00 a.m. Senior Sneakers Class
9:30 a.m. Beginner and Advanced Tai Chi Class
9:30 a.m. Quilting Group
11:00 a.m. Water Exercise Class
11:30 a.m. Pickleball Club
12:30 p.m. Men's Bridge
1:00 p.m. Non-impact Fusion Water Exercise Class
2:00 p.m. Model Railroad Club Operating Session
2:00 p.m. Mind-Body Exercise Club
4:00 p.m. Tap Dancing in a Chair Class
4:00 p.m. Pickleball Club
4:00 p.m. Friends of India Association
6:00 p.m. Indoor Pool Volleyball (Competitive)

Leisure World Mutual Meetings

Jan. 21

Mutual 14 Board
9:30 a.m., Sullivan Room

Jan. 22

Montgomery Mutual Board
9:30 a.m., Clubhouse I

Jan. 23

Mutual 10 Board
9:30 a.m., Sullivan Room
Mutual 20A Board
9:30 a.m., Party Room 1
Mutual 27 Board
10:00 a.m., Community Room

Jan. 27

Mutual 23 Board
10:00 a.m., Party Room
Mutual 9 Board
10:00 a.m., Sullivan Room

Jan. 28

Mutual 17A Board
2:00 p.m., Party Room
Mutual 21 Board
2:30 p.m., Community Room 3

Jan. 29

Mutual 20B Board
9:30 a.m., Party Room 3
Mutual 19B Board
1:00 p.m., Sullivan Room

Jan. 30

Mutual 6C Board
9:30 a.m., Community Room
Mutual 26 Board
10:30 a.m., Party Room
Mutual 24 Board
1:30 p.m., Community Room

Jan. 31

Mutual 17B Board
10:00 a.m., Party Room

Meeting times and locations subject to change. Sign in to (residents.lwmc.com) and check the calendar for any changes. Mutual board meetings are open to respective mutual residents and absentee owners.

Meetings of the LWCC Board of Directors, Executive Committee and Advisory Committees

Energy

Jan. 21, 9:30 a.m., Clubhouse I

Restaurant

Jan. 27, 10:00 a.m., Clubhouse I

LWCC Board of Directors

Jan. 28, 9:30 a.m., Clubhouse I

LWCC Executive Committee

Jan. 17, 9:30 a.m., Sullivan Room

Meeting times and locations subject to change. Sign in to (residents.lwmc.com) and check the calendar for any changes. Meetings are open to all residents and absentee owners.

7:00 p.m. Intermediate Tap Class

Friday, January 24

Clubhouse I

10:00 a.m. Open Art Studio
11:00 a.m. Impressionist, Romantics and Realists Music Class
1:30 p.m. Watercolor II Art Class
3:00 p.m. Hispanos de LW: Bingo
7:00 p.m. Friday Duplicate Bridge

Clubhouse II

10:00 a.m. Chinese Club: Chinese New Year Celebration
1:00 p.m. Zumba Gold Class
1:00 p.m. Chess Club
1:00 p.m. Friday Bridge
1:00 p.m. Ping-Pong Club
3:00 p.m. Indoor Pool Volleyball (Social)
4:00 p.m. Pickleball Club

Saturday, January 25

Clubhouse I

9:00 a.m. Gentle Yoga Class
10:00 a.m. Open Art Studio
7:30 p.m. Ballroom Dance Club: Mike Surratt and The Eclectic Coalition Band
Clubhouse II
9:15 a.m. JRLW Service

11:00 a.m. Pickleball Club
2:00 p.m. Going It Alone Club: Social
3:00 p.m. Indoor Pool Volleyball (Social)

Sunday, January 26

Clubhouse I

10:30 a.m. Jewish Discussion Group Book Review: "Antisemitism: Here and Now"

Clubhouse II

11:00 a.m. Tech Day with Jewish Day School and Berman Academy Students
2:00 p.m. E&R Event: Karen Gray Quartet - Academy Award-Winning Songs from the Mid-20th Century

Monday, January 27

Clubhouse I

9:15 a.m. Stretch, Tone and Strength Training
10:00 a.m. Multi-Media Sampler Art Class
10:30 a.m. Stretch, Tone and Balance Class
1:00 p.m. Oils Art Class
1:30 p.m. Leisure World Chorale
1:30 p.m. Book Club Network: Fall Readers
7:00 p.m. Journeys and Experiences of the Musical Mind Class
7:00 p.m. Bingo

Clubhouse II

9:00 a.m. Senior Sneakers Class
10:30 a.m. Zumba Gold Class
12:30 p.m. Men's Bridge
1:00 p.m. Chess Club
1:30 p.m. CLC: Android Help Session
2:00 p.m. Chair Yoga Class
2:00 p.m. Line Dance Class
3:00 p.m. Ping-Pong Club
3:00 p.m. Line Dance Class
4:00 p.m. Ba Duan Class
5:30 p.m. Model Railroad Club Operating Session
5:30 p.m. Pickleball Club
6:00 p.m. Indoor Pool Volleyball (Competitive)

Tuesday, January 28

Clubhouse I

10:00 a.m. Any Medium I Art Class
1:30 p.m. Introduction to Watercolor Class
2:00 p.m. Book Club Network: Suspensers
7:00 p.m. Duplicate Bridge Game
7:00 p.m. Trivia Club

Clubhouse II

9:30 a.m. Beginner and Advanced Tai Chi Class
10:00 a.m. LW Apple Club Clinic
11:00 a.m. Mild Exercise Class
11:00 a.m. Water Exercise Class
12:30 p.m. Pickleball Club
12:30 p.m. Scrabble Group
1:30 p.m. Comedy and Humor Club
2:30 p.m. Unitarian Universalists
4:00 p.m. Pickleball Club
7:00 p.m. Camera Club Competition: Open

Wednesday, January 29

Clubhouse I

9:00 a.m. Gentle Yoga Class
10:00 a.m. Any Medium II Art Class
1:00 p.m. Oils and Acrylics II Art Class
2:00 p.m. CLL: Wellness Author on Healthy Living
2:00 p.m. Health Advisory Committee: Expert Discusses Sleep Disorders
6:45 p.m. Chicago Bridge

Clubhouse II

8:00 a.m. Pickleball Club
10:00 a.m. Zumba Gold Class
11:00 a.m. Mild Exercise Class
1:00 p.m. Chess Club
1:00 p.m. Aqua Fit Class
1:30 p.m. JRLW Movie: "Above the Drowning Sea"
2:00 p.m. Chair Yoga Class
3:00 p.m. Ping-Pong Club

3:00 p.m. Indoor Pool Volleyball (Social)
5:15 p.m. Pickleball Club
5:30 p.m. Model Railroad Club Operating Session

Thursday, January 30

Clubhouse I

9:15 a.m. Stretch, Tone and Strength Training
10:00 a.m. Watercolor I Art Class
10:30 a.m. Beginner Stretch, Tone and Balance Class
12:30 p.m. Ladies' Bridge
1:00 p.m. Drawing - Any Dry Media Art Class
2:00 p.m. Memory Cafe

Clubhouse II

9:00 a.m. Senior Sneakers Class
9:30 a.m. Beginner and Advanced Tai Chi Class
10:30 a.m. New Yorkers and Friends Group
11:00 a.m. Water Exercise Class
11:30 a.m. Pickleball Club
12:30 p.m. Men's Bridge
1:00 p.m. Non-impact Fusion Water Exercise Class
1:00 p.m. E&R Movie: "The Best of Enemies"
2:00 p.m. Model Railroad Club Operating Session
2:00 p.m. Mind-Body Exercise Club
4:00 p.m. Pickleball Club
4:00 p.m. Tap Dancing in a Chair Class
4:00 p.m. Friends of India Association
6:00 p.m. Indoor Pool Volleyball (Competitive)
7:00 p.m. Intermediate Tap Class

Friday, January 31

Clubhouse I

10:00 a.m. Open Art Studio
11:00 a.m. Impressionist, Romantics and Realists Music Class
1:30 p.m. Watercolor II Art Class
3:00 p.m. Hispanos de LW: Bingo
7:00 p.m. Friday Duplicate Bridge

Clubhouse II

1:00 p.m. Zumba Gold Class
1:00 p.m. Chess Club
1:00 p.m. Friday Bridge
1:00 p.m. Ping-Pong Club
3:00 p.m. Indoor Pool Volleyball (Social)
4:00 p.m. Pickleball Club

Saturday, February 1

Clubhouse I

9:00 a.m. Gentle Yoga Class
10:00 a.m. Open Art Studio

10:00 a.m. American Needlepoint Guild (ANG)

7:00 p.m. Sock Hop Group

Clubhouse II

9:15 a.m. JRLW Service
11:00 a.m. Pickleball Club
2:00 p.m. Going It Alone Club: Social
3:00 p.m. Indoor Pool Volleyball (Social)

Sunday, February 2

Clubhouse I

No Scheduled Activities

Clubhouse II

11:30 a.m. Pickleball Club
2:30 p.m. Fireside Forum: "The Arctic - Why It Matters"
6:30 p.m. Baby Boomer Club: Game Night

Monday, February 3

Clubhouse I

9:15 a.m. Stretch, Tone and Strength Training Class
10:00 a.m. Multi-Media Sampler Art Class
10:00 a.m. CLL General Meeting
10:30 a.m. Beginner Stretch, Tone and Balance Class
1:00 p.m. Oils Art Class
1:30 p.m. Leisure World Chorale
7:00 p.m. Journeys and Experiences of the Musical Mind Class
7:00 p.m. Bingo

Clubhouse II

9:00 a.m. Senior Sneakers Class
10:00 a.m. Clipper Workshop
10:30 a.m. Zumba Gold Class
12:30 p.m. Men's Bridge
1:00 p.m. Chess Club
1:30 p.m. CLC: Android Help Session
3:00 p.m. Ping-Pong Club
4:00 p.m. Ba Duan Class
5:30 p.m. Model Railroad Club Operating Session
5:30 p.m. Pickleball Club
6:00 p.m. Indoor Pool Volleyball (Competitive)

Tuesday, February 4

Clubhouse I

9:00 a.m. Blood Pressure Testing
10:00 a.m. Any Medium I Art Class
1:30 p.m. Introduction to Watercolor Class
7:00 p.m. Duplicate Bridge Game
7:00 p.m. Trivia Club

Clubhouse II

9:30 a.m. Beginner and Advanced Tai Chi Class
10:00 a.m. LW Apple Club Clinic

11:00 a.m. Mild Exercise Class
11:00 a.m. Water Exercise Class
12:30 p.m. Pickleball Club
12:30 p.m. Scrabble Group
1:30 p.m. Comedy and Humor Club
4:00 p.m. Pickleball Club

Wednesday, February 5

Clubhouse I

9:00 a.m. Gentle Yoga Class
10:00 a.m. Any Medium II Art Class
1:00 p.m. Oils and Acrylics II Art Class
2:00 p.m. Book Club Network: African Heritage
4:00 p.m. LWAAAC
6:45 p.m. Chicago Bridge

Clubhouse II

8:00 a.m. Pickleball Club
10:00 a.m. Zumba Gold Class
10:00 a.m. MVA Mobile Bus
11:00 a.m. Mild Exercise Class
1:00 p.m. Chess Club
1:00 p.m. Aqua Fit Class
3:00 p.m. Ping-Pong Club
3:00 p.m. Indoor Pool Volleyball (Social)
5:15 p.m. Pickleball Club
5:30 p.m. Model Railroad Club Operating Session
7:30 p.m. Fun and Fancy Theatre Group

Thursday, February 6

Clubhouse I

9:15 a.m. Stretch, Tone and Strength Training Class
10:00 a.m. Watercolor I Art Class
10:30 a.m. Beginner Stretch, Tone and Balance Class
11:00 a.m. Writers of Leisure World
12:30 p.m. Ladies' Bridge
1:00 p.m. Drawing - Any Dry Media Art Class

Clubhouse II

3:00 p.m. Stamp and Coin Club
9:00 a.m. Senior Sneakers Class
9:30 a.m. Beginner and Advanced Tai Chi Class
10:00 a.m. Stitching Group
10:00 a.m. MVA Mobile Bus
11:00 a.m. Water Exercise Class
11:30 a.m. Pickleball Club
12:30 p.m. Men's Bridge
1:00 p.m. Non-impact Fusion Water Exercise Class
1:30 p.m. Gilbert and Sullivan Society
2:00 p.m. Model Railroad Club Operating Session
2:00 p.m. Mind-Body Exercise Club
4:00 p.m. Pickleball Club
4:00 p.m. Tap Dancing in a Chair Class
4:00 p.m. Friends of India Association
6:00 p.m. Indoor Pool Volleyball (Competitive)
7:00 p.m. Intermediate Tap Class

Friday, February 7

Clubhouse I

10:00 a.m. Open Art Studio
10:00 a.m. League of Women Voters Discussion Group
11:00 a.m. Impressionist, Romantics and Realists Music Class
1:30 p.m. Watercolor II Art Class
3:00 p.m. Hispanos de LW: Bingo
7:00 p.m. Friday Duplicate Bridge

Clubhouse II

1:00 p.m. Zumba Gold Class
1:00 p.m. Chess Club
1:00 p.m. Friday Bridge
1:00 p.m. Ping-Pong Club
3:00 p.m. Indoor Pool Volleyball (Social)
4:00 p.m. Pickleball Club

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PERRIE, LLC PRESENTS

Valentine's Day



IN THE CLUBHOUSE GRILLE

All entrées include a House or Caesar Salad

Surf & Turf

Filet mignon and lobster tail

Steak and Shrimp

10-oz. New York steak and grilled shrimp

Prime Rib au Jus

Slow roasted beef

Grilled Lamb Chops

Served with a red wine reduction

Twin Lobster Crab Cakes

Jumbo crab and lobster chunks

Stuffed Salmon Fillet

Topped with crab imperial and hollandaise

Chicken Chesapeake

Topped with crab imperial and hollandaise

To reserve: 301-598-1330

Also includes a dessert of chocolate-covered strawberries and mini petit fours.

ALL YOU CAN EAT

CRAB FEAST

July 29th

August 26th

September 30th

October 28th

Purchase before

January 31 and

receive the

discounted rate of

\$40 per ticket!

Feast also includes steamed shrimp, fried chicken, fresh corn, baked beans, green salad, cole slaw, potato salad, rolls and cookies and brownies.

St. Patrick's Day

in the Clubhouse Grille,
Stein and Terrace Rooms
or Crystal Ballroom



\$20 for all-you-can-eat Irish buffet

Tuesday, March 17th • 301-598-1330

- First Cut Corned Beef
- Cabbage
- Traditional Shepherd's Pie
- Hearty Irish Stew
- Boiled Potatoes and Carrots
- Fresh Steamed Green Beans
- Potato Leek Soup
- Salad Bar and Rolls
- Homemade Bread Pudding

Clubhouse Grille Hours: Wed.–Sat. 4 p.m. – 9 p.m.

Stein and Terrace Room Hours: Sunday: 9:30 a.m. – 8 p.m. | Mon. – Tues.: 9 a.m. – 8 p.m. | Wed.– Sat.: 9 a.m. – 9 p.m.

For Clubhouse Grille Reservations, call 301-598-1330 | For Stein and Terrace Room reservations, call 301-598-1331

CLASSIFIEDS

THE LEISURE WORLD of Maryland NEWS reserves the right to reject or discontinue any advertisement believed inimical to the best interest of Leisure World. The News shall accept advertising on the same basis as other reputable publications: that is, it shall not knowingly permit a dishonest advertisement to appear in the Leisure World of Maryland News, but at the same time the News will not undertake to guarantee the reliability of its advertisers.

The News recommends that before a resident engage any service herein advertised, that the resident request and verify applicable credentials (i.e. bonded, licensed, insured) and references.

For information on placing advertisements in the Leisure World News, email (lwnewsads@lwmc.com) or call (301-598-1310).

ESTATE SALES

ESTATE SALE: furniture, pictures, accessories. Saturday, Jan. 18. 11 a.m.-3 p.m. 3411 St. Leonard Ct., Leisure World. (301-598-1846). Moving sale. Must downsize.

CASH FOR ESTATES. I buy a wide range of items: jewelry, art, rugs, etc. Buy out/clean up. (theatticllc.com) Gary Roman – (301-520-0755).

ATTIC TO BASEMENT ESTATE Cleanouts LLC – I provide honest and confidential estate cleanouts with reasonable rates. I assist executors, family members and guardians with a personal touch. I will save you time and money providing fast, efficient service. I work with local auction and hauling companies. Please call or email me to set up an appointment. Janet Ray (301-384-3198), (wishalot10@aol.com).

LOOKING TO DOWNSIZE, move or sell all household items or just a few? What about that storage unit? Call Estate Sales by Cheryl, LLC! Let's get started making you a profit! (301-437-2705)

REAL ESTATE FOR SALE

Call on our REAL ESTATE PARTNERSHIP, Sue Heyman, Rick Winkler and Sudha Baxter. Rely on our combined strengths, Top Weichert Producers, plus backgrounds in teaching, tax and business. We are located at the Leisure World Plaza Weichert Office and have personal knowledge of the Community from the investor and resident perspective. See our display ad in this issue to see our 2019 successes! Here is our latest community activity: Just listed, Villa Cortese L Model, 3BR, 2FB, enclosed balcony, one year old HVAC system, fresh paint, flooring updates, renovated kitchen with quartz counters, subway tile

backsplash, white cabinets, luxury bath with step-in shower and separate soaking tub, built-ins, enclosed carpeted balcony, short distance to elevator! \$350,000. Listing just sold: Greens GG Model, totally updated, 2BR, 2FB, sold and settled in less than 30 days, \$199,000. Buyer just sold: Vantage Point West J Model, 3BR, 2FB, garage space, superb condition, \$380,000. Listing pending: Fairways North G Model, fresh paint, all new flooring, some lighting and kitchen updates, \$185,000. Contact us to learn about our current "active" and "coming soon" choices, to see other available properties or to request a free competitive analysis! Office (301-681-0550), Sue (301-580-5556), Rick (301-404-3105), Sudha (202-368-8536).

CONDO FOR SALE by owner: 3200 North Leisure World Blvd. #203. \$355,000. New flooring and freshly painted, prime 2-bedroom, 2-bath unit with built-ins in both bedrooms and living room area. Includes underground parking. Close to elevator. Call for appointment. (240-731-9477).

FAIRWAYS NORTH 1 bedroom and 1 full bath. Adorable unit with a beautiful view! \$129,990. Tandem garage space available for an additional \$30,000. Call Eve Rados Marinik, Realtor, (301-221-8867), (evemhomes@gmail.com).

BIG AND BEAUTIFUL! 3 bedrooms and 2 full baths, steps to the elevator, garage space, Extra-large enclosed balcony, hardwood floors, updated kitchen, fresh paint. \$319,000. Douglas Realty (866-987-9397). Call Eve Rados Marinik, (301-221-8867), (evemhomes@gmail.com).

REAL ESTATE FOR RENT

3 BEDROOM, 2 FULL BATH patio home with eat-in kitchen, 1 car garage. Furnished. Utilities included. \$3,950 per month. Call (410-868-1110).

GARDEN TWO-BEDROOM, two-bath condo available for lease. Premier community of Leisure World for adults 55 plus! This condo features fresh paint, side-by-side washer/dryer and new quartz kitchen countertops. Living room, small enclosed sunroom and outdoor patio with a spectacular view. Call (301-598-6451) to schedule an appointment to see this exceptional home. No smoking! Pets considered, a reserved parking space, utilities and basic cable included.

FOR SALE

Barely used/new condition Serta Perfect LIFT CHAIR comfort recliner. For sale \$575 OBO. Hand-control LED buttons. Brown color, made of leather blend material for comfort and easy cleaning. Contact Michael (301-272-0168).

AUTO SALES

2016 TOYOTA CAMRY LE. Four-door. MD-inspected, like new. Only 13,500 miles. One owner. \$16,499. I will buy your car even if you don't buy mine. Dealing with Leisure World for 43 years. Licensed and bonded. Cash or cashier's check for your car, van or truck. Please call Marty Salins at Auto Plaza (301-325-1973).

2002 CHRYSLER CONCORDE LIMITED. Loaded with sunroof, leather interior, chrome factory wheels. MD-inspected, only 43,000 miles. Previous LW owner. \$4,999. I will buy your car even if you don't buy mine. Dealing with Leisure World for 43 years. Licensed and bonded. Cash or cashier's check for your car, van or truck. Please call Marty Salins at Auto Plaza (301-325-1973).

FAST CASH FOR USED CARS – Big dollars paid for your used car! Over 43 years' experience serving Leisure World. Please call; available 24 hours. I will come to you. Cash or cashier's check at your request. I can also help with your new car purchase, any make or model! MD Dealer #U2927. Call Marty Salins (301-325-1973).

TRANSPORTATION SERVICES

DRIVER WITH CONCIERGE STYLE at regular rates. I am a Leisure World resident and I understand the needs of our community. My service is a four-door Mercedes-Benz sedan with all the comforts of a leather-seat luxury car, temperature-controlled interior, ample trunk space and a smooth ride. Most important is my dependability and providing any personal assistance you may need. Call Ken at (508-612-9647).

HAVE CAR, WILL TRAVEL. Flat rates to all airports. \$45 to and from Dulles. \$45 to and from BWI. \$45 to and from Reagan National. Union Station, doctors' appointments. Call John Westmoreland (301-536-5801).

DRIVER with 25 years' experience. I am a Leisure World resident. Drive anywhere. Comfortable, smooth, safe. Accident-free record. Clean vehicle. I'm available 24/7. Call or text (703-649-1293).

YOUR PERFECT PRIVATE DRIVER is right here! Lifetime

DC Metro resident. Friendly, reliable, competent service. Safe, accident-free record. Comfortable, clean vehicle can seat up to six passengers. Airports, cruiseports, trains, theatres, casinos, restaurants, festivals, ceremonies, medical appointments... To/from anywhere, including long-distance trips in other states. Reservations are recommended. Call 7 a.m.-10 p.m. with questions or to arrange/guarantee your ride. Available 24/7. Emergency calls, if needed. Steven Saidman. Cell/text (301-933-8899). Email (steve.your.driver@gmail.com).

NEW: EASY RIDES. Mutual 14 resident. Airport, local, long-distance rides, introductory 10 percent discount off any estimated quote, Lyft, Uber or others, 24/7. Call Kevin Vincent (301-466-5162), 2016 Kia Soul, or John Carter (301-801-8800), black Cadillac sedan. Over 50 years of driving experience in DC, VA, MD area. Cash or check only.

A-1 SERVICE, call-and-ride – doctors, airport. Will pick up your groceries. Always on time. Over 250 satisfied customers from Leisure World. Call all night for emergencies also. Larry Kraft (240-743-8287).

CAREGIVING AND HEALTHCARE

Healthcare professionals must provide current proof of certification or license from the Maryland Board of Nursing to include "certified" or "licensed" in their advertisement. Examples of positions requiring such proof include, but are not limited to, registered nurse, licensed practical nurse, certified nursing assistant, geriatric nursing assistant and medication technician.

"A" HOME HEALTH CARE for Senior Citizens – Care you can trust and is affordable. Reliable and qualified aide and nursing staff available. Companionship, personal care, meds, housekeeping, shopping, driving. Full/part-time or live-in. Flat rate for live-in care. Call (240-533-6599).

FLAT RATES, ONE WEEK FREE. "Care You Can Trust and Afford." Reliable, experienced caregiver providing hygiene care, medication reminders, meals, housekeeping, errands, appointments etc. Full/part-time, live-in, overnight or weekend. Call today: (301-490-1146).

OVERNIGHT CAREGIVER with more than 14 years' experience with seniors and people with special needs. I provide safe, respectful, loving, skilled care towards every one of my patients. I will deliver peace of mind to family members by keeping

their loved ones safe while also protecting their independence and preserving their dignity. I give detailed information and pay close attention to my clients and to the families' needs. I have taken care of many people from family members, friends and clients in facilities to group home members and privately cared-for patients. Whatever the needs may be, I strive to go above and beyond my call of duty. Life is a treasure and if I can provide life or encouragement to anyone, or let them know that they are still loved and living with grace and dignity, I am that Angel. Arafa (240-883-8933), (brownzebra@hotmail.com). Availability: 10 p.m.-7 a.m.

Leticia Adu is my name. Am a CNA/GNA/MED TECH. I provide quality and affordable care for elderly. I have 13 years' experience. I give personal care, companionship, housekeeping, shopping, appointments, etc. Please contact me (301-793-3989) or (240-252-0439). Email me on (mumbea2002@yahoo.com).

Augusta Obimpeh is my name. Am a CNA/GNA/MED TECH. I have 16 years' experience caring for elderly. I provide long- and short-term care — very affordable companion care, nursing care, housekeeping, etc. Contact me on (240-883-8126), (240-252-0439) or (301-793-3989). (sweetieamae@yahoo.com)

HIGHLY-DEPENDABLE and extremely compassionate caregiver with 11+ years' extensive experience in providing timely and friendly care to elderly and disabled clients. A warm-hearted individual who performs personal care activities in a manner that maximizes clients' independence and dignity in a safe environment. My core competencies include: • companionship • meal preparation • light housekeeping • bath assistance • general assistance • appointment management • errand-running • personal care • excellent communication skills (bilingual English/Spanish). (301-646-2132), (monicamanzano585@yahoo.com).

WARM ANGELS ELDER CARE (warmangelseldercare.com) — Reana Robinson, independent certified nursing assistant. A minimum of 2 hours. For information please call (240-360-7783) or email (reanar1@yahoo.com).

PROVIDING QUALITY AND AFFORDABLE CARE: Personal care, companionship, nursing care, housekeeping, shopping. Live-in and live-out, full/part-time. Licensed, insured and bonded. Call for free consultation (240-510-8337).

CNA/GNA/MED TECH with CPR and first aid license. Experience

working with elderly. Have worked with agencies, nursing homes and also private duty. Am available full-time or part-time. Please call (240-252-0439), (240-713-1654), or email (sapomadezeus@yahoo.com).

LICENSED CAREGIVER looking to care for your loved ones in the comfort of their home. Does light housekeeping, companionship, bathing, meal preparation, medicine reminders. Compassionate and caring. Please call Blanche Thomas at (240-505-4696).

DEPENDABLE AND EXTREMELY COMPASSIONATE caregiver with years of extensive experience in providing care to the elderly. I do light housekeeping, bath assistance, general assistance, appointments, errands running and personal care, and prepare meals. Augusta (240-423-5916).

ATTENTIVE AND COMPASSIONATE CARE for the elderly with over 10 years of experience in Parkinson's, Alzheimer's and other dementias care. Seeing to personal needs: showering, housekeeping, doctor's appointments, shopping and most of all companionship. Ola Ojo is my name. Please give me a call at (240-354-1487). Email (olawunmiaoj@gmail.com). CPR/First Aid-certified with PPD.

CNA/MEDTECH/CPR with First Aid. Licensed. Experienced working with elderly. Have worked with agencies, assisted living in hospitals and also private duty. Am available full-time or part-time, nights and days. Please call (301-793-7090).

CERTIFIED NURSING ASSISTANT, over 20 years' experience. Honest, dependable care with respect and love. Personal care, cooking, cleaning and doing shopping. References available. Available for work now, days and weekends. Call Yvonne at (240-706-0428).

ELDERLY CARE: CNA/CMT/nursing student. 11-12 years' experience in elderly care. Hospital, nursing homes and home care. Duties: ADLs, driving to doctors' appointments, housekeeping, meal preparation and safety precautions. Great references. Monday-Sunday, 24 hours availability. (301-820-2631), (301-978-6518).

CERTIFIED NURSING ASSISTANT. Over 30 years working in Leisure World. Excellent references and experience. Own transportation. Doctor's appointments, groceries, other errands and light housekeeping. 24 hours. Please call Divina any time (240-463-1199).

My name is Anamary Rutalugamubyemo. I have

CNA and GNA certificates. I'm looking for job as PRIVATE CAREGIVER in Leisure World. I have three years of experience. I offer different services as my client needs: preparing meals, assisting with showers, driving out for different needs like doctor's appointments, grooming, etc. I have MD driving license and own a car. My schedule is flexible. I can work live-in, nights, evenings, morning shift and weekends. I can start working as soon as possible if someone needs me. My phone number is (240-478-0774). Thanks.

AWARD-WINNING PRIVATE DUTY care — Comfort Home Care is a local family-owned business originally established to care for our own parents. We have been helping families in Montgomery County for over 20 years with all the activities of daily living including bathing, dressing, grooming, transferring, medication reminders and continence care. We also provide companionship with fun activities, exercise, meals, as well as transportation to doctors and other appointments. All our aides are CNA or GNA-certified with full RN oversight and follow-up. We have a flexible schedule, back-up staff, and an excellent support team working to provide quality care. There is no up-front retainer. Our certified nursing assistants can be scheduled from 5 hours to 24 hours daily with a minimum of 15 hours per week. For true peace of mind call Beth on (301-575-7994) or visit (www.choosecomforhome.com).

HOME SERVICES

KITCHEN and BATHROOM REMODELING — Cabinet and countertop replacement, and bathtub to accessible shower conversions. Please call Joe at JML Remodeling. (301-598-8400). Serving Leisure World since 1988. MHIC# 36674. Thank you.

STAIR LIFTS: Never walk up steps again! Buy new or certified pre-owned stair lifts at reduced prices. Installation, lifetime warranty and free service contract included. Call (301-448-5254).

CONTINENTAL MOVERS. Local moving services. Free boxes. Local — long distance — hauling — pick-ups and deliveries. \$80 x two men, one hour driving time. (202-438-1489) (301-340-0602) (Cmora53607@msn.com) (www.continentalmovers.net).

POTOMAC WINDOW CLEANING Company — Family-owned and operated for 35 years serving the local area. Careful workmanship. Licensed, bonded and insured. (301-656-9274). The Montgomery family thanks you for your interest.

SMALL MOVES and TRASH-OUTS. Leisure World experienced. Can take items to donation center.

Reasonable and insured. Patrick (301-332-4872).

M.G.V. PAINTING & DRYWALL — Interior and exterior painting. Water damage repairs. Minor carpentry and other odd jobs. 30 years' experience. Insured. References in your complex. Reasonable rates. Call Mike at (301-655-5433) for a free estimate!

COOPER REFUSE—JUNK REMOVAL. Prices starting as low as \$65. Lifting and loading from wherever the item is located. Donation or recycling of all qualified items. Call today and save. (301-996-7704)

CLEANING SERVICES

R&G CLEANING SERVICES — Small, family-owned business catering to you and your household needs. Friendly, reliable and trustworthy with many years of experience. Reasonable rates and flexible hours. Licensed and insured. Help with household organization. Free estimate with appointment. Call (301-442-5032).

ALICIA'S CLEANING SERVICES — Good references. Good rate. Once a week or every two weeks. (240-286-3807).

UNITED CLEANING GROUP has been a trusty cleaning company used by several Leisure World members over the past 3 years. Call us for your free estimate today! We offer both apartment and home cleanings, garden work and power-washing services. We are extremely flexible: 7 days a week to accommodate your schedule. Give us a call at (240-498-2748) and/or (301-881-0695). We hope to hear from you soon!

FEDERAL CLEANING, LLC has been a trusted cleaning company used by several Leisure World residents over the past year. Call us for your free estimate today. We offer both apartment and home cleaning services. We are extremely flexible—seven days a week to accommodate your schedule. Give us a call at (240-614-1592), (202-710-7426). Hope to hear from you soon!

HOUSE CLEANING — 22 years' experience. Worked in LW for 10 years. Reliable, honest, great references. I live in Aspen Hill. Call Alice (301-946-5996) or (301-520-0074).

ELECTRONICS HELP

COMPUTER SERVICES — Problems with your PC or Network? Computer Systems Engineer will come to you with help. Home, Business. Call David G. (301-642-4526).

COMPUTER LESSONS / SERVICES — Need help with your computer or other digital devices in your home? Tablets, smartphones, smart TVs and more.

Computer training, new computer setup, troubleshooting. Lessons at your residence at your convenience. Learn basic computer, email, surfing the web, digital photos. Patient trainer will sit by your side and teach you in plain English — no technical talk! Shopping assistance for electronics and computers. Senior specialist since 1996. Call David at (301-980-5840). **COMPUTERTUTOR**

A+ COMPUTER SERVICES. Free in-house diagnostic of your computer, printer, or basic set-ups. A+ certified, virus removal, back-up, and retrieve important data, photos, and music. Have served over 700 clients in Leisure World. Also will teach lessons on Microsoft Office and basic computer skills at your home. Alex Nowrouzi, (301-312-2277). I reside in Leisure World.

PERSONAL SERVICES

PRESERVE YOUR FAMILY MEMORIES! Don't let your precious photos be forgotten or fade over time. I'll digitize your photos, slides, and mementos so they can be easily shared with friends and family. Once they're scanned, I can label the photos to identify the people in them, or bring your photos to life in a memorable DVD slideshow. Call Kim at Virtual Computer Services, (301-438-3140).

TIRED OF POLISHING your silver? Turn it into cash, which does not tarnish. I will come to your home and give you a free evaluation of what I can pay. I buy all gold and silver jewelry, including broken pieces, all sterling silver, gold and silver coins, gold watches, etc. I am licensed with both Maryland and Montgomery County (lic. #2327). Gold 4 Good pays an additional five percent to all sellers who are veterans of the U.S. Army, Air Force, Navy or Marine Corps. And we extend the same courtesy to their spouses. We honor our servicemen (and their spouses). Gold 4 Good is a Maryland licensed precious metals dealership, not a pawnshop or private home-based business. If you decide to sell, I can buy your items at that time, but there is no obligation. Call Bob, Gold 4 Good, 8241 Georgia Ave., Ste. 100, Silver Spring, MD 20910 (240-938-9694).

DAHLSTROM SENIOR SUPPORT SERVICES. Assistance with senior care and the care of seniors' pets. Safe/reliable door-to-door transportation as needed. Assistance with pet care. Dog walking and pet sitting as needed. Transportation for grooming/vet appointments. I'm a 58-year-old semi-retired doctor, Leisure World resident. Bonded, insured, outstanding Leisure World references. Call Carl (410-499-9362).

PERSONAL FINANCIAL SERVICES. Let LJY Solutions provide you with professional cash management and tax preparation services. We take the confusion out of preparing your tax return. We have been servicing the local area since 2004. Reasonable rates, and can come to you. References. Call or email Leon Young today at (301-538-8286) * (leonyoung1507@gmail.com)

NOTARIES

NOTARY, residing in Leisure World. I offer my service free of charge to Leisure World residents. Can come to your home if needed. (301-379-9694).

PET CARE

DOG WALKING SERVICES — Affordable rates. Responsible and dependable Leisure World resident who is available to walk your pet. Other services include dog or cat companion visits, and feeding at mealtime, if owner is away. Please call (301-598-3454) for more information.

DOG WALKING & DOG SITTING services! Rain or shine, snow or sleet, we are dedicated to taking care of your four-legged friend. Located just five minutes away from your community, our team of dog-lovers offers walks, drop-in visits and dog sitting and boarding services. Call us to schedule a Meet and Greet today! (240-338-7019)

DONATIONS WANTED

HOUSING UNLIMITED, INC is a non-profit organization that provides housing for people in mental health recovery. We accept furniture and housewares that are in good condition to furnish our homes. We do pick up. The Housing Unlimited office is (301-592-9314). Thank you.

WANTED: CAR DONATIONS. Support MCPS students by donating your car. Write off up to fair market value! (www.Cars2donate.org) or (240-740-2050).

BOOK DONATIONS WANTED for the American Association of University Women (AAUW) Annual Spring Book Sale in Gaithersburg. To support local scholarships for women and mentoring program for girls and women. Fiction and non-fiction, hardback and paperback, audio books, DVDs. Art, kids', cooking, foreign languages, gardening, history, mystery, sci-fi, science, women's studies, African-American & Jewish interests, etc. Pickups can be arranged in and near Leisure World. For more information call Liz at (301-840-1258).

NO LONGER USING YOUR CAR? Residents with an unused

or unwanted vehicle can donate it to Vehicles for Change. They'll pick it up for free and you earn a tax deduction for the fair market value. Why VFC? As a nonprofit, they match each donated car with low-income families in need of transportation. Your car could be a family's ride out of poverty. Donate today at (www.vehiclesforchange.org) or call (855-820-7990).

JOB OPPORTUNITIES

JWV POST 567 of LW seeks to hire a part-time administrative assistant to process the eight annual monthly brunch reservations. Excel spreadsheet skills are required. Contact Jerry Cohen at (240-970-5024).

ACTIVITY OPPORTUNITIES

SINGERS WANTED for Alzheimer's choir — Interested in supporting persons with Alzheimer's and dementia by singing with them? Know someone who could benefit from group singing? Enjoy uplifting pop, jazz and Broadway music? Then the All Primitimers Choir is for you! Research shows music enables sufferers to reconnect, regain social skills and live more fully. We are a community choir that welcomes caregivers and friends as well. Rehearsals at 2 p.m. on Thursdays starting Jan. 30 at the Inter-Faith Chapel in Leisure World. All welcome. No audition required. Register: (primechoir@gmail.com) or Bill Pailen (301-606-8273).

MOVIES AND MUNCHIES. Are you looking for something fun to do on a Saturday or Sunday afternoon? How about catching a movie at AMC Wheaton once a month and enjoying a nosh after! No discussion, no analysis, just a fun afternoon at the movies with new friends! If you're interested, please email me at (susan.krupka@gmail.com) or give me a call at (240-446-0975).

Looking for **TENNIS AND/OR PICKLEBALL** partner/s for evening hours. I prefer to play at Olney Manor Rec Center with many lighted tennis courts. Please reply to Helen: (HLEE555@gmail.com) or text to (240-817-4213).

SCRABBLE CLUB FOR WOMEN — seeking a few new members — Club meets at founder's LW home on Thursday nights twice a month 6:30-8:30+ p.m. Typically 1-2 tables are playing using 'official Scrabble rules' and members bring snacks, dessert or wine. Hostess serves coffee, tea and sodas. Please email a bit about yourself including phone to Polly at (pfields@career-strategies-inc.com) or call ((571-236-1775) in MD in LW).

BOOK CLUB FOR WOMEN — seeking a few "Serious

Readers": 15+ year-old club reads award-winning fiction and meets at founder's LW home the second Sunday of the month, 5:30-7:30 p.m., for potluck dinner and discussion. Please email a bit about yourself including phone to Polly at (pfields@career-strategies-inc.com) or call (571-236-1775 (in MD-LW)).

KNITTING AND NEEDLECRAFTS GROUP: 10+ year old club meets every Sunday, 2-5 p.m., with typically 8-12 crafters (any needlework is fine) at founder's LW home. Beginners to seasoned are welcome. Snacks and drinks are served. Please email a bit about yourself including phone to Polly at (pfields@career-strategies-inc.com) or call (571-236-1775 (in MD-LW)).

FILM GROUP FOR WOMEN forming: Seeking 10+ members to watch/discuss 'Bethesda Row' caliber movies at founder's LW home. Meet every 3 weeks on Saturdays, 6:30-10 p.m. Members bring snacks or wine. Hostess serves drinks. Email a bit about yourself including phone to Polly at (pfields@career-strategies-inc.com) or call (571-236-1775 (in MD-LW)).

VOLUNTEER OPPORTUNITIES

VOLUNTEER TRAVEL COORDINATOR. Arrange for 4 to 5-day and multi-day trips per year for the Leisure World Going It Alone Club in exchange for free travel and accommodations. Requires being present on site at Clubhouse II on Saturdays from 1:30-3 p.m. to interact with potential travelers, collect payments and record transactions. For more information contact club president, Elaine Strass at (240-447-2166).

MAKE A DIFFERENCE in a family's life. Habitat for Humanity ReStore needs volunteers to work in its ReStore (Rockville or Silver Spring), especially daytime volunteers who can take a regular shift of three to four hours. Shifts typically are 9 a.m.-1 p.m., 1-5 p.m., or 3-6 p.m. Email (alena.biagas@habitatmm.org) or call (301-990-0014 x 16) if you are interested in volunteering.

VOLUNTEER WITH REPRESENTATIVE PAYEE! Representative Payee helps low-income persons with disabilities manage their finances. Each volunteer is matched with a client who needs help with budgeting, paying routine bills and keeping track of financial matters. If interested in volunteering, contact the Volunteer Coordinator (301-424-0656, ext. 541) or (volunteer@mhamc.org).

VOLUNTEER AS A HOTLINE CALL COUNSELOR with the

Montgomery County Hotline! The Montgomery County Hotline is a 24-hour, seven day a week confidential service. Counselors provide supportive and confidential listening; crisis prevention and intervention; and give information, referrals and resources. Contact (volunteer@mhamc.org) or (301-424-0656, ext. 541) if interested.

MEALS ON WHEELS is looking for caring and dedicated volunteers to deliver meals to homebound and disabled individuals in the Leisure World area. Service area includes: Leisure World, Olney, Wheaton, Sandy Spring. Please contact Emily Trotter at (443-573-0925) or email (trotter@mowcm.org).

MEALS ON WHEELS (MOW), which runs out of the Inter-Faith Chapel site, needs more volunteers to deliver meals. If you have or know someone who has one and a half to two hours every other week or one time a month and might be interested in serving in this capacity, please contact (410-730-9476).

KOSHER MEALS ON WHEELS, sponsored by JSSA, needs volunteers to deliver nutritious meals to homebound seniors. Volunteers will pick meals up at the Hebrew Home in Rockville and deliver them to seniors in Montgomery County. Schedule is flexible. Call Diane Hays-Earp at JSSA, (301-816-2639).

THE SENIOR CONNECTION needs volunteers who live in the 20906 zip code area to drive seniors to medical appointments and help with grocery shopping. Schedules are flexible and just two to three hours a month can make a difference! Training and liability coverage are provided. Call (301-942-1049) or contact (volunteer@seniorconnectionmc.org) to learn more.

HELP A CHILD! In just one-two hours a week you can make a difference in a child's life. Volunteers provide friendship and encouragement, help with reading, offer homework assistance, and engage in crafts and cultural activities at schools near Leisure World. For more information, contact Interages at (301-949-3551) or (interages@AccessJCA.org).

BLANKETEERS — Love to knit, crochet or quilt? Project Linus donates handmade blankets to Montgomery County children needing comfort. Contact (projectlinus.mc@gmail.com) for more info, free yarn and fabric, and blanket requirements.

VOLUNTEER TUTORS and FACILITATORS needed! The Literacy Council of Montgomery County offers one-on-one and small group tutoring,

conversational English classes, and a new GED Program. No experience necessary. We provide materials, training and ongoing support. Sign up for an information session online at (www.lcmcmd.org) or call Raul Marin at (301-610-0030, ext. 211), or email (Raul@lcmcmd.org).

PET FOSTERS. Seniors needed by AARF (Animal Allies Rescue Foundation) for new program in Montgomery County. Temporarily care for a dog or cat until a permanent home can be found. For more information contact Wanda Mayhew, (301-275-0585) or (www.animalalliesrescue.org). Follow on Facebook. AARF is 501(c)(3) all-volunteer non-profit.

MONTGOMERY HISTORY, a local nonprofit located in downtown Rockville dedicated to collecting, preserving, interpreting and sharing the histories of Montgomery County's residents, is seeking volunteers in the following areas: museum docents (weekends and holidays); library assistants (weekdays); special events volunteers (weekdays and weekends); and communications and outreach assistants (weekdays only). For a list of volunteer opportunities please visit: (<https://montgomeryhistory.org/intern-volunteer-opportunities>). Contact Matthew Gagle, outreach and volunteer coordinator, at (mgagle@montgomeryhistory.org) or (301-340-2825).

INTERESTED IN HELPING KIDS learn about giving and service? The Giving Square is a local non-profit which recognizes the power of children to be contributors to their community. Through our work, kids become more empathetic, altruistic and committed to addressing local needs. This is a school-based program which works across 20 schools and organizations, mostly in Montgomery County. We are looking for advisors, classroom volunteers, and sewing support! For more information, please contact Amy at (amy@thegivingsquare.org) or (202-487-3103).

NOTICES

KEEPING SENIORS SAFE — KSS. Morton A. Davis, coordinator and resident of Leisure World is available to discuss theft prevention, driving and shopping habits, frauds, home safety inspection and property crimes to any organization. The program is part of the Montgomery County Police Department Volunteer Resource Section. Morton can be reached at (240-706-1850) or (mortonadavis@comcast.net).

UPCOMING EVENTS

ACTION AND REACTION by Mark Goldman captures the most iconic moments in sports.

This photographic exhibition showcases the intensity, athleticism and success behind the action of D.C.-area professional and collegiate-level sports teams, while also revealing the competitiveness, heart and emotion behind each player's reaction. On exhibit through Sunday, March 1. Sandy Spring Museum, 17091 Bentley Rd.

LUNAR NEW YEAR. A wonderful array of fun festivities: arts and crafts, Chinese folk dancing and singing. Performances and hands-on activities are provided by the Chinese culture and community service center. Saturday, Jan. 18, 11 a.m.-12:30 p.m. Kensington Park Library, 4201 Knowles Ave.

ASIAN NEW YEAR: Year of the Rat: musical celebration. Chinese pianist Li-Ly Chang with friends will perform music from China, Taiwan, Hong Kong, Canton, Macau and more! This is a family-, children- and community-friendly concert. Music performances, storytelling, audience participation with gongs, cymbals and bells to serenade the Lunar New Year. Free. All ages are welcome, and a reception will follow with Asian goodies and treats. Saturday, Jan. 25, 3-4:30 p.m. Twinbrook Library.

TRADITIONAL SCANDINAVIAN MUSIC. Come and enjoy a performance of Scandinavian folk tunes used in traditional dances and songs. The musical group, Washington's Spelmanslag, plays stringed acoustic instruments including the Swedish 'nyckelharpa.' Saturday, Feb. 29, 1-2 p.m. Kensington Park Library, 4201 Knowles Ave.

ART DOLLS: Figurative Sculptures Tell a Story. This exhibit features the work of students enrolled in doll making classes at Montgomery College taught by Wendelin Daniels. The students explore mixed media and the human form. Dolls span a range of personae, from portrait dolls of historical figures to fantasy dolls, and everything in between through Sunday, March 1. Sandy Spring Museum, 17091 Bentley Rd.

SEE "KINKY BOOTS," the musical, with the Comedy and Humor Club! Inheriting his father's bankrupt shoe factory, Charlie Price finds inspiration in Lola, a fabulous entertainer with wild ideas: a true story! Wednesday, March 4, 9:30 a.m.-3:30 p.m. \$80/person includes transportation, meal and prize drawing, open to all residents. Purchase at E&R, Clubhouse I.

YOGA FOR ALL. Join Becca Thomas, certified yoga instructor, for an all-levels yoga class focused on alignment to build strength, explore flexibility and

connect breath and movement. Options for more advanced poses or transitions. Expect a short meditation at the end of each class. No registration is needed but space is limited. Bring a mat and water and dress in comfortable clothes you can move in. Some blocks and straps will be available for those who choose to use props. Third Monday of every month, 10:30-11:30 a.m. Twinbrook Library, 202 Meadow Hall Dr., Rockville, MD 20851.

WANTED

OFF-WHITE RECLINER, not manual, needed as soon as possible. Please call Jan at (301-438-3494). Thanks for your call.

FAST CASH FOR USED CARS — Big dollars paid for your used car! Over 43 years' experience serving Leisure World. Please call; available 24 hours. I will come to you. Cash or cashiers' check at your request. I can also help with your new car purchase, any make or model! MD Dealer #U2927. Call Marty Salins (301-325-1973).

WILL BUY MILITARY, WWII, WWI, Civil War memorabilia items. Uniforms, weapons, helmets, photos, medals or any other items associated with U.S., German, Japanese or other military history. Call Dave (240-464-0958) or email (David.obal63@gmail.com).

CASH FOR JEWELRY: gold, silver, costume, diamonds, coins (including foreign), watches, stamp collections. (theatticllc.com) Gary Roman (301-520-0755).

TURN YOUR STERLING SILVER and old gold jewelry into cash and do something good for yourself. Gold 4 Good (8241 Georgia Ave., Ste. 100, Silver Spring, MD 20910) buys gold and silver jewelry, including broken pieces, all sterling silver, gold watches and gold and silver coins. I will come to your house and give you a free evaluation of what I can pay. Gold 4 Good pays an additional five percent to all sellers who are veterans of the U.S. Army, Air Force, Navy or Marine Corps. And we extend the same courtesy to their spouses. We honor our servicemen (and their spouses). Gold 4 Good is a Maryland licensed precious metals dealership, not a pawnshop or private home-based business. If you decide to sell, I can buy your items at that time, but there is no obligation. Licensed with both Maryland and Montgomery County (lic. #2327). Call Bob (240-938-9694).

WANTED: FIREARM COLLECTIONS, one piece or one hundred, licensed local dealer will come to you. Contact Richard Thornley at (301-253-0425).

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2 There is no annual fee for the Signal Platinum Visa card. Annual Percentage Rate (APR) is variable. Minimum interest rate is 11.75% APR; maximum interest is 13.75% APR. Rates, benefits, and fees are subject to change at any time. No balance transfer fee or cash advance fee will be charged for the first 6 months after card activation. For any new balance transfers or cash advances initiated 6 months or more after card activation, a fee of \$10 or 2.5% of the transfer/advance (whichever is greater) will apply.

3 Promotional 5% cash back offer available on new Signal Financial FCU Signature Visa credit cards for the 12 months after card activation. For existing cards, offer is available from April 8, 2019 to April 7, 2020. After 12 months, the cash back returns to the standard cash back rate of 2% for all purchases. 5% cash back will be given for purchases made at qualifying merchants in the categories of home improvement, home decor, and home repair. Call 301-933-9100 if you have questions about qualifying purchases.

Membership eligibility required. Federally insured by NCUA.


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